

WOMEN'S HEALTH

Since 2001, Nile Sisters Development Initiative (NSDI) has worked to educate, support, and offer training to refugee and immigrant women and their families to overcome barriers to social and economic self-reliance. The NSDI **Women's HEALTH (Health, Education, and Lifestyle Training Hub)** program addresses Female Genital Mutilation/Cutting (FGM/C) throughout Southern CA.



WHAT IS FGM/C?

- Female genital mutilation/cutting (FGM/C) involves the partial or total removal of external female genitalia or other injuries to the female genital organs for non-medical reasons.¹
- This practice has no health benefits and can cause severe bleeding, problems urinating, cysts, infections, as well as complications in childbirth, and increased risk of infant mortality.
- More than **200 million** girls and women alive today have been cut in 30 countries across Africa, the Middle East and Asia.
- An estimated **500,000** women in the United States have experienced or are at risk of FGM/C.²
- FGM/C is mostly carried out on young girls between infancy and age 15 and is considered a violation of the human rights of girls and women.



The NSDI **Women's HEALTH** program offers culturally and linguistically appropriate resources to survivors of FGM/C and their families.

You can find out more about our services on our website: nilesisters.org/los-angeles-county/womens-health

HOW TO GET INVOLVED:



SERVICES AND REFERRALS

Contact us if you or someone you know is looking for healing services related to FGM/C such as women's health specialists, mental and behavioral health services, and/or legal aid.



PEER NAVIGATORS

Contact us if you have a personal or cultural connection with FGM/C and would like to apply to serve as a Peer Navigator to support survivors and their families.



MEN'S COALITION

We encourage men of all ages and backgrounds, to join our Men's Advisory Board to help develop a curriculum on how to address FGM/C within the family unit.

Ready to get involved? Contact us at: info.la@nilesisters.org or 818-403-5119.

Sources of all citations appearing in this publication are available at nilesisters.org/los-angeles-county/womens-health

This publication was produced by Nile Sisters Development Initiative Women's HEALTH under Award 2020-V3-GX-K005, awarded by the Office for Victims of Crime, Office of Justice Programs, U.S. Department of Justice. The opinions, findings, and conclusions or recommendations expressed in this publications are those of the contributors and do not necessarily represent the official position or policies of the U.S. Department of Justice.

JANUARY 2021 EDITION

Nile Sisters
DEVELOPMENT INITIATIVE