



HEALTH IN ACTION

RANCHO AL MEDIO PROJECT FOR COMMUNITY-BASED HEALTH SUSTAINABILITY



Methods

- Focused our programs on sustainability models such as "Planning for the sustainability of community-based health programs: conceptual frameworks and future directions for research, practice, and policy" by Mona C. Shediac-Rizkallah and Lee R. Bone, and "Health Literacy as a public health goal" by Don Nutbeam

All of the modules entailed four major tasks

- Community diagnosis of the strengths and challenges facing Rancho al Medio
- Connect Rancho al Medio residents with already existing local community health institutions
- Educating the population about all the different health and technology topics covered in our modules
- Training the community to give them marketable vocational skills

Completed Needs and Resource Assessment

- Determined areas of greatest weakness within the community and the resources that are available to address these issues

Educational Workshops

- Interactive classroom lessons
- Giving community members opportunity to lead lessons

HIV, AIDS and STDS

Objectives:

- Interactively present info on STDs/HIV and how to prevent transmission
- To create sustainable health literacy on these topics
- Asses the community's needs on these topics

Future Goals:

- Continue education on the subject
- Make better informed health programs
- Give members a better idea of community norms around health, health behavior, and sexual behavior
- Use this information to encourage positive behavior change among community members

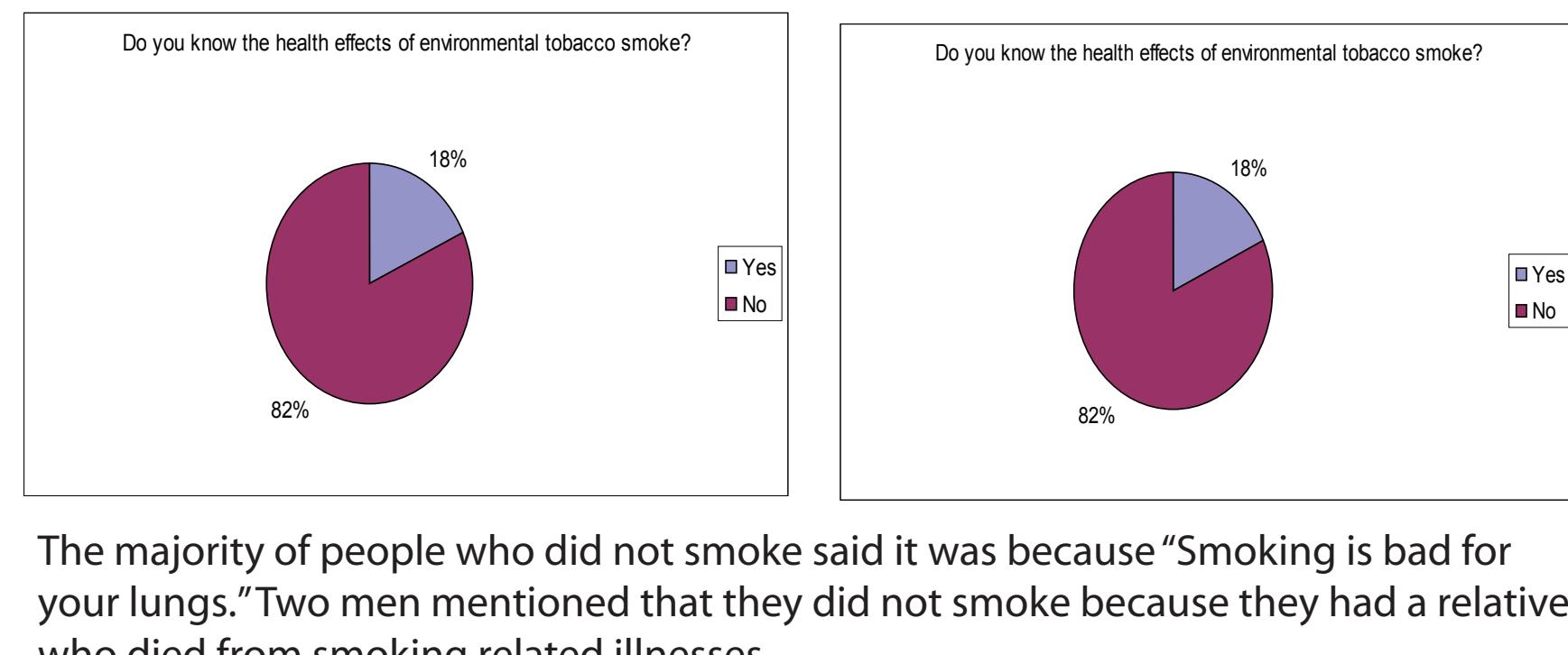
Tobacco and Substance

Objectives:

- Educate the community on the deleterious effects of excessive alcohol use
- Assess current attitudes and opinions regarding alcohol
- Assess prevalence/role of alcohol in the community
- Train a community member in the education module to create a resource within the community
- Investigate resources (i.e. cessation programs) available to the community with regard to alcohol abuse.

Future Goals:

- Provide the community with information about resources available to them about alcohol cessation programs (i.e. governmental programs)
- Include more information on cirrhosis, fetal alcohol syndrome
- Increase the sophistication level of the information
- More interactive segments in the module to demonstrate different properties of alcohol



Power Solutions and Community Building Activities

Pedal Powered Generator Prototype

Objectives:

- Promote collaboration within the community
- Address the community need for a safe, cost-effective source of electricity

Bike Construction



Group Brainstorming



Community Workshop

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Background

HIA is a non-profit inter-campus initiative at University of Michigan founded by medical students in 2002 to promote social responsibility in healthcare workers through the exploration of international health issues. HIA is one component of the student alliance of Global REACH (Global Research, Education And Collaboration in Health) whose mission is to facilitate health research, education, and collaboration among the University of Michigan Medical School faculty, students, and our global partners for the benefit of patients worldwide.

Health Education Modules

Our projects include modules in HIV/AIDS, Sexually Transmitted Infections (STIs), Pregnancy, Childbirth, Maternal/Child Nutrition, Water Quality, Alcohol/Substance Abuse, Literacy & Mathematics, Computers, Renewable Energy (Pedal Powered Bike), and Biosand Filtration

Mission

HIA is currently working with a small village of 1400 people, called Rancho al Medio, in the Dominican Republic. The population of Rancho al Medio consists largely of women, children, and the elderly. There is a great need, yet marked deficiency of health education and preventative health care. The public school suffers from poor sanitation, as there are no toilets, and the building is deteriorating. Illiteracy is a major problem, as 85% and 90% of men and women, respectively, are unable to read. Our goal is to assist the residents of Rancho al Medio

Directions for Future Work

Our objectives for next year include:

- Greater drive toward encouraging more community interaction
 - This can be achieved by extending our reach beyond central region of Rancho al Medio
- Continuation of Health Education Modules
 - Programs continue to evolve according to the needs of the community as determined through needs assessment and community diagnosis
 - Increase awareness in areas of greatest needs
 - Implementation of module on electricity safety as a result of findings about fatalities resulting from electrocution
- Organizing a design competition
 - This will encourage a group mentality in the community
 - Will promote entrepreneurship and hopefully lead to business solutions to provide increased revenue

Gardening

Objectives:

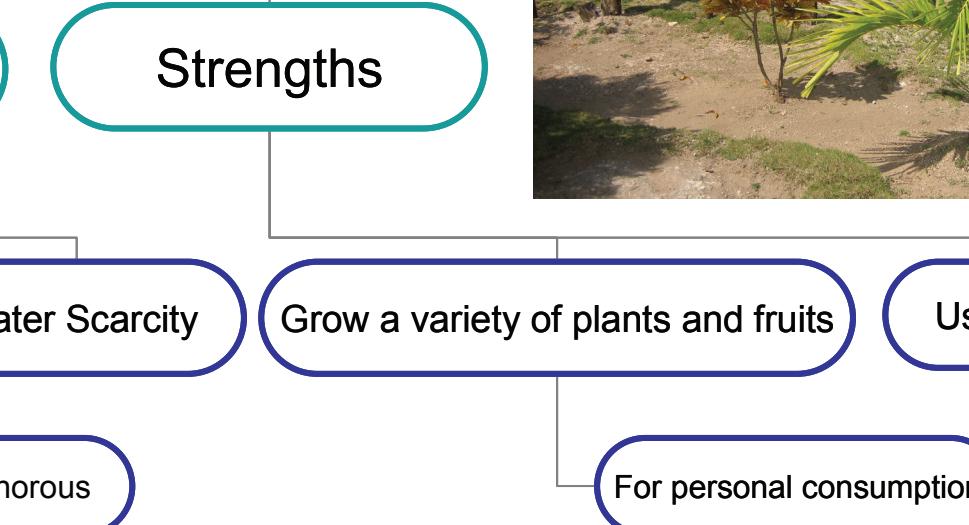
- Collect data based of gardening techniques
- Identify types of plants that grow in the DR
- Discover limitations of gardening
- Encourage growth of nutritious food
- Share knowledge of alternative fertilizers
- Diagnose plant deficiencies

Future Goals:

- Introduce new plants
- Research ways to increase crop yield- to sell extra plants
- Connect community members with gardening resources



Findings



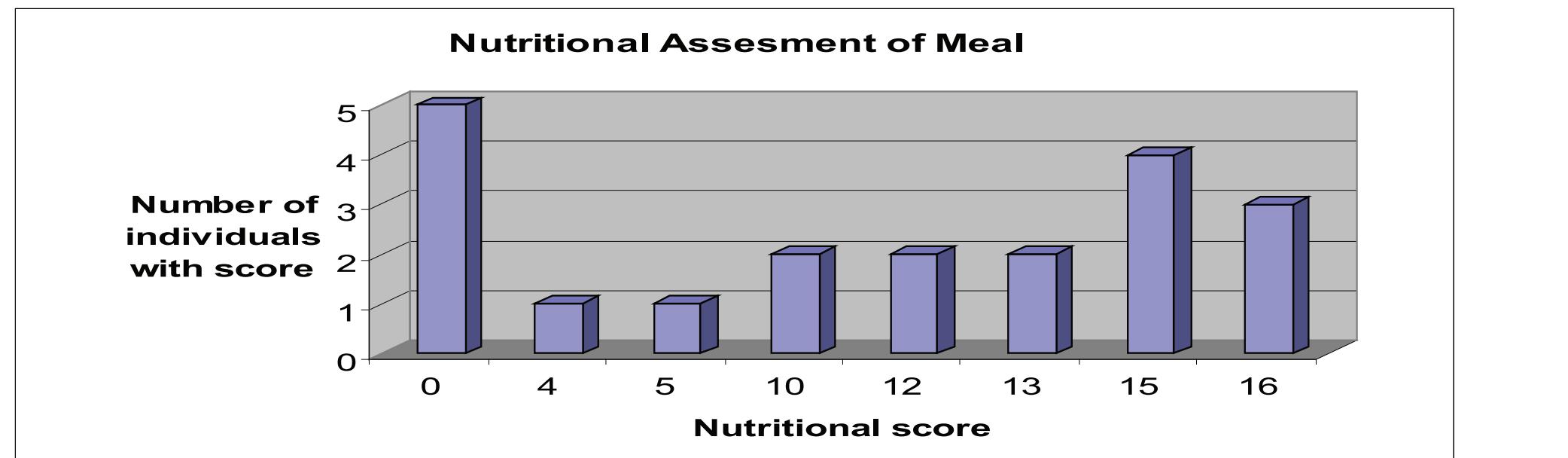
Nutrition

Objectives:

- Assess the needs and perspectives of the community regarding nutrition
- Promote and illustrate the importance of nutrition
- Encourage community members to implement nutritional knowledge in all stages of their life

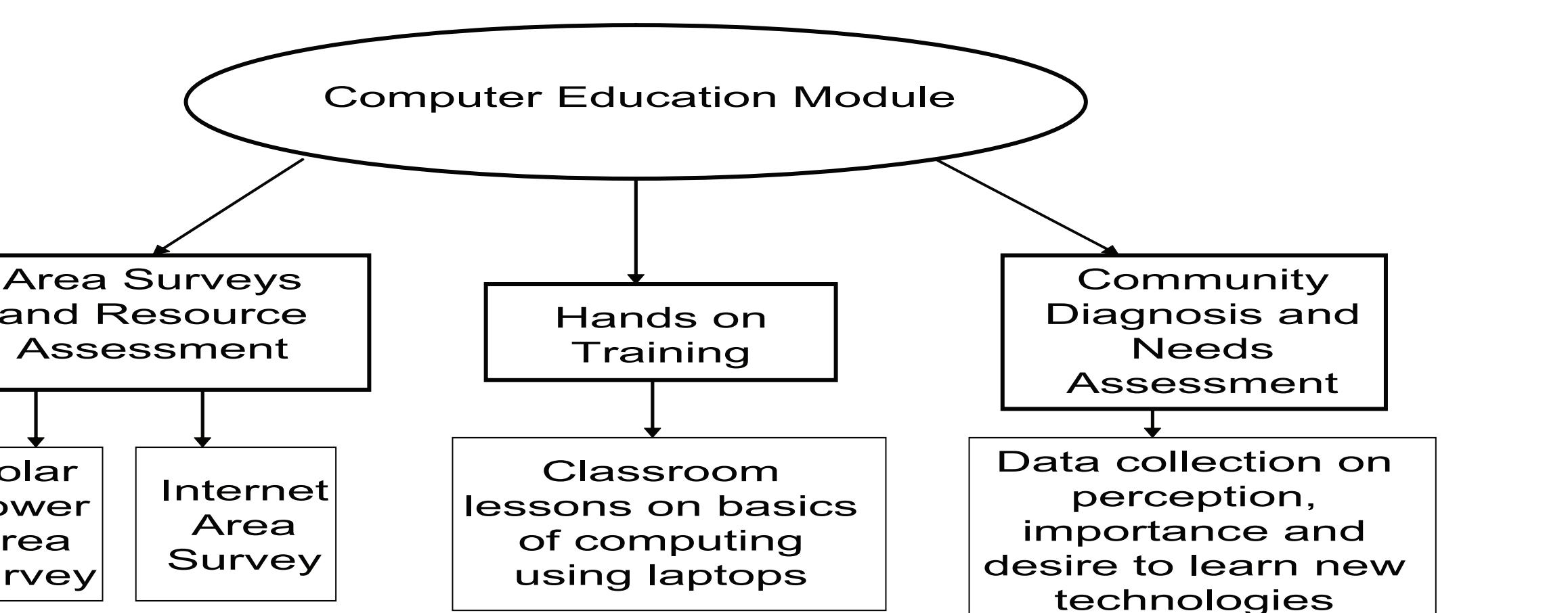
Findings:

- Adults and children have an general idea of which foods are healthy
- Community members have access to a nutritionist
- Adults are unaware of the effects and causes of nutrition related illnesses
- Understand that sweets are unhealthy
- Sugar cane was consumed in great quantities
- Meals lack variety- most include rice, beans, and chicken 7 out of 20 community members regularly consume a nutritional meal contain-

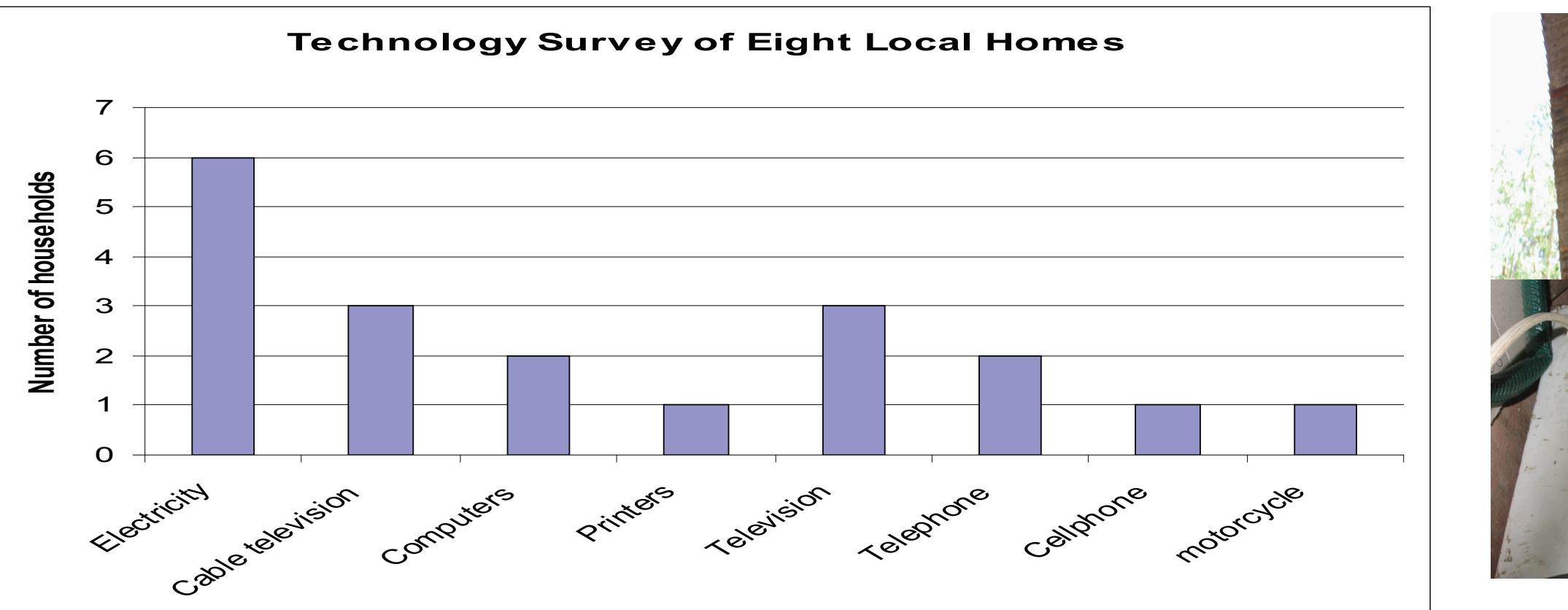


*Member were given a score based on the variety of foods they were eating

BLUElab Initiatives



"To inspire a motivation to learn new technologies in order to increase accessibility to information and improve vocational skills"



Future Goals:

- Provide internet access to the community.
- Create a foundation of the fundamentals with the teachers of the community to increase the sustainability of the program

Water Purification

Objectives:

- Analyze current health conditions regarding water
- Gauge annual improvement
- Implement sustainable healthy water solutions
- Educate people about purification solutions

Findings:

- Improvement in use of water purification methods

Future Goals:

- Pure healthy water for entire community

Biosand Filtration System



http://www.rhr.org.au/articles/subview_new.asp?ArticleID=570

Dual Bucket Water Filter System



Community Workshop

