

## HEAL International Health Education 2018 Program Report



**June 25 - August 3, 2018**

## **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 since 2008.

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.

## **Village Council Meeting**

This year HEAL had the privilege to host leaders from Village and Subvillage Council in Akeri and Kimundo Villages, as well as the Clinical Officer of Kimundo Village. These guests joined our American and Tanzania team at the HEAL International compound to discuss challenges that are faced in the community and the efforts their village is taking to solve some of the challenges. We discussed the issue of HIV/AIDS in the community, particularly related to stigma and getting tested. The leaders shared their perspective on our programs, and we discussed ways to make our partnerships stronger and more impactful for the community.

We believe in working alongside our community and developing solutions with them, rather than for them. As a result, we make it a priority to visit with the leaders in our community and hear from them about how we can work together to support their efforts.

## **Community Health Education Program - June 25 - August 4, 2018**

From June 25th to August 4th, HEAL International completed our annual Community Health Facilitator program. This year, thirteen American university students joined five Tanzanian Health Officers as Community Health Facilitators in Arusha, Tanzania to lead health education discussions. 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 arriving in Tanzania to learn health education content, as well as how to effectively lead cross-cultural conversations about health. During this training program, the CHFs facilitated discussions

with their family and friends in Arizona and held a space for their communities to talk about HIV/AIDS. After arriving in Tanzania, the CHF's completed in-field orientation to practice teaching with translation, learn about Tanzanian customs and culture, and discover the beauty of Akeri - the village where we provide service.

The education program was primarily implemented in Meru District, particularly in Akeri, Kimundo, and Nkoanrua, Nkoarisambu, Patandi, and Tengeru Villages. We also completed one teaching session at Mwereni Integrated School for the Blind in Moshi. The Community Health Facilitators worked alongside school teachers to develop a specialized curriculum for each class that complemented what the students are already learning in the areas of biology, health, and HIV/AIDS.

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 CHF's utilized Germ Powder and other low cost science resources to demonstrate and reinforce topics we are covering. The curriculum also consists of other games that allow the students to review content.

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

School or Group	Location	Standard/Form	Number of Students	Subjects Taught
Akeri Hope English Medium Primary School	Akeri	Std 1-7	150	Germs, Nutrition, Hygiene and Sanitation, HIV/AIDS, Malaria Prevention
Akeri Secondary School	Akeri	Forms 1 & 2	203	HIV/AIDS Prevention, Transmission, Treatment, Prevention
Akeri Primary School	Akeri	Std 1-7	134	Germs, Nutrition, Hygiene and Sanitation, HIV/AIDS, Malaria Prevention
Duluti St. Mary's English Medium Secondary School	Tengeru	Form 1-6	388	HIV/AIDS Prevention, Transmission, Treatment, Prevention
Haradali Primary School	Chama	Std 5 and 6	250	Germs, Nutrition, Hygiene and Sanitation, HIV/AIDS, Malaria Prevention

Mfulony Primary School	Nkoarisambu	Std 4-7	138	Germs, Nutrition, Hygiene and Sanitation, HIV/AIDS, Malaria Prevention
Mwereni Integrated School for the Blind	Moshi	Standards 1 - 7	660	Germs, Nutrition, Hygiene and Sanitation, HIV/AIDS, Malaria Prevention
Nguruma Primary School	Chama	Std 5 & 6	88	Germs, Nutrition, Hygiene and Sanitation, HIV/AIDS, Malaria Prevention
Nkoanrua Secondary School	Nkoanrua	Form 2	134	HIV/AIDS Prevention, Transmission, Treatment, Prevention
Nkoarisambu Secondary School	Nkoarisambu	Form 1-4	350	HIV/AIDS Prevention, Transmission, Treatment, Prevention
Peace Matunda Primary School	Tengeru	Standards 3 - 7	117	Germs, Nutrition, Hygiene and Sanitation, HIV/AIDS, Malaria Prevention
Sing'isi Secondary School	Tengeru	Form 1-4	218	HIV/AIDS Prevention, Transmission, Treatment, Prevention
Tengeru Boys Secondary School	Tengeru	Forms 1 - 4	599	HIV/AIDS Prevention, Transmission, Treatment, Prevention
Tengeru English Medium School	Tengeru	Std 4-7	170	Germs, Nutrition, Hygiene and Sanitation, HIV/AIDS

In total, our community health facilitators taught HIV/AIDS and health education to **3,599** students in primary and secondary school.

### **Community Day - July 28, 2018**

At the end of the Community Health Facilitator Program, HEAL International held its third annual Community Day, which took place at the Akeri Primary School Field. The event received over 600 community members throughout the day, with students and adults coming from Akeri, Nkoanrua, Nkoarisambu, Kimundo, Sing'isi, and Tengeru.

The activities of the day were incredibly successful, with the community coming together with joy and commitment for health. There were over 600 children and young students that participated in music, games, painting, and dancing. Almost all of the students were those taught by our HEAL Community Health Facilitators during the internship program, and many students came with their teachers and family members. This day strengthened our interns'



relationships with their students, furthering the positive impact of HEAL's health education programs.

On Community Day this year, 180 individuals got tested at the event. 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. As an organization, we 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.

Community Day is a day of celebration and fun. A day to come together with the community and thank them for working with us. Ultimately, this event evidenced the continued importance of HEAL International's work within the community and revealed more ways that HEAL can partner within the community to continue to support the Meru District in their health goals.



### **In Conclusion**

It is our truest desire to continue our collaboration and positive impact with the communities in Meru District. We welcome feedback and recommendations as to how we can improve these programs 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](mailto:megan@healinternational.org).