

### Growing Economic and Social Roots



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for

### A Healthy Community

- Training for Health Renewal Program: Canada-Mozambique
- Presented at the University of Saskatchewan, September 29<sup>th</sup>, 2012 – Global Health Conference,
- Local Steps – Global Strides - 2012



### Training for Health Renewal

- In our Training for Health Renewal in Massinga District Mozambique we have endeavored to combine our training of health workers to know how to work with communities, *to communities working within themselves to make their communities healthy through addressing economic and social determinants of health.*

### Economic and Social Determinants

- If we are to build healthy communities that are sustainable we have to go UP STREAM to look at what communities need to be healthy.
- These elements include : nutritious food, adequate housing, safe and sustainable environment, clean and close water sources, work, primary health care, gender awareness, education, energy, recognition of being a citizen and “bem estar” – well being.

### The Solid Facts – Second Edition WHO Report

- Health policy was once thought to be about little more than the provision and funding of medical care: the social determinants of health were discussed only among academics. This is now changing. While medical care can prolong survival and improve prognosis after some serious diseases, *more important for the health of the population as a whole are the social and economic conditions that make people ill and in need of medical care.*

### Setting an Agenda for Change

- Meetings for Change on: what is good leadership, how to mobilize a community, what is the community lacking that is desperately needed, what are the skills and resources in the community that can be tapped, what are skills and resources outside the community that can be approached for support.

### Community Development Plan

- Communities themselves discussing and negotiating what a plan would be to make their community healthier - What would be their priorities of social and economic development?
- What resources and skills to make their plan work?
- What relationships would they need to reach their goals?

### Tevele – An example

- The community of Tevele in Massinga Province took on wanting to better their community through economic and social development. They did this through a community health nucleo.
- They had a series of community meetings where they discussed their priorities of development.

### Priorities that Emerged

- At the core, a need for a community development and skills center to serve as the hub for education and activities.
- Work on community infrastructure and socioeconomic resources:
  - develop a collective food base – community garden;
  - work on good sanitation and adequate water supplies;
  - build an accessible primary health center;
  - provide literacy training;
  - provide skills for running small micro enterprises such as a chicken production unit;
  - create workshops building better latrines;
  - integrate women and youth into the production processes;
  - provide leadership through organizing teams working with local leadership – the Zambo ni Zambo approach.

### Community Development Centre





Literacy Training



Zambo ni Zambo Organizing Team



Sales of second hand clothes to build a community fund.



Community Garden Planting



Chicken Production Centre



Up to 200 chickens a month



A happy consumer



Production of Better Latrines



Cross Gender Skill Building



Cross training between Communities



Community Bakery



Good Bread!



Sewing Collective



110 year old sewing machine



Meetings to make decisions and learn



Community Meeting



Organizers to go to other communities



Building a peaceful society



