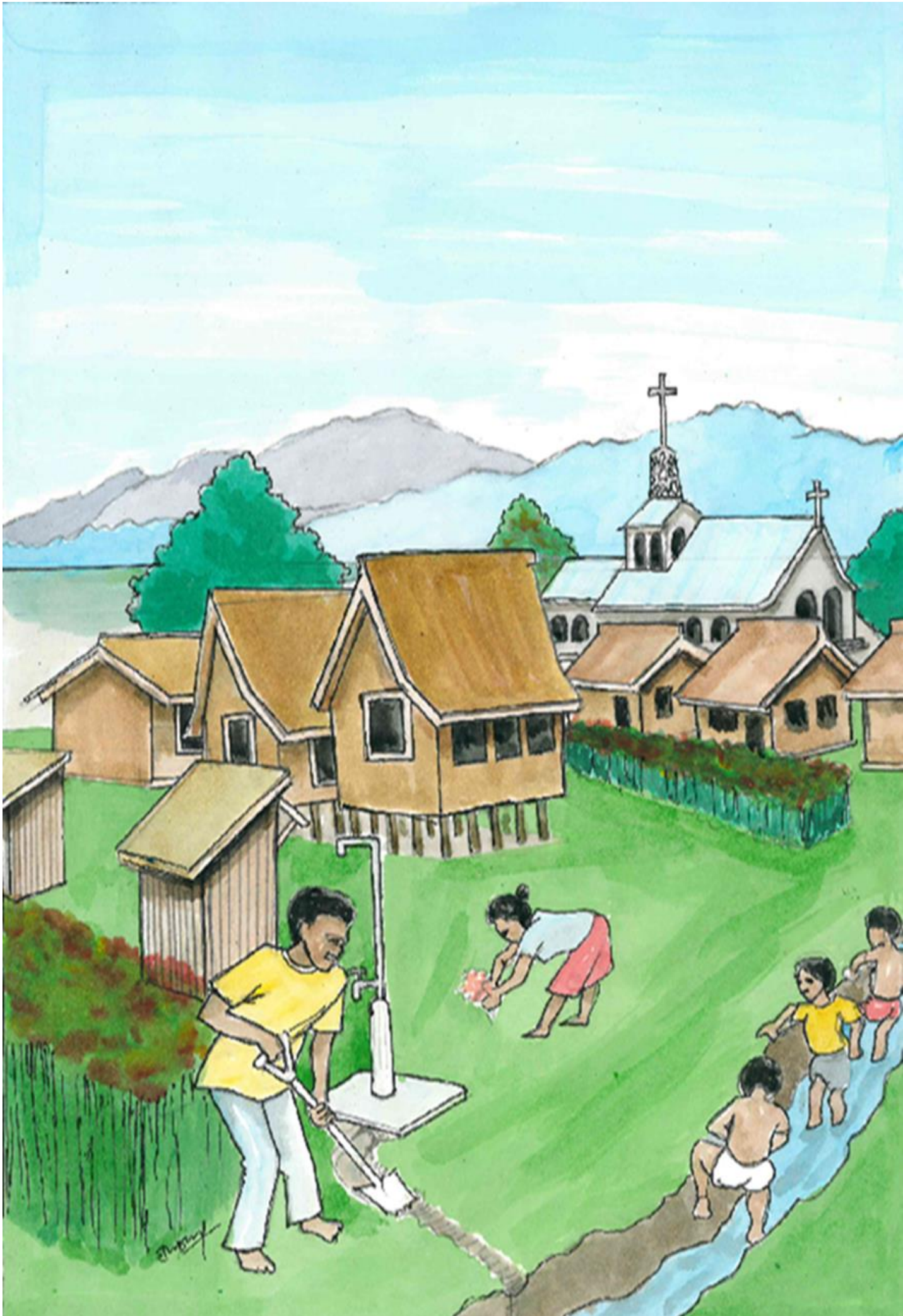


Healthy Village



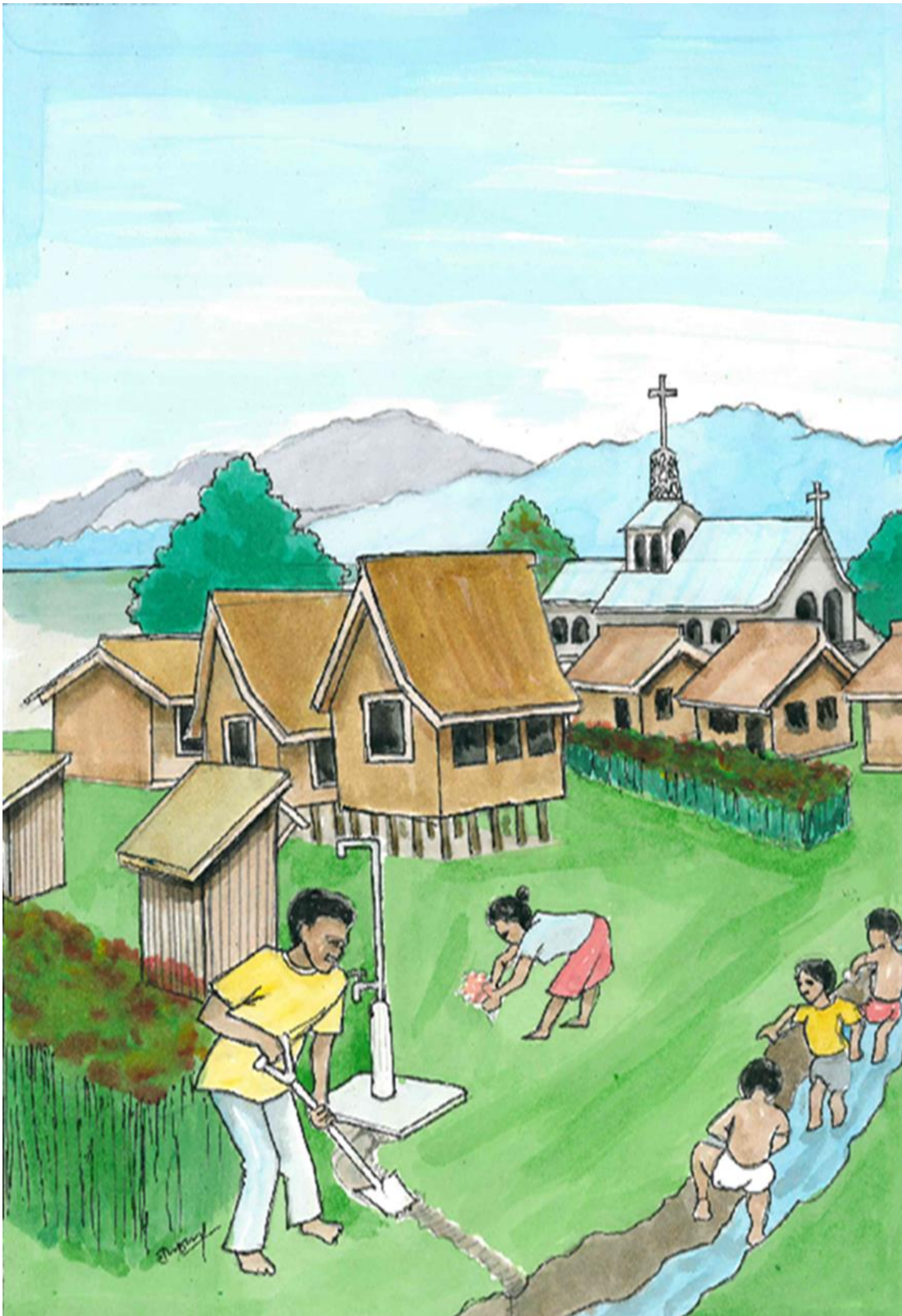
Key Question:

- Are we all healthy?
- or sometimes sick?
- What are the health issues many Solomon Islanders experience?

Key Messages:

- We talk about some of the most important health topics for people living in the villages.
- Let us learn good information and share it with your families and friends.
- So, if you have, any question please ask at any time.

Healthy Village



Topics

Key Question:

Can you read the 4 health topics?

Key Messages:

We will explain each topic.

- Malaria
- Non-communicable diseases
(lifestyle diseases)
- Nutrition
- Water, sanitation and hygiene

Topics

- **Malaria**
- **Non-communicable diseases
(lifestyle diseases)**
- **Nutrition**
- **Water, sanitation and hygiene**

Malaria

Key Question:

Who already experienced malaria sickness?

Malaria

Key Question:

What is sickness Malaria?

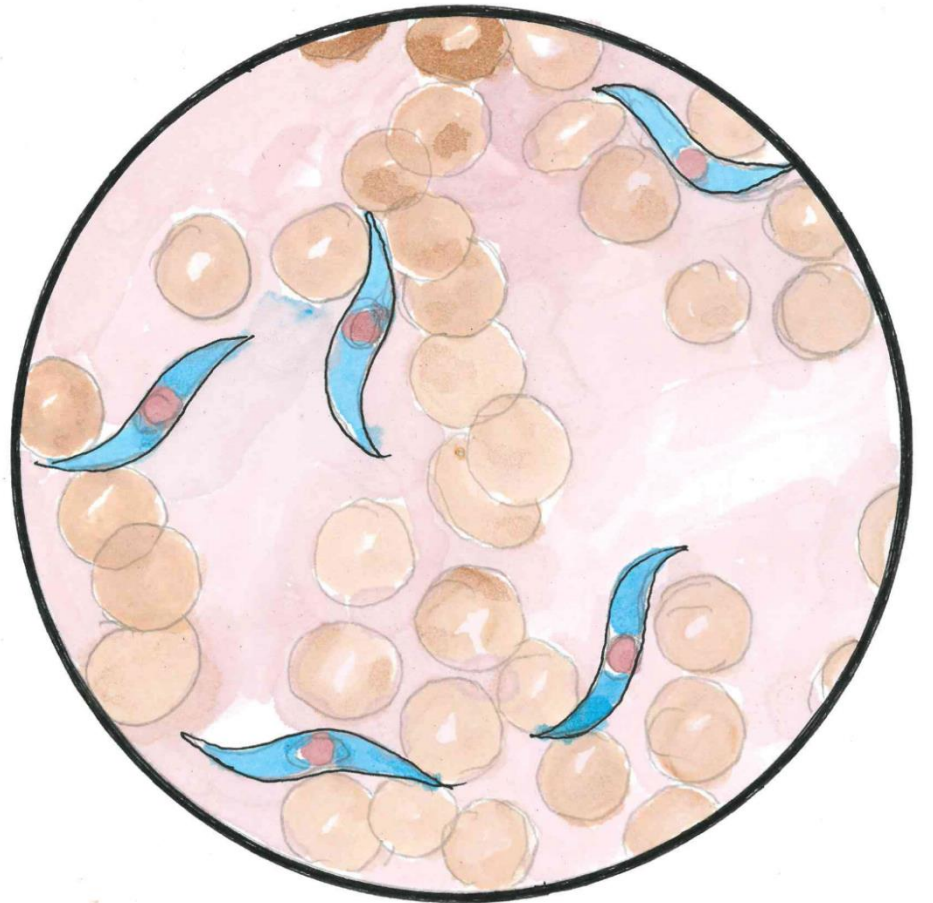
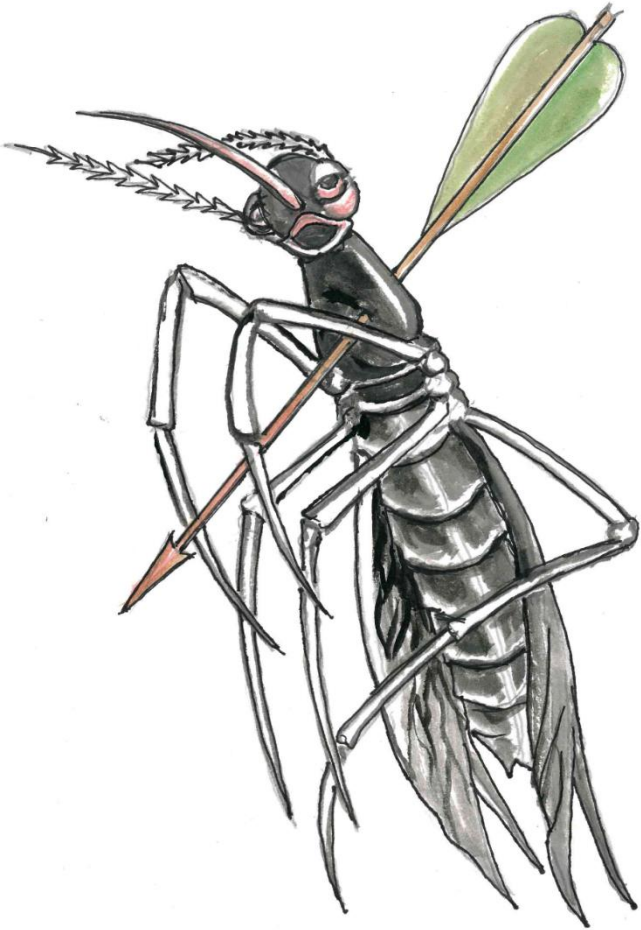
Key Messages:

- Many people suffer from Malaria sickness in the Solomon Islands.
- Malaria sickness can cause death, if not tested and treated quickly.
- Malaria is caused by small germs (snakes / worms) which destroy your blood.

Additional Information:

- Malaria can make pregnant women and children very sick.

Malaria



**Malaria Parasite
(snake)**

Malaria kills



Key Question:

How can sickness Malaria spread?

Key Messages:

A mosquito can bite a sick malaria person and pass the germs to many healthy people.

Additional Information:

- Mosquitoes breed (grow) in blocked drains, ponds and paddles (water does not flow) and water in empty containers, like tins, tires, coconut shells, etc.
- Malaria mosquitoes are most active from evening to morning time.
- Pregnant women can pass malaria germs to unborn babies.

Transmission (spread)



Key Question:

What are the signs and symptoms of sickness
Malaria?

Key Messages:

- People with malaria usually complain of fever (body hot), headache, feeling very cold, body pains, loss of appetite (not feel like eating), vomiting, diarrhea and convulsion (body shake, shake) for dangerous malaria.

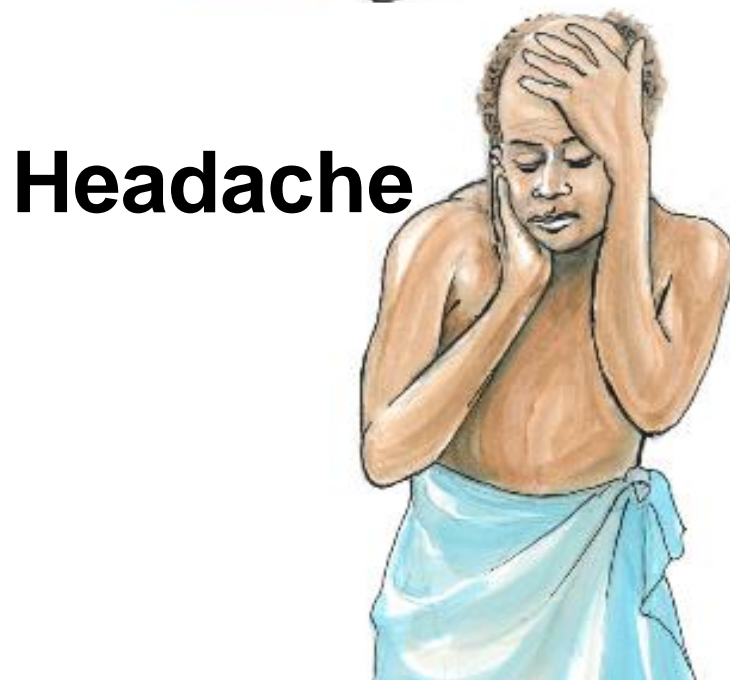
Signs and Symptoms



Fever

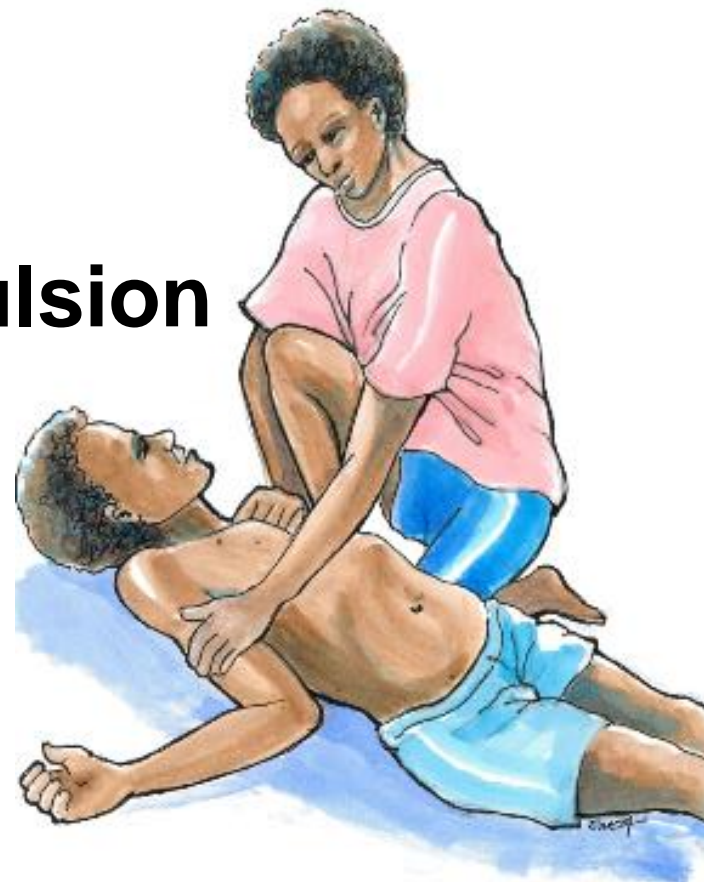


Cold



Headache

Do not like eating



Convulsion

Vomiting



Key Question:

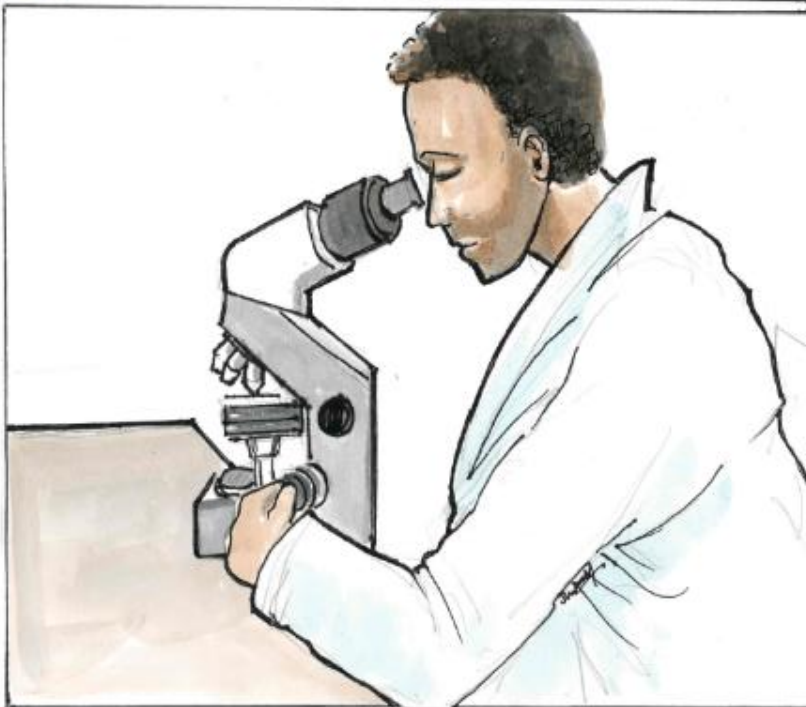
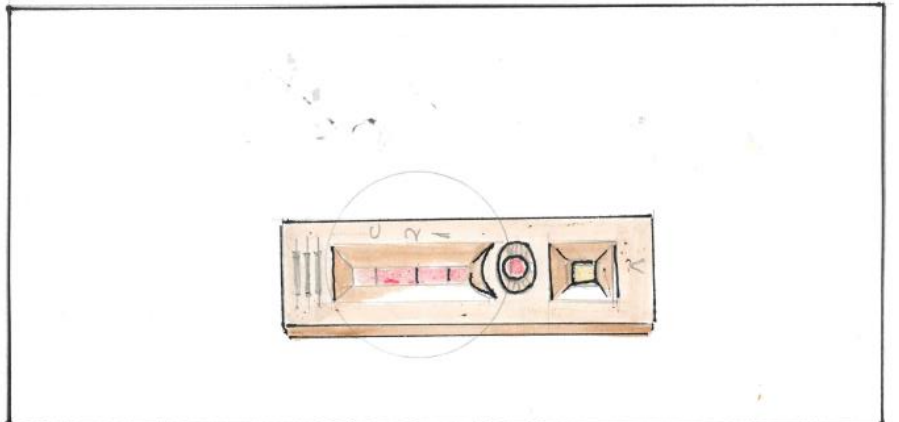
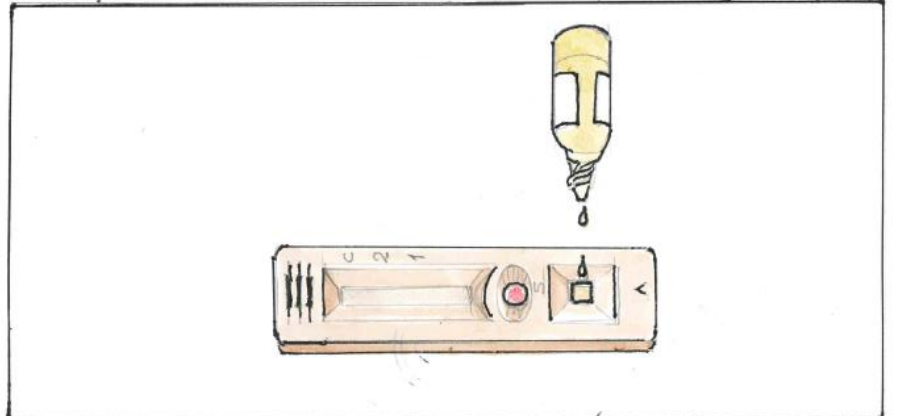
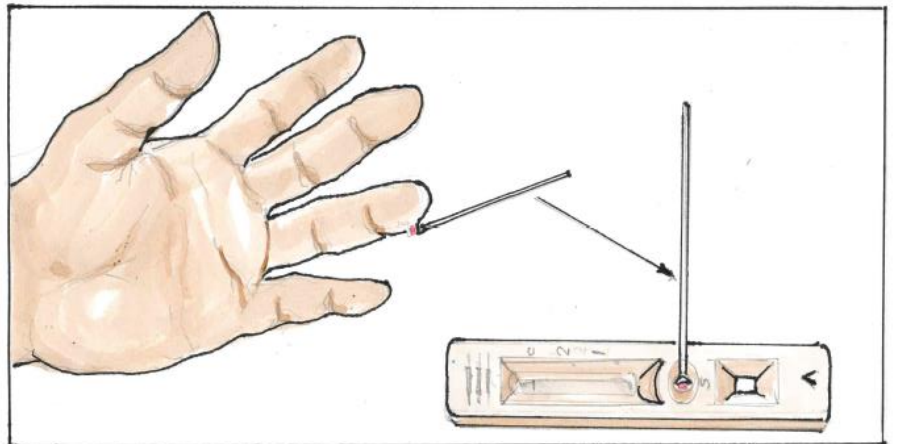
How can you test, treat and track sickness
Malaria?

Key Messages:

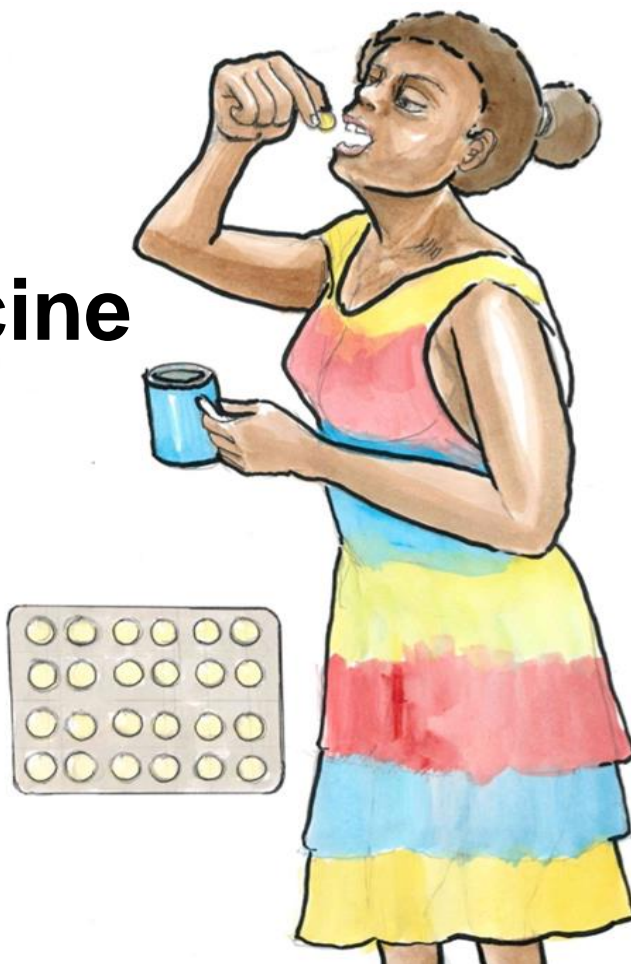
- If you have malaria signs and symptoms, go to the nearest clinic quickly and test your blood through microscopy (glass) or rapid (quick) diagnostic test (RDT).
- All people positive with malaria must take treatment given by the clinic nurse or doctor.
- Malaria patients must take all medicines as advised by the nurse or doctor.

Test and Treatment

Rapid Diagnostic Test



Take Medicine



Key Question:

How can you prevent sickness Malaria?

Key Messages:

Remove mosquito breeding sites (places to lay eggs):

- Drain all blocked drains, stagnant pools and tree holes.
- Clear out bushes around the village to keep adult mosquitos away.
- Remove all containers that hold water like coconut shells, old canoes, empty tin taiyo, beer cans, old tyres, drums and buckets.

Also

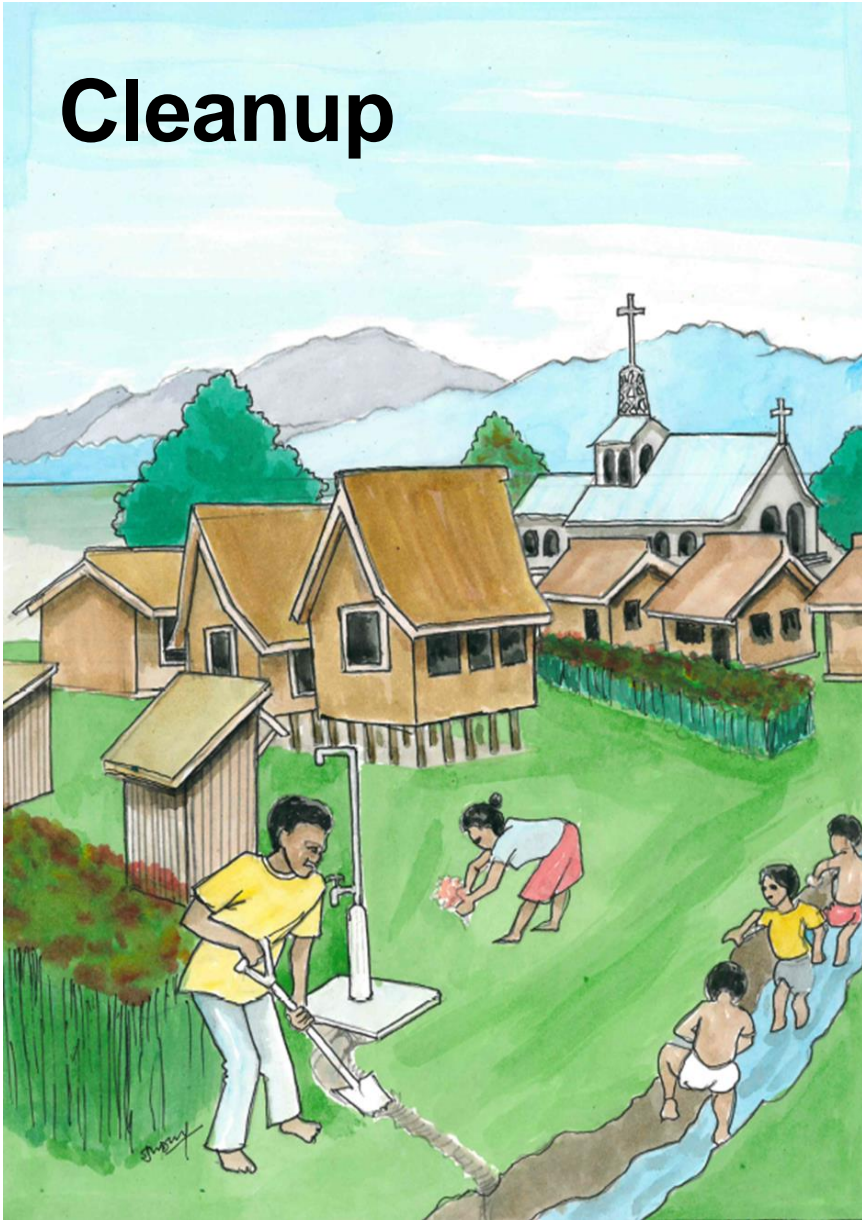
- Always sleep under your mosquito net.
- Put insect screen on your house windows.
- Allow your houses to be sprayed by malaria workers.

Additional Information:

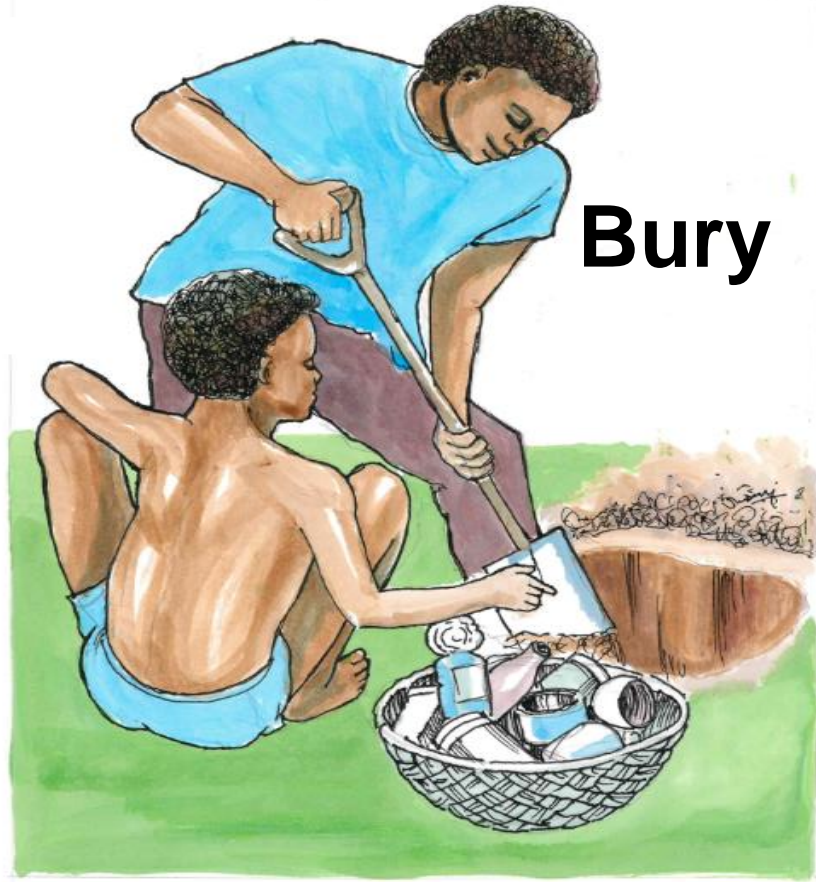
- Burn coconut husks and dry gratings.
- Use mosquito coils.

Prevention

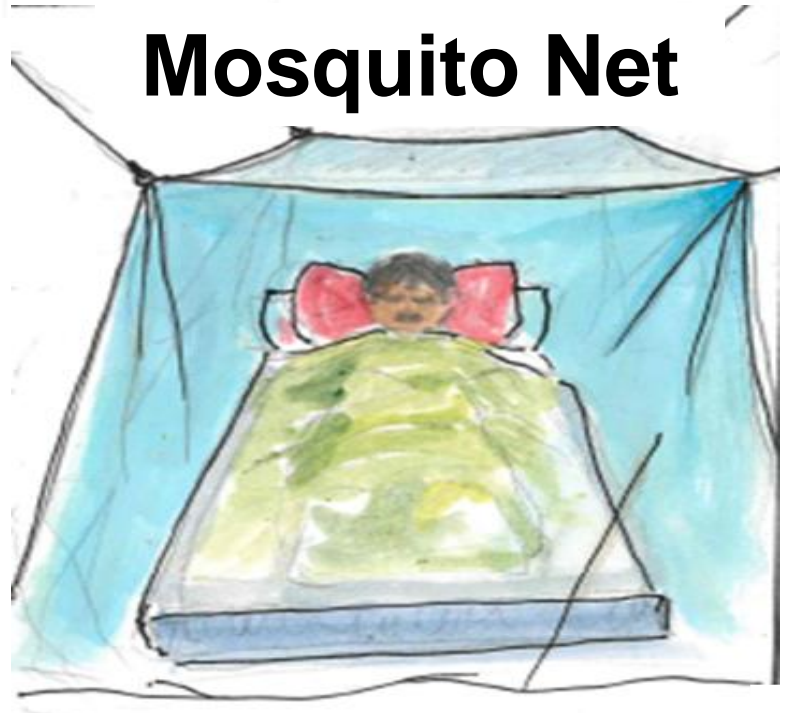
Cleanup



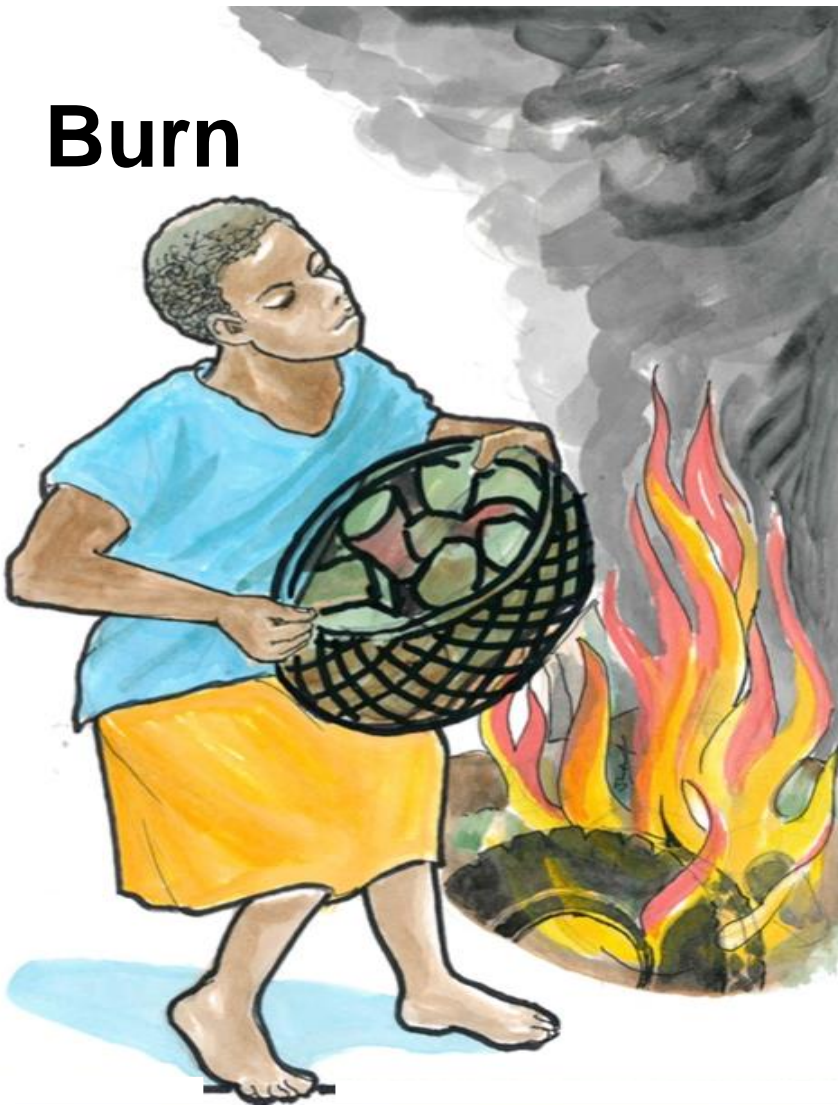
Bury



Mosquito Net



Burn



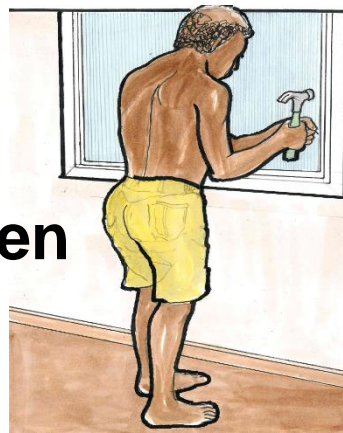
Spray



Coil



Screen



IRS



Non-Communicable Diseases (Lifestyle Diseases)

Key Question:

Who already experienced Non-Communicable Diseases or Lifestyle Diseases?

**Non-Communicable
Diseases
(Lifestyle Diseases)**

Key Question:

What are Non-Communicable Diseases?

Key Messages:

- Non-Communicable Diseases (NCDs) are also known as lifestyle diseases which do not pass from person to person and they grow slowly in the body and stay on for a very long time.
- Typical NCDs are diabetes, hypertension, cancer, heart diseases (heart attacks), stroke and asthma.

Additional Information:

- People experience these diseases, because good blood do not go around the body.
- All parts of the body need good blood with energy and nutrition.
- But blood can be blocked in the heart, head or small vessels inside the body of these patients.

Non-Communicable Diseases (Lifestyle Diseases)

Heart Disease



Diabetes



Cancer



CRD (Asthma)



Key Question:

What is Heart or Cardio Vascular Disease (CVDs)?

Key Messages:

- Heart diseases include heart attack, heart failure (heart like stop) and stroke.
- Heart diseases signs are shortness of breath (SOB), severe pain in the chest, dizziness (head or eye-round), weakness, numbness (no feeling) of face and leg, especially on one side of body.
- It also includes confusion and difficulty in speaking (hard to talk), severe headache (head-soa tumas) and fainting or unconsciousness (half-dead).

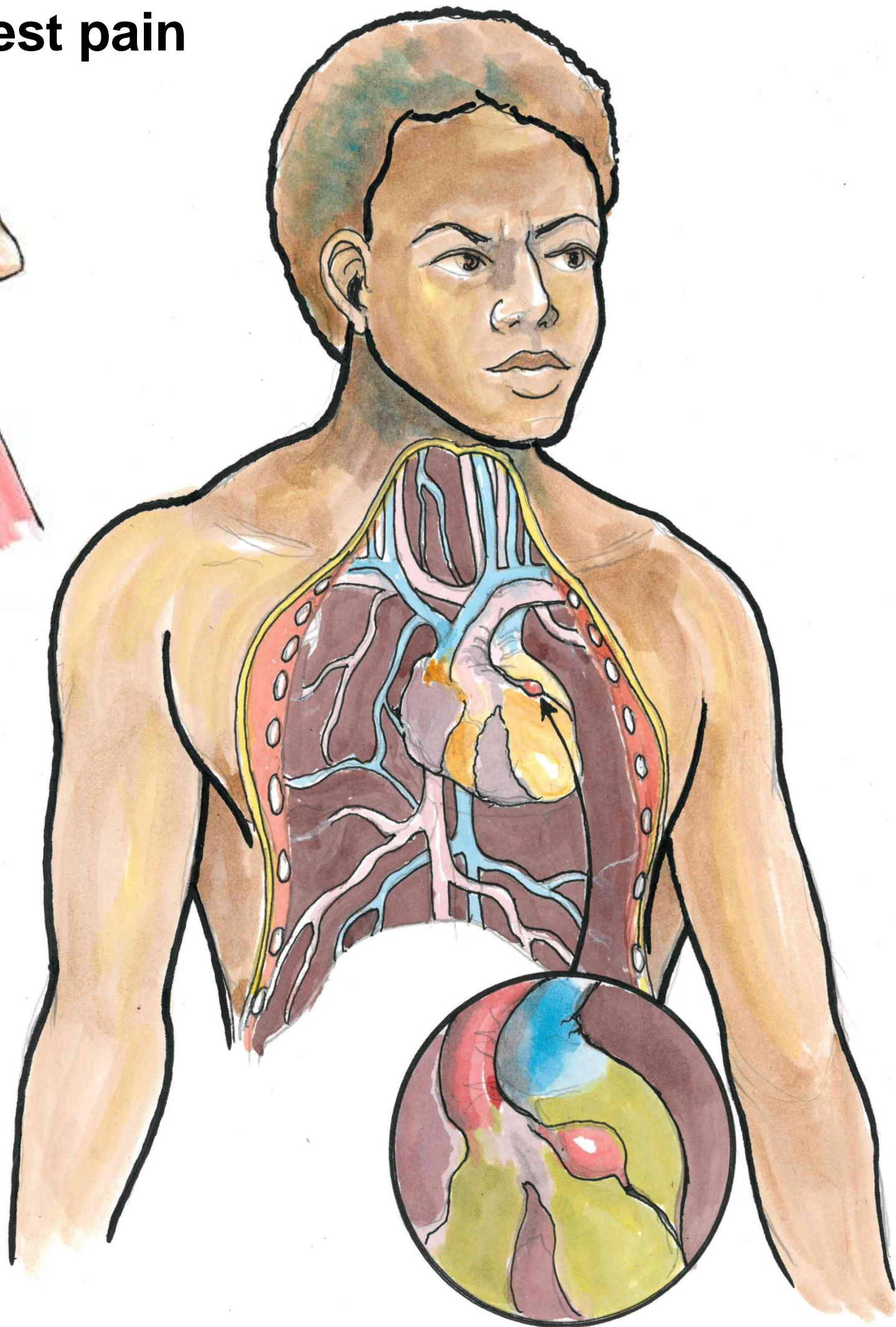
Additional Information:

- The heart stops working because of lack of good blood with energy and nutrition
- Blood vessels around the heart are blocked and blood cannot flow.
- When this blockage happens inside the head, it causes stroke.

Heart Diseases



Chest pain



Blocked Blood Vessel

Key Question:

What is Cancer?

Key Messages:

- Cancer is the unusual growth of body cells (body parts) which can spread to other parts of the body.
- Cancer can present as lumps / boils, pain or no pain, weight loss, feeling weak / tired, fever, changes in the skin and sores on the body that do not heal.

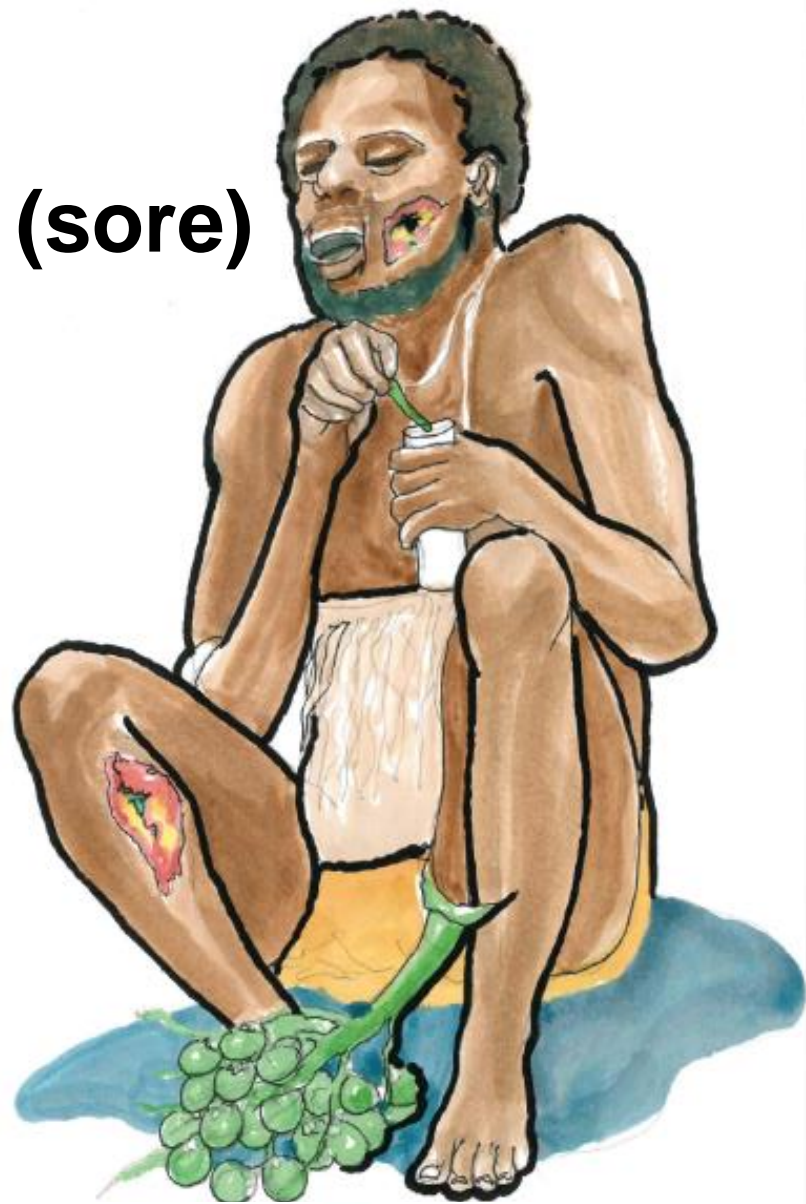
Additional Information:

- Early detection (finding) and diagnosis of cancer at community level is important.
- Go and see the nurse at your nearest health centre / clinic.

Cancer



Ulcer (sore)



Ulcer (sore)



Lump (boil)



Wasted (thin)

Key Question:

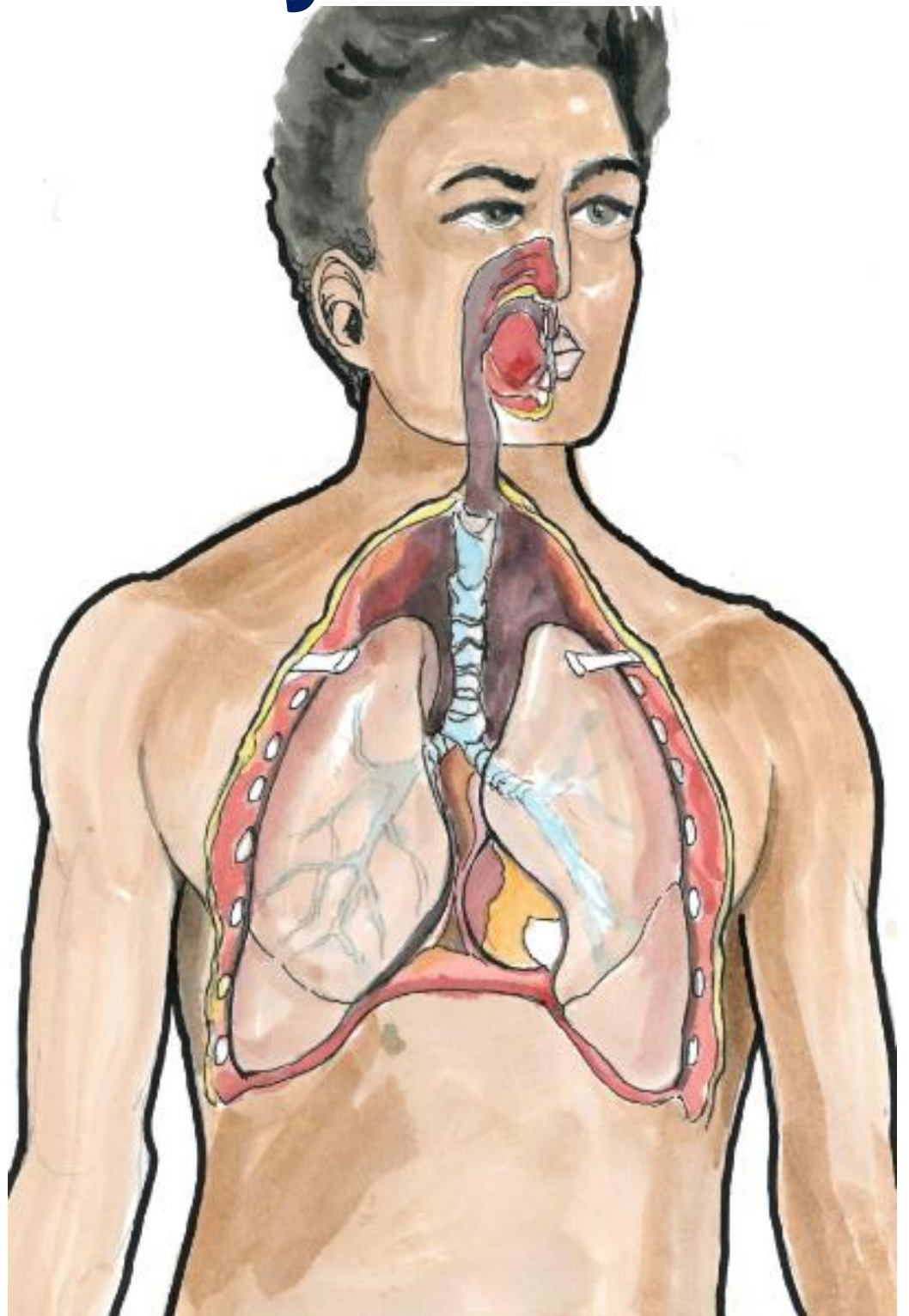
What is sickness Asthma (Chronic Respiratory Diseases – CRDs)?

Key Messages:

- CRDs are long term diseases of the airways and parts of the lung or wind bag and pipe. They include asthma and chronic bronchitis (infection of wind pipe).
- People present with cough, shortness of breath (SOB), chronic mucus production (yellow spit), wheezing (breathing with noise) and longtime chest pain.

Chronic Respiratory Diseases

Coughing



Shortness of Breath



Key Question:

What is sickness Diabetes (Sick Sugar)?

Key Messages:

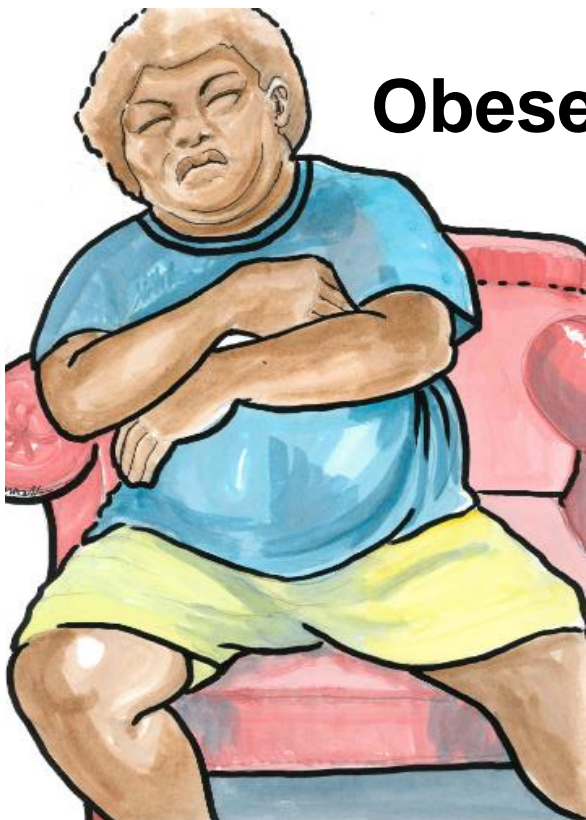
- Diabetes are often caused by overweight or obese (fat too mas) and may result in cutting of legs.
- People with diabetes present with passing a lot of urine (mimi), wanting to drink always, feeling tiredness, slow healing of sores, loosing of weight and blurred vision (no seeing clearly).

Additional Information:

- Diabetes is a long-term disease caused by lack of insulin (lack of soldiers for fighting sugar in the blood) in the body which results in increased blood sugar.

Diabetes

Obese



Thirsty



Tiredness



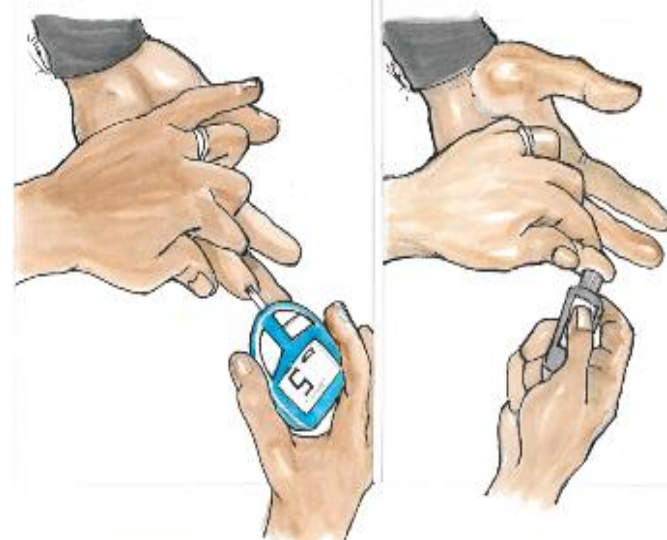
Frequent mini



Blood pressure



Blood sugar test



Blurred vision



Key Question:

What are the causes of NCDs?

Key Messages:

Main causes of NCDs are:

- Smoking tobacco
- Unhealthy diet
- Drinking alcohol
- Physical inactivity (laziness)
- Mental stress
- Betel nut chewing

Additional Information:

- Tobacco products includes savusavu or lekona and marijuana have many dangerous poisons.
- People around smokers breathe in the same poisons as the smokers.
- Causes of asthma/bronchitis also include smokes from fire, indoor and outdoor air pollution (dirty air) and breathing in of poison at any place.
- Lack of exercise can cause overweight, weakness of bones and muscles.
- Drinking alcohol includes homebrew and kwaso.

Causes

Tobacco/Alcohol/Betel nut



Sugary food



No Exercise



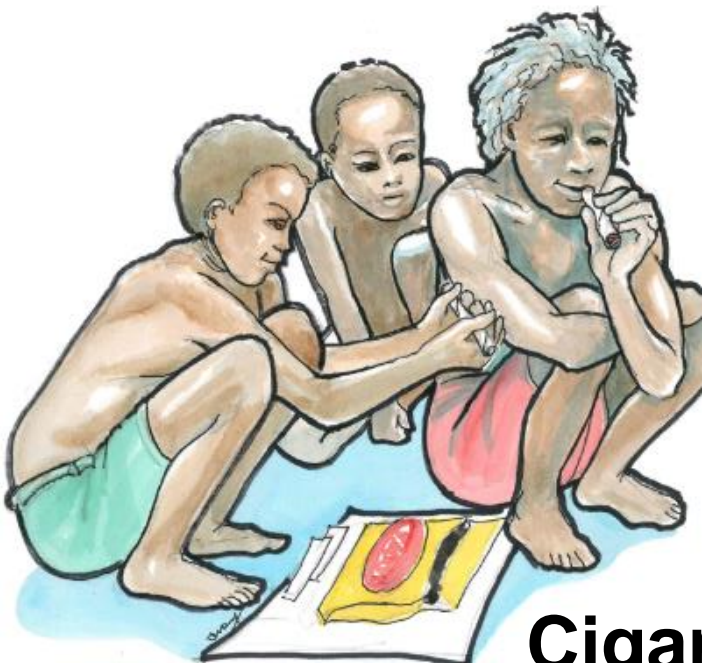
Unhealthy diet



Fire smoke



Cigarette smoke



Key Question:

How we prevent NCDs?

Key Messages:

5 most important practices are:

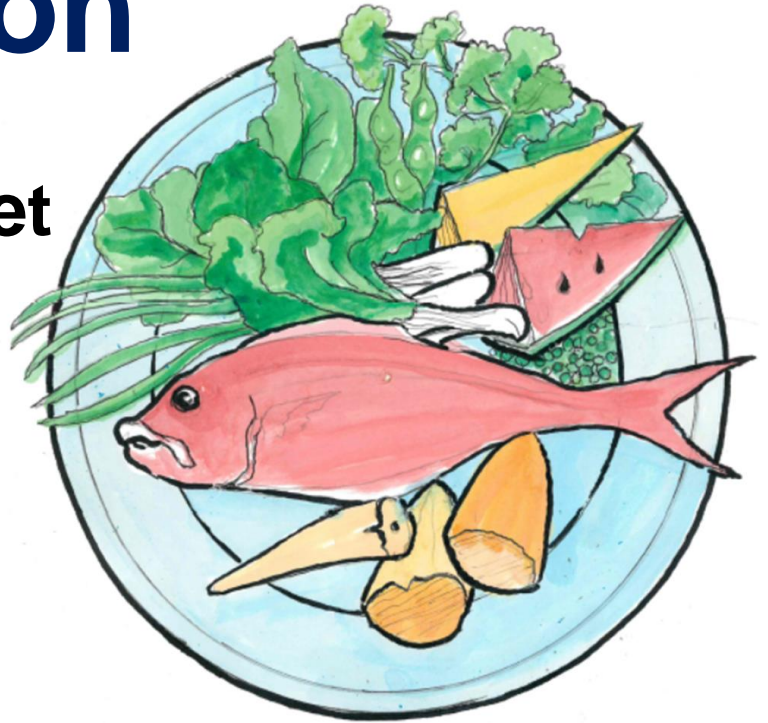
- eating a healthy diet
- not smoking tobacco
- not drinking too much alcohol
- not chewing betel nut
- exercising regularly; walk at least 30 minutes a day

Additional Information:

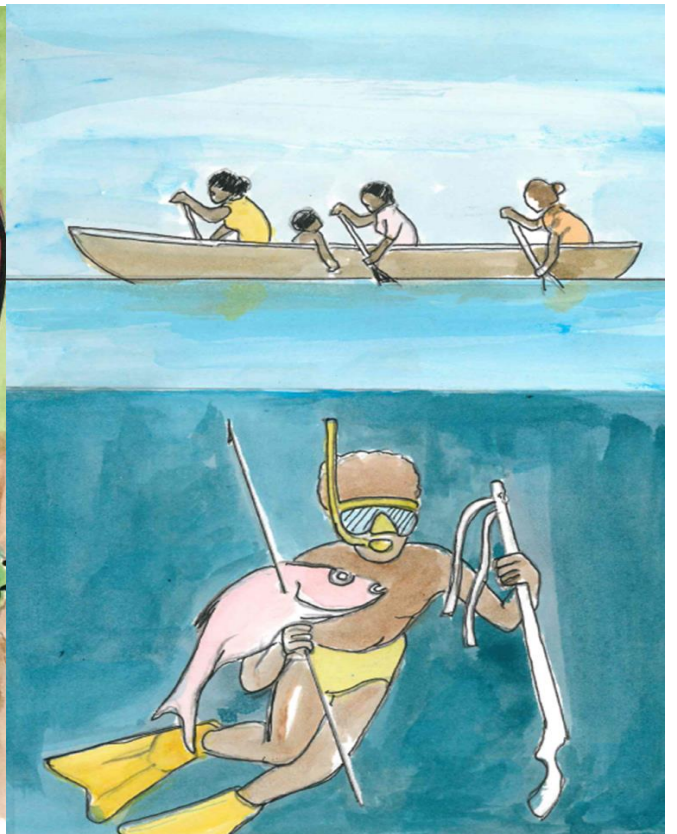
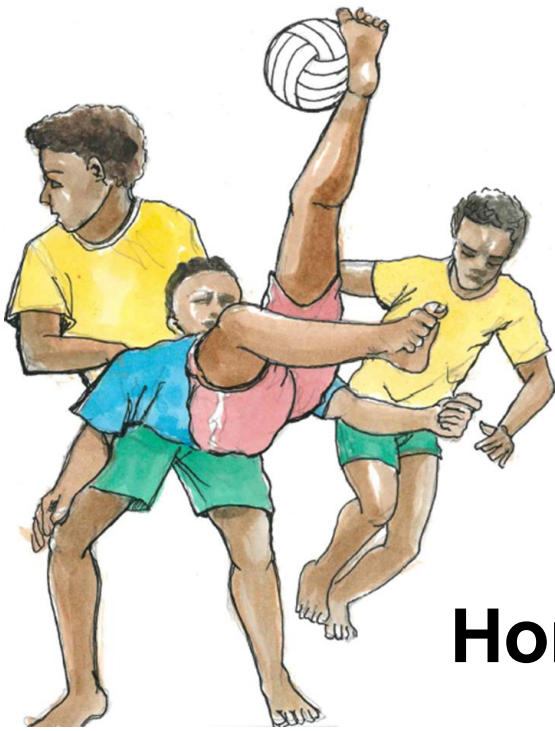
- keeping a healthy body weight
- Physical activities include working in the garden, cleaning the house and playing sport too.

Prevention

Healthy Diet



Home Exercises



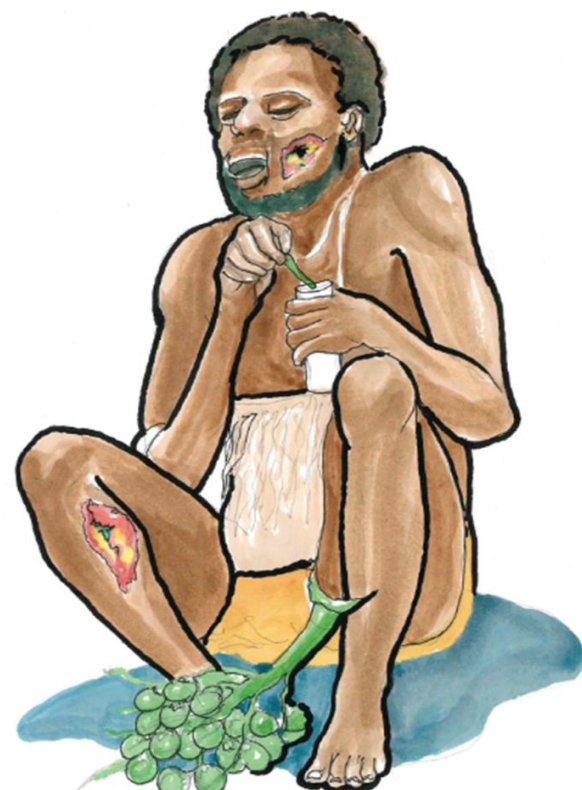
No Alcohol



No Tobacco



No betel-nut



Nutrition

Key Question:

Why is nutrition important?

Key Messages:

- Some say that you are what you eat.

Nutrition

Key Question:

What is balanced diet?

Key Messages:

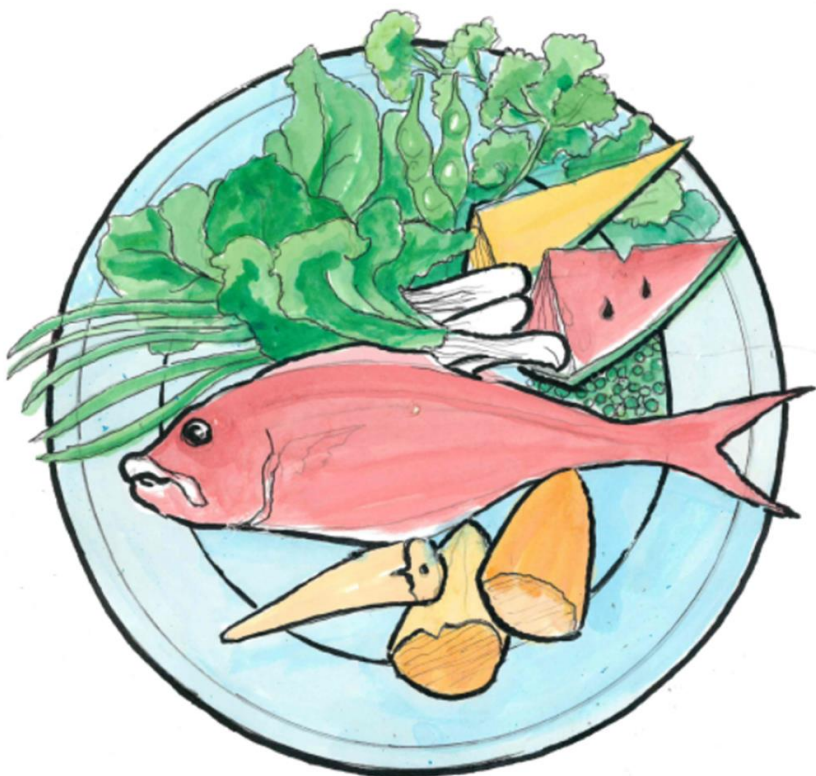
- Eat healthy kaikai every day to keep you healthy.
- A healthy kaikai has three food groups: Energy, Body Building and Protective foods.
- Vegetables and fruits contain a strong medicine which get rid of poison in the blood and protect you against all NCDs.

Additional Information:

- Eat five handfuls of vegetables and fruits every day for good health (4 vegetables and 1 fruit).

Healthy Food

Healthy Plate



Protective



Energy



Body Building



Key Question:

What is unhealthy diet?

Key Messages:

- Noodles, white rice, snacks, tin foods, sugary drinks, palm oil – mostly imported diet, which our ancestors did not eat.
- Too much salt, sugar and fat make unhealthy blood and block blood vessels.

Additional Information:

- More than 1 tea spoon of SALT per day increases blood pressure and risk of stroke and heart attack.
- More than 1 tea spoon of SUGAR per day causes diabetes (sick sugar), which may result in cutting off legs.
- Too much fat and energy food cause overweight and obesity (fat too much).
- Not enough protein can make the walls of blood vessels weak and cause stroke.
- Eat protein foods such as fish, shells, nuts, seeds, meat, chicken and eggs.

Unhealthy Food

Sugary food



Fatty food



Unhealthy diet



Sugary drinks

Key Question:

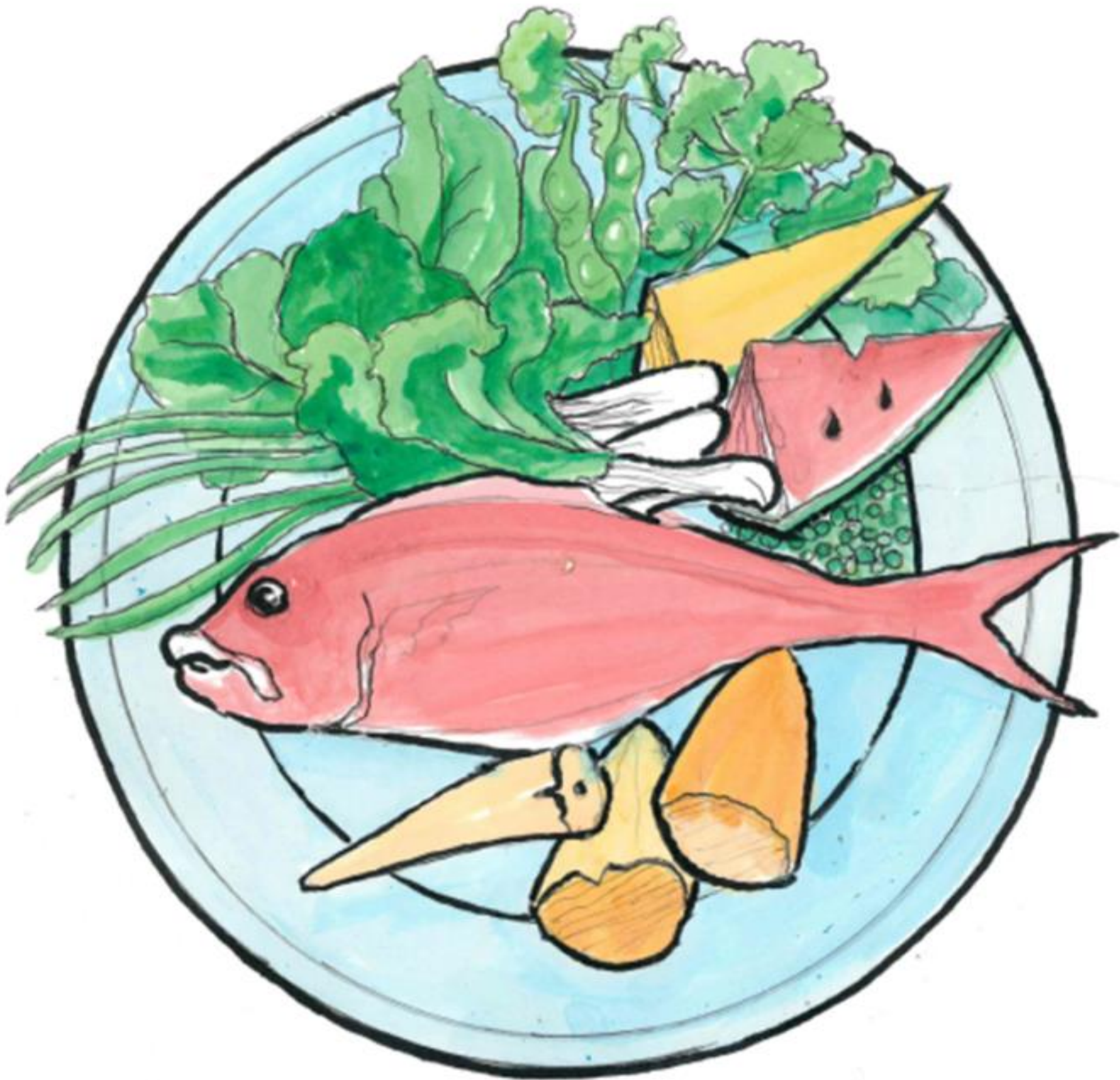
What is a healthy plate?

Key Message:

A healthy plate should be:

- Half (50%) protective food (vegetables and fruits)
- a quarter (25%) body building foods (protein)
- and a quarter (25%) energy food (carbohydrates).

Healthy Plate



Balanced Diet

Key Question:

What food is important for Mothers?

Key Messages:

- Pregnant and breastfeeding women must eat healthy food.
- They need more healthy food for the growth of the unborn baby and the production of breast milk.
- All pregnant and breastfeeding women must take more iron rich foods like dark green vegetables, beans, nuts, fish and iron tablets (tonic) to stop anaemia (short of blood).

Healthy Food for Mothers



Key Question:

Why is Breastfeeding important?

Key Messages:

- Breastmilk is the number one food for babies for their growth, development (baby can do) and protection (stop) from sickness.
- Only breastmilk and no other liquids or solids, not even water for the first 6 months.
- Continue breastfeeding after 6 months for more energy, growth and development.

Breast Feeding



Key Question:

Why is complimentary (food with breast milk) feeding important?

Key Messages:

- Feeding foods additional to breastmilk starts at 6 months old for healthy growth.
- Feeding a variety of foods can top up missing content of the breastmilk.
- Avoid giving unhealthy drinks and foods, such as sugary drinks, ice-blocks, coffee mix, milk tea and milo.

Additional Information:

- For each meal, give local staples or energy food such as taro, pana and banana, with body building food e.g. nuts, fish and eggs, and protective food, a variety of coloured vegetables and fruits.
- Nutritious snacks may be given between meals; such as bananas, pawpaws, breadfruit, ngali nuts, peanuts, cassava pudding.

Complimentary Feeding



Key Question:

Why is food safety important?

Key Messages:

- Unsafe foods are dirty kaikai and dirty water not cooked properly, kept in a warm place, smell no good or out of date.
- Dirty kaikai and dirty water contain germs or poisons, that are too small to be seen by naked eyes.

Additional Information:

- Diarrhoea is the most common sickness resulting from eating of dirty food and dirty water.
- Hand washing with soap before cooking and eating prevents diarrhoea, belly pain or food poisoning.
- Always wash cooking knives, chopping boards, plates, cups and spoons with soap before preparing and after cooking food.

Food Safety

Food not covered



Eat dirty food



Diarrhea



Water, sanitation and hygiene

Key Question:

Why are water, sanitation and hygiene important?

Key Messages:

- Sometimes we get sickness by very small germs that we cannot see.
- These germs may be in water, food, faeces, beds, and in our hands too.

Water, sanitation and hygiene

Key Question:

Why is clean water important?

Key Messages:

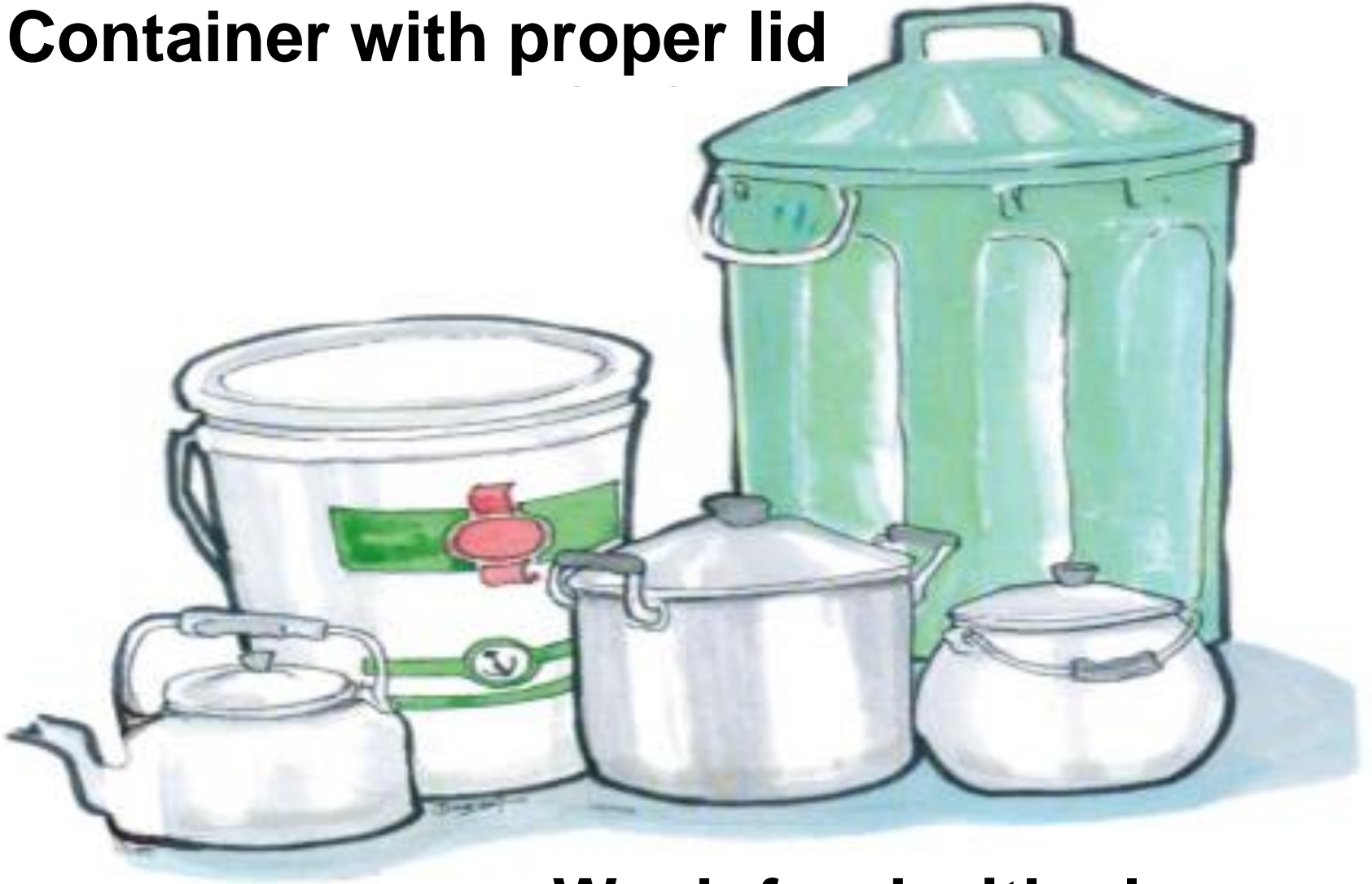
- Clean and safe water can prevent diarrhea, vomiting and belly pain which can lead to slow body growth (malnutrition), weak body and mind (unable to work) or death.
- Keep water in clean containers with a proper lid to prevent from flies, mosquitos, rats, pigs, dogs and dusts (contamination or not fit to drink).
- If you are not sure, boil your water for 5-10 minutes before drinking, to kill germs.

Additional Information:

- Protect (look after) all drinking water sources; example springs, rivers, wells, boreholes and water tanks, from animals and people.

Clean Water

Container with proper lid



Wash food with clean water



Boil water before drinking

Key Question:

Why is proper Sanitation important?

Key Messages:

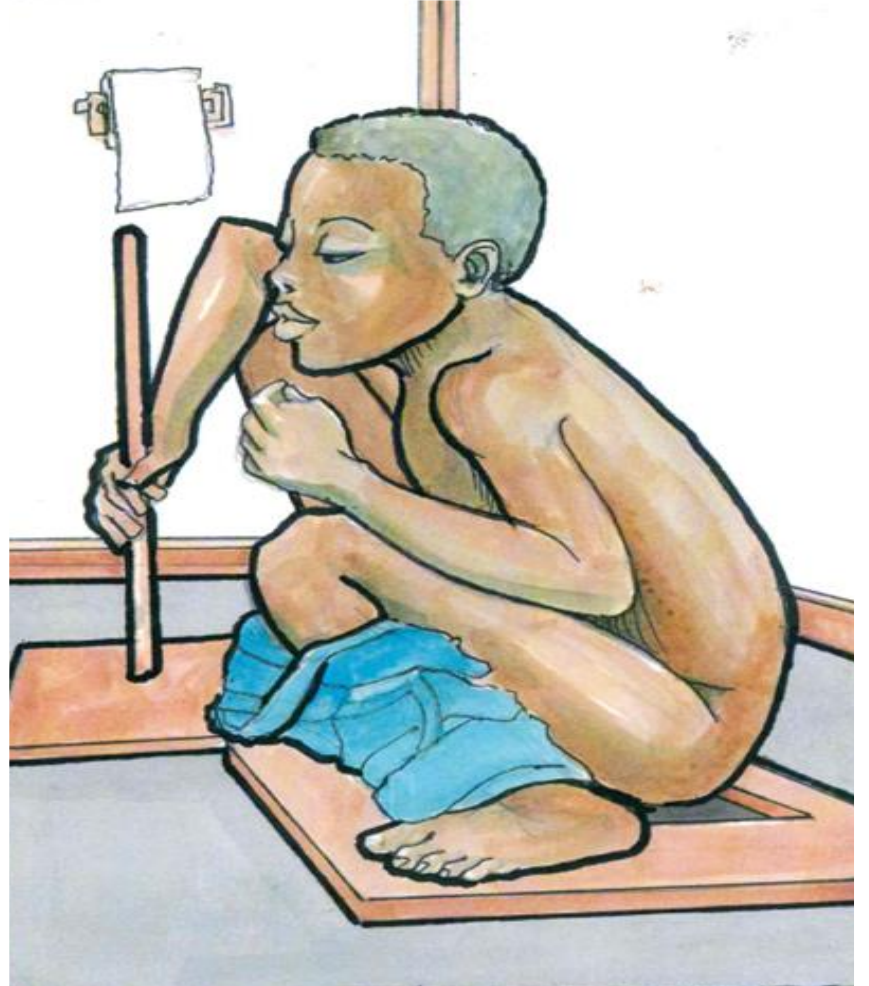
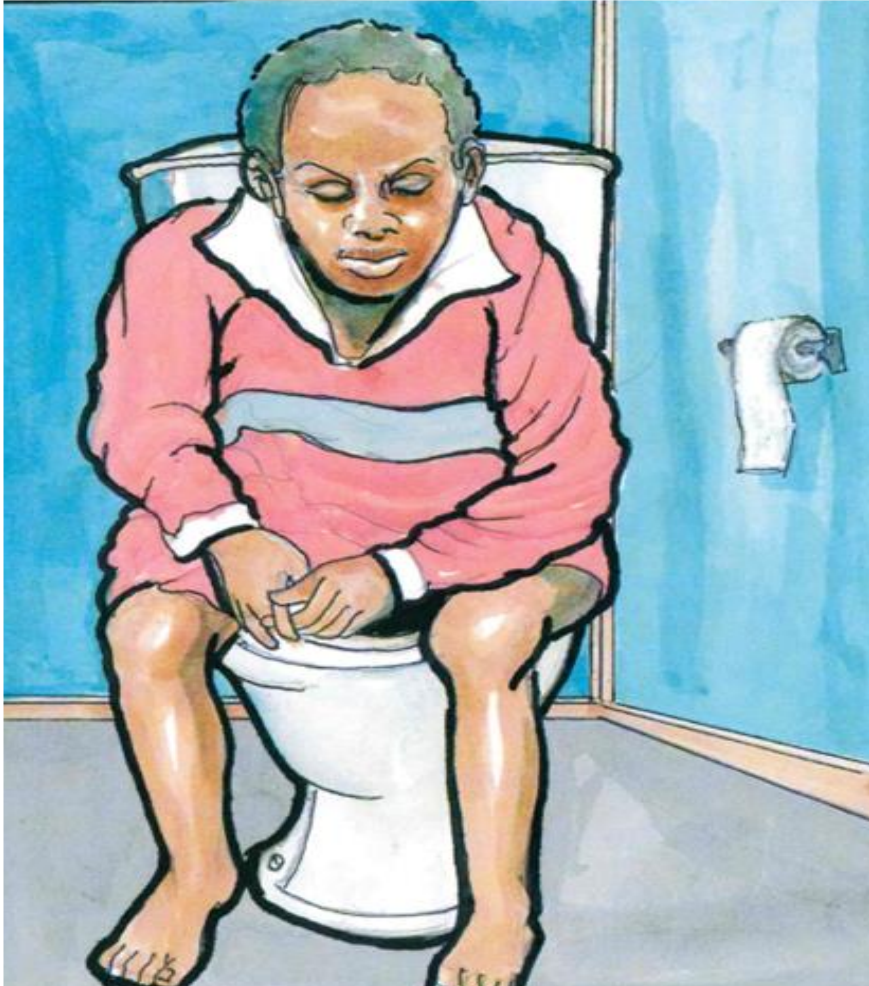
- Build and use proper toilets and maintain cleanliness and wellness in your community.
- Because faeces contain a lot of germs, using proper toilets prevents germs spreading everywhere. These germs stop the body growth (malnutrition).
- Using toilets also protects custom / culture (importance) and safety of women and girls.
- Make handwashing places in or beside toilets; example, tipi-tap, pressure bottles.

Additional Information:

- Keep toilets clean and dry all the time.
- Putting a lid on a slab prevents mosquito growing inside the pit.

Proper Toilets

Use proper toilets



Wash hands with soap

Key Question:

Why is Hand washing important?

Key Messages:

- Handwashing with water and soap is important to prevent sickness, because it kills and washes away the germs on your hands.
- Every kitchen and toilet must have handwashing places like tippy-tap with water and soap.
- Wash your hands with water and soap after using the toilet, after playing with animals, after working or playing outside, before preparing and eating food.

Hand Washing

Use running water



Soap



Cloth

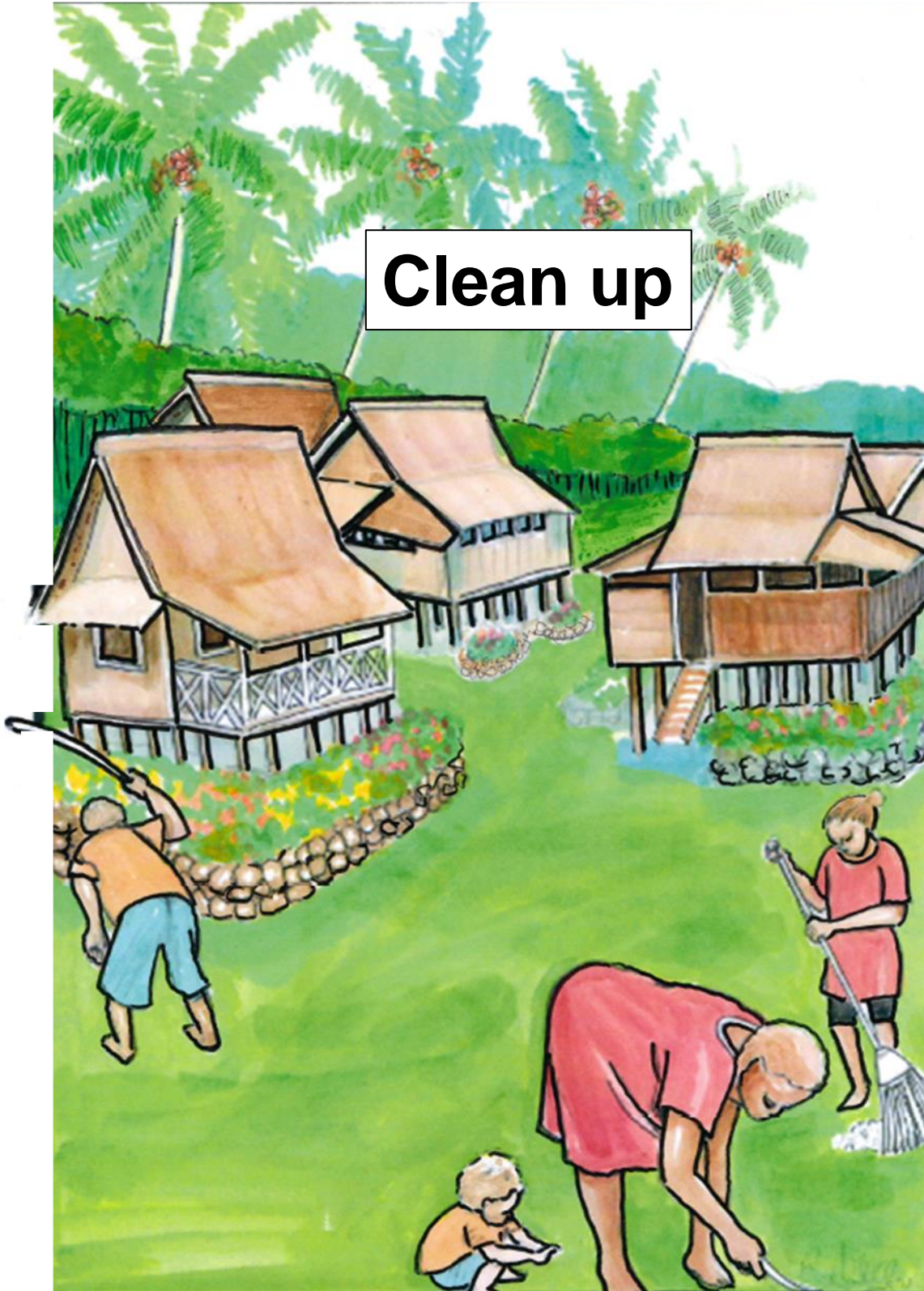
Key Question:

Why is it important to practice good environmental hygiene?

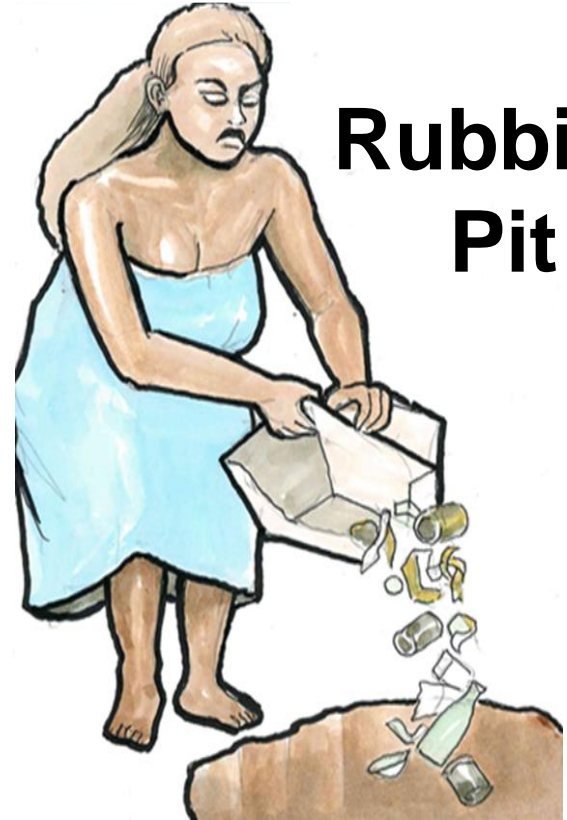
Key Messages:

- Clean up and beautify the village to promote good health and prevent sickness; example, malaria, dengue.
- Dig rubbish pits and burn rubbish to stop cockroaches, rats, dogs, pigs and chickens from spreading sickness in the community.
- Separate rubbish: Bury or reuse tins and cans, burn papers and plastics, use waste food as compost for your Supsup garden.
- Put pigs and chickens in proper fences.

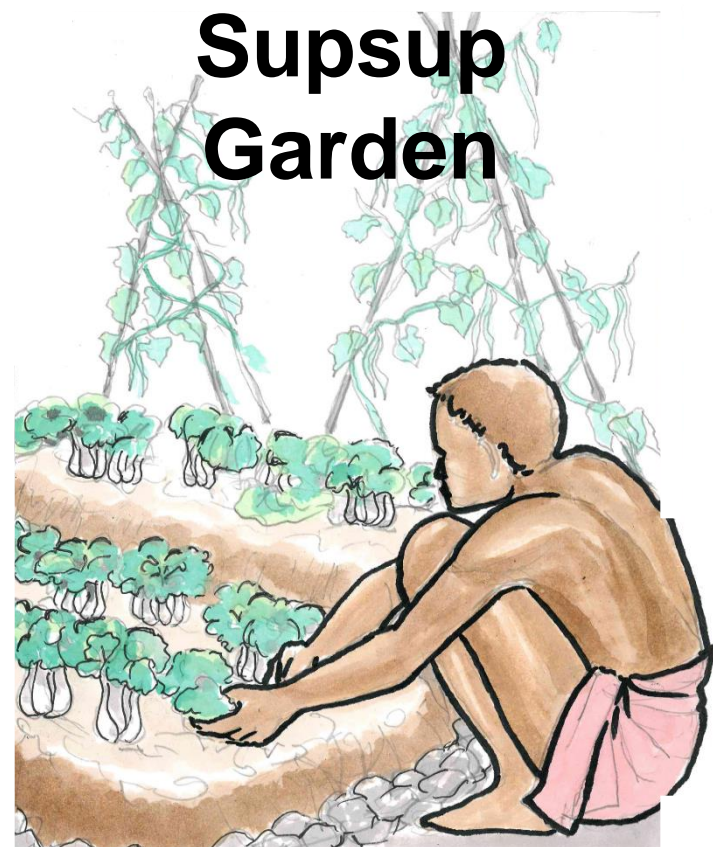
Environmental Hygiene



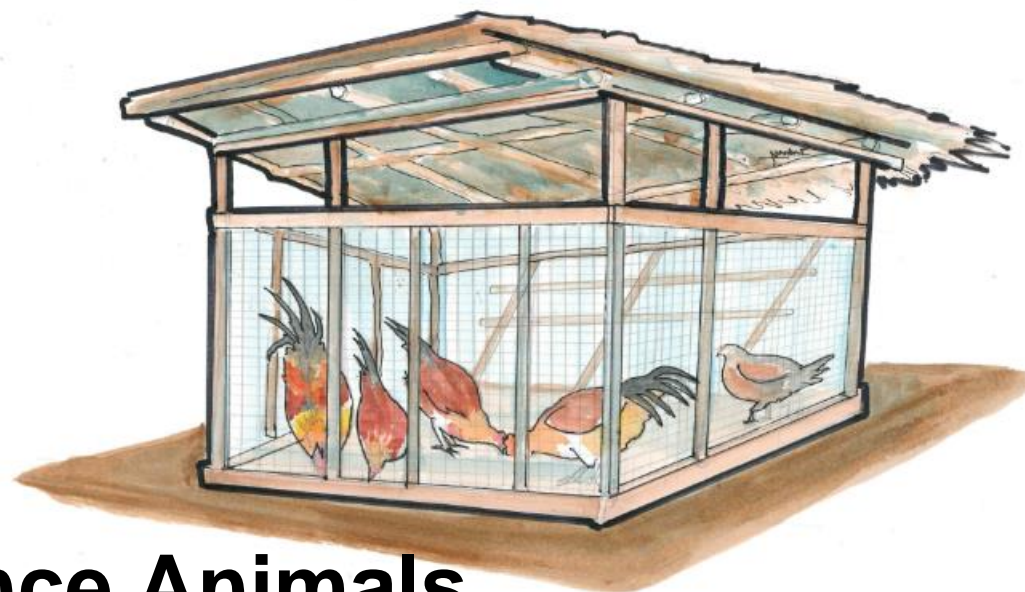
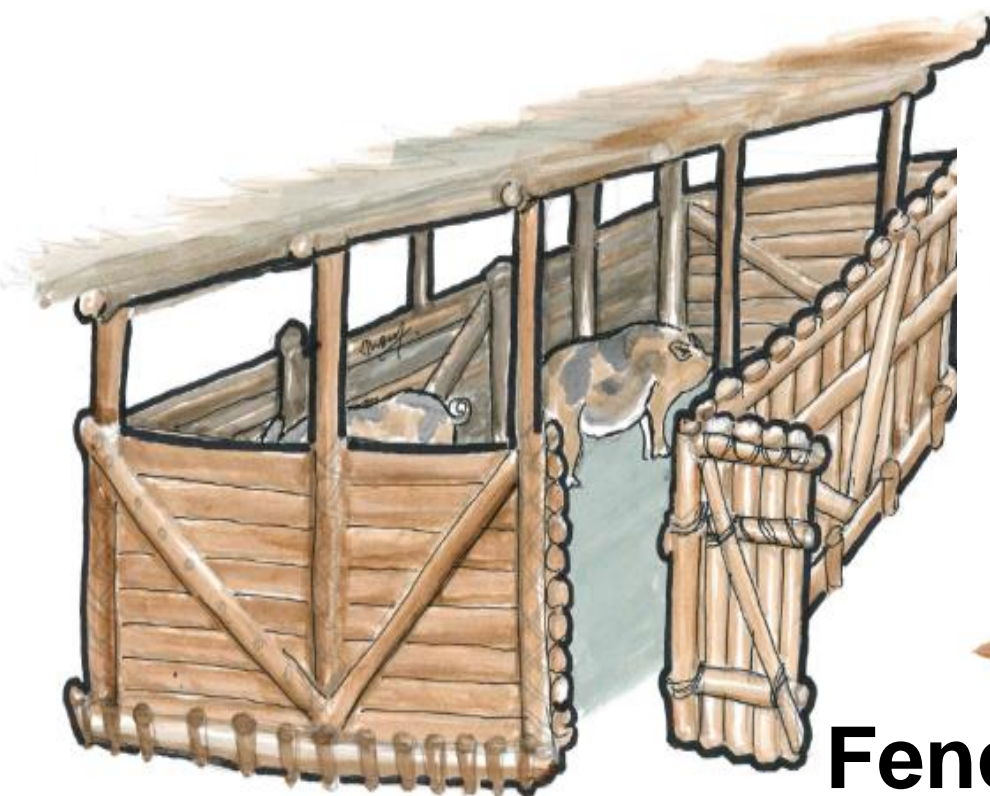
Clean up



Rubbish Pit



Supsup Garden



Fence Animals

Key Question:

Why is it important to practice good personal hygiene?

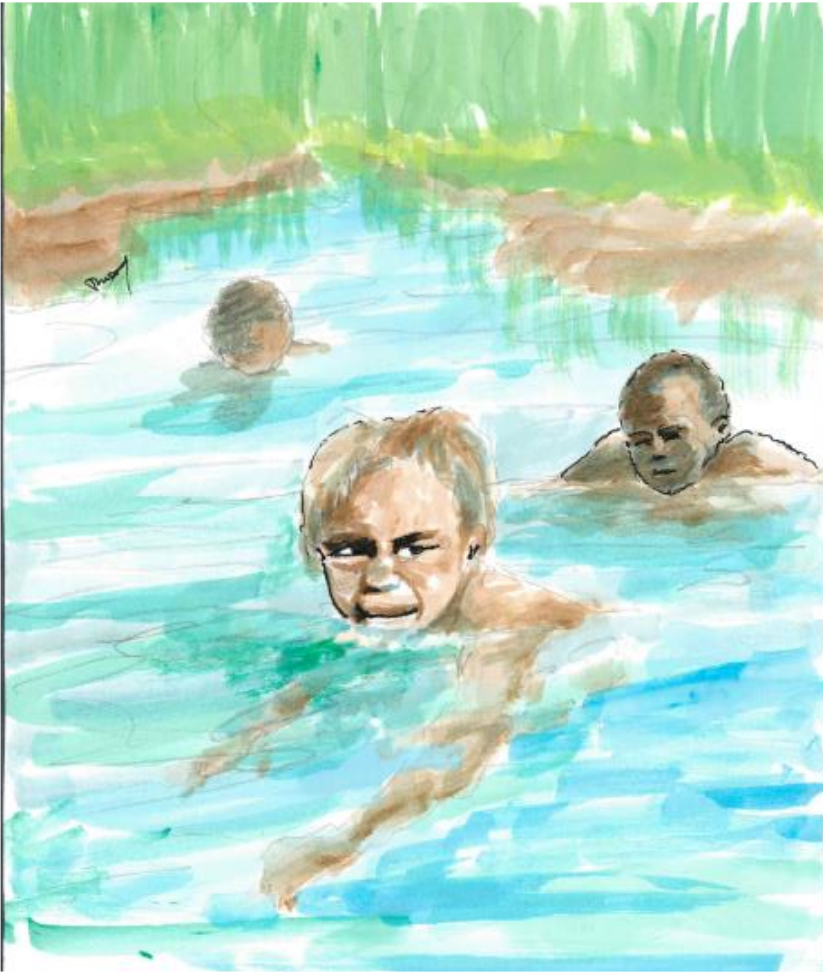
Key Messages:

Germs are everywhere in and around your body, but you can kill them by:

- Swimming with soap everyday (at least 2 times a day).
- Brushing your teeth after eating.
- Wearing clean cloths.
- Sun drying your beddings and towels.

Personal Hygiene

Swimming



Bathing



Laundry



Sun dry beddings



Tooth brushing



Key Questions:

- What kind of life do you want to live?
- What actions are you going to take?

Key Messages:

- A healthy village program is a process of enabling people to take control of their own health and well-being with mutual support.
- A healthy village is a setting with individual, family and communal wellbeing, living in a peaceful, harmonious social environment.
- A healthy village is healthy individual, healthy family, healthy community and healthy country.

Helti Vilij – Hapi Kandere

