Health and Women's Empowerment -- Promoting Women's Empowerment for Better Health Outcomes for Women and Children

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Abstract

Scientific creativity cannot be taught but can be developed in the children by using planned strategies and techniques. Divergent thinking aspects can be stimulated among the students who don't separately show it. The role of the teachers, school administration, parents and society is very important for fostering creativity among pupils. To encourage each and every student to participate all science activities organized by the department of science and technology of Indian government or state government such as children science fair, children sciencecongress and science Olympiads and science festivals at school, block, district, state and national level.

Keywords: Scientific creativity, divergent thinking.

Introduction

The fundamental right to the highest attainable standard of health, including physical, mental and social well-being has been recognized in many global, regional and national declarations and charters. There is now substantial evidence that healthy populations are a foundation for sustainable social, economic and environmental development and for peace and security, and vice versa. However, despite many advances over the previous decades, large numbers of disadvantaged people still suffer ill health, with thousands dying every day from preventable causes. Women and children from underserved communities bear a particularly high burden of preventable disease and death. Improvements in population health will require multisectoral investment in the social, environmental and economic determinants that have slowed progress towards the health.

Women's Empowerment and Gender Equality

Women's empowerment and equality is a fundamental human right and critical to achieve development objectives, including health. Women's increased political participation, control of resources including land, access to employment and education are crucial for promoting sustainable development. There are numerous pathways by which greater gender equality can lead to improvements in health and quality of life for women and their family members. Women with greater agency are more likely to have fewer children, more likely to access health services and have control over health resources, and less likely to suffer domestic violence. Their children are more likely to survive, receive better childcare at home and receive health care when they need it. At the same time, improved health outcomes for women can help to strengthen their own agency and empowerment. Healthy women are more able to actively participate in society and markets and take collective action to advance their own interests. They are likely to have greater bargaining power and control over resources within the household. Therefore collaborative action between gender and health can help maximize the impact of gender policies on health and vice versa.

Understand the Political Context for Gender Reform

Gender progressive policy-making and the process of gender reform requires policymakers across sectors to be informed of the relevant stakeholder relationships and the formal and informal institutions that can influence gender equality and strengthen the links between gender and health. Institutional and stakeholder analyses can help to identify entry points and priorities for reform, understand opposition to reform, and inform coalitions for change and strategies to engage critics. An institutional analysis focuses on formal and informal institutions, including the legislative framework for gender equality (e.g. property rights, labour market regulations or family law), customary traditions, and the societal and cultural norms that determine gender roles and create incentives for stakeholder behaviour. A stakeholder analysis provides policymakers with information on which actors are likely to support or oppose policy change and implementation and identify champions who can facilitate high-level commitment to gender equality. This process must be underpinned by and supported by an in-depth analysis of the socioeconomic context and the specific differences in needs, opportunities and constraints faced by women and girls– including age, marital status, ethnicity, geography, education, economic status and religion. A solid evidence base is imperative for informing policymakers across sectors of the key gaps, challenges and opportunities for gender mainstreaming in the design of policies and initiatives.

 An evaluation has shown that the women are more empowered: they have greater say in intra-household decision-making, including family planning and health-seeking behaviour. One driver of success is that the initiative builds on existing processes of socio-economic change in Pakistan, including rapid urbanization, and increasing acceptance of female education. Moreover, the government has clearly promoted it as a government job, and has given it considerable media coverage, giving the women needed credibility in their communities. The

new status of these women and their authority in their communities has no doubt contributed to the improvement in women's and children's health outcomes.

For example, the Self Employed Women's Association in India has advocated and created initiatives for female workers to obtain better work, income, food and social security. Men also play a significant role in support of women's empowerment in their roles as partners, fathers, political or traditional leaders and in business. While the evidence suggests that both men and women need to be engaged in changing gender roles and norms, public policies still rarely reflect on the role of men in changing gender norms, and a limited number of small-scale initiatives exist.

Create Formal Agreements, Codes and Laws to Change Norms that Violate Women's Rights

Government action can lead to transformative reforms across different sectors through policy interventions related to improving women's economic opportunities (e.g. parental leave, child care), closing gaps in access to assets (e.g. land and ownership rights, inheritance laws), or reducing differences between men's and women's voice within society (e.g. quotas for political representation) or the household (e.g. family law governing marriage and divorce, freedom of movement or property rights).

Implement and Enforce Policy Reform

The implementation of policy reform in any sector is complicated, especially when policies run counter to conservative gender norms. This is especially true when the status quo is perceived to be challenged and the constituencies who benefit are poor and politically marginalised women. Understanding institutions and stakeholder positions helps to devise a tailored and successful implementation. Mainstreaming gender in budgets is also crucial to ensure enabling the implementation the gender sensitive policies.

Make Policies Gender-Smart

Successful gender mainstreaming ensures that the determinants of inequality are tackled at all stages of the policy cycle. This includes ensuring policies integrate a human rights based approach, focusing on non-discrimination and equality; participation and inclusion; accountability and the rule of law. The design and implementation of policies must also consider the potential of unintended negative consequences, such as increasing gender-based violence or re-enforcing inequalities within the household, and ways to address these. Designing gender-smart policies also requires that women are involved in all stages of design,

Build Technical Expertise

Successful gender mainstreaming needs to go hand-in-hand with training and capacity building for policymakers, programme managers and implementers in order to develop gender expertise

in all sectors. This will help to improve understanding of the interface between women's empowerment and health outcomes, and to facilitate gender-sensitive cross-sectoral collaboration by all actors.

Track Progress in Addressing Obstacles to Women's Empowerment

Monitoring and evaluation of sectoral initiatives and cross-sectoral collaborations to improve women's and children's health should include indicators to measure the effect of initiatives on women's empowerment and gender equality, including gender inequities in health. Gender-sensitive monitoring and evaluation uses gender-specific indicators and data disaggregated by sex to identify disparities in outcomes and impact of any given policy and the gender-related factors underlying them. Most national Demographic and Health Surveys include indicators to measure women's empowerment.

Opportunities to Engage

There should be always a key opportunity to engage policymakers on the importance of women's empowerment for women's and children's health outcomes. Gender should be a central part of the Inequalities thematic group, but should also cross-cut discussions in all other groups, so that the overall approach to the new framework is equity-focused and gender-sensitive. The annual World Health Assembly provides an excellent global forum to discuss the importance of gender equality for the health outcomes of all. Gender-related conferences such as the Women's
Health Annual Congress, the Commission on the Status of Women organized by UNWomen provide an excellent opportunity for policymakers from any sector to understand the issues at the nexus of gender and health.The International Conference on Population and Development Beyond 2014 Review is also a key opportunity to influence the future of global population and development policy at national, regional and global levels

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