

# **Activity Report in Jenda Health Center**

JICA Volunteer  
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The Jenda health center is one of the governance health facilities within Mzimba South. There were several JICA volunteers of public health officer in the past. However, the community health activities or changing minds are not be achieved enough, so to send volunteers as community development was one of the reason.

Below, some activities have done by the volunteer as well as the host agency.

### 1. Area resources map

The volunteer wanted to know how catchment area were, so tried to make area resources map by herself as well as with HSAs and villagers.



### 2. Promote improving nutrition, hygiene and sanitation and environment

The volunteer thought the community should know how to prepare 6 food groups meals, hygiene and sanitation as well as environment more, so started to do cooking demonstrations, explained what nutrition is. Also, have done making brick stoves for saving natural resources.



The volunteer tried to think the receipt within local available ingredients and focusing on reproduction. Also tried to promote about vitaminA, because in the health centre, they are supplying the capsel of vitaminA to mothers as well as children, so they should know what importance is.

The receipt of banana porridge (For 2people)

- Banana x 3~4
- Milk x 500ml
- Suger x big spoon 2~3
- Gaiwa x big spoon 4~5
- Peanuts powder x big spoon 2~3



Promoting the brick stoves were focusing on reducing the natural resources as well as time consumption of housework. Then made 6 stoves in 3 different area. And most of them, who attended the making the brick stoves, are able to maintain and fix it when it is damaged.

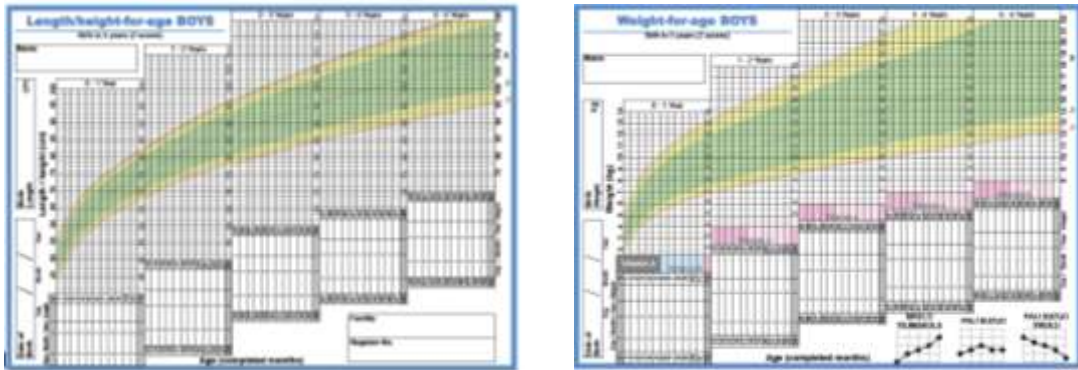
### 3. Health Passport issue

There are several problems of the health passports such as miswriting, misprinting, keeping it by owner and so on. Because of these issues, we could not see properly the information like children’s growing, immunizations and malnutrition or not. Then the volunteers of Mzimba south health facilities (Luwerezi, Jenda, Edingeni, Manyamura, Mzimba) were started making promote posters as well as trying revised it.

The posters are below to encourage the owners to keep it properly, so we tried to do during the health talk in under-5 clinic. Also, we distributed it to whole facilities in Mzimba South.



Then, the volunteers discuss the problem of the growth chart with Mzinba DHO, MoH, Unicef and other sectors. After collected the base line survey data, identified what growth chart is better to trace the children's conditions, after that the revised growth chart came out. After oriented about it to the AEHO, SHSA, nurses, started to distribute the revised health passport.



Now, we are doing supervisions to see that is it works well than previous health passport. If yes, we could distribute more expanded areas.

#### 4. Conducting Open day

Machilika Chirwa is the one of model village for environmental health, because there are community led total sanitation system which was organized by CADECOM. Also, through Mzimba DHO, several interventions had been conducted community triggering following visit, monitoring and supervision and evaluation. Moreover, there are some mother groups which are doing nutritious cooking demonstrations using local averable ingredients to get more nutrition for the children as well as the mothers. This is the one of the reason why we could see them as a model village. Around Jenda, there are some environmental health problems such as building pit latrine, infection diseases such as malaria and diarrhea, malnutrition children and mothers and so on. That's why we decided to conduct this event which will encourage improving environmental health for the community levels and expand the model place more and more.

The day, we received almost 100 people who were invited guests such as ward counselor, AEO from DHO, CADECOM, CDA, surrounding health facilities stuff, VH, GVH and as well as villagers and children.



\*Demonstrations of pit latrine with handwashing facility and porridge of 6 food groups.





\*Demonstration of how to use the mosquito net, how do we do the family planning and why the safe water important to use.



The committee of Machilika Chirwa demonstrated their knowledge to the audience with brilliant explanation. We also invited Kapopo drama group which is extremely great performer of drama focusing on hygiene and sanitation as well as nutrition, so the audience got their message from the drama.



