



Completion Report

ZIM-CHC-HHM-P01
Reporting Period: October 2018 – April 2019

Health & Hygiene Matters

Budget: \$17,300 for a one-year project – fully funded

Update:

This project combined two aspects of health and hygiene:

Part A helped rural children in disadvantaged high density and rural schools around the Bulawayo region in central-western Zimbabwe. It provided Participatory Health and Hygiene Education (PHHE) in eight schools covering 400 children per school for six months;

Part B is a Health Education program open to all community members in four rural communities, also around Bulawayo. It enabled four trained health nurses to provide one day of education per month for each of the target communities. Topics covered (for example) maternal and child health, nutrition, HIV/AIDS, TB, STDs and health/hygiene education. Our partners' nurses worked alongside the Bulawayo city council nurses and local village health workers to coordinate the sessions. This is the final report for this project.



Progress Against Objectives:

- Part A: A further x5 one-day training of PHHE were held in schools reaching 2150 students. The overall total for the 12-month period was 4558, together with 182 teachers.
- Health clubs have been established in all eight schools to increase regular health activities and improve student health. Student workbooks were collected to assess students' grasp of the concepts and were returned with any extra training materials needed. Results were overwhelmingly positive.
- Two technical support visits took place to assess changed behaviours compared with the baseline survey. Some of the results were: an increase of 24% in the knowledge level of safe and unsafe water sources, schools storing water without lids decreased from 24% to 4%, 83% of schools are now storing water (64% at the beginning), handwashing soap is now available in 87.5% of the schools, and a nearly 50% improvement in the number of students that indicated the right times to wash hands – great results!
- Part B: Health and hygiene sessions were held in three communities. A fourth was disrupted due to country elections and the ensuing chaos but is still planned. 18 education sessions and eight educational home visits have been conducted. Topics included prevention of cholera (from unclean water), menstruation including practical sessions on sewing hygiene pads, hypertension, HIV/AIDS, medications and nutrition. Our partners are trialling the use of videos as a means of sharing information.

Shirley tells her story: *"I live in a squatter camp. We are shunned by other communities because we are poor, often labelled as thieves and lazy hooligans. I attended health education as nothing is as important as knowledge. I came to understand more about my body that I never knew. I learnt about how a woman's body works, so many things I hadn't heard. I understand that I can be my own boss, take control of my body. I have gained companionship from a women's support group and we are looking at ways to make an income – all because of my health education sessions! No one can ever take away the knowledge and empowerment I received!"*

Thank you for providing health and hygiene education to thousands of people, children and adults alike!