



## Community Health Committee Manual

# Community Health Committee Manual 2023

## Context

Preventable disease is highly prevalent in developing countries. Preventative health care is often absent. Teaching prevention methods can be highly effective, and the knowledge is sustainable. Simple health projects based on community need can make a big difference.

## Primary Committee Goal

To improve the health and well-being of the community in a sustainable way by teaching about basic health and hygiene and performing health related projects suited to the village community.

## Possible Committee Projects

1. Develop and teach health related lessons.
2. Organize a community Health Fair as one venue for teaching your lessons.
3. Develop a health-related sustainable project for your village.
4. Research what health risks your team will face in your country or region and present a short talk to your team.
5. Collaborate with other committees surrounding health issues as indicated.
6. Committee Visit to a Local Clinic

**Please note that Youthlinc does not conduct medical clinics or provide medical care to those we are serving as these would not be sustainable projects.**



## Discussion of Possible Committee Projects

1. **Health Lessons** – it may be helpful to think about these as Basic and Advanced
  - a. Basic health lessons are for the children and cover simple health and hygiene topics. They should be fun and interactive. A good length is 10-15 minutes and then repeat the lesson. A good plan is to present these as your English/STEM camp lesson! Work with your team leader on this.
  - b. Advanced health lessons are for older adolescents and adults. They are more detailed and in-depth. Your in-country coordinator (ICC) can let you know topics of interest to your village. A good length is 15 minutes plus time for questions and discussion. Advanced lessons are most often presented at the Health Fair. Work with your team leader to get the information you need and to design and schedule the Health Fair.
  - c. Other venues to present your lessons might include during Vocational Committee time while the villagers work on their projects, at a close-by village or school, during Environmental Committee teaching time if a topic is related, or whenever the need arises.



2. **Health Fair** – a Youthlinc Classic
  - a. Work with your ICC through your team leader to schedule and organize this.
  - b. There are several ways to organize this. Examples:
    - i. One half day (2 to 3 hours) for adults (and older adolescents) for the whole village.
    - ii. Two half days – one half day for the whole village, and another for both men’s and women’s fairs presented separately.
  - c. Breakout sessions can be used to teach smaller groups.
  - d. The fair becomes a community event and can be quite fun but expect a bit of chaos.

### **3. Health Projects – Examples**

#### **a. Days for Girls Kits and Teaching**

- i. These contain washable, reusable menstrual pads. They have enabled girls in many developing countries to continue school while menstruating, as they often do not have access to or cannot afford modern products.
- ii. The kits are made by the NGO Days for Girls (DfG) and should be ordered and paid for through their website ([www.daysforgirls.org](http://www.daysforgirls.org)).
- iii. If they are well established in your country (YL countries Guatemala, Kenya, Nepal, Rwanda and somewhat in Cambodia as of 1/2023) they will provide, at little cost, a DfG person from your country to do the teaching! This is a very effective way to go and is highly encouraged. You will need to teach about the kits if they are not in your country.
- iv. At least one person from the committee must complete the associated DfG training (under Health Education, Ambassadors of Women’s Health Training). This is an excellent resource for teaching about the kits and women’s health.

#### **b. Cycle Beads**

- i. These are bracelets with different color beads for the stages of the menstrual cycle.
- ii. Helpful in determining when to expect your period and when to avoid sex for birth control (this is a forbidden topic in some villages – ask your team leader to find out through your ICC).
- iii. Directions are available on the YL website under Committee Resources and on the web.

#### **c. Hygiene/Basic First Aid Kits**

- i. Items can be donated or purchased (see Section Three).
- ii. Explain the items in the kits during appropriate lessons.
- iii. It is easiest to assemble the kits in the US and transport them down.
- iv. Handing out any type of kit may lead to chaos and jealousy among villagers if you don’t have enough kits.

#### **d. Medical Supplies**

- i. These can be donated or purchased (See Section Three).
- ii. You can give supplies to the local clinic your village uses, as a first aid kit to a school, or to somewhere else of your choosing.
- iii. Some clinics (Peru) cannot accept expired items due to licensing requirements.
- iv. Find out what is needed from your team leader via your ICC.

#### **e. Other projects**

- i. Base your ideas on what your village needs and what you can realistically accomplish well.
- ii. Projects should be culturally appropriate and sustainable.



#### **4. Team Health Talk**

- a. This addresses particular health risks your team will face and provides health information about your area.
- b. The talk is typically researched and presented by humanitarians with help from your mentor.
- c. A good length is about 10 minutes.

#### **5. Collaboration with Other Committees - examples**

- a. You may be asked to give your lessons to the villagers during Vocational Committee time while the villagers work on their projects.
- b. You might want to present a lesson about the health risks of indoor cooking fires and environmental pollution in conjunction with the Environmental Committee.
- c. You could ask the Cultural Committee to collaborate with you in talking about homosexuality (if this topic is approved by your ICC).
- d. Things you brainstorm while thinking outside the box.

#### **6. Committee Visit to Local Clinic**

- a. Ask your team leader to arrange a half day for your committee to do this if the clinic your village uses is a reasonable distance away and transportation can be arranged.
- b. This is very fun and it is educational to see how health care is delivered in a developing country.



# Appendix

## Possible Basic Health Lesson Topics

- Proper Hand Washing to Prevent Infection
- Proper Sneezing and Coughing to Prevent Infection
- Safe Drinking Water to Prevent Infection
- Dental Hygiene
- Basic Nutrition
- Basic First Aid Body Parts and Functions
- Other

## Possible Advanced Health Lesson Topics

- Choking treatment
- Safe food preparation
- Mental health
- Stress reduction, relaxation, yoga and meditation
- Maturation and menstruation
- Healthy relationships, domestic violence
- STIs and their prevention
- Drug and alcohol abuse
- Dangers of smoking
- Healthy lifestyle (diabetes and hypertension prevention)
- How to stop bleeding, wound care
- Pregnancy
- Menopause
- More advanced version of the basic health lessons
- Other

## Hygiene/Basic First Aid Suggested Items

Washcloth	Comb
Bar soap	Nail Clippers
Tooth brush	Band aids
Toothpaste	Antibacterial ointment
Floss	Ace wrap
Nail clippers	Drawstring bag to hold everything

## Health and Medical Supply Resources

- Local dentists, drug stores, hospitals, medical offices for donated supplies
- Consider buying some supplies in-country when it is possible
- Globus Relief ([www.globus.relief.org](http://www.globus.relief.org))
  - Local NGO that supplies medical and hygiene supplies at low cost to other NGOs
- Mandalay International Inc. ([www.humanitarianproducts.com/kits](http://www.humanitarianproducts.com/kits))
  - Inexpensive kits (first aid, hygiene, other) and supplies

