



# Tanzania Drivers of Change Winner

**Gladness Hemedi Munuo an STM alumnus from Tanzania won the Voice and Change-drivers 2019 award issued by Gender Links, Johannesburg, South Africa.**

In July 2019 Gladness Munuo was recognized for her work as a legal aid counsellor in the community, journalist and woman promoting Sexual Reproductive Health and Rights.

Gladness who works with Crisis Resolving Centre which has a one stop centre with services for Gender Based Violation (GBV) says: "Receiving this award tells me that the work I do is valued. So I am motivated to keep working. On why her presentation won an award Gladness says: "In my work I have trained more than 100



journalists and who later went out to educate millions of people through mass media in Tanzania. Also my work at the Crisis Resolving Centre has supported and empowered many women."

**Congratulations - Hogera Sana: Gladness (right) receives a certificate from Madam Grace Mwangwa Deputy Director Gender Affairs, Ministry of Health, Community Development, Gender, Elderly and Children (MoHCDGEC.)**

**Her Excellency Joy Ruth Acheng**  
**Thank you for supporting safe motherhood efforts**

**Save the Mothers has partnered with the Ugandan Ambassador to Canada, Joy Ruth Acheng, to support safe motherhood efforts in East Africa. Every minute a woman dies needlessly from pregnancy or childbirth complications. This isn't right! Join us to raise awareness and support for maternal and child health in East Africa.**



"I would like to thank Save the Mothers for the great work they are doing to save the lives of mothers in Uganda and their great contribution to the Millennium Development Goals agenda 5 and 4. The health of a mother is very crucial because it impacts the family and the entire community, her ability and access to receive necessary healthcare determines the health outcome for herself, her baby and her entire family.

Let's join hands together with the Government of Uganda to fight MMR. The mother has a role to play, the family has a role to play, the community has a role to play and the Civil Society Organizations have roles to play. Together we can prevent maternal and child deaths."

**Joy Ruth Acheng**

*Excerpts from savethemother.org*

**Get involved and help by donating: Visit <https://walk.savethemothers.org/ottawa-on/> to learn more!**

# Breastfeeding against all odds

“How have you managed to breast-feed your child for 2 years?” That was a question from a friend who found me sending pumped breast milk to my child. I told her that the advantages of breastfeeding outweigh any inconvenience on my part.



## Joanita Kemigisha, an MPH student shares her story of breastfeeding as a working mother

According to the World Health Organization, breast milk is the best source of food for all babies. It protects babies from diarrhoea, pneumonia and malnutrition among other diseases.

Breastfeeding also reduces the risk of mothers getting ovarian and breast cancer. In addition, exclusive breastfeeding protects a woman from getting pregnant during the first 6 months. Breastfeeding also builds the bond between the mother and her child.

Armed with this information, I set out to give my child nothing except breast milk for the first six months. It was easy for the first three months because I was on maternity leave. When the leave ended, I was scared that I would not be able to achieve my exclusive breastfeeding targets.

However, my workplace policy was supportive. I had flexible work hours until my child was 6 months old. I came in at 10 am and left at 4pm.

In addition, there was a room where I could pump milk. It was private, clean and comfortable. When I was required to travel out of Kampala for work, there was provision for me to travel with my child and a helper at the organization's expense.

Then I had to go to Uganda Christian University, Mukono to pursue a Masters in Public Health Leadership. I was worried that my child and I would be separated. However, the university was supportive. I moved into the university residence (Mirembe Hall) with my maid and child. There was a kitchen and I was able to prepare my child's food. I still pumped milk. And whenever possible, my child was brought to class for breastfeeding.

My advice to mothers out there is that breastfeeding works. My child is now 2 years. She is in good health and I can recall 2 or 3 instances where she has fallen ill, and even when she has been ill, recovery was fast. Breastfeeding also helped me to lose the post baby weight and for that I am grateful.

**Joanita Kemigisha is a project coordinator with Communication for Development Foundation Uganda (CDFU) and is pursuing a Masters in Public Health Leadership at Uganda Christian University Mukono.**

## Save the Mothers and Mama na Mtoto affair

**In August 2019 Save the Mothers (STM) connected with Mama na Mtoto, Misungwi, Mwanza in Tanzania to facilitate dialogue meetings in integrating communication and leadership in Comprehensive Emergency Maternal Newborn Care (CeMNOC) service delivery.**

Mbarika Health Facility which hosted one of the dialogue meetings gained CeMNOC status with support from Save the Mothers, Crossroads, Mama na Mtoto (MnM) and Government of Tanzania. The facility now has an operating theatre that is fully functional and an ambulance.

The dialogues emphasised the importance of communication and leadership skills in attracting communities to seek such life saving services.

**#Saving lives in hard to reach areas.**



Newly constructed operating theatre at Mbarika Health Facility has a walk way connecting it to the maternity ward.



**Left: STM (Dr Eve and Topi) and MnM team (Prisca and Anthony) at Mbarika. Anthony is an STM student working with MnM.**



## Following up MPHL alumni in Mityana, Central Uganda

### Hon Sylvia Ssinabulya



Hon Sylvia Ssinabulya (right) receives Francis Xavier Sentamu, who was the guest of honour at the launch.

Recently Save the Mothers joined Rotary Club of Mityana at the launch of CCTV cameras installation at Mityana Hospital, at the invitation of Hon Sylvia Ssinabulya, an alumni of MPHL. Hon Sylvia who is the Immediate Past President of Rotary Club Mityana placed maternal and child health issues high on the agenda of Rotary Club during her tenure resulting into the camera installation initiative.

The guest of honour at the event was Francis Xavier Sentamu, Rotary Governor for District 9211 which takes in Uganda and Tanzania. The CCTV cameras were donated by Rotary Club Mityana in a bid to curb insecurity at Mityana Hospital which is one of the Mother Baby Friendly Hospital Initiative (MBFHI) sites.

## Meet Rev Moses Semugooma

**Reverend Moses Semugooma, Health Coordinator of Mityana Diocese (central Uganda), Church of Uganda says: "Having studied the Masters in Public Health Leadership, I was exposed to the different issues affecting the community in a way that I didn't see before and I then reflected on my role.**

I now ensure that priority is given to mothers who come to deliver at the health facilities that I supervise and that we have qualified staff to help them."

During one of his reflective moments, Rev Moses conceived an idea to expand Lulagala Church of Uganda Health Facility, one of the facilities in the diocese that he supervises. The health facility had two small building blocks: one of which was the outpatient wing and the second was the maternity unit.

After his MPHL first module, Rev Moses started mobilizing his community to raise resources to build a new block for Lulagala Health facility. The idea he conceived in 2017 birthed a new health facility block that has a treatment room, maternal and child health unit, three admission rooms to cater for men, women and children.

Rev Moses was also one of the speakers at the recently concluded family planning conference in Kampala, Uganda. His remarks made headlines in the media.

[https://www.newvision.co.ug/new\\_vision/news/1500489/depressing-preside-funeral-mother-died-giving-birth-priest](https://www.newvision.co.ug/new_vision/news/1500489/depressing-preside-funeral-mother-died-giving-birth-priest)



Rev Moses at his MPHL graduation ceremony at Uganda Christian University, Mukono and in his office.



**Above:** Rev Moses shows off the new building block at Lulagala Health facility.



**Left:** STM team steals a photo moment with Rev Moses in Mityana at his offices.

**Save the Mothers East Africa, Uganda Christian University, Mukono: [www.stmeastafrica.org](http://www.stmeastafrica.org).**

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# Celebrating the July 2019 MPHL graduates



1. Nakiku Damalie
2. Margaret Walakira
3. Tabu Lydia
4. Rashida Mgaya
5. Namuwanga Edwige
6. Rachel Alweny
7. Susan Akwii
8. Sarah Auma
9. Ahabyona Reumah
10. Mukasa Albert
11. Magezi Robert
12. Etti Tom
13. Asire Betty

**March on and go light up the safe motherhood arena.**



14. Asiimwe Queengonda
15. Janet Apio
16. Consolata Iyoli
17. Racheal Babiryé

**On 5 July 2019 Uganda Christian University graduation ceremony had 17 Masters of Public Health Leadership students graduate and embark on yet another journey to advocate for safe motherhood.**

In her remarks Dr Miriam Muta-bazi (Director Save the Mothers East Africa) urged the graduates to use available opportunities to improve lives of mothers.



"There are a lot of small and big opportunities that you can use to change lives of women," she said.

Dr Justus Barageine's (Academics Director) message to the 17 graduates was: Tell the rest of the world what you have done by publishing your research. He concluded his message with Matthew 5: 14-

16; You are the light of the world. A town built on a hill cannot be hidden. Neither do people light a lamp and put it under a bowl. Instead they put it on its stand, and it gives light to everyone in the house.

In the same way, let your light shine before others, that they may see your good deeds and glorify your Father in heaven, Dr Justus said.

## Saida empowers journalists in public health reporting

**Saida Salim is the Executive Director of Tanzania Interfaith Partnership. She is also an alumnus of STM-MPHL. Besides her full time job Saida uses expertise gained at STM to make impact in the public health arena. She says:**

I train journalists to report on road safety issues in Tanzania. Thanks to Dr Rob Alder's Public Health lectures on road crash.

These trainings contribute to developing capacity of the Tanzania journalists to build public awareness on road safety.

I train journalists on how to write road safety stories.

They are empowered to look at the big picture of road safety where they are part of the solution to saving lives. Through the trainings journalists are facilitated to understand and analyse the road safety crisis and burden to the country, communities families and individuals.

These trainings enable journalists to report not only on road crashes as they happen but follow up on



**Flashback: Saida at the Morogoro training.**



victims of road crashes and analyse the losses incurred.

Between April 2017 to February 2018, a total of 128 journalists were trained in Morogoro and Dar es Salaam regions. And these journalists write and publish articles on road safety to promote public awareness.