



# The value of Applied Health Education & Development (AHEAD) in the achievement of the Sustainable Development Goal (SDG) target With effective coordination through Community Health Clubs (CHC)

**DEFINITION:** A Community Health Club is a Community based Organisation (CBO) made up of voluntary men and women who are dedicated to improving health and welfare of their whole community through shared knowledge, common understanding and the practice of safe hygiene in the home. [The promotion of health by the control of disease galvanised people to act together which with continued reinforcement leads to a fully functional community able to effectively manage its own development.

## INTEGRATED APPROACH: 6+2=3

Safe WASH + good Nutrition = less disease

**AHEAD:** Health education results in the promotion of safe hygiene which when applied creates a demand for safe water and sanitation.

**INWA:** When WASH (Water Sanitation and Hygiene) is integrated with good nutrition, 80% of disease killing infants can be controlled.

## 6 Water / Sanitation



## 2 No Malnutrition



## 3 Prevent Disease



## HOLISTIC APPROACH: 8+5= 1

Skilled + Empowered Women = end of poverty

**Sustainable Livelihoods:** If women are empowered by increased education and skills, they will be able to earn a living more easily.

The combination of AHEAD and INWA with Sustainable Livelihoods will result in the elimination, or at least the alleviation of Poverty

## 8 Skilled Women



## 5 Empowered Women

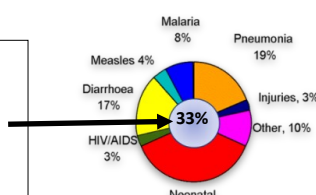


## 1 End Poverty



Why is nutrition important ?

Because 33% of children with other diseases do not survive because they are malnourished.



How our children die ..... (Unicef)

**1st Question:** Why were the MDG targets not achieved? **ANSWER:** Top down organisation ... lack of community self-help

**2nd Question:** How can we do things differently to achieve the SDGs? **ANSWER:** Galvanise the community more effectively

**3rd Question:** How can we get the community to be more involved? **ANSWER:** COMMUNITY HEALTH CLUBS in every village

**4th Question:** What proof have you got that Community Health Clubs can effectively mobilise a community? **READ BELOW**



SAFE DRINKING WATER



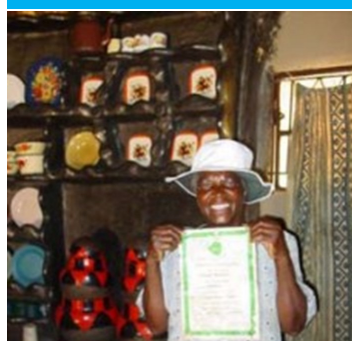
REGULAR HANDWASHING WITH SOAP



SAFE SANITATION COVERING PITS FROM FLIES



**WASH:** In Rwanda treated and filtered drinking water rose from 39% of the CHC members to 87% in one year and up to 91% in 3 years  
Household ownership and use of a hand washing facility with soap rose from 9% of Community Health Club members to 77% in 3 years.  
With 90% of all CHC members already owning a latrine in CHCs at baseline, the covering of squat hole increased from 37% to 69% in 3 years.



WOMEN EMPOWERED BY KNOWLEDGE USE FUEL EFFICIENT STOVES - SHARE COMMUNAL NUTRITION GARDENS PROVIDING A BALANCED DIET & SALE OF SURPLUS

**INWA:** In Zimbabwe xxx Community Health clubs were started in 3 Districts with xxx member. After succeeding in completing the first year of health promotion sessions, members graduated and thus qualified to join a FAN Club (Food Agriculture and Nutrition) each associated with a borehole maintained by the CHC. [Over xxx communal nutrition gardens were started and produce was sold, provided much need income for mothers trying to feed their children at a time when there was hyper inflation and over 3 million Zimbabweans were economic migrants leaving many female-headed households

## COMMUNITY HEALTH CLUBS HAVE BEEN STARTED IN MANY COUNTRIES IN AFRICA



CHCs in Sierra Leone since 2002 now used for child survival programmes

COMMUNITY HEALTH CLUBS are a vehicle for most types of development because they build self confidence, empower women with informed decisions and enable them to find coping mechanisms to combat poverty and emergencies and increase Social Capital generally so benefitting the whole community.

## Community Health Clubs work well in many contexts:

- ⇒ **In emergency** to mitigate against epidemics and natural disasters
- ⇒ **Urban high density** settlements and slums to manage solid waste
- ⇒ **In Market places** to raise hygiene standards and control cholera
- ⇒ **Rural villages** to increase social cooperation and group action
- ⇒ **In Schools** to train in WASH, menstrual hygiene and life skills
- ⇒ **Within religious groups** - Cleanliness is next to Godliness
- ⇒ **In Clinics** for care of infants and mothers