**CASE STUDIES for GENDER CONTINUUM**

**Handwashing for Diarrheal Disease Prevention in Fredonia**

The Fredonian Handwashing Initiative aimed to reduce morbidity and mortality among children under 5 through a communication campaign promoting proper hand-washing with soap to prevent diarrheal disease. Four soap companies launched hand-washing promotion campaigns: radio and television advertisements; posters and flyers; school, municipal, and health center programs; distribution of soap samples; promotional events; and print advertisements. The basic approach was to present a mother as caretaker of the family and to describe or illustrate the three critical times for handwashing: before cooking or preparing food; before feeding a child or eating; and after defecation, cleaning a baby, or changing a diaper. They also emphasized essential aspects of the handwashing technique: use water and soap, rub one’s hands together at least three times, and dry them hygienically.

**Zika Virus in Blanktown**

Zika virus disease (Zika) is a disease caused by Zika virus that is spread to people primarily through the bite of an infected *Aedes* species mosquito. The most common symptoms of Zika are fever, rash, joint pain, and conjunctivitis (red eyes). The illness is usually mild with symptoms lasting for several days to a week after being bitten by an infected mosquito. People usually don’t get sick enough to go to the hospital, and they very rarely die of Zika. For this reason, many people might not realize they have been infected. Once a person has been infected, he or she is likely to be protected from future infections.

During the first week of infection, Zika virus can be found in the blood and passed from an infected person to another mosquito through mosquito bites. An infected mosquito can then spread the virus to other people. We do not know how long the virus is present in the semen of men who have had Zika. We do know that the virus can be present in semen longer than in blood. Not having sex is the best way to be sure that someone does not get sexually transmitted Zika virus.

Grappling with a mosquito-borne virus linked to brain damage in infants, Blanktown is advising all women in the country not to get pregnant until 2018. One community leader said that a government clinic in his neighborhood shut down three months ago after repeated threats from gangs, the kind of conditions that experts say make it harder to treat and combat the virus.

Standing water, which allows the insects to breed, is a fact of life here, as are the pools of trash cloaking many city streets in the dense neighborhoods that carve through the hillsides of the capital...

An expert said that members of the armed force would go door-to-door to with information for women on delaying pregnancy to help in mosquito eradication efforts ahead of the country’s holiday celebrations. The government plans to also distribute mosquito repellent to some 400,000 pregnant women who receive cash-transfer benefits.

**Overcoming Structural Barriers to Improve Nutrition for Men**

As part of its commitment to the health and well-being of its workers, an international mining company in South Africa set up a health clinic near one of its mines to provide health services to its workers. As part of their required annual checkups, all mine workers are tested for HIV and receive integrated NACS (nutrition assessment, counseling, and support) services. The nutritional assessment revealed that several of the miners suffer from a Vitamin C deficiency as well as moderate malnutrition. Appropriate nutrition counseling is offered to these clients, with follow up visits scheduled to re-assess the miners’ nutritional status.

Unfortunately, upon reviewing the quarterly data, clinicians discovered that despite receiving nutritional counseling the miners nutritional status did not improve. The clinic undertook a Quality Improvement process to try and understand what was happening. The process revealed that while NACS was being properly implemented in the clinic, the malnourished clients had a difficult time adopting some of the essential nutrition actions that were recommended, specifically eating a variety of foods and increasing the intake of nutritious foods. Upon closer examination, the QI team discovered that the malnourished miners had migrated to South Africa from their home in Lesotho and they did not know how to cook – cooking being a skill that was not traditionally taught to boys in Lesotho but was the responsibility of women and girls. As such, the miners had not been able to improve their dietary diversity.

The clinic decided to incorporate basic information on how to prepare and cook nutritious foods into its nutrition counseling sessions and referred the miners to a community support group that was working on improving the overall health of the mining community. They also informed the community support group of the particular challenges facing the miners’ ability to maintain adequate nutrition, and suggested they incorporate cooking demonstrations into their community outreach activities.