

## MY HEALTH PROJECT



### Context

The urban population in Mumbai city is increasing tremendously and a sizable proportion of the urban poor lives in slum areas. The urban health conditions in general and the MNCHN+A of slum dwellers in particular need to be improved.

### Collaboration

Community based participatory actions to improve Urban Health and Nutrition for mothers, children and adolescent

### Objectives

- ✧ Mobilize selected urban slum community through awareness programs for adopting appropriate health-seeking behaviours through health and nutrition education.
- ✧ Use media art and culture for advocating health messages for the community.

### Project Reach

Year 1 - 5000 people approximately.

### Target Area

Urban slums in Mumbai, Maharashtra.

### Key Interventions

- ✧ A four-pillar approach - 1) Behaviour Change Communication; 2) Complementing existing government efforts; 3) Mentoring of health providers; and 4) Partnerships
- ✧ Health and nutrition education sessions with pregnant women and lactating mothers and mothers having children upto 5 years and adolescent girls
- ✧ Follow up and demonstration through home visit for adopting health-seeking behaviours
- ✧ Knowledge sharing with key stakeholders including media.

### Outcome

Increased community awareness and health and nutrition service uptake in the project areas.

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### About PPHF

People to People Health Foundation (PPHF) is a non-profit organisation that works towards transforming lives for improved health and wellbeing through locally driven solutions. PPHF works closely with communities and key actors on sustainable solutions for public health challenges.

**These include:** Women, Adolescent and Child health | Non - Communicable Diseases | Nutrition | Infectious diseases - T.B, Malaria, COVID-19 | Environmental Health | Emergency Health and Disaster Response

We focus on building public health capacity and community actions for better health outcomes. We work collaboratively with stakeholders, leveraging partnerships and influencing policies and practices.

### Contact us:

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