



# Zambia School Health and Nutrition

## CHANGES



“A Healthy Child in a  
Healthy School  
Environment”



## ➤ Introduction

- Zambia Socio-political Environment

## ➤ Background/Rationale – Why School Health?

## ➤ Preparation

- Designing the Programme – Focus on Primary Schools?
- The Pilot – Selecting the Schools.
- Developing Tools – Laying the Groundwork.



# Goals/Purpose

- Developing Model for SHN
- Proving That SHN Works
- Create Sustainable Programme Through Inter-Sectoral Cooperation



# What Has Been Done?

- Intersectoral Committees – Central, Provincial, District
- NGO Coordination – Involvement of CBOs
- Preparing Communities – Popular Theatre and Public Meetings
- TOT, Training Teachers, Health Workers
- The Biomedical and Cognitive Surveys
- Developing Linkages, School Community, Health Centre
- Establishing Systems for Drug Procurement and Delivery
- Follow-up Monitoring – Establishing “Health Promotion Schools”
- EMIS Information – Health Cards



# Cross-Cutting Issues

- IEC – Activities, Media, Materials
- HIV/AIDS –
  - Counseling, Training
  - Anti-AIDS Clubs
  - Resource Centres in Schools
  - HIV Included in All Small Grants
  - HIV/AIDS Integrated in SHN



# Impact

- Immediate Positive Effect of Treatment for Bilharzia, Worms, Micronutrients
- Increased Awareness by Community, Teachers, Managerial/Administrative Staff
- Program Already Expanded to 2 Districts and Soon to 2 Provinces  
Favorable Community Response and Teacher Acceptance



# Challenges

- Danger in Scaling Up Too Quickly
- Frequent Transfer of Teachers and Difficulty in Maintaining Motivation
- Impact of HIV/AIDS
- Continued Food Security Issues
- Continued Low Enrolment, High Absenteeism, Low Retention Rates



# Conclusion

- In spite of the difficult socio-political and economic environment, poverty, HIV/AIDS, and food insecurity, the SHN programme has accomplished a great deal in less than 2 years and we are confident of significant continued success.
- Our focus must always be in improving the health of school children in Zambia.





