The Result of HERhealth project

Main result of the training

- **Reduced health problems**
  - Headache: 25% (Before) vs 13.6% (After)
  - Sore throat: 15% (Before) vs 3.9% (After)
  - Stomach pain: 10% (Before) vs 3.9% (After)

- **Improved knowledge on nutrition**
  - Vitamin A: 64% (Before) vs 79% (After)
  - Iron: 57% (Before) vs 70% (After)
  - Calcium: 100% (Before) vs 79% (After)

- **Increased consuming nutritious foods**
  - Eat fruit daily: 77% (Before) vs 79.4% (After)
  - Have meat or fish or egg every day: 77% (Before) vs 79% (After)

- **Improved knowledge on post-pregnancy care**
  - Extended pain in abdomen: 72.5% (Before) vs 61% (After)
  - Vagina having an odor: 75.5% (Before) vs 55% (After)
  - Extended bleeding: 71.6% (Before) vs 60% (After)
  - High fever: 86.3% (Before) vs 69% (After)

- **Improved knowledge on sexually transmitted infection**
  - Gonorrhea: 97.1% (Before) vs 69% (After)
  - Syphilis: 99% (Before) vs 74% (After)
  - Herpes: 86.3% (Before) vs 54% (After)
  - Hepatitis B: 86.3% (Before) vs 59% (After)
  - HIV/AIDS: 99% (Before) vs 96% (After)

- **Improved knowledge on maternal health**
  - Pregnant women need Tetanus Toxoid (TT) injections during pregnancy: 80% (Before) vs 98.1% (After)
  - Pregnant women need 2 TT injections: 39% (Before) vs 76.7% (After)
  - Pregnant woman should deliver her baby at hospital (as opposed to unreliable service settings): 98% (Before) vs 100% (After)
- Improved knowledge about HIV transmission routes

- Improved knowledge about Hepatitis B transmission routes

- Knowledge on non-communicable but dangerous diseases