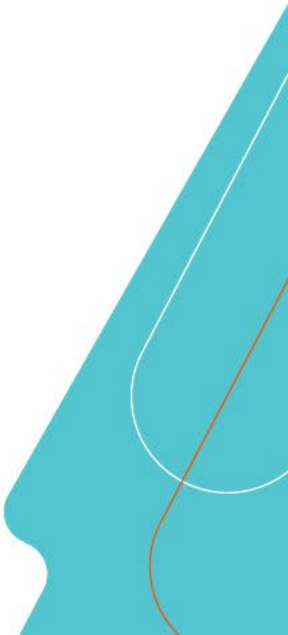




## Concilia Mutasa

*CeSHHAR*

***Integrating local voices via photovoice to shape heat early warning messages for pregnant and postpartum women in Rural Mt Darwin Zimbabwe.***



# Background

- Climate change effects such as ambient heat presents a grave threat to global health, especially affecting vulnerable populations like pregnant and postpartum women in rural areas.
- Among the myriad consequences of climate change, the increasing frequency and severity of heatwaves stand out.
- Early notification of heat events, through mobile phone-delivered notifications, could encourage for adaptive behaviours.





## Objectives

To Identify priority areas where women encounter heat events and potential cooling

Draft and develop early warning messages tailored to socio-environmental context of pregnant and post-partum women in rural Mt Darwin



## Methodology

### Study setting and design

- Mt Darwin Rural District in Zimbabwe.
- Study Sites: Chitse Health Centre, Dotito Health Centre, Mt Darwin District Hospital
- Purposive Sampling



# Methods

## Focus Group Discussion

Establish the best approaches and platforms for messaging and to collect descriptive data that will inform the co-design of messages.

## Focus Group Discussion

24 Community Health Workers (CHWs)

## Photovoice Workshops

Information about women's day-to-day practices during pregnancy and post-partum with a focus on heat

## Transect Walk

10 pregnant and post partum women

## Photovoice Workshops

23 pregnant and Postpartum women

## In-depth Interviews

22 Pregnant and postpartum women

## In-depth Interviews

Select photos according to their themes, express the themes in relation to heat and the meaning behind every image.

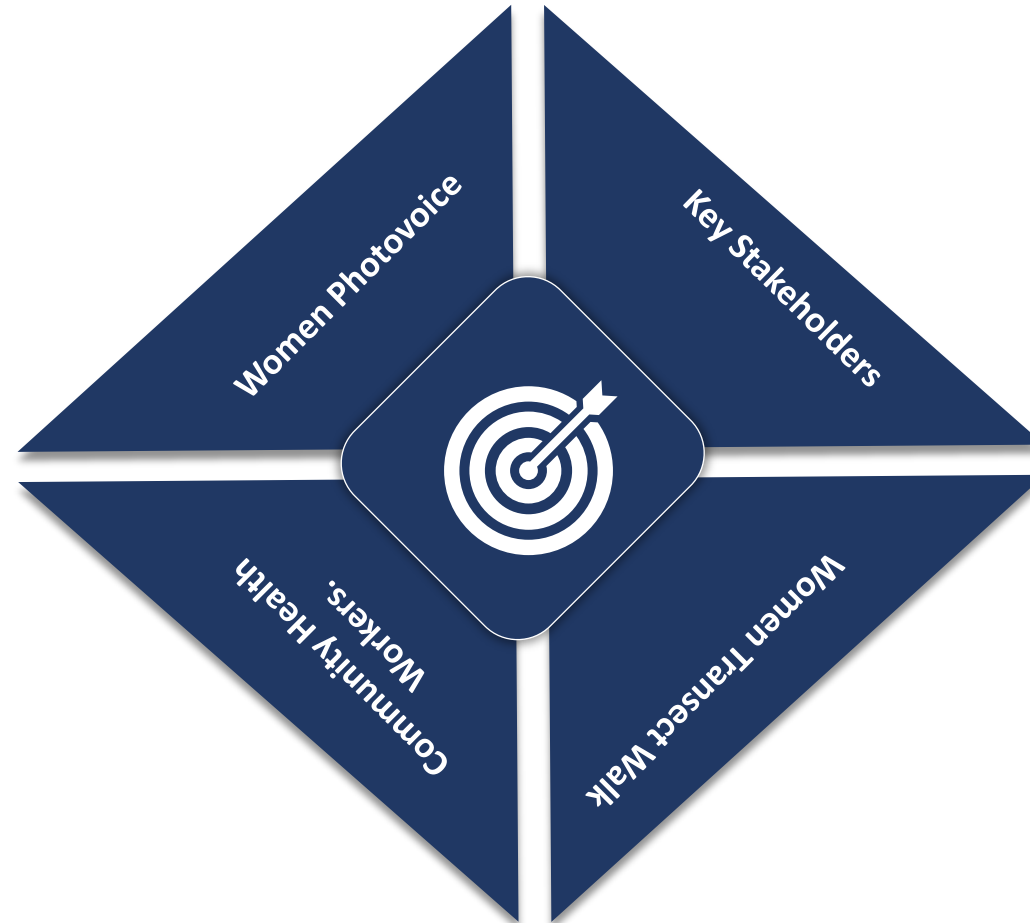
## Transect Walk

Understand women's living environments, day-to-day practices, resources, and spatial parameters in the areas that they live in.

# Methodology

**Photovoice Women**  
22 Pregnant and Post  
partum

**Key Stakeholders**  
17 District Level  
Stakeholders  
Health, Social Services,  
Environment, Agriculture

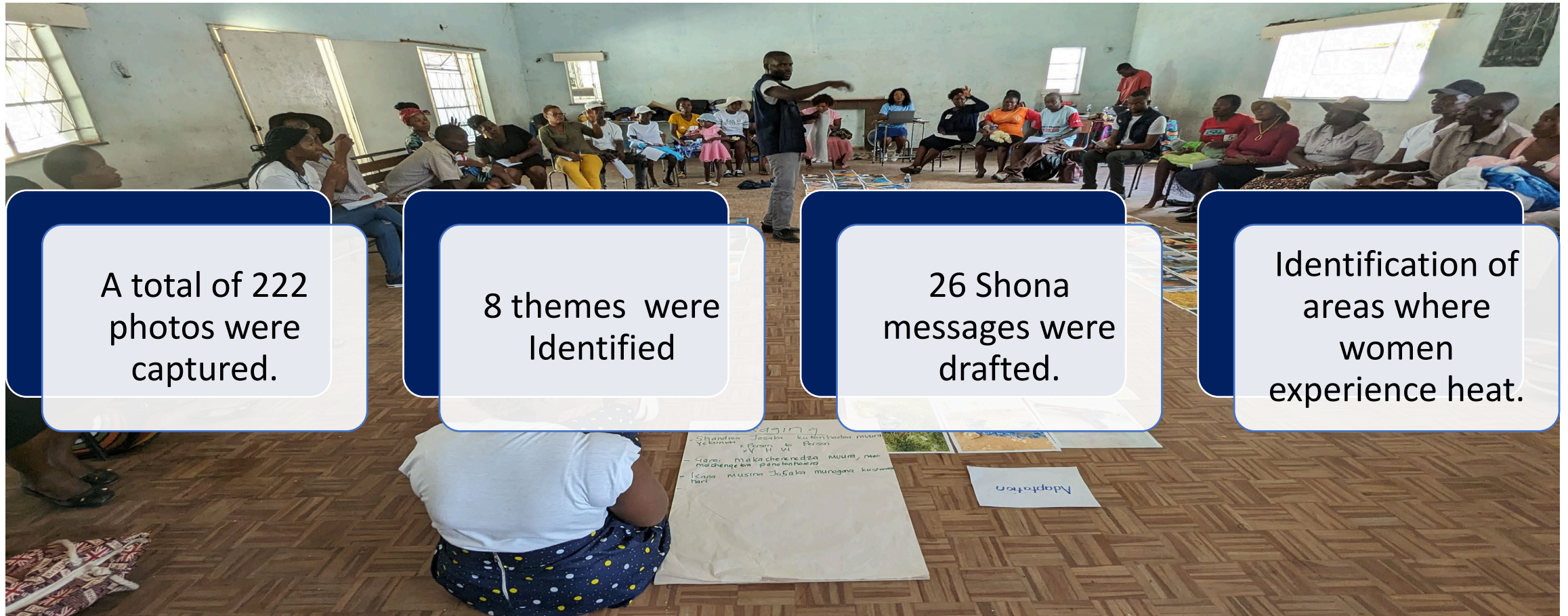


**Community Health Worker**  
21 Community health care  
workers

**Transect Walk Women**  
6 Pregnant and Postpartum

## Co-creation Process

# Results



A total of 222  
photos were  
captured.

8 themes were  
Identified

26 Shona  
messages were  
drafted.

Identification of  
areas where  
women  
experience heat.





Areas where women experience heat





### Regulating indoor temperature:

When it's too hot to sleep well, I covers them with a wet towel to cool them down..... this helps them sleep longer and prevents restlessness. **Postpartum woman photovoice 2 workshop exhibition**



### Clothing Choices:

At home we only put light loose clothing such as a vest and a Zambia especially during the day. When we sleep, we sleep naked, and the baby will only wear a nappy. **Group 2 photovoice 1 post partum women.**

Wrapping oneself with a cloth (zambia) up to the arms to allow for cooling without wearing clothes inside. **Group 3 photovoice 1 – Pregnant woman**



### Cooling body temperature:

I bath them three times a day during the hottest hours, around 11 AM, 2 PM, and 4 PM. Using warm water makes them feel better, and if I skips this routine, they become restless and cry frequently.





### Staying hydrated:

To maintain hydration- .....they craft a Josaki, using cloth to cover a bottle of water, reflecting traditional cooling methods. **Photovoice 1 group 3**

Drink cold water that is available to you maybe from a josack and a dish of water outside.  
**Photovoice 2 message formulation Pregnant group.**

### Cooling environments and shaded pathways

Identify and utilize shaded areas- If a house has no shade or a tree “you can walk along the gable of the house” [kutenderera berere reimba] and follow the shade of the house. **Photovoice 1 Group 2**

.....sitting with my twins in the shade of a house, I employ this adaptation strategy to combat the heat. **Postpartum woman –Follow-up IDI- Interview**







## Evaporative and passive cooling mechanism

- Sleeping with windows open.....
- Sleeping outside with Mosquito nets
- Using paper fans
- Using fans if you have a source of power such as electricity and solar power, this is commonly used by mothers who live in the urban .....

## Scheduling activities

- Scheduling outdoor task during cooler parts of the day. Walking when its cool like early in the morning until 10 am and in late afternoon around 5pm.
- Start work (in the fields) as early 4am before the sun is out .....

## Photovoice 1 group one Adaptation Strategy

## Culturally Appropriate

In the absence of refrigerators, the participant suggests utilizing alternatives like "josaki" to cool water when it's extremely hot. **Postpartum woman –Photovoice 2**





## Conclusion

### **Engage Communities**

Involve local voices in design and ensure messages resonates effectively

### **Culturally Relevant**

Develop messages that reflect the cultural practices and preferences of the pregnant and postpartum women.

### **Social/Environments**

Messages that account for varying social and environmental context

### **Mobile App Development**

- A mobile App (MotherHeat Alert) for early warning notifications has been developed.
- Testing will be conducted in rural Mt Darwin to evaluate the app and the messaging system.

# Acknowledgements

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Thank you