



Featured program for July 2015

# Muditar

## Healthy Mothers and Children



*Dining for Women*



Changing the world one dinner at a time

# Introducing Muditar



Muditar helps poor, underserved, Pa-O tribal villages in Southern Shan State, Myanmar, become self-sufficient, thriving communities using a collaborative model for sustainable development. self-sufficient, thriving communities using a collaborative model for sustainable development.

This project will improve the maternal health practices of all reproductive age women in 12 Pa-O ethnic tribal villages, with regard to family planning, prenatal and postnatal care, nutrition, safe delivery, breastfeeding, and infant care.

# Where in the world?

The project is located in Southern Shan State, Myanmar (formerly Burma.)



# What are we supporting?

The DFW grant of \$36,107 will be used to train 60 women to be Village Health Educators who will train another 1277 in reproductive health, pre- and post-natal care and infant and child health.

\*Curriculum topics will include family planning, prenatal and postnatal care, safe delivery options, along with better infant care such as good nutrition, breastfeeding, immunizations and monthly growth monitoring.

\*Muditar expects that education efforts will help reduce maternal and infant mortality and produce healthier children.

\*Village women will have local resources for continued support with reproductive issues. The Village Health Educators and an auxiliary midwife (trained through related Muditar program), will provide consultation, affordable access to contraceptives, prenatal care, skilled delivery support and infant care.

\*Village women will have a forum to discuss very personal issues such as contraception use, family planning, empowerment, finances and future hopes.



# Life Challenges of Pa-O Women



In the rural Pa-O tribal villages maternal and infant mortality is high.

Risky abortions are common.

Children under 5 years of age do not receive adequate nutrition, resulting in stunted growth and compromised brain function.

# The Budget

Of the \$36,107 grant for one year, some \$12,000 will be for wages for Muditar's director, Dr. Khaing Zar Oo, a training assistant, 60 Village Health Educators and the auxiliary midwives. Another \$7,000 will be for participant compensation for lost wages while in class. The bulk of the remaining money will be in subsidizing birth control and for prenatal and children's vitamins and infant monitoring equipment. The remainder will be for training materials, transportation and meals during training.

Muditar: Summary of costs		Total
Salaries (director, midwife, auxiliary midwives, 60 Village Health Educators)	\$12,348	
Materials (including picture books in Pa-O language and handouts), transportation, training costs	\$8,855	
Vitamins (high quality prenatal vitamins, children's vitamins)	\$5,904	
Infant monitoring equipment and supplies for 12 villages	\$1,440	
Contraceptive subsidies (Depo-Provera or daily pill) (Muditar covers 75 percent of contraceptive cost)	\$7,560	
		\$36,107.00

# About the Organization



- Muditar helps poor, underserved, Pa-O tribal villages in Southern Shan State, Myanmar, become self-sufficient, thriving communities using a collaborative model for sustainable development.
- MUDITAR's goal is to employ DFW's grant to improve the maternal health practices of all reproductive age women in 12 Pa-O ethnic tribal villages of Shan State, Myanmar, with regard to family planning, prenatal and postnatal care, nutrition, safe delivery, breastfeeding and infant care.

# Share Your Thoughts



- Why is Muditar focusing on family planning and pre-natal care?
- How would Muditar's success change the lives of women and girls?
- How do you think this project will impact future generations in Myanmar?