Global Health Experiential Learning in Kabale, Uganda: Nutrition and Sustainability in Rural Kigezi Region

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Many rural regions in Uganda struggle with food security, nutritional adequacy, and poverty. The vast majority of individuals struggle with malnutrition that leads to poor public health outcomes such as high maternal morbidity, increased chronic diseases, and congenital defects. In an effort to create a sustainable solution for these rural populations, the Kigezi Health Care Foundation (KIHEFO) developed the rabbit project. In the fall of 2019, we were able to aid in the data collection of the project, speak to various community members about how the project has impacted their community, and attend a variety of outreach events to experience the local healthcare. One village in particular benefitted from the rabbit-breeding project and used the earnings and income from rabbit rearing to subsidize education, individual healthcare emergencies, and the generation of small businesses. From this experience, we gained insight to international healthcare and public health initiatives and developed a better understanding of how scientific data is collected and recorded in rural settings.