

Title: Women's health in urban primary health care
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Abstract:

This dissertation describes the health needs of women in poor urban areas. It then continues to look at existing health services and actions that can be taken to improve the quality of life for low income women. The health needs of women has either been medicalized or neglected. Events like the International Women's Year in 1975 has helped to inform the world about women's issues, but now ten years later and there are still millions of women that die of preventable conditions and are still discriminated against because of their gender. Woman and girls' health is important, because they play an important role in their family's health, but they also contribute towards the economy of their countries, throughout their whole life span. How can women fulfil their roles as mothers, carers and earners when they are undernourished, have no control over their own lives and have not access to credit or land. The rapid rate of urbanisation combined with the creation of unplanned slums results in high population density areas with a variety of health problems ranging from air pollution and violent crimes to communicable disease such as tuberculosis and malaria. More and more women find themselves living in these conditions and where high population density is a reason for more and better services in cities, that doesn't mean to say they are accessible and affordable for the urban poor. The Primary Health Care approach is a holistic way of looking at health and is especially suitable for women when implemented well and expanded widely. It is an empowering approach because it takes into account the actions of women in the family and the community. In the last stage I describe the existing health services that has been very narrowly focused on the reproductive years. Then moving on, I take a look at services and actions that can enable women to live decently and with dignity in the squalor of urban settings, from childhood through to old age.