



Monthly



Tree planting:

Above: Pine trees in the organization forest, the organization has planted 30 acres of pine and 20 acres of eucalyptus trees. *Inset:* A tree farmer in magoro Zone Papoli village with firewood harvested from his forest.

Left: A resident of Papoli village standing in front of his tree nursery.



As the rain though after a long wait started soaking the soils of Papoli, the organization social workers with the agricultural department taking the lead embarked on a drive to promote tree planting in the village. They trained community members on how to identify and sort tree seeds locally, set up nursery beds and care for the

trees in the nursery including after transplanting. They were also advised to nature tree seedlings for sell to those who did not have the time or capacity to do so by themselves. Tree planting is intended to protect the environment, provide the growers with tree products especially timber, fire wood, fruits and can be used as a source of income in the near future.

Food and nutrition knowledge deficit

In a bid to address the above shortfall, mothers especially those who bring their children for vaccination are given health education on a range of topics including exclusive breastfeeding, complementary feeding, making a balanced diet for the child and good hygienic practices during feeding of children. This activity is conducted among mothers in light of the fact



Food and nutrition sensitization of new mothers at Papoli Community health centre.

that Mothers have a big role to make sure that their children have good nutrition during infancy because it is at this stage where children can easily get malnourished. The community will have well nourished children if good infant and young child feeding practices are done by the mothers and the care takers.

THE CHILDREN OF PAPOLI

Papoli parish has a number of children that are one year to few months a part due to an incidence of poor child spacing which leads to having more children to care of. This is a fore tell to increased rates of malnutrition in the community which gives us a worry of the nutrition status of the children.

Children who are weaned early because of poor child spacing are more susceptible to getting malnourished. This is mainly because of the mother changing her attention to the young one so it's a form of early neglect to the child. The mother will have less time to prepare nutritious complementary food for her child because she has someone else more important to cater for.

The mother is also not taking her time to stimulate the developmental reflexes of learning to eat which delays the child to catch up with proper chewing and swallowing so in turn this leads to partial digestion hence there is no full digestion and utilization of the food. This shows inadequate intake of food which is one of the major causes of malnutrition.



A mother and her two children who are less than a year apart.

Marie Stopes through the Voucher project has been providing mothers with post partum family planning services which has helped in reducing the incidences of poor child spacing in Papoli.

Malnutrition, the double devil

A state of nutrition where there is excess or inadequate intake of energy, proteins, fats and other nutrients hence impacting health negatively-malnutrition.

Malnutrition has to be identified in the community as early as possible in order to reduce its prevalence. So ask yourself how we make it to find the children? Identification of malnourished cases is done by our well trained volunteers and the most common method used is anthropometry mainly taking mid upper arm circumference and clinical examination.



A volunteer using a MAUC tape as a measure to identify malnutrition.

After identification by the volunteers, the child is brought by the parent with support of the volunteers to the nutrition unit for further examination and assessments to determine which care is needed by the malnourished child if confirmed. The care takers are then educated on malnutrition and how they can guard their children against it after therapy. Over or under nutrition is dangerous to humans making it a double devil.

WORKING WITH YOUNG PEOPLE TO IMPROVE THEIR HEALTH

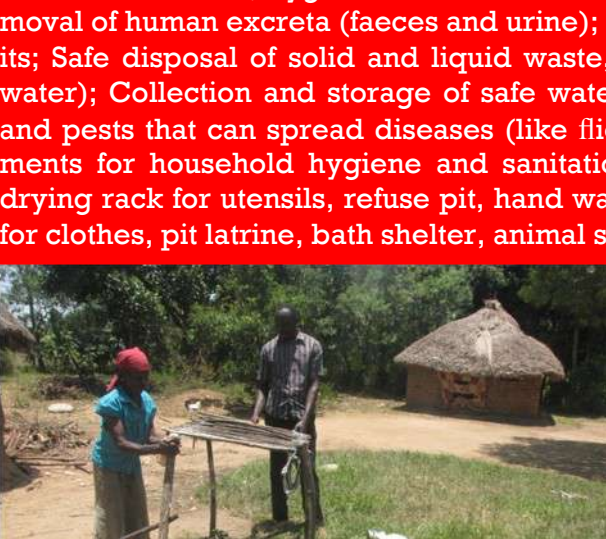
Substance abuse, HIV and other STIs, early pregnancies, unsafe abortions, and gender based violence are among the major problems affecting the health and wellbeing of adolescents and young people in the rural community of Papoli. More than a quarter of the world's population is between the ages of 10 and 24 years, with 86% living in less developed countries. These young people are tomorrow's parents. The reproductive and sexual health decisions they make today will affect the health and wellbeing of their communities and of their many children to come. Although adolescents are always thought of as a healthy group, many die prematurely and unnecessarily through accidents, suicide, violence and pregnancy-related complications. Some of the serious conditions of adulthood (for example, sexually transmitted infections (STIs), like HIV; and tobacco use) have their roots in adolescent behavior. Young people tend to experiment and test limits, including practicing risky behavior. This makes them especially vulnerable to reproductive health problems. We at PACODEF are working to improve health of young people through the provision of Information and counseling on sexual and reproductive health issues for young people in schools. With empowerment remains a major driving factor to some of these unhealthy behaviors such as early pregnancies and there is need for support to help the adolescents stay in school such as provision of scholastic materials.



A Public Health Assistant counseling young people during a visit to one of the secondary schools in Magola sub county

IMPROVING HYGIENE AND SANITATION IN THE COMMUNITY

Poor hygiene and sanitation is one of the major causes of illnesses in the community of Papoli. These include sanitation-related diseases such as typhoid, intestinal worms, Urinary Tract Infections, malaria and other diarrheal diseases. Hygiene and sanitation involves keeping oneself and their surrounding clean and has proven to be one of the major ways of preventing diseases. It includes promoting skills and practices which help people, families and communities to have a clean and healthy environment, and involves activities such as washing hands with soap and water and proper use of pit latrines. At PACODEF we strive to promote the health of people in the community by improving access to safe water, hygiene and sanitation. The main areas of sanitation include Safe removal of human excreta (faeces and urine); Good personal, home and food hygiene habits; Safe disposal of solid and liquid waste, (rubbish, garbage, animal waste and dirty water); Collection and storage of safe water especially for drinking; Control of insects and pests that can spread diseases (like flies, rats and mosquitoes). The basic requirements for household hygiene and sanitation include; clean water storage containers, drying rack for utensils, refuse pit, hand washing facility with soap & water; drying wire for clothes, pit latrine, bath shelter, animal shelter and clean compound.



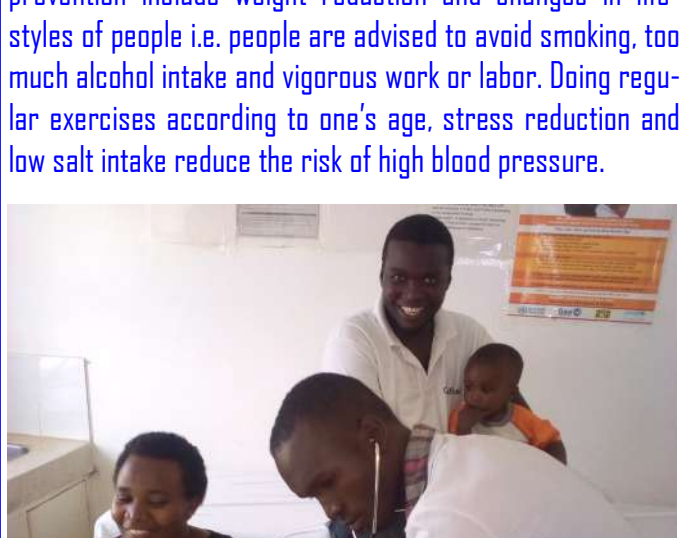
Left: The Public Health Assistant helps a widow to setup a drying rack for utensils in Magoro B village.



Right: guiding her on how to improve on the bath shelter

Change in lifestyle, a remedy to hypertension

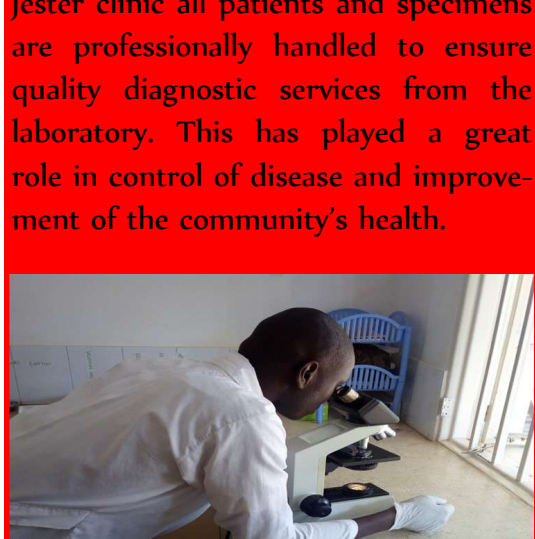
Many people are not aware that good health practices regarding diet, exercise and not smoking play a great role in prevention of hypertension. Hypertension (high blood pressure) is a disorder of elevated systolic and or diastolic blood pressure at a level above generally the accepted norm. This means that the blood applies too much force against the walls of the blood vessels. This disorder is on the rise at the Papoli community health centre which is worrying especially among the elderly. Control of hypertension is possible through control of psychological over activity, obesity, early diagnosis and adequate management of conditions which eventually predispose to the disorder. Primary prevention include weight reduction and changes in lifestyles of people i.e. people are advised to avoid smoking, too much alcohol intake and vigorous work or labor. Doing regular exercises according to one's age, stress reduction and low salt intake reduce the risk of high blood pressure.



Regular health checks is the best way to monitor your blood pressure.

Disease Diagnosis

Laboratory services are essential to identify the agents involved in important public health events including those that may cause public health emergencies. At the Jay and Janice Jester clinic all patients and specimens are professionally handled to ensure quality diagnostic services from the laboratory. This has played a great role in control of disease and improvement of the community's health.



Above: A laboratory technician examining a slide.

The laboratory conducts the following tests to clients who visit the facility-brucella test, HIV screening, pregnancy test, hepatitis, blood sugar test, malaria, typhoid, urinalysis, blood sugar grouping, stool analysis, sickling test, syphilis, hemoglobin estimation and ulcers test at highly subsidized costs.

May highlights.

- PACODEF guest house will host the Archbishop of the Province of Church of Uganda on 17th, 18th and 19th.
- University of South Florida (USF) interns in Papoli (May-July)
- The schools have closed for holidays and will resume on 27th May.

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Papoli community development foundation



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