Mpala Research Centre: Health Education and Mobile Health Outreach

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Introduction
- Started project in two schools in the Mpala community developing and implementing a supplementary health education curriculum
- Partnered with Community Health Africa Trust, a community-based organization that provides mobile health services

Objective of Internship
- Establish meaningful projects that would be carried on by future GHP interns at Mpala
- Learn about health and especially sex education in primary schools in Kenya
- Understand health challenges facing rural populations by going on a round of mobile outreach with CHAT

Work Profile
- Created health education curriculum based on research and did administrative tasks for CHAT
- Worked twice weekly teaching in local primary schools
- Traveled for 2 weeks with the CHAT clinic

Reflection
- Mpala Research Centre hosts dozens of researches working on different projects.
- Supported by the connections of many members of the Mpala community Ayo and I taught in two primary schools supplementing their health and sexual education curriculums.
- Working with health teachers we created a curriculum that may be improved upon and expanded by future Princeton interns
- Our lessons focused on a range of issues faced by young Kenyans. Beginning with hygiene we researched and spoke to students about puberty, STIs, sex, pregnancy and relationships.

Looking ahead
- Basis has been established for future interns to carry on health education in two schools and expand as they see possible
- Future interns will be able to effectively engage with CHAT based on their specific skills and strength

Questions
- What are the most effective ways for a health education program to have a lasting impact on the lives of children?
- What makes an effective mobile health outreach program? How can interns meaningfully contribute to CHAT?

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Top Right: Children line up to be weighed and receive deworming medication at the CHAT mobile health clinic.
Bottom Left: Primary school children receive a lesson on hygiene from Ayo, a fellow GHP intern at Mpala.