

Batey Health Education Stations OVERVIEW



LIGHT A CANDLE MISSION

EDUCATION - PREVENTION - PROTECTION



INTRODUCTION

The primary focus of these activities is health education and promotion, done in collaboration with Fundación Enciende Una Luz (Light A Candle Foundation), a Dominican non-profit organization.



Education is fundamental to improving health. Effective health education enables people to make more informed decisions to protect and improve their lives, even within very limited resources. In surveys, batey residents have identified education as the priority need of their communities. In an attempt to respond to this expressed need, volunteers will have the opportunity to participate side-by-side with the Dominican Light A Candle team to provide nutrition, hygiene, and disease prevention education to children and adults.

The value of the education continues after we depart.

More about the activities

Volunteers will travel by van or school bus into the countryside to the bateys of the sugar cane fields (communities of sugar cane workers and their families, who are often Haitian immigrants or of Haitian descent) where the Light A Candle staff will arrange logistics, interpret as needed and facilitate the health education stations. Volunteers will lend support to these Dominican-led educational activities.



The seven station options are:

Hygiene Station – for children, ages 7-14

Dietary Sodium Awareness Station – for adults, especially those with hypertension or those who cook for hypertensive family members

Prevention of Mosquito Borne Illness Station – for ages 12 and older

Br eastfeeding-The Best Gift – for ages 15 and older

Child Nutrition Station – for children, ages 7-10

Heart Health - for ages 16 and older

Blood Pressure Station – for adults

HYGIENE STATION

This module will teach 40 children (ages 7-14) each day about the basics of disease transmission and the importance of good hygiene practices, especially washing hands with soap.



Problem addressed: Handwashing with soap at critical times helps children and their communities stay healthy. Children living in the batey need education and encouragement in this.

Main message: Wash hands with soap before eating, after going to the bathroom, and other critical times to prevent illness.



Preparation: some preparation of activity supplies; brief review of Hygiene Station materials.

Staffing: 2 LAC STAFF, 2 VOLUNTEERS

Activities: (* = volunteer activity with Dominican partner)

Gather groups of 5 children. Session lasts ~20-30 minutes.

Do pre-test to assess baseline knowledge. Record results. *

Introduce educational content.

Show an 8 minute animated educational video.*

Review educational content.

Each child sorts paper strips with behavior images into healthy and unhealthy; creates and takes home a paper chain of healthy behaviors and unhealthy behaviors.*

Grade ability to complete sorting activity correctly using pre-established codes; record results.*

Do post-test to assess knowledge acquired. Record results. *

Distribute a bar of soap to participants.*



DIETARY SODIUM AWARENESS STATION

This module will teach 40 adults each day about how dietary sodium in commonly used condiments may contribute to hypertension. Adults who have hypertension or who cook for hypertensive family members are especially targeted for this station.

Problem addressed: Bouillon cubes (*sopita*) and packaged seasoning (*sazon*) containing large amounts of sodium are commonly used condiments in food preparation in the bateys. Reducing the amount of sodium in the diet will help prevent or control hypertension in a population where this problem commonly occurs.

Main message: Be aware of the sodium that is added to your food and try to limit the amount of high sodium condiments in your food in order to prevent or control hypertension.

Preparation: Pack the dry rice & beans, along with pepper, garlic, onion. Enclose colorful flyer in small ziploc bag. Brief review of Salt Awareness materials to become familiar with station operation.

Staffing: 2 LAC STAFF, 2 VOLUNTEERS

Operation: (* = volunteer activity with Dominican partner)

Gather groups of 5 adults for each session, lasting ~30 minutes each.

Do pre-test to assess baseline knowledge. Record results.*

Introduce educational content.

Show 6 minute educational video in language of choice (Spanish or Haitian Creole).*

Review educational content.

Participants do a food card activity to demonstrate understanding of healthy vs. less healthy options for seasoning food. Record results.*

Post-test to assess improved knowledge as a result of station activities. Record results.*

Distribute a colorful flyer and packed foods (or natural seasoning) to each participant.*



DIVERSE DIET OVERVIEW

This module will teach 40 teenagers and young adults (~ages 15-adult) each day about eating a diverse or balanced diet. Teenagers and young adults are targeted especially as prospective parents who can apply this knowledge in providing healthy nutrition to their families.



Problem addressed: Lack of diversity in the diet is a widespread problem in the bateys, as in much of the world. Children especially need a diverse diet to provide necessary nutrition for growth and brain development.

Main message: Try to eat food from different groups (the growth/strength group (protein), the protection group (fruits/vegetables), the energy group(carbohydrates/fats) every day and feed your children in this way also.

Preparation: packing the food (provided as bonus for participation) before departure to batey (a small bag of rice, beans & peppers is given to each participant). Brief review of Nutrition Station materials to become familiar with station operation.

Staffing: 2 LAC STAFF, 2 VOLUNTEERS

Operation: (* = volunteer activity with Dominican partner)
Gather groups of 5-6 young adults for each session, lasting ~30 minutes each.
Do pre-test to assess baseline knowledge. Record results.*
Introduce educational content.
Show 5 minute educational video in language of choice (Spanish or Haitian Creole).*
Review educational content.
Participants do a food card activity to demonstrate creating a healthy meal. Record results.*
Post-test to assess improved knowledge as a result of station activities. Record results.*
Distribute a laminated flyer and a small bag of diverse foods for a meal to participants.*



PREVENTION OF MOSQUITO-BORNE ILLNESS STATION

This station will engage 40 individuals with presentation of information on transmission of mosquito-borne illness and ways to prevent it.

Problem addressed: Dengue is a mosquito-borne illness in southeastern Dominican Republic that can result in severe illness and death. The same mosquito that carries Dengue also carries Zika which can also result in serious health consequences.

Main message: Without breeding grounds, there are no mosquitos. Be aware of how you can eliminate stagnant water breeding grounds and steps you can take to avoid mosquito-borne illness.

Preparation: some preparation of activity supplies; brief review of Mosquito Station materials to become familiar with station operation.

Staffing: 2 LAC STAFF, 1-2 VOLUNTEERS

Activities: (* = volunteer activity with Dominican partner)

- Take each participant's photo as they arrive for the station.*
- Gather groups of 5 individuals. Session lasts ~30 minutes each.
- Do pre-test to assess baseline knowledge for each participant. Record results.*
- Introduce educational content.
- Show 4 minute educational video in language of choice (Spanish or Haitian Creole).*
- Review educational content.
- Review poster about Zika and pregnancy.
- Do post-test to assess each participant's knowledge after the educational content. Record results.*
- ACTIVITY: Each participant will be presented with their photo attached to a cardstock frame containing 7 images representing feasible actions to eliminate mosquitos in the community and/or prevent mosquito bites. Participants will be given an opportunity to use gel pens to color the images if desired. When done, place "frame" inside small ziploc bag.



“BREASTFEEDING-The Best Gift for Baby” STATION OVERVIEW

This module will teach 40 women (childbearing age plus family/friends) each day about the benefits of breastfeeding.

Problem addressed: Surveys and studies have shown that the majority of batey mothers breastfeed their infants, but few exclusively breastfeed for the first 6 months.

Main message: Exclusive breastfeeding is recommended for the first 6 months, then appropriate complementary feedings with breastfeeding thereafter. Babies who are breastfed have increased survival rates, and exclusively breastfed babies have a lower risk of gastrointestinal/respiratory tract infections. Breastfeeding gives the baby a healthy start to develop their full potential.

Preparation: preparing activity, packing all supplies for station operation. Brief review of Breastfeeding Station materials to become familiar with station operation.

Staffing: 2 LAC STAFF, 2 VOLUNTEERS

Operation: (* = volunteer activity with Dominican partner)

Gather groups of 5-6 women for each session, lasting ~30 minutes each.

Do pre-test to assess baseline knowledge. Record results.*

Introduce educational content.

Show 7 minute educational video in language of choice (Spanish or Haitian Creole).*

Review educational content.

Post-test to assess improved knowledge as a result of station activities. Record results.*

Distribute vitamins in gift bag and ask participant to choose a breastfeeding information card with the images she likes best.*

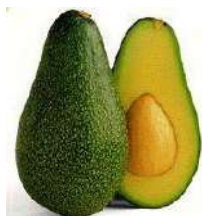


CHILD NUTRITION STATION

This module will teach 40 children per day (ages 7-10) about the importance of eating fruits and vegetables – especially those that are yellow, orange, red and green.

Problem addressed: Lack of diversity in the diet is a widespread problem in the bateys, as in much of the world. Children especially need a diverse diet including fruits and vegetables to provide necessary nutrition for growth and brain development.

Main message: When possible, every day try to eat a fruit or vegetable that is yellow, orange, red or green. These provide your body with the ability to grow and stay healthy.



Preparation: some preparation of activity supplies; packing of fruit; brief review of Station materials.

Staffing: 2 LAC STAFF, 2 VOLUNTEERS

Activities: (* = volunteer activity with Dominican partner)

Gather groups of 5 children. Session lasts ~20-30 minutes.

Using visual aids, present educational content. Volunteers can help display learning materials while Dominican staff explains.*

Review educational content, asking the children to name fruits or vegetables that are yellow, orange, red and green.

Provide the children with crayon bundle and one coloring sheet at a time on a plastic tray.*

Sit with them as they color.*

When coloring is completed, help each child wash their hands and distribute to each child a bag of fruit.*

Assist them in placing crayons and coloring sheets in yellow plastic bag, along with fruit as they prepare to depart the station.*



HEART HEALTH STATION

This module will teach 40 people (ages 16 & above) each day about the heart attack, symptoms and prevention.

Problem addressed: Cardiovascular disease is prevalent among adults in the batey population. Heart attack and stroke are serious results of this disease.

Main Message: To understand basic physiology of heart disease. To understand that exercise and a healthy diet can help prevent heart disease and heart attack. To understand the symptoms of a heart attack and seek help immediately.

Preparation: some preparation of activity supplies; brief review of Heart Health Station materials.

Staffing: 2 LAC STAFF, 2 VOLUNTEERS

Activities: (* = volunteer activity with Dominican partner)
Gather groups of 5. Session lasts ~20 minutes.

Do pre-test to assess baseline knowledge. Record results. *

Introduce educational content.
Present information with visual aids.
Review educational content.



ACTIVITY: A sheet with various images representing healthy/unhealthy behaviors will be given to each participant. The participant will be asked to select the healthy actions that prevent heart attack.

Grade ability to complete sorting activity correctly using pre-established codes; record results.*

Do post-test to assess knowledge acquired. Record results. *

Distribute assorted fruit to participants as a bonus for participation and reinforcement of the educational content.*



BLOOD PRESSURE STATION

This module will evaluate 40 adults for hypertension per day.

Problem addressed: Hypertension is a prevalent chronic disease in the batey population. Uncontrolled hypertension can have serious consequences on the heart, brain, and kidneys that can lead to disability and death.

Station objective: evaluate blood pressure, raise awareness of hypertension consequences, treat hypertension as detected and refer patient for follow up at nearby clinic.

Preparation: some preparation/packing of paper supplies and medication; brief review of Station materials and use of automatic blood pressure machine.

Staffing: 2 LAC STAFF, 2 VOLUNTEERS

Activities: (* = volunteer activity with Dominican partner)

LAC staff will gather adults who would like a blood pressure check.

Volunteers will use an automatic blood pressure machine to take adults' blood pressure. A Light A Candle staff member will work with you, but you can indicate for each adult **to be seated** ("*sientese por favor*") and then take their blood pressure with the machine (use right arm if there is no problem doing so due to injury, etc).*

Carefully write the reading on a red hypertension flyer. *

If a person's blood pressure reading has a top number greater or equal to 140 or a lower number greater or equal to 90, then direct this person to the LAC doctor working in the station. *

Doctor will evaluate and give medications according to a well-developed/tested protocol, and give a Clinic Referral Card. Doctor will record patient information on duplicate sheet, and complete patient information on a white blood pressure card that the patient keeps.

If a person's blood pressure reading has a top number less than 140 or a lower number less than 90, then tell this person that their blood pressure is normal ("*es normal*") and give the person the white card and a bag of multivitamins. These patients are then ready to depart the station. *



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