

Healthy Villages

A guide for communities and community health workers

Guy Howard
Water, Engineering and Development Centre
Loughborough University, Loughborough, England

with

Claus Bogh
Bilharziasis Laboratory, Charlottenlund, Denmark

Greg Goldstein
Protection of the Human Environment
World Health Organization, Geneva, Switzerland

Joy Morgan
United Nations Children's Fund
Dhaka, Bangladesh

Annette Prüss
Protection of the Human Environment
World Health Organization, Geneva, Switzerland

Rod Shaw
Water, Engineering and Development Centre
Loughborough University, Loughborough, England

Joanna Teuton
Centre for Applied Psychology
University of Leicester, Leicester, England



World Health Organization
Geneva
2002

WHO Library Cataloguing-in-Publication Data

Howard, Guy

Healthy villages : a guide for communities and community health workers / Guy Howard with Claus Bogh . . . [et al.]

1.Rural health services – handbooks 2.Community health services – handbooks 3.Community health aides – handbooks I.Bogh, Claus II.Title

ISBN 92 4 154553 4

(NLM Classification: WA 390)

The World Health Organization welcomes requests for permission to reproduce or translate its publications, in part or in full. Applications and enquiries should be addressed to the Office of Publications, World Health Organization, Geneva, Switzerland, which will be glad to provide the latest information on any changes made to the text, plans for new editions, and reprints and translations already available.

© **World Health Organization 2002**

Publications of the World Health Organization enjoy copyright protection in accordance with the provisions of Protocol 2 of the Universal Copyright Convention. All rights reserved.

The designations employed and the presentation of the material in this publication do not imply the expression of any opinion whatsoever on the part of the Secretariat of the World Health Organization concerning the legal status of any country, territory, city or area or of its authorities, or concerning the delimitation of its frontiers or boundaries.

The mention of specific companies or of certain manufacturers' products does not imply that they are recommended by the World Health Organization in preference to others of a similar nature that are not mentioned. Errors and omissions excepted, the names of proprietary products are distinguished by initial capital letters.

The authors alone are responsible for the views expressed in this publication.

Designed by WHO Graphics
TYPESET IN HONG KONG
PRINTED IN MALTA

2001/13840—Best-set/Interprint—7500

Contents

Foreword	vii
Acknowledgements	ix
Chapter 1. Introduction	1
1.1 What is a healthy village?	2
1.2 Structure of the guide	3
1.3 Using the guide and setting priorities	3
Chapter 2. Achieving good health	7
2.1 Factors that influence health	7
2.1.1 Environment	7
2.1.2 Awareness of health issues	9
2.1.3 Personal hygiene	9
2.1.4 Health care	10
2.1.5 Faecal–oral diseases	10
2.1.6 Vector-borne diseases	10
2.2 Identifying health problems and establishing priorities	11
2.2.1 Assessing community perceptions about health	12
2.2.2 Identifying causes of health problems	16
2.3 Using the information	18
Chapter 3. Water	19
3.1 Providing community water supplies	19
3.2 Types of water sources	22
3.2.1 Protected springs	22
3.2.2 Dug wells	24
3.2.3 Boreholes	25
3.2.4 Piped water supply	27
3.2.5 Rainwater harvesting	29
3.2.6 Ponds, lakes and water treatment	30

3.3	Household water treatment	30
3.3.1	Boiling	31
3.3.2	Canvas filters	31
3.3.3	Candle filters	31
3.3.4	Disinfection	31
3.3.5	Settling	32
3.4	Safe handling of water	32
3.5	Monitoring water quality	33
3.5.1	Microbial quality	33
3.5.2	Sanitary inspection	34
3.5.3	Chemical quality	34
3.6	Managing community water resources	35
3.6.1	Preventing over-pumping of groundwater	35
3.6.2	Water conservation	35
3.6.3	Managing water for agriculture	36
Chapter 4.	Excreta disposal	38
4.1	Technologies for excreta disposal	38
4.1.1	Cartage	39
4.1.2	Pit latrines	40
4.1.3	Septic tanks	43
4.1.4	Aquaprivies	44
4.1.5	Sewerage systems	44
4.2	Sewage treatment and reuse	45
4.2.1	Stabilization ponds	45
4.2.2	Wastewater and sludge reuse	46
Chapter 5.	Drainage	48
5.1	Problems caused by poor drainage	48
5.2	Methods for improving drainage	49
5.2.1	Stormwater drains	49
5.2.2	Sullage disposal methods	50
5.2.3	Combined drains	51
5.2.4	Buried drains and combined sewers	51
Chapter 6.	Solid waste management and chemical safety	52
6.1	Strategies for solid waste management: minimizing waste and recycling	52
6.2	Managing solid waste in households	53
6.2.1	Composting	53
6.2.2	Turning organic waste into fuel	53
6.3	Managing solid waste in the community	54

6.3.1	Communal refuse pit	54
6.3.2	Communal collection	54
6.4	Managing special solid wastes	55
6.4.1	Health care solid wastes	55
6.4.2	Slaughterhouse solid wastes	56
6.4.3	Industrial solid wastes	56
6.5	Chemical safety	57
6.5.1	Storage of toxic chemicals	57
6.5.2	Handling toxic chemicals	58
6.5.3	Chemicals in the home	59
6.5.4	Disposal of toxic chemicals	60
Chapter 7. Housing quality		61
7.1	Ventilation	61
7.2	Lighting	62
7.3	Disease vectors in the home	62
7.4	Overcrowding in homes	63
Chapter 8. Personal, domestic and community hygiene		65
8.1	Personal and domestic hygiene	65
8.1.1	Handwashing	65
8.1.2	Bathing	66
8.1.3	Laundering	68
8.2	Community hygiene	68
8.2.1	Markets	68
8.2.2	Animal rearing	69
8.3	Food hygiene	70
8.3.1	Food preparation in the home	70
8.3.2	Eating-houses	71
8.3.3	Street food-vendors	72
8.3.4	Promoting nutrition	73
Chapter 9. Promoting hygiene		74
9.1	Assessing hygiene practices	74
9.2	Planning hygiene promotion projects	75
9.3	Implementing hygiene promotion projects	76
9.3.1	Building community capacity	76
9.3.2	Organizing groups and committees	76
9.3.3	Situation analysis	77
9.3.4	Communication and education	77
9.4	Monitoring and evaluating hygiene projects	78
9.4.1	Deciding what information is needed	79

9.4.2	Selecting project investigators	80
9.4.3	Selecting tools for collecting information	80
9.4.4	Reviewing project findings	81
9.4.5	Feedback and dissemination of findings	81
Chapter 10.	Providing health care	82
10.1	Establishing community health care programmes	84
10.2	Factors that influence the type of health care that people seek	85
10.3	Encouraging and sustaining the use of health services	86
10.4	Immunization of children	86
10.4.1	Overcoming barriers to immunization	87
10.4.2	Making immunization safe	89
10.5	Groups with special health care needs	90
10.5.1	Pregnant women and infants	90
10.5.2	The elderly	91
10.6	Risky behaviour	91
10.6.1	Changing risky behaviour	92
10.6.2	Health education	93
10.7	Mental health problems, learning difficulties and epilepsy	94
10.7.1	Mental health problems	94
10.7.2	Learning difficulties	95
10.7.3	Epilepsy	95
10.7.4	Social inclusion	95
Chapter 11.	Establishing committees for implementing Healthy Villages programmes	97
11.1	The role of local community committees in Healthy Villages programmes	98
11.1.1	Composition of a Healthy Villages committee	98
11.1.2	Transparency and accountability	99
11.2	The role of local government committees in Healthy Villages programmes	99
11.2.1	Funding and accountability	100
11.2.2	Technical advice and support	100
11.3	The role of national committees and coordinators in Healthy Villages programmes	101
Annex 1.	Organizations supporting Healthy Villages initiatives	103
Annex 2.	Books and manuals providing further advice	106

Foreword

Document aims and target audience

This guide was developed to support the Healthy Villages approach for improving the health of rural communities. It provides local community leaders with a model of the type of information they may need to consider in their roles as current or prospective managers of a Healthy Villages project. Community leaders include not only elected officials, but also the health staff, respected elders and others who work to improve the health of rural communities. We outline the type of information that Healthy Villages managers could provide to their communities, as well as the basis for developing material that is specific to regions or to entire countries. Because this guide was designed to be used in many different countries, it is likely that modifications will be required at local levels to ensure that local conditions and practices are taken into account.

It is recognized that many excellent locally-developed solutions for village health problems are already being practised. This guide is not intended as a global prescription for promoting improved health in rural communities, but rather as source material from which readers can develop local solutions to local problems. The purpose of this guide, therefore, is to provide a model of the type of information and approaches for promoting healthier villages that readers can use when implementing village-level activities.

The Healthy Villages project

Many countries are developing stronger partnerships between the health sector and local government organizations to promote local “settings” initiatives for health. A Healthy Villages project assists in this by putting concepts such as hygiene education, environmental health, health promotion and environmental protection into action in rural communities. A Healthy Villages project enables a village to mobilize the human and financial resources needed to address many health and quality-of-life issues. The process works

as a communication strategy that develops political and popular health awareness and support for health issues.

Settings are major social structures that provide ways of reaching defined populations. Each setting in a village has a unique set of members, authorities, rules and participating organizations, each with interests in different aspects of the village life. For example, work settings include agriculture and small-scale industry; other settings include the food-market, the housing setting or the school setting. Generally, these structures are organized for purposes other than health. Interactions are frequent and sustained in these settings and are characterized by patterns of formal and informal membership and communication. These qualities create efficiencies in time and resources for health education programming, and offer more access and greater potential for social influence.

Villages are often defined in terms of arbitrary administrative definitions. A village may be a small group of people living in a settlement who practise subsistence agriculture, with no specialization or division of labour, and who are isolated from national development agencies. A village may also be a large and differentiated conurbation where some people work in agriculture, some work in small-scale industries and others provide education, health care, administration and a variety of services. This guide is directed towards the larger and more differentiated village. It is also recognized that many villages do not operate independently from cities, in that cities require sustained interaction with rural communities for their food and natural resources (including land for waste disposal). Often, too, the district agencies that set policy and administer the villages are located in cities. Under these circumstances, a Healthy Villages programme has a greater chance of success if the linked city is participating in a similar type of programme for cities—a Healthy Cities Programme¹—and if the district-level staff implement Healthy Villages as part of the health policy for all the towns and villages in the district.

预览已结束，完整报告链接和二维码如下：

https://www.yunbaogao.cn/report/index/report?reportId=5_30258

