

Youthline

creating lifetime humanitarians

Community Health Committee Manual



Section One

Context

In the developing world, diseases of poverty are commonplace and preventative care is not ubiquitous. According to the World Health Organization, major causes of death in the world's poorer nations include preventable diseases such as diarrhea, pneumonia, and various respiratory infections.

Healthcare access and practices such as preventative care, and basic hygiene can make a massive difference in these communities. While "the health inequalities between rich and poor persist" (*The Changing Global Context of Public Health*, Beaglehole 2000), educational lessons about preventive care could be the difference between life and death.

When teams share lessons about basic healthcare needs, the impact is outstanding. Villagers then share their knowledge with others. An action as simple as handwashing with soap can save many lives.

Committee Goals

1. Plan and teach health and hygiene lessons in primary school and at vocational and business meetings. The same lessons taught at the primary school can be taught at the business and vocational meetings.
2. Plan a men's and women's community health fair and prepare and teach the lessons. Collect supplies to create kits (dental hygiene, Days for Girls kits, feminine hygiene, newborn kits, etc.) to distribute at this health fair. All supplies distributed need to be taught about during lessons.
3. Research and prepare a presentation about the main health issues of your country to the rest of the team at the April meeting.
4. Depending on the needs of the community, possibly research and carry out a water filter project or other sustainable health project with the help of the "in country" partner.

Committee Strategies and Suggested Timeline

December

- Focus on local service
- Make sure everyone has each other's contact information. Decide as a committee the way that will work best for you to all keep in touch. Whatever you agree on as a committee you need to follow through with consistently throughout the Service Year.

January

- Team-wide committee training meeting. Youthlinc hosts committee-specific workshops this month. Here, you'll learn about what has and hasn't worked with your committee in previous years.

- Review projects and identify questions or needed info to plan the projects.
- Read last year's Committee report, the End of Year Summary from your team, and advice from previous Youthlinc teams
- Begin brainstorming ways to obtain medical supplies/supplies for health lessons
- Assign people to research and present a "Health Issues" presentation about your country at the April team meeting

February

- Travel health clinic at the University of Utah
- **Team Retreat!!!**
 - At the Team Retreat:
 - Review items from January
 - Decide the list of health teaching topics and assign committee members to the topics. Each committee member needs to plan and prepare a **minimum of two lessons**: one for the community health fair(s) and one for the English Camp/Vocational/Business lessons
 - Brainstorm supplies that could be easily collected. Every lesson should have an item or kit that gets distributed once it is taught if possible.
 - Start thinking about what health topics you are interested in teaching

March

- Review and follow up on items from February
- Brainstorm and begin fundraising possibilities and supply drives to be carried out in April and/or May.
- All committee members need to be working on their health lesson plans, which are due at the April meeting. Lessons need to be interactive (activities/games/songs/coloring diagrams/visual aid ... not lecture based).
- Assign someone to contact Days for Girls, if your team wishes to do this as a project. Someone on the committee will need to attend their training if this is the case.

April

- Review and follow up on items from March
- Come with your lesson plans- a copy for each member of your committee, and go through each of them in detail. Give each other feedback so they can be revised.
- Plan/carry out supply drives and start gathering supplies.
 - Start gathering any and all supplies you need to teach your lessons effectively
 - Continue fundraisers.
 - Present any committee needs to the rest of the team. Many participants on your team have connections to getting supplies you might need.
- Follow up with Days for Girls
- Follow up with lesson plans and revise if necessary
- Present your Health Issues presentation to the rest of your team

May

- Review and follow up on items from April
- Practice teaching lessons. Ensure that you are prepared for potentially sensitive topics, how to teach to a wide range of age groups, etc.
- Finish up fundraising and supply collections.
 - Get the team involved in collecting your items.
 - Assemble any kits that need to be assembled beforehand- you can always choose to meet prior to packing meeting to do this as well.
 - Finalize fundraisers.
 - Have Days for Girls kits and training complete.
- Obtain copies of the community health assessment
- Medical Mentor go over Traveling Healthy with the ENTIRE team

Section Two

In this section, we will cover a few basic community health lesson ideas. These topics should be used as a starting point, **NOT** an exact guide. They should be modified based on committee members and the needs of the community and what the community has available to use on a continual basis.

Health Lesson Topic Ideas

- Basics of handwashing
- Dental hygiene: brushing and flossing your teeth
- Basic nutrition
- Sexual health
- Feminine hygiene and menstruation
- Newborn care
- Basic first aid
- Healthy relationships
- Why Smoking is Unhealthy

Lesson Example

Materials Required: 2 balloons, leftover paper hole punches

Activity Time: 5 minutes

Concepts Taught: covering your nose and mouth while sneezing, how germs spread

- Before your lesson, place a handful of leftover paper hole punches inside of 2 balloons. Leave balloon number 1 deflated. Blow up balloon number 2 and tie shut.
- Explain to the children the importance of covering their mouth when they sneeze. Explain how germs can be spread when they allow the germs to come out of their mouth. Explain how to cover your nose and mouth with your elbow while sneezing.
- Then demonstrate by taking the first balloon blow it up and pretend to sneeze and let the air out into your elbow.
- Show the children how the pretend germs (paper hole punches) go into your elbow.
- Now take the second balloon. As you pretend to sneeze, pop the balloon with a pencil. The "germs" will fly everywhere. Make sure you pick up all pieces of the balloon and paper hole punches. Don't leave any "junk in the jungle"!