



OUR WEALTH,  
OUR HEALTH  
INITIATIVE

CHAZ



# The Economic Landscape

- **Time and effort must be invested in order to make a living**
- **Living conditions in Zambia are primarily characterised by the informal economy**
- **workers travelling to locations where they can carry out their jobs**
- **People may spend long periods of time away from home due to economic activities**

ACTIVITIES



# Caterpillar Collection

## Northern Province

- Source of Protein and Income
- Collected twice a year
- Main Harvest (November-January)
- Smaller Harvest (April-May)
- Very Labour-Intensive



# Farm Sentries

- Eastern Province
  - Human-wildlife conflict (HWC)
  - Animals damage crops
  - 8-200 Baboons per Troop
  - Farmers prioritise field security over other tasks
  - Families sometimes forced to relocate to their fields
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# To fish or not to fish



- Water bodies remain lifelines to many households in Zambia
  - Fishing Season from March to November
  - Temporal fishing camps of over 1000 individuals and families
  - Typically two homes - One in fishing camp and one on mainland
  - Fish stock-levels necessitate migration to newer waters
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Effects of Mobile seasonal  
livelihoods.



**Extreme disruption to  
the delivery of health  
and educational services**

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# Effects

- **Limited time to seek health care during these activities**
- **People get behind on their chronic illness therapy**
- **Missed appointments (vaccine, drug pickups, checks, reviews)**
- **Maternal and infant morbidity and mortality**
- **High school dropouts**

OUR HEALTH, OUR  
HEALTH INTERVENTION

# PHASES

- **Community Dialogue informed by data.**
- **Training of volunteers**
- **Preparing the Health system (HRH, outreach dates, commodity tracking, task shifting ...).**
- **Service Delivery**
- **Community and Health Authorities joint Learning.**



**COMPONENTS  
OF OUR HEALTH  
OUR WEALTH  
STRATEGY**

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# Child Immunisation

## Preparation

- If the child is due, take them to the nearest health facility and get them vaccinated.
- If taking the child with you, find out if, when and where the nearest health facility will be conducting an outreach to conduct Child Health Interventions.
- If leaving the child with another caregiver, explain the date at which the vaccine or vaccines will be due.
- Inform them of the place where the vaccines will be delivered (Health facility or outreach point).
- Provide them with the name of the community Health worker/volunteer who can provide more information.

# Pregnant Women

## Preparation

**If you have not yet visited any health service provider;**

- Discuss with your partner and go together to see a healthcare provider.
- Ensure to follow all the instructions given by the healthcare provider.

**If you have attended an antenatal clinic.**

- Ensure that you are within the anti-malaria protection period for the duration of your stay away from home.
- If you have a chronic illness requiring medication (BP, HIV, Epilepsy, Diabetes, TB, etc.), ensure that you carry enough medication to cover your intended stay away from home.
- It is preferable that you carry slightly more stock than is needed. This is important in case circumstances force you to stay longer.

# Family Planning

## Preparation

### If not on any FP Plan

- Discuss with your partner, and set FP goals
- Visit your nearest healthcare provider and ask them for more information
- Ensure that your FP method choice will help you realise your intention.

### If on a short/long term method

- Visit a health facility and explain your need for FP commodities
- Establish the side effects of your chosen method and consider how they may affect your activities.
- Establish when the method will cease to provide protection against pregnancy.

# Malaria

## Preparation

### Children

- Ensure that they sleep under an ITN.
- Seek medical help once a child presents with symptoms.
- Avoid self-prescription and sharing malaria medication.

### Pregnant Women

- Visit the facility for a check-up.
- Check your Malaria IPT Schedule and ensure that you will have the medication in hand with you if the
- date for the next dose will find you in the field.

**NB: Avoid self-prescription and sharing malaria medication.**



# Impact of intervention.

- Reduced unplanned pregnancies.
- Reduction in zero dose children
- Reduced defaulting.
- Improved health system and community relationship

# Next steps

Working to fully develop a resource kit to facilitate knowledge transfer.