

## Our Mamas

At the heart of the project is the empowerment of women (yoghurt mamas) to establish community probiotic yoghurt kitchens. Yoghurt kitchens have empowered yoghurt mamas to foster sustainable change by helping them to contribute to the overall health of their communities and draw an income for their families whilst simulating significant economic development.

Currently, yoghurt mamas manage and operate 20 yoghurt kitchens and serve over 4000 people.



## Our Interns

Our interns have collaborated with partners in East Africa to:

- Establish health programs based on probiotic foods, especially probiotic yoghurt
- Work with community partners on local goals and research
- Establish the groundwork for probiotics research



- Promote awareness in the Western University community about social justice issues, global health and HIV/AIDS



## Our Yoghurt

Our probiotic yoghurt, developed by Dr. Gregor Reid (Lawson Health Research Institute and Western University) and Dr. Sharareh Hekmat (Brescia University College) helps to address and prevent instances of compromised health by:

- Improving general nutrition and maternal health
- Preventing diarrheal disease and lowering subsequent morbidity and mortality that can be fatal for malnourished children and immune-compromised adults
- Building stronger immune systems and improving health
- Improving gut health and increasing energy
- Helping prevent urogenital infections and bacterial vaginosis (risk factors in HIV acquisition)



## Our Mission

Western Heads East is a collaboration between Western staff, students, faculty and African partners using probiotic food to contribute to health and sustainable development.



## Our Purpose

We are partnering with Africa for health and sustainable development through probiotics. We are a campus wide non-profit organization, engaging all faculties, colleges and programs in research and services.

[www.westernheadseast.ca](http://www.westernheadseast.ca)

@UWOHeadsEast

## Our Partners

- **Tanzania:** St. Augustine's University, National Institute for Medical Research, Kivulini Women's Rights Organization, African Probiotic Yoghurt Network Bugando Medical Centre
- **Kenya:** Orande and Nyanam Women's Groups, Kenya Medical Research Institute, Rachuonyo District Hospital, Muungano Special School
- **Rwanda:** National University of Rwanda, Kigali Institute of Science and Technology, Kigali Health Institute, Enfants de Dieu
- **London:** Lawson Health Research Institute, Brescia University College, Housing and Ancillary Services at Western University, Research Western, Tecumseh Secondary School and Clarke Road Secondary School