

BUILDING HEALTHY CITIES



BUILDING HEALTHY CITIES

Indore Workshop Report: Health Promoting Schools Pilot Training



April 10, 2019

CONTENTS

INTRODUCTION	1
WORKSHOP DESIGN	1
WORKSHOP SUMMARY	1
PARTICIPANTS	6

ACRONYMS

BHC	Building Healthy Cities
HPS	Health Promoting Schools
USAID	United States Agency for International Development

Building Healthy Cities

Building Healthy Cities is a five-year cooperative agreement funded by the United States Agency for International Development (USAID) under Agreement No. AID-OAA-A-17-00028, beginning September 30, 2017. Building Healthy Cities is implemented by JSI Research & Training Institute, Inc. (JSI) with partners International Organization for Migration, Thrive Networks Global, and Urban Institute, and with support from Engaging Inquiry, LLC.

This report is made possible by the generous support of the American people through USAID. The contents are the responsibility of Building Healthy Cities and do not necessarily reflect the views of USAID or the United States Government.

INTRODUCTION

In Indore, India, the United States Agency for International Development (USAID)-funded Building Healthy Cities (BHC) project is jointly implemented with Indore Smart City Development Limited with the objective of making the city a “healthy, liveable Smart City for all.” One project activity was to develop a Health Promoting Schools (HPS) initiative in 150 middle and secondary/senior secondary government schools. The initiative includes a baseline assessment of schools to identify gaps, training of teachers on HPS, addressing gaps identified by concerned authorities, and a second round of assessment to review the status of schools.

This report details the pilot training of teachers organized by BHC on April 10, 2019 in Indore.

WORKSHOP DESIGN

The training was divided into 6 sessions on the following topics, which align with the accompanying “Teacher Training Guidelines for Health Promoting Schools:”

1. Know your Body
2. Food and Nutrition
3. Mental Health
4. Personal Hygiene and Sanitation
5. Healthy Behavior and Lifestyle
6. Prevention of Injuries

The training content and design was organized in partnership with the Madhya Pradesh Voluntary Health Association.

WORKSHOP SUMMARY

Table 1: Workshop Agenda

10:30–11:00 am	Registration and Pre-training Assessment
11:00–11:15 am	Introduction to Health Promoting Schools Dr. Damodar Bachani
	<ul style="list-style-type: none"> • Overview of Building Healthy Cities Project • Objectives of Health Promoting Schools initiative • Purpose of the training and expected outcomes
11:15–12:00 pm	Know Your Body Dr. Damodar Bachani
	<ul style="list-style-type: none"> • Body structure and systems • Physical growth and its measurement • Puberty: Anatomical and physiological changes

12:00–12:45 pm	Food and Nutrition Alsa Bakhtawar and Neeraj Mishra
	<ul style="list-style-type: none"> • Ingredients of a balanced diet • Sources of energy, protein, and micronutrients • Composition and harms of fast/junk food • Common nutritional deficiencies
12:45–1:30 pm	Personal Hygiene and Sanitation Syed Fareed Uddin
	<ul style="list-style-type: none"> • Common practices to maintain personal hygiene including hand washing, food hygiene, and menstrual hygiene • Environmental sanitation in schools and homes • Diseases due to poor hygiene and lack of sanitary measures
1:30–2:00 pm	Lunch Break
2:00–2:45 pm	Healthy Behavior and Lifestyle Dr. B.M. Shrivastava
	<ul style="list-style-type: none"> • Health hazards due to tobacco and alcohol products • How to prevent unhealthy habits and practices • Health hazards of overuse of mobiles, TV, and computers • Physical activity and outdoor sports for health
2:45–3:15 pm	Mental Health Ms. Sakshi Zambve
	<ul style="list-style-type: none"> • Increasing awareness regarding mental health issues and sensitizing students • Dealing with stress and strain: Role of teachers and parents
3:15–3:30 pm	Tea Break
3:30–4:15 pm	Prevention of Injuries Mrs. Jasmine Anthony
	<ul style="list-style-type: none"> • Preventing risky or unsafe behaviors e.g. handling electricity, fire, machines • Traffic rules and adherence to prevent injuries • Common first aid procedures
4:15–5:00 pm	Concluding Session
	<ul style="list-style-type: none"> • Introduction to tool on Health Promoting Schools initiative • Post-training evaluation • The Way Forward

Introduction to Health Promoting Schools

Dr. Damodar Bachani opened the training for teachers with an introductory session. He presented an overview of the BHC project, objectives of the HPS initiative, purpose of the training, and expected outcomes. The teachers then completed a pre-assessment questionnaire anonymously to get an idea of their understanding of the training topics (see Table 2).

Table 2: Pre-assessment Questionnaire

No.	Statement	True	False
1.	Growth of children depends on good nutrition.		
2.	Adolescent age starts at 14 and ends at 17 years.		
3.	Jaggery is a rich source of Iron.		
4.	Vitamin D deficiency can cause night blindness.		
5.	Consumption of unsafe water can cause Malaria.		
6.	Washing hands with soap and water can prevent diarrhea.		
7.	Smoking is bad for health but not chewing tobacco.		
8.	Obesity is genetic and cannot be prevented.		
9.	Persons with diabetes cannot eat fruits.		
10.	Pedestrians are at lower risk of injuries than car drivers.		

Know Your Body

In this session the teachers were trained on the bodily systems, non-communicable diseases, risk factors, deficiency diseases, puberty, and anatomical changes. The participants were instructed on skill-based educational activities that impart knowledge to children about the human body and related concepts to promote positive attitudes, awareness for health, and wellbeing from an early stage.

The following information was shared in support of school health education:



- Worldwide, 5 percent of all deaths of young people between the age of 15 and 29 are attributable to alcohol use. In some countries, up to 60 percent of all new HIV infections occur among 15-24 year-olds.
- Worm infections are the greatest cause of diseases among 5-14 year old children.
- Vitamin A deficiency is the single greatest cause of preventable childhood blindness.
- Iodine deficiency is the single most common preventable cause of brain damage in children.
- Injury is a leading cause of death and disability among school-aged youth.
- One out of two young people who start and continue to smoke will be killed by a tobacco-related illness.
- In some countries up to 60 percent of all new HIV infections occur among 15-24 year olds.



Food and Nutrition

The next session focused on food and nutrition and discussed nutrients and their role, easily available healthy foods, a balanced diet, and deficiency diseases. Participants learned ways that teachers and parents can support healthy eating habits and educate children on the importance of healthy food. This support should entail discussion, education, and activities that promote increased knowledge of nutrition, as well as expanded healthy options at home and at school.

The presenters explained that nutrition and health are complementary and inseparable. These two factors strongly influence quality of life. Poor nutrition compromises both the quality of life of school-aged children and their potential to benefit from education. Adequate nutrition of school-aged children provides the stepping-stones to a healthy life and ensures they grow to their full potential.

To summarize this session, the participants were asked to think about commonly available, low-cost, local foodstuff (cooked, raw or a combination of both) from each food group. They then compared the list to the common food items that are used at home during every meal. This helped the participants to identify gaps – if there are any food groups missing for a healthy body and mind.

Before the next session, Mr. Akshay Singh Rathore, District Program Coordinator, Department of Education, addressed the group of teachers and motivated them to be a part of the training so that they could further impart this knowledge to the students.

Personal Hygiene and Sanitation

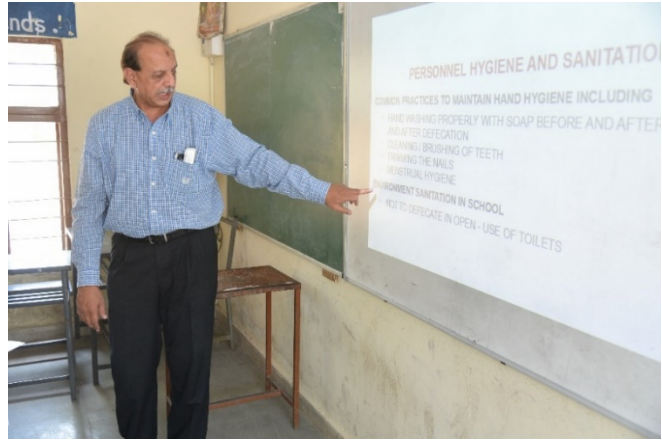
The main aspects covered in this topic were: common practices to maintain personal hygiene including hand washing; food hygiene and menstrual hygiene; environmental sanitation in schools and home; and diseases due to poor hygiene and lack of sanitary measures. The presenters shared personal and hygiene activities which could be used to teach students to manage eye infections, handwashing, stools and hygiene, and menstrual hygiene.

Mr. Fareed presented on why personal hygiene is an important part of living a healthy life; maintaining hygiene safeguards us from various illnesses. The effects of poor hygiene on health and well being include skin diseases, dental carries, depression, and social

problems. Participants also learned how to address personal hygiene issues with students without making them uncomfortable about the topic.

Healthy Behavior and Lifestyle

This session was presented by Dr B. M. Shrivastava, who focused on the knowledge, attitude, and practices of students, teachers, parents, and communities regarding tobacco use and tobacco control laws. The aim of the session was to provide teachers with an overview of the extent of the tobacco problem in India so that they can teach students about the size and gravity of tobacco and alcohol problems and share knowledge about different types of tobacco and alcohol products available. Background information was shared about the rising consumption of tobacco among young people. Finally, the session discussed how we can make our schools and environment tobacco free, and motivate students and parents.



Mental Health

Ms. Sakshi Zambre presented this session, which focused on increasing awareness of mental health issues and sensitizing children as well as teachers. She covered important topics such as depression and other mental health issues which are on rise amongst children. She shared important facts about mental health issues in children and students including:

- Suicide is the third leading cause of death among 15-19 year olds.
- One in six people aged 10-19 is suffering from depression.
- Mental health conditions account for 16 percent of the global burden of disease and injury in people aged 10-19 years.
- Half of mental health conditions start by the age of 14 years and most cases are undetected and untreated.

The teachers were trained on how they can play a role in helping children deal with stress and other factors that influence mental health.

Prevention of Injuries

This session focused on everyday activities that involve risky or unsafe behaviors including handling electricity, fire, machines, road traffic, etc. Participants discussed teaching students:

- Who to call in an emergency (memorize phone numbers).
- How to safely cross the street.
- What to do if they are bullied or witness bullying.
- How to safely use kitchen and electrical appliances.
- First aid procedures (Wounds, burns and fractures).



Concluding Session

The training ended with the dissemination of the Teacher Training Guidelines for Health Promoting Schools.

PARTICIPANTS

Participant List

	Name	Designation	Organization
1.	Akshay Singh Rathore	District Project Coordinator	Department of Education
2.	Sakshi Zambre	Project Officer	UNDP
3.	Syed Fareed Uddin	Consultant	BHC
4.	Dr. B.M. Shrivastava	Ex-Dean	Government Dental College
5.	Mrs. Jasmine Anthony	Principal	Government Nursing College
6.	Sweta N Bhasker	Nurse	Government Nursing College
7.	Pushpa Sharma	Teacher	Government Ahilya Senior Secondary School, No. 1
8.	Jayashree Patil	Physical Educator	Government Ahilya Senior Secondary School, No. 2

9.	Veena Jain	Teacher	Government School
10.	Satish Sitole	Teacher	Government School, Nehru Nagar
11.	Dr. Surendra Prakash	Teacher	Government Ahilya Senior Secondary School, No. 4
12.	Anita Khandelwal	Teacher	Government Ahilya Senior Secondary School, No 4
13.	Pragya Mote	Teacher	Government Ahilya Senior Secondary School, No. 2
14.	Gunjan Singh	Teacher	Government School, Sirpur
15.	Sangeeta Jain	Teacher	Government School, Malharganj
16.	Charulata Holkar	Lecturer	Government Higher Secondary School, Bada Ganpati
17.	Meena Damle	Teacher	Government Higher Secondary School, Bada Ganpati
18.	Priti Sinha	Principal	Government School, Vijay Nagar
19.	Upasna Neya	Senior Teacher	Government School, Vijay Nagar
20.	Asha Kiran	Teacher	Government Ahilya Senior Secondary School, No. 1
21.	Sanjay Patel	Senior Teacher	Government School, Khajrana
22.	Rajat Rose	Teacher	Government School, Vijay Nagar
23.	Jyotsana Kulshreshtha	Teacher	Government Senior Secondary School, Nandnagar
24.	Shikha Mathur	Teacher	Government Senior Secondary School, Nandnagar
25.	Archana Joshi	Teacher	Government Ahilya School
26.	Neeta Vaishnav	Teacher	Government Nootan School
27.	Mithilesh Yadav	Teacher	Government Higher Secondary School, Nehru Nagar
28.	Neetu Pawar	Teacher	Government Subhash High School
29.	Anil Goud	Teacher	Government Subhash High School
30.	Prakash Goud	Teacher	Government High School

Resource Persons

	Name	Designation/Organization
1.	Dr. Damodar Bachani	Deputy Project Director, BHC, John Snow India Pvt Ltd
2.	Alsa Bakhtawar	Project Associate, BHC
3.	Neeraj Mishra	City Project Officer, BHC

JSI RESEARCH & TRAINING INSTITUTE, INC.

2733 Crystal Drive
4th Floor
Arlington, VA 22202
USA
Phone: 703-528-7474
Fax: 703-528-7480
Web: www.jsi.com

JOHN SNOW INDIA PRIVATE LIMITED

Plot No. 5 & 6, Local Shopping Complex
Nelson Mandela Marg (Near Post
Office)
Vasant Kunj
New Delhi 110070
India
Phone: +91 11 4868 5050

BUILDING HEALTHY CITIES

