87% of Bangladeshi women in the garment industry suffer from ailments and illness.

ABOUT CHANGE

Change Associates Ltd. is a women-led non-profit organization committed to actively educating and empowering readymade garment workers. Established in 2010, Change collaboratively works with manufacturing companies and apparel brands to design and implement workplace based programs aimed at building respectful work environments.

We promote long-term sustainable development by sharing our knowledge and expertise through designing customized training programmes to address specific needs of the clients.

Here at Change, we believe in creating synergy through cross-sector partnership that leads to continual development of the workers in the RMG sector.

"...the team delivers professional, appropriate and innovative solutions that meet the needs of workers and management. Our partnership with Change Associates has been a privilege." - Levi Strauss Foundation
HEALTH & WELL-BEING

Ensuring healthy lives and promoting the well-being for female workers is essential to improving the Bangladeshi workforce. Myths and misconceptions, as well as a lack of knowledge can lead to unhealthy and sometimes, dangerous behaviour.

Our programmes that focus on Health & Well-Being aim to enhance female workers’ knowledge and see a change in behaviour and practice. After our programmes have been implemented, our surveys have shown a reduction in health related absenteeism at work. The success of our Health & Well-Being programmes has also seen dramatic improvements in the overall well-being and livelihoods for women, that go beyond the workplace.

The topics covered include; hygiene and menstruation, maternal and child health, family planning, STI and reproductive health, dietary diversity, adult nutrition.

OUR APPROACH

PEER EDUCATORS
10,500+ trained
To scale quickly, we train women in the factories to train other women.

STAKEHOLDERS
We talk to all stakeholders from management to workers to design win-win programmes.

IMPACT
In every factory, we conduct baseline and endline surveys to measure our impact.

IMPROVED LIVELIHOOD
Many women report taking the knowledge they have learnt and applying it to their families at home too.

“Because of HerHealth, I knew to take my friend to the doctor due to an infection she had, we found out later that this saved her life.”
- Monowara Akhter, Garment Worker

PROJECTS
HerHealth, SWAPNO, SRHR Training

DONORS & PARTNERS
GAIN, BSR, ICDDR’B, IPA, Olympic, Shobujer Ovijan Foundation, Engender Health, & PSTC

Get in touch to find out how we can design and implement programmes that empower your workers

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