



UGAT NG KALUSUGAN  
ROOTS OF HEALTH

*Our mission is to foster self reliant women, young people and families in Palawan, Philippines to lead healthy reproductive lives by providing education and clinical services.*

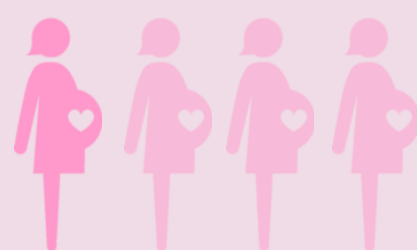
## Why Roots of Health?

**Roots of Health** (Ugat ng Kalusugan) is a **501(c)(3)** nonprofit organization focused on improving the health of women and girls, and their communities, in Puerto Princesa, Palawan, in the Philippines. Started in 2009 by a mother and daughter team, Roots of Health is now in its 6th year of improving health and the general quality of life for women in the Philippines. In 2014, Roots of Health actively served 6 communities in Palawan, reaching 771 women and 2,835 students through its education and clinical service programs.

## Maternal and Reproductive Health in the Philippines

### ▶ Teenage pregnancy

**25%** of pregnancies and deliveries in Palawan, Philippines are to **teenagers**



### ▶ Access to Women's Healthcare

**Less than 60%** of women have access to reproductive healthcare or basic knowledge due to pervasive religious conservatism, preventing availability in schools and public facilities

### ▶ Unplanned pregnancy

More than **50%** of Philippines pregnancies are **unplanned**

### ▶ Birthing complications

**15** women die every day in the Philippines due to **preventable pregnancy** and **childbirth complications**

## Empowerment

- **Community Advocacy Training** - A program for women in our communities to become health resources to their neighbors; advocates continue providing services in our communities when our programming ends.
- **Community Teen Education Classes** - Skills based classes that empower young people to make healthy, responsible decisions.

## Healthy Pregnancies

- **Pregnancy Services** - Includes prenatal vitamins, check ups, and delivery services that help ensure that our clients have the healthiest pregnancies possible.
- **Maternal Health Education** - A program that includes peer-directed sessions that challenge participants to explore their health needs in relation to sexuality, reproduction and family life.

## Reducing Unplanned Pregnancies

- **Local High School & University Classes** - Curriculum includes health topics and human rights issues and is taught by lecture, group work, and activities.
- **Family Planning Consultations** - Personal consultations that help guide women in choosing the contraceptive method that best suits them.

## Our Work is Changing Lives...

**93%**

Percent of clients who have given birth in a facility this year as a result of our referral

**16,000**

Number of high school and college students taught since 2011

**50%**

Increase in reproductive health knowledge among our students

**1,436**

Number of women provided free contraceptives since 2013.

Join us: [rootsofhealth.org/donate](http://rootsofhealth.org/donate)

