

## THE EXEMPLAR

MARCH 2025



Hi Friend,

Our research consistently shows that empowering women improves their health and the health of entire countries.

As the Exemplars in Global Health (EGH) program leads for Nutrition, Women's Health, and Maternal and Newborn Health, we know countries that prioritize women's education, decision-making power, and leadership opportunities see greater gains in their communities' health.

With countries facing a host of challenges making it harder to achieve health progress, investing in policies and programs that lift women up is more essential than ever. EGH offers a breadth of evidence-backed analysis revealing how countries have enabled better health and wellbeing for women and girls.

Earlier this month, we celebrated International Women's Day (March 8), and sat down to discuss some examples of this from our research:

**Stunting in Nepal:** Over two decades, Exemplar country Nepal cut its stunting prevalence in half. Efforts to decentralize and improve the country's education system led to increased gender parity in schools, and the adult female literacy rate increased substantially. The data shows that when moms are educated, their children thrive.

**Family Planning in low- and middle-income countries:** Exemplar countries that achieved significant advances on access to contraception made essential investments in both national health and education systems.

**Maternal and Newborn Mortality in Nepal and India:** In Exemplar countries where women have led community health outreach, reductions in maternal and newborn mortality have followed.

Click the image below to hear our perspectives



In the coming months, we look forward to sharing more examples of how evidence-informed decision-making is driving global progress in research areas like family planning, adolescent sexual and reproductive health and rights, and women's health and wellbeing. Join us on [Facebook](#), [LinkedIn](#), and [X](#) to learn more.

Best,  
Amy, Jen, and Gloria



"During our study period, maternal education was the single largest driver of the stunting reduction in Nepal."

– Amy Mayberry, EGH nutrition lead

"Girls and women who stay in school for longer are generally able to make decisions more effectively ... including when and whether to have children."

– Jen Kidwell Drake, EGH women's health lead



"Women-led community health initiatives have championed the uptake of multiple services. Female community health volunteers in Nepal [were] a major driver behind scaling up access to care among rural populations. We've seen the same in India with the Accredited Social Health Activists (ASHAs)."

– Gloria Kilezi, EGH maternal and newborn health lead

### STORY

## Gender inequality is man-made, which means it can be changed



Asha George, Professor at University of Western Cape and Women's Health and Wellbeing TAG Chair for EGH, shares her thoughts on the importance of gender equality. [Read the full article here.](#)

### EXEMPLARS STORIES

#### How Senegal doubled modern contraception prevalence in just 8 years

Senegal has doubled its modern contraceptive prevalence rate since 2010 – an extraordinary turnaround for a country whose recorded contraceptive use rates were among the lowest in the world for many years. [Read the full article here.](#)

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