Philani Maternal, Child Health and Nutrition Program
Healthy Mothers raising Healthy Children

Introduction
• Philani’s Vision
  • Safe pregnancy
  • Healthy, well-nourished children
• Philani Programs
  • Mentor Mother Program
  • Educare Program
  • Income Generation Program
  • Integrated Nutrition Program

Philani Maternal, Child Health and Nutrition Project Khayelitsha, South Africa
Funded by the Center for Health and Wellbeing under the IIP program

Reflection
• At Philani, I learned the importance of educated women educating and empowering other women.
• Philani has a ripple effect as this focused group of individuals trains and employs women in the Townships of South Africa to train and educate other women, thus continuing the cycle.

Internship Objectives
• To examine Maternal and Child Health in South Africa among disenfranchised people in Townships near Cape Town
• To learn about Philani mothers’ barriers to accessing health care for themselves and their children
• To learn how Philani’s all-female organization inspires other women to be successful regardless of circumstance

Work profile
• Create and analyze data bases regarding
  • Philani programs
  • Patient outcomes
• Assist at nutrition and medical clinics
• Create & manage Philani media (Instagram, Facebook, and Videos)
• Develop Philani shop products, display, and transactions

Reflection
• At Philani, mothers who successfully raised healthy children in poor conditions are hired and trained by Philani. They then visit each house in their designated area of the township providing medical assistance to mothers and children while educating mothers about prevention, health and wellness.
• I am grateful to have interned at such an innovative and unique program that has stood the test time. Philani is still able to provide education, nutrition, and clinical care to this vulnerable as well as provide a means for mothers to generate income. The women of Philani continue to serve as role models in the Townships of South Africa.

Legend
Top Right: A picture of children from Khayelitsha Township eating lunch during the Educare Program primary school.
Bottom Left: A picture of two mentor mothers with me displaying some of their hand made art work. Revenue from the products goes to the mentor mothers as their primary income as well as towards Philani House administrative costs.

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Looking ahead
I plan to use my experiences to help guide my future research on child health and wellbeing interventions. I hope to continue this research throughout medical school and as a pediatrician.

Questions
• How can the South African Government provide more accessible health care for individuals who live far from medical clinics?
• How best may this model be replicated and implemented at other townships among other disenfranchised groups?

Conclusion
Philani has been in existence for almost 40 years. It started as a means to increase access to medical care for women and children in Khayelitsha Township. It has maintained its funding and continues to adhere to its mission. Philani continues to expand as the program is replicated throughout South Africa. By positively impacting the lives of women and children, Philani helps families as a whole – increasing the health and wealth of the nation.