

HEAL International Health Education 2016 Annual Report



Introduction

HEAL International is a non-profit organization that is dedicated to improving the health and well-being of individuals living in low resource areas by providing health education and health related services. HEAL International believes that community development begins with education and that the HIV/AIDS epidemic creates both an imperative to act and an opportunity to learn.

HEAL International provides service in Arumeru District, Arusha Region in Tanzania and in Phoenix, Arizona in the United States. We operate as a fiscal agent for the Fusion Foundation in the United States (EIN:26-3429018) and is a registered non-governmental organization in the United Republic of Tanzania (Registration No.: I-NGO/00007289). The organization has been working in both Tanzania and Arizona.

We strive to empower the communities where we work to think about healthcare in new and innovative ways by taking health into their own hands.

HEAL International is a small organization with a big dream -- that every person has access to the love and healing that they need to live happy and healthy lives.

Summer 2016 - Community Health Education Program

From June 27th to August 5th, HEAL International completed our annual health education program. This year, sixteen American university students joined five Tanzanian teaching partners as Community Health Facilitators in Arusha, Tanzania to lead health education lessons. The goal of this program is to empower the community to understand their health, to discover what matters to the community in regards to their health, and to encourage the community to take preventative health action.

The Community Health Facilitators (CHFs) trained for five months prior to coming to Tanzania to learn health education content, as well as how to lead important discussions cross-culturally. After arriving in Tanzania, the CHFs participated in an in-field orientation to practice teaching with translation, learn about Tanzanian customs and culture, and discover the beauty of Akeri.

The education program was implemented in Arumeru District, particularly in Akeri, Kimundo, and Nkoanrua, Patandi, and Tengeru. The Community Health Facilitators worked alongside teachers to develop a specialized curriculum for each class that complemented what the students are already learning.

The HEAL International Health Education Curriculum consists of a range of health topics: Germs ("Things Too Small to See"), Nutrition, Hygiene and Sanitation, Malaria Prevention, HIV/AIDS Prevention, HIV/AIDS Transmission, HIV/AIDS Testing and Treatment. Our curriculum is dynamic and includes activities for the students that reinforce what they are learning. During the program this year, the CHFs utilized Foldscopes to allow the students to see cells under a low-cost microscope and Germ Powder to show students how quickly

germs can spread. The curriculum also consists of other games that allow the students to review content or release energy.

Below, please find a breakdown of our health education program including schools taught, number of students, and subjects covered.

School	Location	Standard/ Form	Number of Students	Subjects Taught
Akeri Primary School	Akeri	K - 6	Total: 232	Germs, Nutrition, Hygiene and Sanitation, HIV/AIDS, Malaria Prevention, Foldscopes
Akeri Secondary School	Akeri	Form 1, Form 3	Total: 176	Germs, Nutrition, Hygiene and Sanitation, HIV/AIDS, Malaria Prevention, Foldscopes
Kimundo Primary School	Kimundo	1 - 7	Total: 137	Germs, Nutrition, Hygiene and Sanitation, HIV/AIDS, Foldscopes
Mavinuni Primary School	Akeri	1 - 7	Total: 167	Germs, Nutrition, Hygiene and Sanitation, HIV/AIDS
Meru Peak College	Tengeru	All students	Total: 10	Germs, Nutrition, Hygiene and Sanitation, HIV/AIDS, Foldscopes
Mwereni School for the Blind	Moshi	1 - 6	Total: 452	Germs, HIV/AIDS, Malaria Prevention
Nkoanrua Secondary School	Nkoanrua	Form 1, Form 3	Total: 301	Germs, Nutrition, Hygiene and Sanitation, HIV/AIDS, Foldscopes
Patandi Primary School	Tengeru	Special Needs - Hearing Impaired	Total: 12	Germs, Nutrition, Hygiene and Sanitation, HIV/AIDS, Malaria Prevention
Patandi Teacher's College	Tengeru	All students	Total: 152	HIV/AIDS, Teaching Style, Student Empowerment
Tengeru English Medium School	Tengeru	3, 5, 6	Total: 210	Germs, Nutrition, Hygiene and Sanitation, HIV/AIDS, Malaria Prevention, Foldscopes

Akeri Vicoba Group	Akeri	All members	Total: 30	HIV/AIDS
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In total, our community health facilitators taught HIV/AIDS and health education to **1,849** students in primary and secondary school.

In addition to teaching in mainstream classrooms, HEAL Community Health Facilitators also taught the health curriculum to students with special needs at Patandi Primary School. They were honored to teach to visually and mentally impaired students and the experience provided valuable education to the students. Despite the challenges these students face, the CHF's were able to focus on what was important for them to learn and tailored the curriculum specifically for their needs. In the future, HEAL hopes to continue providing health education to this population of students.

HEAL Community Health Facilitators also met with the Akeri Vicoba (Microfinance) Group to lead discussions about HIV/AIDS to 30 adult community members. Each week prior to the microfinance meetings, four HEAL volunteers facilitated a conversation about HIV/AIDS with the microfinance group members, who were welcoming, interactive, and attentive during the three conversations. The topics covered were HIV transmission, including mother-to-child transmission; prevention; and finally testing and treatment. During the conversations the Vicoba group members expressed great interest in the topics, asking intellectual questions regarding HIV, especially with concerns of how we can care for individuals who are HIV positive. Other concerns extended to how to protect children from mother-to-child transmission, HIV positive partners disclosing status to their sexual partner, and the reusability of condoms. The HEAL volunteers sat with these concerns along with the group members and helped to hold a safe space for appropriate discussions to take place regarding these concerns.

Community Day - July 30, 2016

At the end of the Education Program, on July 30th, 2016, HEAL International held its first annual Community Day, which took place at the Akeri Primary School Field. The event received over 500 community members throughout the day, with students and adults coming from Nkoanrua, Kimundo, Mavinuni, Patandi, and Tengeru. The activities of the day were incredibly successful as they brought together the community on a day full of joy and empowerment for health. There were over 400 students that participated in music, games, and completing a community mural (pictured below). Many of these students were those taught by our HEAL volunteer Community Health Facilitators. This day strengthened our volunteers' relationships with their students, furthering the positive impact of HEAL's health education program.

On a larger scale, 50 individuals got tested in the new Akeri Community Health Facility. As represented below in the charts, 43 of the 50 individuals tested on community day had never before been tested. As an organization, we were very excited by this data as it represents the impact of our HIV Education Program and the willingness of community individuals to join together to reach an HIV free generation. Additionally, we, as an organization, were

encouraged by the amount of individuals between 15-24 who received HIV tests, as around the world, this age group is the most at risk for new HIV infections.

In response to HEAL Community Day, village and community leaders expressed interest in continued testing for HIV, as well testing and consultations for other diseases, both infectious and chronic.

Ultimately, this event evidenced the continued importance of HEAL International's work within the community and revealed even more ways that HEAL can partner within the community to continue to support the Arumeru District in their health goals.

Number of Individuals Tested and Their HIV Testing History

New to HIV Testing		Previously Tested for HIV	
Male	Female	Male	Female
21	22	1	6

Age Groups of Individuals Tested

15-24		25-49		50+	
Male	Female	Male	Female	Male	Female
13	17	1	3	9	7

Community Projects

Each year, HEAL strives to extend our reach beyond education in the classrooms by supporting and/or implementing health projects in the community. Project Champions are identified among the volunteer Community Health Facilitators and they contribute part of their time in country to learn about and discover sustainable ways to support current health programs in the community. In addition, each Community Health Facilitator is given a \$50 USD project fund, which they use to support one of the projects presented by a Project Champion.

This year, volunteers chose to work on projects in collaboration with the Mt. Meru Regional Hospital in Tengeru, as well as with our partner organization in Akeri, CERFO. The volunteers created proposals for various projects and presented their proposals during their final week. The proposals will be further discussed by the board of directors in the United States and then action will be taken in country to provide necessary support.

Project Related Issues

The project concentrates much in health issues to members of the community at large, such as HIV/AIDS prevention, HIV/AIDS stigma reduction, prevention of STIs, empowerment education, capacity building (Train the Trainer) and related health issues. This project may

support other cross cutting issues which are related to health as well like education, latrine and sanitation issues, environmental issues, and sport in the community.

Goals for 2017

HEAL International Board of Directors, in collaboration with Meru District Hospital, Village Offices in Akeri and Kimundo, District Education Offices, and other local community organizations hope to continue providing health education and other health related services in Tanzania.

In Conclusion

It is our truest desire to continue to improve upon our ties and positive impact within the community. We welcome feedback and recommendations as to how we can improve this event and support the community through HIV testing and health education. If you have any questions or comments regarding our program, please contact our Tanzania Country Director at megan@healinternational.org.

