

Alexandria Lamb
UIMF Member
Utah Valley University
66th session of the Commission on the Status of Women
Parallel event
“Inclusive Student Engaged Learning Model to Empower Women Globally”
March 21, 2022

Ladies and gentlemen, greetings to you from mountainous Utah. It is a great honor for me to speak here. From a young age, mountain women as we also know from our experiences in Utah, are responsible for their health and, later, the health of their children and families. Unfortunately, healthcare is often not feasible due to lack of information and disinformation, hurting the female, family unit, and ultimately, society. These challenges often revolve around nutrition, menstrual cycles, and reproductive health.

Climate change rapidly increases health problems, such as respiratory illnesses, cardiovascular issues, waterborne diseases, etc. We must be proactive in providing women within mountain communities access to timely information, thus giving them the education and empowerment to make informed decisions regarding the health of themselves and their families.

This implementation of knowledge is what we do through the student-engaged learning (SEL) model here at Utah Valley University. It enables the students to be empowered by learning as a group through hands-on experiences. Through the Utah International Mountain Forum, I share my experiences and skills with other members to bring awareness of the limited access to healthcare in mountain communities. In 2018, I worked with the Days for Girls NGO to provide health information to my community in the Wasatch mountains of Utah. We created

reusable menstrual products and health provisions sent worldwide, providing sustainable tools and information for women and girls in impoverished regions. Today, I can take that experience to help bring awareness to the mountain communities and give these communities the same help.

This semester, in my research, I am comparing Utah with Slovenia, a country known for terrain that is 90% mountainous. I was glad to learn that Slovenia has been on the leading edge of Sustainable Mountain Development, especially in healthcare. According to the Slovenia Voluntary National Report in 2017, they have significantly increased access to health screenings and mental health awareness statewide, bringing quality service closer to all women. They actively share reproductive and maternal health knowledge with third-world countries.

Women are the cornerstone of the family, society, and the world. So what can we do? Through the student-engaged learning method, students, educators, and leaders can work towards bridging the divide between women and health information and assisting our communities and those abroad. By working collectively, we can create an availability of data for mountain women, thus improving the world's overall health.

Thank you!