

Report on the Educational Health Project and Training Week from July 29 - August 02, 2024

Dr. Bosco Buliche, Director of the Chuuk State Department of Public Health Services in FSM
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A Collaborative Project Between the Chuuk State Health Department and RIC gGmbH

Dear Director Dr. Buliche (cc: Dr. Fred),

We would like to extend our warmest greetings as we present a report summarizing our collaboration with the six members of your public health outreach team. Our joint efforts during the Summer Community Health Education program included workshops conducted at the Philadelphia Christian School from July 29 to August 2, 2024, in Chuukiyenu, Faichuk. Prior to the health workshops at the Philadelphia Christian School, our team visited the homesteads on both sides of the Chuukiyenu village and the surrounding mountainside. We were thus able to promote health awareness beyond the workshops held at the school. This year, the health project received support from private donors and contributions from the families and churches of our volunteers who came from the USA and Germany.

Program Summary Monday, July 29, to Friday, August 02, 2024

1. Daily devotions from Genesis 1 and 2

The biblical narrative in Genesis underscored the intentional nature of God's creation of humanity. Unlike animals, humans are bestowed with the breath of God, signifying that His essence dwells within us and affirming our self-other worthiness in His eyes, as highlighted in Genesis 2:7. Created in God's image (Genesis 1:27) as precious beings designed to reflect our creator in Chuukiyenu and blessed with abundant natural resources entails the mandate to care for one another and our environment. Each devotional section involved prayers by local male and female leaders from the community. The final training week aimed at the following learning outcomes:

1 Ran: Sipwe sinei nimiti échuw inisich. Sipwe pwan kaoo ika ifa usun ach sipwe safeni kinasach kwe. Sipwe kapas fengen met sipwe feori ren an ewe semwen epwe ekis weires an epwe tori kich. Kapasen Kot lon Paipel: Genesis. 1-2; 1:27 + 2: 7.

2 Ran: Sipwe kaoo “exercise” pun epwe mokutokut inisich pwe sisap mefi semwen. Sipwe kapas fengen met sipwe feori ren an ewe semwen epwe ekis weires an epwe tori inach o ifausun sis tongeni limitit imach kewe. Genesis 1-2:19; 1: 28+2: 15

3. Ran: Sipwe kaoo ifa usun ach sipwe tumunu inisich mwan me muerin ach bobo. Sipwe pwal kaoo “exercise” o fofengen usun met mwan me fefin repwe alilis fengen. Ikeneai pwal ach raenin apos. Genesis 2: 20-25; 1.Korint 11: 12

4. Ran: Sipwe kaoo ifa usun anach mongo ewe oech ngeni kich. Sipwe pwal alilis fengen won met mi oechea faenitaen anach mongo pwe ewe semwen epwe weires an epwe tori inisich. Sipwe pwal foeri “exercise” fanitan kinamween ach inisich. Genesis 3: 1-24; Rom5:19

5. Ran: “Game Day and Prizes”: ikenaei sipwe “exercise” sefaeli o pwal testeni met sa kaoo fengen lon ach kewe ran.

2. Learning About Health by Engaging in Collaborative Practices

Learning Methods: Learning and teaching health content drew on role-playing, illustrations, object lessons, and focus group discussions involving community and family leaders such as the chairman of

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the Philadelphia Christian School, the chief with his wife, and the local church, Finalisi, Wonporon, Swonpatak, and Songgoa. Their participation encouraged sharing their own insights on hygiene practices, established remedies, and wound-dressing methods.

Physical education: Throughout our sessions, participants actively participated in physical exercises designed to improve joint health, posture, and balance, enhancing overall well-being. Female and male adults collectively engaged in the exercises as an enjoyable experience.

Wound dressing, hand-washing, and domestic hygiene practices: Participants engaged in role plays and discussions about maintaining cleanliness in their homes, preventing the spread of illness through proper hand hygiene and cough etiquette, dressing infected wounds, and managing bleeding.

Vaccination, nutrition, and contagious diseases: The arrival of the Chuuk State public health outreach team for two days of training and vaccinations was a notable highlight for the village residents and those who had previously not taken advantage of previous vaccination opportunities. This time, the instruction was carried out in Chuukese with vivid illustrations for preventing diabetes and recognizing contagious diseases such as leprosy, tuberculosis, and malnutrition. Our team greatly valued the time spent with the public health team after the program, engaging in thoughtful conversations as we shared personal experiences and identified our common bonds.

Reviewing the extent of content learned: The final session involved a review to assess and reinforce previous health content. It was designed as a "Game Day" with prizes as gifts for every answer to questions about health addressed during the week, presented by participants to the whole group. During the game review, one of the most attractive prizes was the local coconut oil treated with herbs from Tolowas. It motivated the women to present their own variety of potions and usages. During the focus group discussions, participants shared insights gained from previous workshops conducted by the RIC team, which were endorsed by the Chuuk State Public Health Department and included input from former teachers at Faithwalk Christian College. These workshops took place during the years leading up to the COVID-19 pandemic. Reminiscing over bygone learning in trial running practices, the participants described positive experiences they had with papaya, salt water from outside the lagoon, special plants, and other homemade remedies. However, they also identified a lapse in handing down the making of their remedies in practices for the next generation to emulate.

Thus, the focus group discussions highlighted that hygiene and the practices of producing medicinal potions are important learning outcomes that could also be realized in the social sciences of our elementary school education. Participants expressed enthusiasm for the "PCS-Sekul" program for adults and showed strong interest in future collaborations between RIC volunteers, Philadelphia Christian School educators, and the Chuuk State Department of Public Health Services. We look forward to working together again next year.

Sincerely, your RIC Chuuk Director and Deputy Director,

Place: Weno, Chuuk, FSM **Date:** _____

