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# HEALTH

## SECONDARY LEVEL

### Free From Disease Activity

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- **Purpose:** the purpose of this activity is for students to realize the ways people are affected by disease around the world as well as the solutions Free The Children puts in place to help combat this global problem.
- **Instructional method(s):** class discussion, group work
- **Differentiated instruction:**
  - Simplified: Groups are assigned one project and must present their findings to the rest of the class.
  - Advanced: Students work independently and choose one project on which they create a diagram and written report.
- **Curriculum connections:** Business Studies, Canadian and World Studies, English, Health and Physical Education, Science, Social Sciences and Humanities, Technological Education.
- **Estimated time:** 1 hour
- **Steps:**
  1. Distribute B.L.M.1 and ask students to independently read “A Hospital Near Home.” After they have finished reading, ask students the following suggested questions:
    - What is the major dilemma(s) Alice and her family face?
    - Why was Alice’s husband unable to receive proper and frequent care for this preventable disease?
    - How is Free The Children helping Alice and her family?
  1. Following this discussion, tell students that Free The Children works in a variety of ways to help free communities from disease. Show the class the following video to provide further information about Free The Children’s Adopt A Village, Health pillar:  
<http://www.freethechildren.com/whatwedo/international/aav/health/>
  2. After viewing this video, ask students to reflect on the ways in which Free The Children is working to free communities from disease.
  3. Explain to pairs that every country and community faces different challenges whether it’s prevalence of a certain disease such as HIV/AIDS, the isolation of rural communities, or the lack of nutritional food. Based on these challenges Free The Children chooses an appropriate health project that will help free the specific community from disease. Note to students that these projects are continually evolving as new technologies are developed and needs arise.
  4. Divide students into groups of four.
  5. The following is a list of health projects Free The Children a health has implemented in one of the seven countries they work in. In their groups, ask students to go through the list and conduct a brainstorm around each project by answering the five W’s (who, what, when, where and why) and the impact they believe each project could have to help free a community from disease.
    - Nutrition programs – hot daily meals are provided in schools to ensure students get a full meal every day.



- School gardens and farms – these gardens and farms grow various herbs, fruits and vegetables and supplement students’ daily lunch at school to ensure they are receiving a nutritious meal each day.
  - First aid kits – in Kenya, health clubs are provided with first aid kits.
  - Kitchen and dining halls– by building these areas in schools students are provided with a sanitary place to eat.
  - Mobile health clinics – in Kenya, automobiles are stocked with medical supplies and ran by qualified nurses who drive around and visit communities who otherwise wouldn’t have access to medical care.
  - Health education workshops – held for community members and students to provide them with education about safe and healthy practices to minimize the spread of preventable diseases. Topics covered include: personal hygiene, nutrition, mother-child health care, sanitation, common disease prevention, drug abuse, first aid, reproductive health, peer pressure/counseling, environmental hygiene and harmful cultural practices.
  - Health centres – in Kenya and India, centres have been constructed, providing community members with access to health care.
6. When this is complete, hold a class discussion around students’ ideas.

Blackline Master 1

## A Hospital Near Home

Alice Mosonik, a 40-year-old mother of nine, lives in Enelerai, Kenya. Stunningly picturesque but isolated in the hills of the Maasai Mara, her home is 10km from the nearest medical clinic, a bare-necessities outpost called the Mulot Mission. Longisa District Hospital is another 5km beyond that—a long distance to walk and an expensive trip by bus.

For years, Alice’s husband suffered from asthma. “He had to go to far off hospitals to seek treatment,” Alice explained. “This was expensive since we had to go for frequent follow-ups and collect drugs every now and then.” The chronic disease kept him from work and held the family in poverty.

In 2007, Alice’s husband died from an asthma attack. She remembers this as the worst day in her life.

One of Alice’s daughters has asthma as well. Frightened, they repeat the same process: long bus rides to reach the hospital, sacrificing household necessities for medicine, losing days of work and school for life-saving treatment.

However, soon it will be much easier. With the help of the Enelerai community and through the Adopt a Village development program, Free The Children is building the Baraka Health Resource Clinic. Now in construction, the large clinic will bring affordable medicine and services to isolated villages throughout the Mara.

“I believe if the hospital would have been as near as Baraka Clinic is, my husband would still be alive,” Alice laments. “The clinic will help the community be free of disease and hence save lives, especially for those with chronic illnesses.”

Beyond her own struggle, Alice puts in perspective the impact that the clinic will have on her community. “Maternal and child health services will also be easily accessible to mothers. Since no time is wasted to distances covered, the mothers can now dwell on other economic activities.”

Free from disease, Alice and her community have the opportunity to devote their energy to improving their lives, keeping their children in school and having agency in shaping their own future. For Alice, it means that the worst day of her life will not have to be relived with her daughter.