

Health Education For Public Housing Projects.

FOREWORD

The attached outline of suggested health education activities and programs, prepared at the request of the FPHA Health and Sanitation Section, was specially written to be applicable to war workers and their families living in public housing projects. Although the provision of health services is primarily a responsibility of health agencies, management and residents themselves can play a part by making known their needs and cooperating with appropriate agencies in various aspects of health programs. Such cooperation is especially necessary in health education activities since it is only through the initiative and organization of citizen groups that any effective results can be obtained. Thus it seems desirable to submit to local housing authorities and housing managers concrete suggestions which they might recommend, but which could be expected to be developed in full cooperation with local health agencies and with a minimum of FPHA responsibility. These programs should be adapted to meet the special needs of projects of varying sizes and their relation to the community generally should be kept in mind.



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Federal Public Housing Authority, National Housing Agency

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HEALTH EDUCATION FOR PUBLIC HOUSING PROJECTS ^{1/}

The health of war workers and their families is still such a vital factor in winning the war that every effort needs to be made to improve it.

To this end, programs and activities are suggested that will allow the greatest possible number of people to participate in health education. It will be the aim of these programs to help on the home front by improving the health of every man, woman and child. When the Federal Public Housing Authority projects develop such programs, they have an advantage, since people who live in a project often have a similarity of interest, work and environment which makes effective action possible. Regardless of whether the housing project is located in a crowded city or in an isolated community; whether it is of the permanent, dormitory or trailer type, health education programs and activities may be adapted to suit its needs.

First Steps

Once the residents or the management of a project determine upon having a health education program, two kinds of help should be sought:

- (1) advice from the heads of interested agencies such as state and local departments of health and education, and
- (2) some person to take over the actual guidance of the program. This person may be a health educator from the local health department; an adult education leader, especially teachers of homemaking; or others qualified. Where no other person is available, it may be necessary for the actual advisory services and guidance of the program in its early stages to be placed in the hands of the project services advisers.

Programs of health education in housing developments can best be developed by being carried on by the local health departments or allied with its community health education program.

How to Organize Health Education Programs

In order for health education programs to be successful, they must be accepted and carried on by the residents themselves under competent supervision. As the programs develop, leaders elected from the residents will assume a major role. One or more of the following steps will be found useful:

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- Step 1 - Consult, at the outset, interested persons in the housing project as to their opinions regarding the value of gaining improved health through a program of health education. A very broad representation of men and women should be consulted both in the project and in the local community for they will both be interested in making the program a success. If there is a residents' association or council, its interest should be secured.
- Step 2 - Call a meeting of interested leaders to discuss the health needs of their housing community, to decide whether health education programs shall be carried on and if so, to elect a temporary chairman and planning committee. These leaders may also decide upon the purpose and the way to conduct their health education programs. The planning committee should include representatives of the residents' association or council in addition to the elected chairman.
- Step 3 - Decide upon the details of organization at a meeting of the planning committee. In order that the program may be one which is conducted most easily by the residents, it may be decided that the housing unit should divide itself into smaller sections. A zoning plan may be better adapted to larger projects; smaller projects may prefer to operate as a whole rather than divide into zones.
- Step 4 - It is now the responsibility of the temporary chairman to invite all the residents to meet for the purpose of electing a chairman, sub-chairman, and such other officers as are deemed necessary. It will be the responsibility of each chairman to guide the activities of those working under him. At this same meeting the residents would decide upon the kinds of activities and programs they wish to carry on. It is then the chairman's (or other designated officer's) responsibility to visit every home in the project or in his area to invite the residents to join actively in the health education program. The chairman will submit to the planning committee suggestions for activities made by the people.

Some Activities Which May be Carried on by Residents

Activities can be grouped generally as to those which are the concern of the whole project; those which are the concern of the family; and those which are the concern of the individual. In the following list will be found several activities which are placed under one group, but which will have equal interest to the others. Activities mentioned are suggestive only, as the activities carried on will be those decided upon by the residents in each housing project.

Of Interest to the Project as a Whole

1. Conduct a sanitation survey to determine how well sanitary standards are maintained. Include an inspection plan for "Grade A" kitchens.

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2. Carry on a nutrition campaign which will center around the best use of ration points and food substitutes, as well as emphasize all aspects of an adequate diet.
 3. Utilize existing Child Care Centers to put into practice certain phases of health education programs, such as nutrition demonstrations, films for children, explanations to mothers, etc.
 4. Assist with an after-school recreation program for children of working mothers. Plan with recreational leaders in the preparation of health exhibits and other materials or in presentation of films.
 5. Appoint a publicity committee which will place health information in the housing project newspaper, put up posters, give notice of meetings and special events, etc. Radio and materials committees may also be appointed.
 6. Study problems of local interest, such as procurement of an adequate number of physicians, provision for clinics and hospital facilities.
 7. Conduct a "Quiz Corner" which will make use of films, pamphlets, etc., as well as a quiz.
 8. Arrange a question and answer program on child guidance led by a mental hygiene specialist.

Of Interest to the Family

1. Arrange to have food demonstrations which will include a packed lunch program.
2. Carry on monthly study groups regarding subjects selected by the people. At this time films may be shown, materials distributed and problems discussed. Among subjects that have been found to be of interest in previous programs are those regarding: rationing and food substitutes; child care; home hygiene; worry and fatigue; home accidents; what to do in case of epidemics; colds and pneumonia; tuberculosis; venereal disease; and appendicitis.
3. Sponsor a well-baby conference and arrange for suitable films and materials to be shown to mothers.
4. Study healthy family living, taking into consideration a well-rounded health program. Include study of the proper use of infirmaries.

Of Interest to the Individual

1. Explore available man and woman power by conducting a wartime survey. Information should be secured on: wartime services already volunteered; wartime service to which persons may wish to volunteer; Red Cross and other courses and activities desired, etc.
2. In accordance with the above survey, arrange for desired courses and activities to be conducted - in nutrition, first aid, home nursing, etc.
3. Arrange for simplified nutrition and other courses to be given for those who do not wish to take more advanced courses.
4. Carry on an immunization survey to learn how many persons have been protected against smallpox, diphtheria, and typhoid fever, and find out what help can be secured to put an immunization program in effect.
5. Plan for the development of a project recreational program.

Agencies in Community Which May Furnish Assistance

In many communities there are agencies which the committee interested in health education programs may call upon for assistance. Depending upon the community, aid may be received to varying degrees from the personnel of many agencies. A partial list is included here:

Agriculture, Department of
Civilian Defense, Office of
Education, Department of
Health Department
Industry, Health Division in
Labor Unions
Mental Hygiene Association

Red Cross
Social Agencies, Council of
Social Hygiene Association
Tuberculosis Association
United Service Organization
Urban League
Welfare Department
Y M C A - Y W C A

Individuals who have had professional health education or related training who are now wives of military personnel on extended active duty, or of industrial workers, also may be called upon for assistance.

Reading List Regarding Community Health Education Programs

- "Democracy Means All of Us" - Nutrition and Food Conservation Branch
of the Food Distribution Section
Department of Agriculture, Washington, D. C.
1942, Free.
- "Communities Awake" - North Carolina State Board of Health,
Raleigh, North Carolina, 1942, Free.

- "Community Organization for Health Education" - American Public Health Association
1790 Broadway, New York City, 1941
9¢ per copy.
- "Block Leaders Alert!" - U. S. Office of Civilian Defense
Washington, D. C., 1942. Free
- "A Block Plan for Civilian War Services" - U. S. Office of Civilian Defense,
Washington, D. C., 1942. Free
- "Schools Awake" - Commissioner of Schools, Van Buren Co.
Michigan, 1942. Free

Films of Interest to Adults

All films listed are 16 mm size and may be borrowed without charge from the given source, except possibly for transportation. (For films which may be rented see HEALTH FILMS, American Film Center, Inc., 45 Rockefeller Plaza, New York City, 25¢ a copy.)

<u>Title</u>	<u>Where Available</u>	<u>Sound or Silent</u>	<u>Time</u>
For Health and Happiness (Nutrition)	U. S. Dept. of Agriculture Washington, D. C.	Sound	11 min.
Choose to Live (Cancer)	U. S. Public Health Service Washington, D. C.	Sound	18 min.
Judy's Diary Series (Infant and Child Care, 4 parts)	Children's Bureau Washington, D. C.	Silent	30 min.
When Bobby Goes to School (Medical examination)	American Academy of Pediatrics New York City	Sound	30 min.
Behind the Smile (dental)	Children's Bureau Washington, D. C.	Sound	10 min.
About Faces (dental)	U. S. Public Health Service Washington, D. C.	Sound	11 min.
Life Begins Again (Hearing)	Y M C A Washington, D. C.	Sound	20 min.
Man Against Microbe (Microbes)	Metropolitan Life Insurance Co., N.Y.C.	Sound	10 min.

The Winged Scourge (Disney's Malaria Cartoon)	Office of the Coordinator of Inter-American Affairs Dept. of Commerce Building Washington, D. C.	Sound	10 min.
Proof of the Pudding (Nutrition)	Metropolitan Life Insurance Co. New York City	Sound	10 min.
A New Day (Pneumonia)	Metropolitan Life Insurance Co. New York City	Sound	10 min.
Keep 'Em Out (Rat Control)	U. S. Public Health Service Washington, D. C.	Sound	10 min.
Eating Out (Sanitation)	State Health Departments	Silent	26 min.
They Do Come Back	State Tuberculosis Associations	Sound	15 min.
Let My People Live (Tuberculosis-Negro cast)	State Tuberculosis Associations (Suitable for Negro and White groups)	Sound	15 min.
Good-by Mr. Germ (Tuberculosis)	State Tuberculosis Associations	Sound	14 min.
Know For Sure (Venereal Disease - the cut edition is suitable for men or women)	U. S. Public Health Service Washington, D. C.	Sound	15 min.
Fight Syphilis (Syphilis Control)	U. S. Public Health Service Washington, D. C.	Sound	15 min.
Prevention of Blindness And Saving Sight	National Society for the Preven- tion of Blindness, N.Y.C.	Silent	13 min.
Help Wanted (First Aid)	U. S. Public Health Service Washington, D. C.	Sound	30 min.

Before ordering films for given national sources, consult your state and local health departments in order to learn which films they have available.

Note: Consulting service on health education programs can be secured through the USPHS by applying to the Health and Sanitation Section, Central Office, FPHA.