

# Using Participatory Action Research to Improve Maternal Health in Tanzania

In Tanzania, we used a collaborative research strategy to engage community members in identifying and addressing key issues in maternal health

## Our Participatory Action Research Cycle:



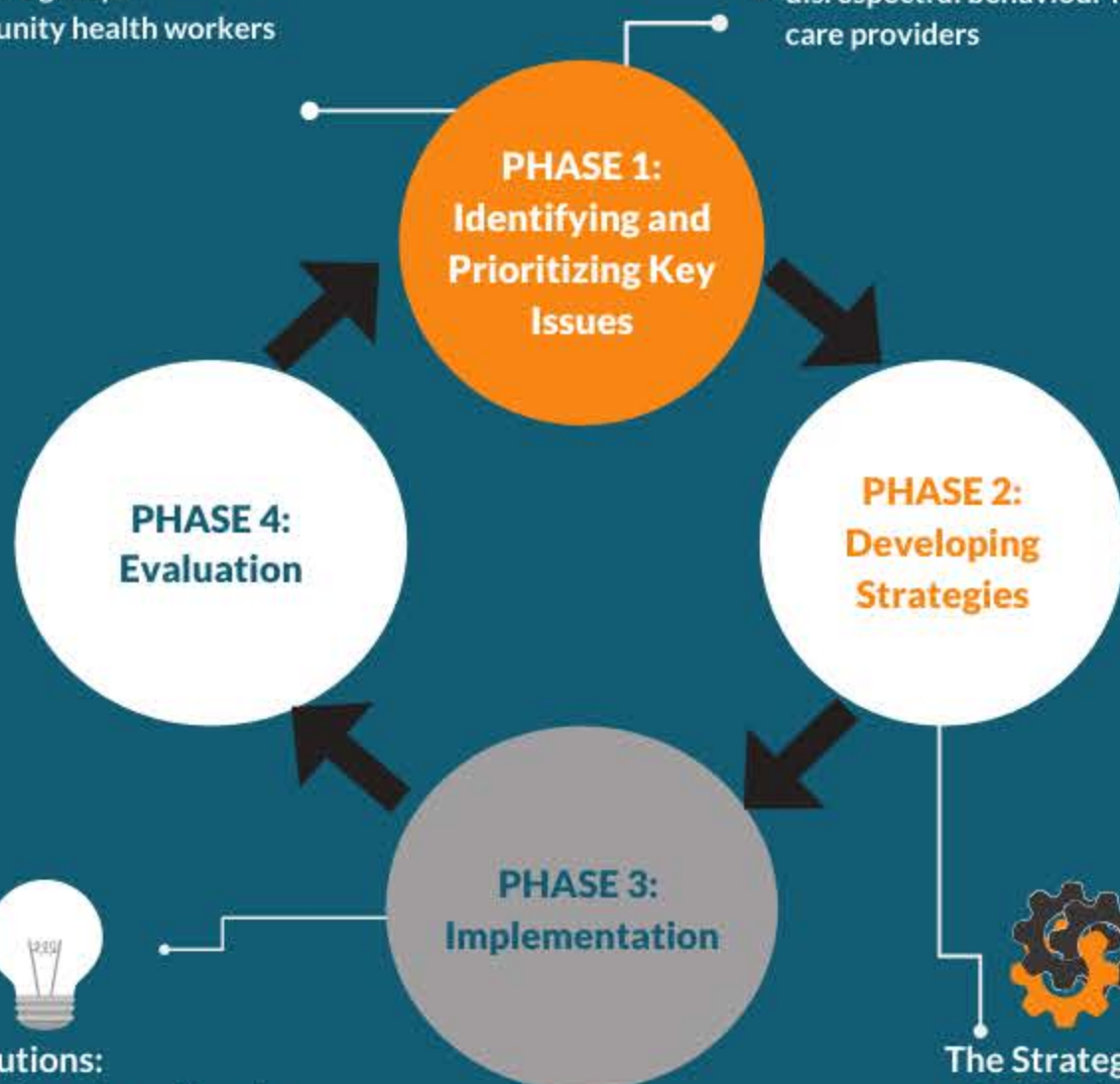
### The People :

- male and female champions
- government officials
- community and religious leaders
- health providers
- community members
- women's groups
- community health workers



### The Key Problems:

- home deliveries
- late and skipped maternal health care visits
- low participation of men in maternal health issues
- low birth spacing
- low use of family planning methods
- disrespectful behaviour from health care providers



### The Solutions:

- promoting male and female champions to raise awareness at community events
- creating women's groups to identify pregnant women and encourage antenatal care attendance
- strengthening health governing committees to address health facility-related barriers



### The Strategies:

- health education
- male engagement
- women's groups
- health facility governing committees

## Benefits of Using This Approach In Health Research



Maximizes community participation and ownership



Strengthens capacity of local stakeholders



Promotes sustainability of interventions



Promotes women's empowerment

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