

Questionnaire Results

What does HIV/AIDS do to the body?

	stops reproduction	prevents the body from fighting off illness	prevents the body from digesting food
Pre	6	19	2
Post	1	21	3

How is HIV/AIDS spread?

	hugging	kissing	sexual contact	mother-to-fetus	sharing toilets	sharing food	blood transmission (through needles or open cuts)
Pre	1	10	27	20	4	7	27
Post	0	5	24	22	3	0	23

What is the primary medical treatment for those with HIV/AIDS?

	there is none	medication	diet/ exercise/ sleep	Surgery
Pre	12	14	3	2
Post	12	14	2	0

What is a mental illness?

	a curse	a disturbance in brain function	when someone's heart stops working	mental illness is not real
Pre	3	21	1	2
Post	1	25	0	0

Were would someone get help for a mental illness?

	health center	friends/ family	school	prayer/ God	traditional doctor/ herbalist	there is no help
Pre	26	11	8	16	8	1

Is violence in the home OK in certain situations?

	yes	no	it depends
Pre	4	19	4
Post	2	20	3

Where can help be found for a victim of abuse or violence?

	police	health center	school	non-governmental organizations	there is no help
Pre	25	14	10	15	0
Post	25	12	9	5	0

Why is tobacco use dangerous?

	tobacco use causes cancer and other diseases	tobacco use is not dangerous	tobacco use leads to early death	tobacco is addictive
Pre	26	26	16	14
Post	23	25	17	11

What can happen if someone drinks too much alcohol?

	drunkenness	nothing can happen from drinking too much alcohol	vomiting and nausea	driving accidents	peers will think that person is cool
Pre	23	0	23	25	9
Post	22	0	21	23	7

True or False: Tobacco smoke is only bad for the smoker's health and does not impact those around them.

	TRUE	FALSE
Pre	4	23
Post	2	23

How can someone protect themselves from mosquito bites?

	wear protective clothing	leave open containers of water to attract mosquitos	there is no protection from mosquitos	use a screen or net
Pre	7	3	0	27
Post	11	1	0	25

True or False: Breathing in smoke from a wood burning fire is bad for a person's health.

	TRUE	FALSE
Pre	21	6
Post	21	4

What are some ways to be safe while driving a car or motorbike?

	drive as fast as possible	wear a seatbelt	ignoring traffic signs	wear a helmet while on a motorbike	pay attention to other drivers and pedestrians
Pre	0	25	3	25	19
Post	0	25	1	24	21

Are there sexual education resources in your village?

No	Yes
9	16

Sexual education in your village includes:

puberty and personal health	abstinence	general STD and HIV education	STD/HIV prevention methods	none of the above
10	16	15	11	8

Is sexual education discussed in your community outside of school?

No	Yes
12	13

HIV prevention and treatment should be discussed in the following settings:

school	home	health center	none of the above
24	19	24	0

Would more open discussion in your community reduce stigma around HIV/AIDS:

No	Yes	there is already enough discussion
4	21	0

How important is the discussion around avoiding peer pressure and risky behavior in school?

not important	somewhat important	very important
0	1	24

HIV/AIDS is a prevalent health issue in the Mpigi district:

No	Yes	I don't know
4	10	12

Teen pregnancy is a prevalent health issue in the Mpigi district:

No	Yes	I don't know

10	13	2
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Unsafe sexual behavior is a prevalent health issue in the Mpigi district:

No	Yes	I don't know
7	9	9

More sexual education could help reduce the following in your community:

HIV/AIDS	other STD's	teen pregnancy	risky sexual behavior	none of these
23	19	22	20	1

Mental health is a widely understood topic by my peers in Mpigi

No	Yes	I don't know
12	10	3

Mental health and emotions are discussed in the following settings:

home	school	outside of home and school	mental health and emotions are not discussed at all
11	18	10	7

Who would someone talk to about mental health issues?

a professional	family	friend	no one
24	13	11	0

My peers in Mpigi have access to mental health resources:

No	Yes	I don't know
12	9	4

Education on what mental health is and what resources are available would be helpful for the following groups:

children	teenagers	adults	none of these groups
16	20	15	0

Mpigi is a safe community:

No	Yes
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9	16
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Abuse and violence is a prevalent health issue in the Mpigi community:

No	Yes
16	9

Information about disease like diabetes, cardiovascular disease, and high blood pressure is available in Mpigi:

No	Yes	I don't know
7	12	6

Which areas of the body are susceptible to cancer:

bone	blood	brain	skin	none of the above
6	7	11	11	6

Disease prevention is discussed in the following settings:

home	school	outside of home and school	disease prevention is not discussed at all
18	23	14	1

Mpigi residents try to eat diets high in fruits and vegetables:

No	Yes	I don't know
5	18	2

Mpigi residents try to exercise regularly to maintain health:

No	Yes	I don't know
7	14	4

Tobacco use is common in Mpigi:

No	Yes	I don't know
8	15	2

Who most commonly uses tobacco in Mpigi?

Youth (ages 10-17)	Young adults (ages 18-25)	adults (25+)	Males	Females
4	18	23	18	3

Secondhand smoke exposure is common in Mpigi:

No	Yes	I don't know
5	14	6

Mpigi residents understand the health risks of tobacco use:

No	Yes	I don't know
9	12	4

The risks of tobacco use are discussed in the following settings:

home	school	outside of home and school	Tobacco risks are not discussed at all
14	22	11	2

Alcohol use is common in Mpigi:

No	Yes	I don't know
6	17	2

Who most commonly uses alcohol in Mpigi?

Youth (ages 10-17)	Young adults (ages 18-25)	adults (25+)	Males	Females
5	21	21	17	7

Do any of the follow dangerous situations commonly occur after excessive alcohol use in Mpigi?

interpersonal violence	drunk driving	risky sexual behavior	accident or injury
23	20	15	21

Mpigi residents understand the health risks of excessive alcohol use:

No	Yes	I don't know
12	10	3

The risks of excessive alcohol use are discussed in the following settings:

home	school	outside of home and school	Risks of excessive alcohol use are not discussed at all
14	22	12	3

Vector borne diseases like malaria are concerns in Mpigi:

No	Yes	I don't know
5	18	2

What methods can be used to prevent insect bites

use mosquito nets	remain outdoors when it gets dark	remain indoors when it gets dark	use insect repellent
25	0	8	15

Vector borne disease prevention is discussed in the following settings:

home	school	outside of home and school	Vector borne disease prevention is not discussed at all
17	22	16	0

Injury due to traffic accidents is common in Mpigi:

No	Yes	I don't know
13	11	1

Do indoor wood burning stoves to cook pose a risk to health?

No	Yes	I don't know
1	23	1

Mpigi residents try to reduce the indoor smoke from the burning wood by

using a chimney	opening doors and windows	cooking outside of the home	installing a different stove	none of these
18	17	13	8	3

What are the health risks associated with indoor smoke?

cancer	asthma	respiratory infection	none of these
20	13	19	2

Mpigi residents would be open to using cleaner stoves if they were available:

No	Yes	I don't know
3	21	1

Appendix 4

Kristin Dessie
Recommendations for Future Health Education Curriculum

Questionnaires were administered to a group of students before and after participating in health education lessons. The two questionnaires served a dual purpose: 1) Since there is a lack of health data among youth in Mpigi, the questionnaires served as a needs assessment to determine baseline health knowledge and health beliefs. 2) The post education questionnaire served as an evaluation of the effectiveness and appropriateness of the curriculum as we can use results to assess changes in health knowledge.

Data was collected via electronic questionnaires administered by collaborating students from Makerere University. Makerere students translated questions when necessary. Responses from 27 students before and 25 students after health education classes were successfully collected. IRB approval was obtained for the administration of these questionnaires. Key findings are described below.

HIV/AIDS

The majority of respondents correctly identified the modes of HIV/AIDS transmission, sexual contact, mother-to-fetus, and blood transmission, both pre and post health education lessons. Improvements were made in identifying incorrect modes of transmission such as hugging, kissing, and sharing toilets or food after health education lessons. This is helpful in reducing the stigma of HIV within a community, and shows a better understanding from the students in how to successfully protect themselves from the disease.

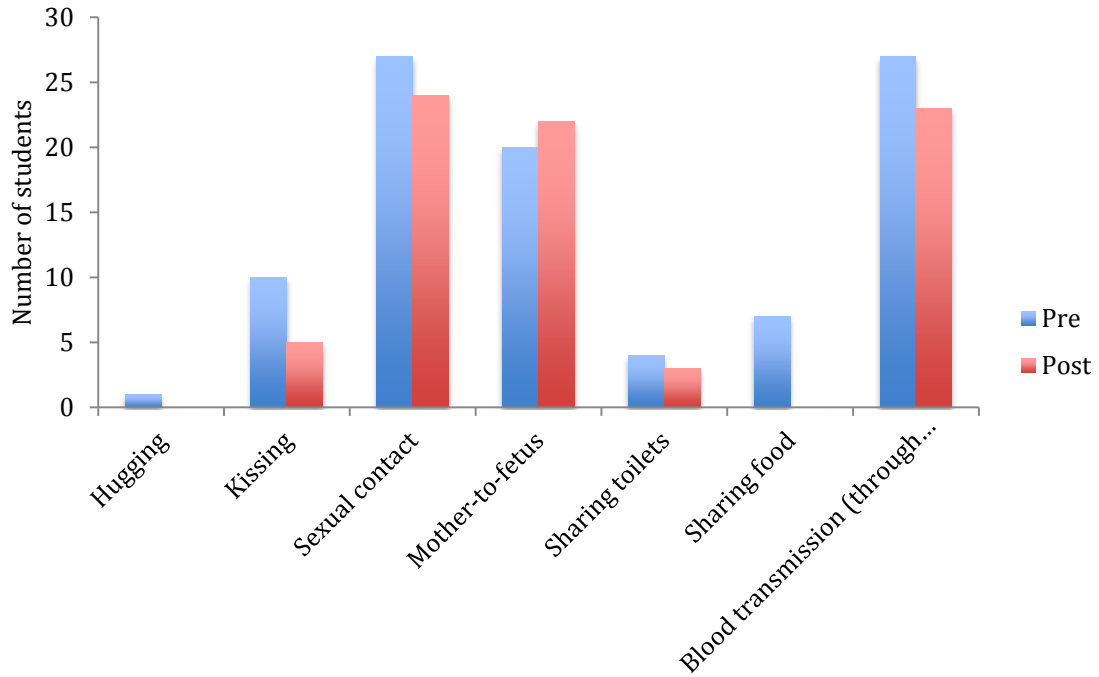


Figure 1: Knowledge of HIV/AIDS transmission modes pre and post health education lessons

When asked if students believed HIV was a prevalent health issue in Mpigi a majority of students responded “I don’t know.” This indicates a need for more information being communicated to students to better understand potential risk.

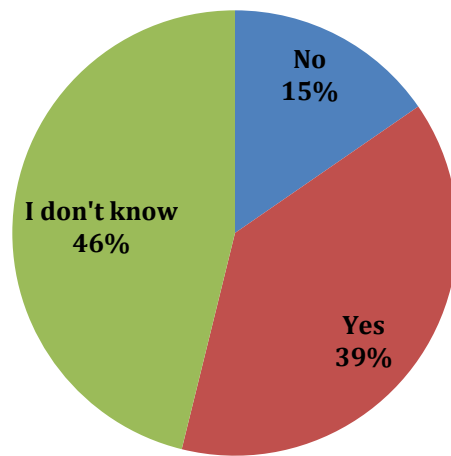


Figure 2: Perception of if HIV/AIDS is a prevalent health issue in Mpigi

The students indicated a need for more dialogue about this issue. 84% of respondents believed that more open discussion would reduce stigma around HIV/AIDS and 96% of respondents believed discussion around avoiding peer pressure and risky behavior in school was very important.

Informal discussions with students were helpful in assessing gaps in health knowledge as well. Students wanted to know more about sexual health, including the prevention of HIV, sexually transmitted diseases, and pregnancy. Students had expressed several misconceptions surrounding condoms, including a belief that the use of condoms actually causes disease, rather than helping to prevent the spread of disease.

Recommendations

Expanding the HIV/AIDS curriculum to include other sexually transmitted diseases and contraception would be useful for students. These concepts raise some issues surrounding cultural appropriateness, but working with a local nongovernmental organization specializing in this field may help deliver the most useful and acceptable information to the students. Additionally, linking students with local resources is a useful method for more sustainable access to health resources.

Tobacco & Alcohol

The majority of respondents believed that both tobacco and alcohol use was common in Mpigi. Specifically, students believed males 18 and older were the most common users of tobacco and alcohol. When asked if Mpigi residents understood the health risks associated with tobacco and excessive alcohol use respondents indicated almost equal parts yes and no. When asked what commonly occurs after excessive

alcohol consumption in Mpigi students identified interpersonal violence as the most common outcome, followed by accident or injury and drunk driving.

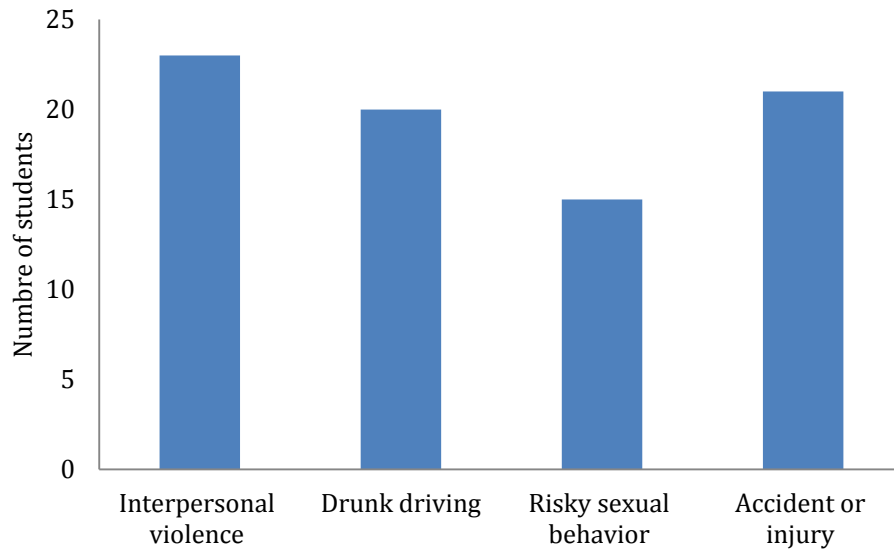


Figure 3: Perceptions of situations which commonly occur after excessive alcohol use in Mpigi

The majority of students understood tobacco smoke negatively impacts both the smoker and those exposed to second hand smoke. Additionally, the majority of students indicated secondhand smoke exposure is common in Mpigi.

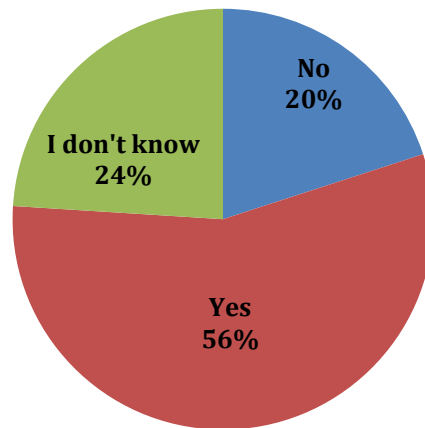


Figure 4: Perceptions of if secondhand smoke exposure is common in Mpigi

Recommendations

Due to the perceived common nature of alcohol and tobacco use, health education around these topics is an important area to focus for future camps. Tobacco and alcohol use prevention efforts along with teaching methods to prevent dangerous situations following alcohol consumption would be use useful for students.

Mental Illness

The majority of students correctly defined mental illness as a “disturbance in brain function” both pre and post health education classes. Misconceptions were almost eliminated entirely after classes with only one student describing mental illness as “a curse.”

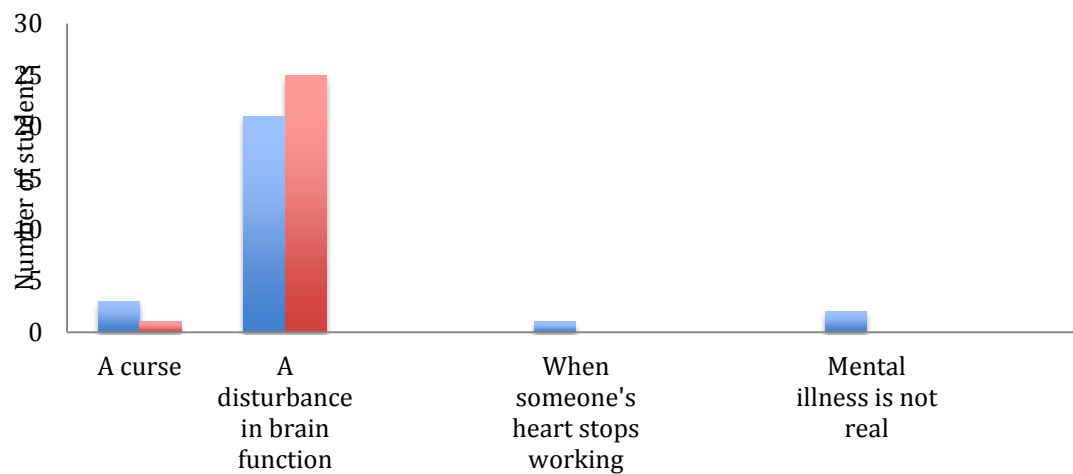


Figure 5: Perceptions of situations which commonly occur after excessive alcohol use in Mpigi.

Recommendations

Since the majority of children appear to understand mental illness, focusing on available resources in the community rather than explaining the concept may be more useful for students.

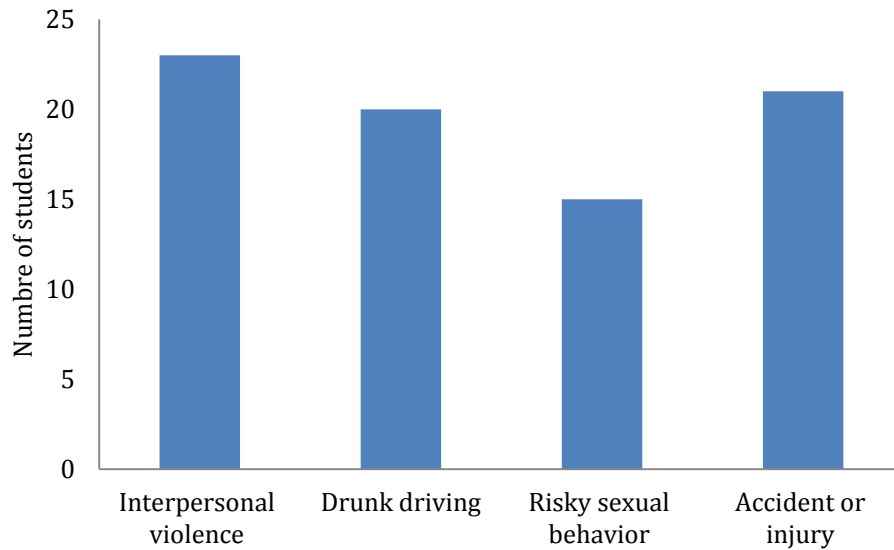


Figure 6: Perceptions of situations which commonly occur after excessive alcohol use in Mpigi.

Cookstoves

92% of students understood wood burning cookstoves pose a risk to health, and the majority were able to identify common health outcomes from exposure. 84% indicated Mpigi residents would be open to using cleaner stoves if they were available.

Recommendations

Building on this information, a future intervention linking a clean cookstove initiative and health education camp may be a successful way to include parents in the program.

Future data collection

In the future, administering the questionnaires in Lugandan rather than English will be helpful in preventing bias or misinterpretation from those translating the questionnaires. Carefully training those who help administer the questionnaires to use questionnaire software is essential to prevent a loss of data as we experienced. Working

with partners to develop more targeted questionnaires in the future will be helpful to gain better understanding of the social and cultural issues surrounding health in Mpiigi.