



SUCCESS STORY

Rural Women Learn About Health

Rural women learn about reproductive health and family planning.



Azizmo Amirkhojaeva conducts session on family planning for women in her village in Kulyab District. Photo: PSI

“The USAID-funded project “I know” enables women to change their behavior and solve their problems in family planning. We improve not only our health, but welfare of our families and the whole society.”

-midwife Azizmo Amirkhojaeva

“Our rural women get married too early, give birth almost every year, and have 4-5 children at a young age,” says Azizmo Amirkhojaeva, a midwife in Jerkala village in Jamoat Ziraki, Kulyab District. “The main reason is the lack of information on reproductive health and family planning issues,” she says.

To enable rural women take better care of their health, USAID and PSI launched a two-year project titled “I Know!” The project works to educate women in several poor districts of Tajikistan on modern contraception, optimal spacing of children, and other basic family planning concepts.

One of the target areas is Kulyab District where midwife Amirkhojaeva works. She was one of the 20 outreach workers recruited by the project to conduct information-educational sessions. Armed with booklets and

communication training, Amirkhojaeva and her colleagues held talks with more than 11,000 Kulyab’s women of reproductive age on reproductive health and family planning issues. In addition to group sessions, outreach workers also refer interested women for further consultations and services on family planning to health providers .

“I am very glad that I can contribute to the improvement of the health status of our women,” says Amirkhojaeva who finds that these educational sessions oftentimes reach those women who had not been receiving medical care through medical facilities. The midwife remembers how she recently trained a woman who has 4 children but never visited doctors in her life. After the educational session, Amirkhojaeva referred his woman to a doctor who cooperates with the USAID-funded project and was prescribed suitable contraceptives to prevent unwanted pregnancies. “She was thankful to me and especially to the project for a very important work they implement,” says Amirkhojaeva remembering that woman. She firmly believes that the USAID-funded project “I know” enables women to change their behavior and solve their problems in family planning. “We improve not only our health, but welfare of our families and the whole society”, says Amirkhojaeva.