



THE IFSPD PRESIDENTIAL FELLOWSHIP 2022

IFSPD Project on Menstrual Health and Cervical Cancer Awareness





ABOUT IFSPD:

IFSPD is an international non-governmental non-profit organization, established in 2009 by the initiative of distinguished intellectuals, scientific and public figures, diplomats, and representatives of influential non-governmental organizations from across the world.

IFSPD represents a civil society initiative for launching common actions and strengthening peace, dialogue, harmony, and cooperation between the countries of the wider Black Sea – Caspian Sea region in the field of enhancing democratic process, consolidation of civil society, economic development, environment, science, education, innovative technology, cultural diversity, tolerance and dialogue among civilizations.

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IFSPD Presidential Fellows - an internship program for exceptional youth across the world - to drive projects that would promote peace, sustainability, and development.

To reinvigorate the youth & reinforce positivity in the world, we assembled together a handful of the best-talented youth from across the world.

During the course of a few months, these youth have been implementing projects of critical importance to help rebuild our world - under the umbrella of our esteemed foundation IFSPD.

We are happy to release the regular IFSPD project report - done by Esther Mundia who is currently a Project Management Intern at Yatima Outreach. She worked on the project "IFSPD Project on Menstrual Health and Cervical Cancer Awareness".

I am sure you would find this report insightful, and keep our flag flying as we strive to build a Greater IFSPD.

Best Wishes,



IFSPD Project on Menstrual Health and Cervical Cancer Awareness





Author

Esther Mundia is currently a project management intern at Yatima Outreach supporting all aspects of project work including monitoring and evaluation, and grant proposal writing. She graduated with a Bachelor of Science in Community Development from Egerton University. Currently a participant in the McKinsey Forward Program 2022.





PROJECT:

IFSPD Project on Menstrual Health and Cervical Cancer Awareness

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Every girl and woman has a right to health regardless of who they are, their financial status, or their geographical location. Beliefs and cultural practices differ from country to country, but the most persistent view is that menstruation is unclean and shameful, yet it is an unavoidable part of the lives of girls and women. The project advocated for menstrual health and hygiene for young ladies between 18-25 years of age. Considering the age of the target group it was fair to consider that they were knowledgeable on menstrual health issues as menarche is often at 12 years. However, this platform was still crucial as it created a space to demystify myths and misconceptions around menstruation, as well as discuss the infections and conditions such as polycystic ovary syndrome, urinary tract infections, yeast infections, and toxic shock syndrome.





Cervical cancer is the second most common type of cancer affecting women between the ages of 15-44 years in Kenya, yet it is the most preventable. According to GLOBOCAN 2020 data, there were 5,236 new cases reported and 3,211 deaths from cervical cancer in Kenya. In this case, ignorance is not bliss; it endangers the lives of millions of women which need not be lost. This project focused on providing an in-depth understanding of cervical cancer, that is, its causes, risk factors, prevention, and diagnosis to both men and women.

The project implementation process was initiated on 11th August 2022 with the identification of an oncology nurse which was succeeded by the preparation of presentation, poster and information, education, and communication (IEC) materials. There were two sensitization forums, one which was a physical event and another which was a webinar. The physical sensitization forum was conducted on 26th August 2022 in collaboration with NairoBits Trust, a non-profit based in Nairobi, Kenya. It was divided into two sessions: one on menstrual health and another on cervical cancer. We were able to reach 26 youths comprising 11 males and 15 females.



The online webinar was held on 3rd September 2022 and focused on the awareness and prevention of cervical cancer. It was open to all in spite of age and geographical location. The webinar was made popular through social media outreach on sites such as Facebook, and Instagram. 26 participants, both men, and women, from different parts of the country, were able to join the conversation. The resources utilized were the time and financial costs incurred in the preparation of the poster and IEC materials.

The project was insightful as it provided vital information on safe menstrual hygiene practices, and ways to prevent menstrual-related illness. The forum also provided young women an opportunity to seek clarification on matters related to reproductive health. In addition, men and women were sensitized on the causes, symptoms, screening processes, vaccination, and treatment of cervical cancer. In conclusion, these forums left individuals empowered on how to better take care of their health and those of their loved ones.





“IFSPD Project on Menstrual Health and Cervical Cancer Awareness”.

Author: Esther Mundia

Produced for International Foundation for Sustainable Peace and Development (IFSPD)