



Women, Youth & Children

The Public Health Institute is an independent, nonprofit organization dedicated to promoting health, well-being and quality of life throughout California, across the nation and around the world.

Policies and programs to support youth, children and women unlock economic advancement, educational opportunity and better health for communities around the globe. PHI addresses issues such as childhood obesity, asthma, and sexual and reproductive health.

PHI has worked for a half century to empower women, youth and girls through research, advocacy, leadership programs, and organizational and professional development.

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Our Approach



Mobilize multi-sectoral partners from health care, government, schools and the private sector to improve health outcomes



Build the capacity of women and youth to become the health leaders of today and tomorrow



Research rates of disease and other health indicators among women and children to inform policies, health care practices and product development



Promote healthy behaviors through innovative, effective social marketing campaigns



Advocate for policies that promote and protect the rights of women, youth and children



Building Health Equity

The California Adolescent Health Collaborative builds adolescent health in low-resourced communities in the state's Central Valley through a dynamic, participatory and multi-sectoral approach that includes sexual health, intimate partner violence prevention and economic independence.

Our Work



Giving Women Better Prevention Options

A global initiative to improve sexual and reproductive health, PHI's CAMI Health works to develop new multipurpose prevention technologies (MPTs) that simultaneously prevent unintended pregnancy, HIV and other STIs. It hosts the Initiative for MPTs, which represents about **1,200 funders, product developers, advocates and researchers** from across the globe facilitating the development of these technologies.

Advancing the Rights of Girls & Youth

PHI's Rise Up program, which promotes the rights of women, girls and youth globally, has worked with local advocates to successfully push for **124 laws and policies** impacting the health and well-being of more than **115 million individuals** in Africa, South Asia, Latin America and the United States.

Equipping Youth to Advocate for Health and Economic Development

PHI's GOJoven International has been recognized as one of the **top youth leadership development programs** in the world by the USAID-funded Leadership, Management & Governance Project. GOJoven International supports

young leaders in Belize, Mexico, Honduras and Guatemala to advance wellness, education, sustainable development and civic participation.

Stopping Junk Food Marketing to Kids

In 2015, Dairy Queen joined McDonald's, Burger King and others by **dropping soda from its kids' meals**. This action came after pressure from parents, advocates and members of the Food Marketing Workgroup, coordinated in part by PHI's Berkeley Media Studies Group. BMSG provides training, research and advocacy opportunities around issues including the predatory marketing of junk food and soda to low-income children and children of color.

“We think women’s health research and product development should respond to the needs and demands of women. Towards this end we are advancing new forms of female initiated sexual and reproductive health.”

—Bethany Young Holt, Executive Director of CAMI Health

For more examples of our work, visit phi.org.