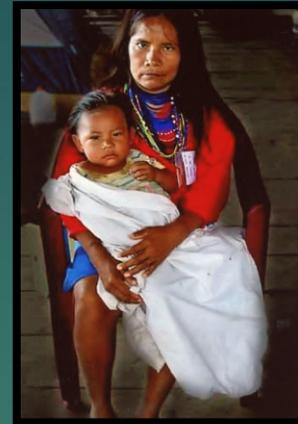
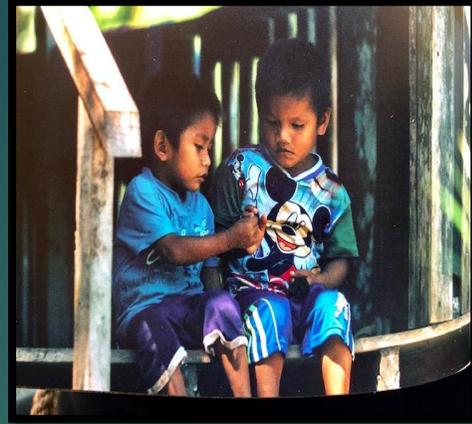




# What is Renew Health?

KATHRYN HALVERSON, MD

RENEW HEALTH MEDICAL DIRECTOR



# RENEW HEALTH...

## *Health promotion for the world.*

- ▶ There is great need to prevent disease. In Amazonia "...chronic malnutrition, stunting and parasitic infection is endemic, particularly among indigenous children ...which increases their risks for other diseases."

Morbidity and mortality disparities among colonist and indigenous populations in the Ecuadorian Amazon  
[William Kuang-Yao Pan](#), [Christine Erlen](#), PhD,  
and [Richard E Bilsborrow](#), PhD.  
[Soc Sci Med. 2010 Feb; 70\(3\): 401.](#)

# Renew Health training is designed to help communities live healthier



- ▶ addressing local health issues
- ▶ preventing disease
- ▶ and producing sustainable health improvement.

# Training local leaders

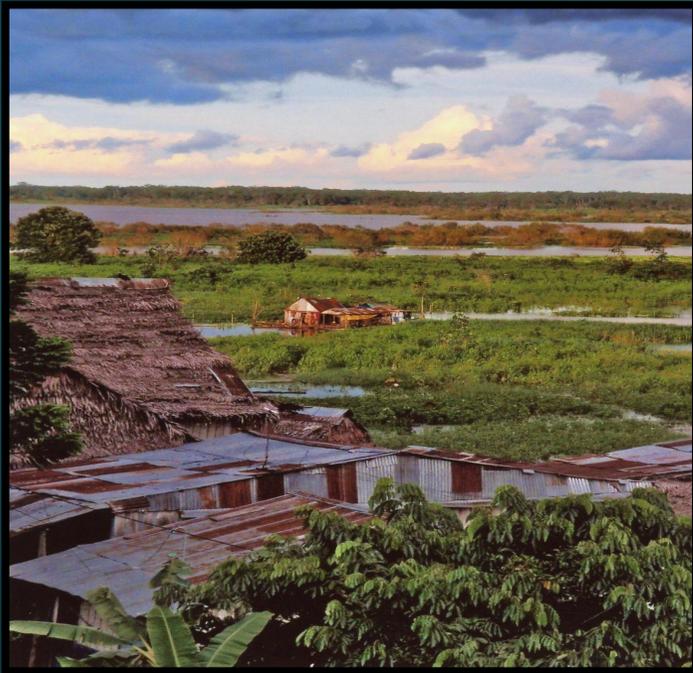


- ▶ who have a vision for community health and who will train others.



# With a health promotion tool

- ▶ which uses Biblical principles and can be adapted to secular communities.



# RENEW HEALTH-

- ▶ used successfully in Peru and introduced in Brazil, Mozambique, and Colombia.

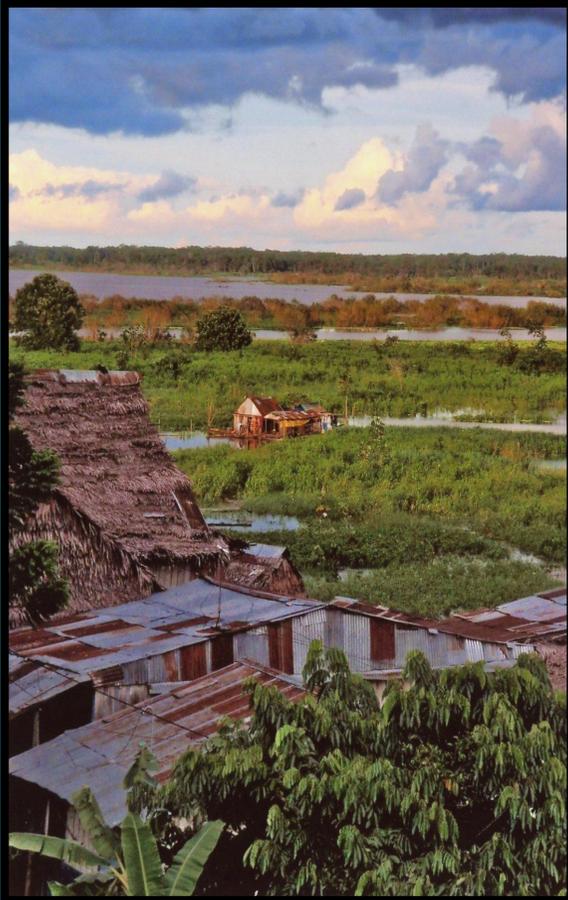




# What are Renew Health's Goal and Methods?

# Renew Health's Goal is

- ▶ *improved health through local health initiatives.*



# Renew Health's Method is to

- ▶ Train local leaders to lead community-initiated health dialogues and give them relevant health information.



# Renew Health's method involves

- ▶ teaching and modeling interactive sessions.



# Interactive sessions which

- ▶ 1. Use proven tools of engagement to foster community involvement in health issues.
- ▶ 2. Build and share relevant participatory health lessons.





**How do we do this?**

# The 7 Tools of Engagement

- ▶ **1. Dramas** and Bible story telling
- ▶ **2. Interactive activities** such as identification and celebration of local resources such as mapping



# The 7 Tools of Engagement

- ▶ **3. Identification of health needs and priorities** through a modified Ten Seed Technique
- ▶ **4. Identification of world view and sense of control** over health issues
- ▶ **5. Sharing health information** through facilitated discussion



# Tools of Engagement

6. **Demonstrations** such as handwashing, tippy tap, solar disinfection of water

7. **Illustrations and animated videos**





**What health topics are covered?**

# Topics

- ▶ Clean water
- ▶ Sanitation
- ▶ Hygiene
- ▶ Addiction
- ▶ Sexual health
- ▶ Mosquito borne disease
- ▶ How to care for the sick and respond to emergencies
- ▶ Prevention and treatment of common preventable disease





**Where can this flexible  
training be used?**

# flexible interactive sessions are useful in

- ▶ *remote* preliterate indigenous communities and *urban* settings
- ▶ different *cultures, languages and geographic locations.*
- ▶ as an *introductory or comprehensive training.*
- ▶ In *Small groups (~20) of men, women, or children.*



**Who can use  
RENEW HEALTH  
to train?**



# 1. *medical and non-medically trained facilitators*



- ▶ Indigenous local leaders who are familiar with the language and culture are best suited to reach their communities.

# 2. Organizations which provide



- ▶ long term relief , rehabilitation, and development
- ▶ short term humanitarian efforts



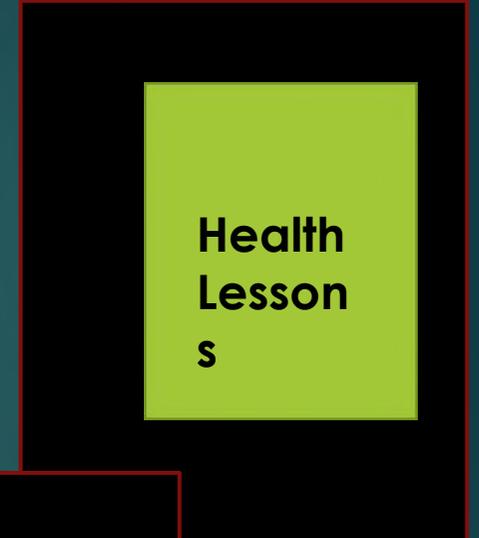
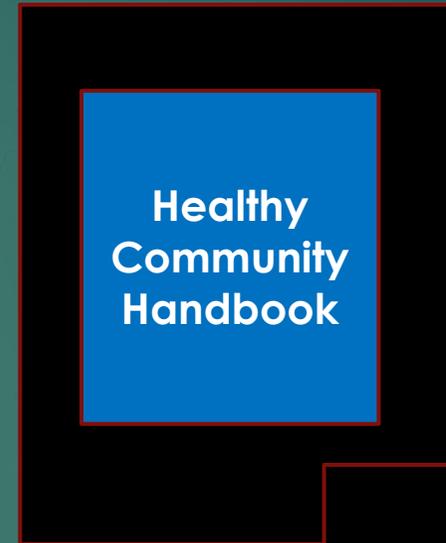
# What are the Training Materials?



# TOOL KIT-

## 6 topical booklets.

- ▶ **Booklet 1: Healthy Community Handbook**
- ▶ How to lead a community to health.
- ▶ **Booklet 2: Health Lessons**
- ▶ Interactive community health lessons
- ▶ **Booklet 3: Healthy Sexuality**
- ▶ Male and female identity, development, anatomy and physiology, pregnancy, HIV and sexually transmitted disease



# Renew Health TOOL KIT- 6 topical booklets.

- ▶ **Booklet 4: Healthy Living Addiction Free**
- ▶ Addiction- identification, prevention and treatment.
- ▶ **Booklet 5: Healthy Mothers and Newborns**
- ▶ Understanding pregnancy for the non-medical person.
- ▶ **Booklet 6: Diseases from Mosquitoes**
- ▶ Common diseases transmitted by mosquitoes- , microbes, mosquitoes and the diseases they cause; prevention; diagnosis; treatment; and ***how to take care of a sick person.***

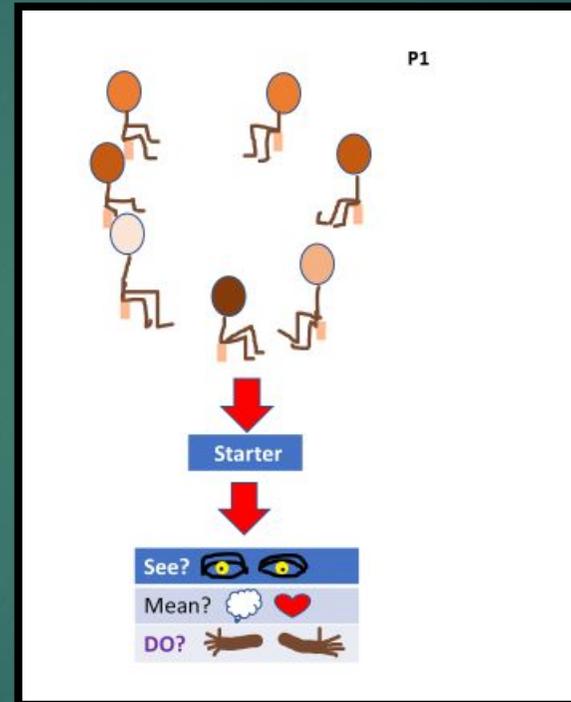
Healthy  
Living:  
Addiction  
Free

Healthy  
Mothers  
and  
Newborns

Diseases  
from  
Mosquitoes

# Our training WORKBOOKS

- ▶ **Health Workbook 1**
- ▶ Largely pictorial- illustrating interactive sessions.
- ▶ These will be useful when the trainers return home to lead health promotion sessions.



p10

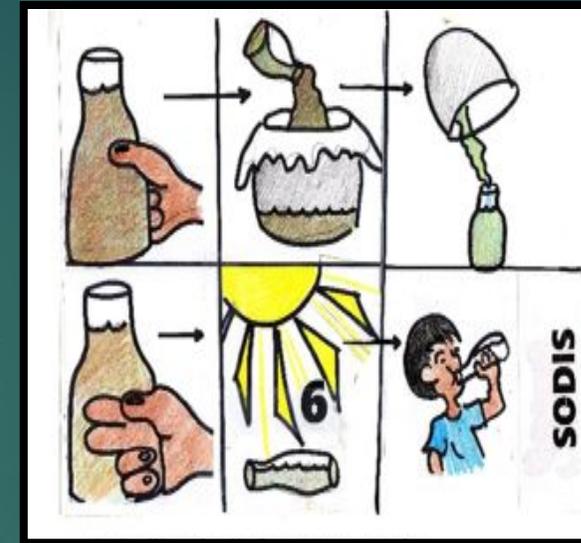
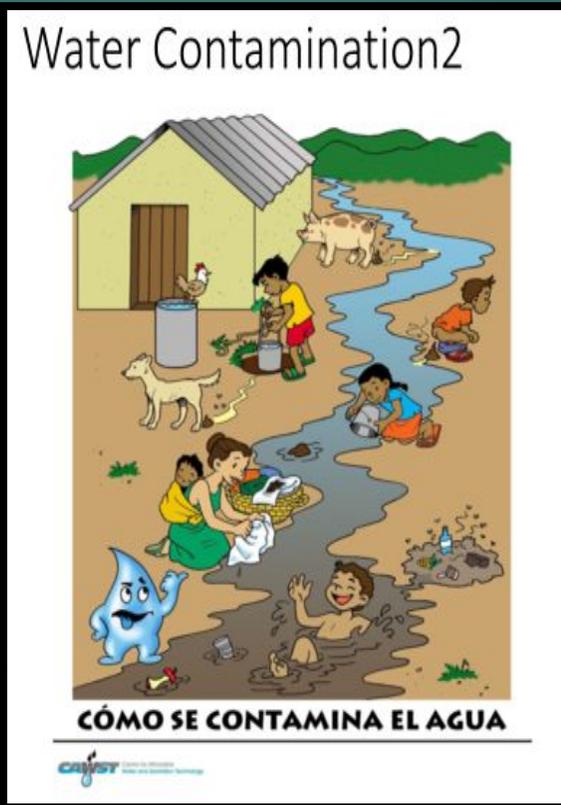
CAUSE	TRANSMISSION	SYMPTOMS

P2

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_
- 4. \_\_\_\_\_
- 5. \_\_\_\_\_

# Our training WORKBOOKS

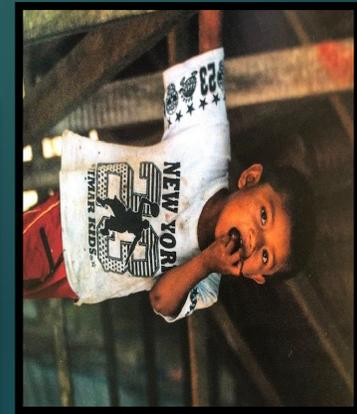
- ▶ **Health Workbook 2**
- ▶ Largely pictorial resources on
- ▶ WASH
- ▶ Diabetes
- ▶ High Blood Pressure
- ▶ Addiction
- ▶ Other



# RENEW HEALTH



Center photo by Bridget Carroll



# Training local leaders



# Because every community has the potential to be healthier.



- ▶ **RENEW HEALTH** invests in the skills and knowledge of local leaders to engage their communities in sustainable health improvement
- ▶ ...and saves lives.



# For more information contact

- ▶ Kathryn Halverson, MD
- ▶ Renew Health Medical Director
- ▶ [kathy@renewoutreach.org](mailto:kathy@renewoutreach.org)
  
- ▶ Download the Renew Health Toolkits at [renewoutreach.org](http://renewoutreach.org)



renew health

*health promotion for the world*