

How does pedestrian head-loading affect the health of women and children in sub-Saharan Africa?

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Across sub-Saharan Africa, women and children play major roles as pedestrian load-transporters, in the widespread absence of basic sanitation services, electricity and affordable/reliable motorised transport.

[Professor Kim Buton](#) of the University of Huddersfield, has coauthored an international study to look at the health impacts that this practice can have.

The majority of loads, including water and [firewood](#) for domestic purposes, are carried on the head. Load-carrying has implications not only for [school attendance](#) and performance, women's time budgets and gender relations, but arguably also for health and well-being.

The paper reports findings from a comprehensive review of relevant literature, undertaken June-September 2012, focussing particularly on biomechanics, [maternal health](#), and the psycho-social impacts of load-carrying.

Provided by University of Huddersfield

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