Civil Society Water, Sanitation and Hygiene (WaSH) Program

Western Province, Papua New Guinea

HEALTHY ISLANDS CONCEPT COURSE

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## Contents

1. Introduction to Healthy Islands in Papua New Guinea ................................................................................................................................. 3
   1.1 Demography .......................................................................................................................................................................................... 3
   1.2 Socioeconomic and Health Status .............................................................................................................................................................. 3
   1.3 Background to Healthy Islands Approach .................................................................................................................................................... 3
   1.4 Concept of Healthy Islands ........................................................................................................................................................................ 3
   1.5 Operationalising in the Papua New Guinea context .................................................................................................................................. 4

2. Healthy Islands Framework for Plan of Action ........................................................................................................................................... 5
   2.1 Goal of Healthy Islands ............................................................................................................................................................................... 5
   2.2 Aim and objectives ...................................................................................................................................................................................... 5
   2.3 Process .............................................................................................................................................................................................................. 5
   2.4 Healthy Islands Settings ............................................................................................................................................................................. 6
   2.5 Example Plan of Action: Healthy Village .................................................................................................................................................. 6

3. Healthy Islands Concept Curriculum ............................................................................................................................................................... 8
   3.1 Overview ........................................................................................................................................................................................................... 8
   3.2 Devotional Guide ....................................................................................................................................................................................... 9
   3.3 Identify root causes of a problem or a need ................................................................................................................................................ 10
   3.4 Role model exercise .................................................................................................................................................................................. 11
      MAN'S RESPONSIBILITY TO HIMSELF .................................................................................................................................................... 14
      MAN'S RESPONSIBILITY TO OTHERS .................................................................................................................................................... 15
      MAN'S RESPONSIBILITY TO THE ENVIRONMENT .............................................................................................................................. 16
      THE CHARACTER OF A GOOD LEADER ........................................................................................................................................... 18
   3.5 Top Down Planning and Bottom Up Planning ....................................................................................................................................... 20

4. Community development and its setup .......................................................................................................................................................... 21
   4.1 CHDC structure ....................................................................................................................................................................................... 21
   4.2 Activity Planning Procedure .................................................................................................................................................................... 22

5. Community Action and Participation Activity Tool Kit ................................................................................................................................ 23
   5.1 Community Profile .................................................................................................................................................................................... 24
   5.2 Income and Expenditure Plan ................................................................................................................................................................. 26
   5.3 VHD Kes Buk .............................................................................................................................................................................................. 27
   5.4 Moni Ripot ................................................................................................................................................................................................. 28
   5.5 Vision for New Village Settings ............................................................................................................................................................ 29
1. Introduction to Healthy Islands in Papua New Guinea

1.1 Demography

Papua New Guinea has a total land area of 462,243 square kilometres and a sea area of 3.1 million square kilometres, making it the largest country in the South Pacific. It has a population of around 4,500,000 with an annual growth rate of 2.30%. Around 41.8% of the population is below 14 years of age and 2.4% are over 65. The crude birth and death rates are 3.40 per 1,000 and 10.56 per 1,000 respectively.

1.2 Socioeconomic and Health Status

The overall socioeconomic and health status in the country still remains poor compared to neighbouring Pacific Island countries. Several problems persist such as prevailing poverty, poor environmental health coverage, issues of lack of housing and education, gender inequity, unhealthy lifestyles and drug and substance abuse. Communicable disease such as tuberculosis and malaria cause a large morbidity and mortality rate across the country. Childhood diseases such as acute respiratory infections, meningitis and measles are highly prevalent and contribute to the high infant and under five mortality rates. The maternal mortality rate is extremely high due to a large proportion of mothers having unsupervised deliveries at home. Added to the burden of communicable diseases is the increase in HIV/AIDS, heart diseases, diabetes, stroke, hypertension, mental health disorders and preventable cancers.

1.3 Background to Healthy Islands Approach

Recognizing that the Pacific island countries share many common features in terms of geography, population size, socioeconomic status, history, culture and particularly fragile ecosystem, the Ministers of Health at a conference in 1995 at Yanuca Island, Fiji, endorsed the concepts reflected in the regional policy document New Horizons in Health. As a result, the Ministers at a follow-up meeting at Rarotonga, Cook Islands, adopted the concept of Healthy Islands as the unifying theme for health promotion and health protection in the island nations of the Pacific for the twenty-first century.

The Government of Papua New Guinea gave the highest level of political commitment and support to the concept of Healthy Islands as a new approach to address the challenges in health in the next century. Through the National Executive Council Decision No. 10/98 of 25th January 1998, the Cabinet directed the Department of Health to develop a Plan of Action for implementation of the Healthy Islands concept. A national level multi-sectoral workshop was conducted in November 1998 to develop the plan of action on Healthy Islands. Thereafter a Healthy Islands working group was constituted to prepare the Framework for the Plan of Action.

1.4 Concept of Healthy Islands

The Healthy Islands concept embodies the principles outlined in the New Horizons in Health approach, which emphasizes that people have the potential to make long-term differences in their health as well as in the health of others they influence. Healthy Islands should be places where:

- Children are nurtured in body and mind;
- Environments invite learning and leisure;
- People work and age with dignity; and
- Ecological balance is a source of pride.

Papua New Guinea has its own distinct version of New Horizons in Health under the concept of Papua New Guinea as Healthy Islands. The core of the Healthy Islands approach is that health promotion and health protection remains the central and core business, which for example calls for a reorientation of health services away from hospital controlled services, requiring policy shift and resource reorientation. This concept fits the definition of Healthy Islands as framed in
the Rarotonga Agreement: Towards Healthy Islands, 1997. The agreement sets out the working definition, core elements and framework for the Healthy Islands concept the Pacific Island governments had adopted; namely, that the Healthy Islands concept involves continuously identifying and resolving related priority issues, by advocating, facilitating and enabling these issues to be addressed in partnership among communities, organizations and agencies, at local, national and regional levels. Thus, among its chief features is the principle of enabling individuals, families and communities to prepare them for healthy living and healthy lifestyles in the context of community support with multisectoral, multidisciplinary partnership in which the focus is on health versus a disease-centred approach.

The Healthy Islands concept encompasses every aspect of health from the individual to the family, community and the nation, from the smallest health unit to the district, the province, region, to the national level. In addition, it affects different sectors such as education, agriculture, housing, transport, business, private sectors, nongovernmental organizations and churches.

The concept is the concern of all levels of the health system, be it planning, policy, health promotion, health protection, health care delivery or curative care, and includes every aspect of public health from conception to old age.

The Healthy Islands concept is not unique and new. It consolidates aspects of health care and social and economic wellbeing, placing them in a conceptual setting that encompasses political engagement, social acceptability and one that guarantees sustainability.

1.5 Operationalising in the Papua New Guinea context

The Healthy Islands concept is the overarching policy concept from which is derived the three themes of Preparation for Life, Protection of Life and Quality of Life, on the one hand, and the discrete geographical entities or settings of PNG as Healthy Islands. The following schematic diagram shows the themes and settings.

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HEALTHY ISLANDS CONCEPT THEMES

## SETTINGS

PNG as Healthy Islands, comprising
- Healthy City/Town
- Healthy Marketplace
- Health-Promoting Health Facility
- Health-Promoting School
- Healthy Public Restaurant
- Healthy Village
- Healthy Workplace

### Preparation for Life

**Examples:**
- Safe motherhood
- Child survival & immunization
- Healthy lifestyles
- Healthy mind

### Protection of Life

**Examples:**
- Against malaria, vector-borne diseases, water-borne diseases, immunisable diseases, mental disorders, HIV/AIDS and STIs

### Quality of Life (Healthy Environment)

**Examples:**
- Healthy physical, mental and social environment
2. Healthy Islands Framework for Plan of Action

2.1 Goal of Healthy Islands

To empower communities and individuals to be responsible for healthy living and healthy lifestyle in the context of community participation in a multi-sectoral and multidisciplinary approach.

2.2 Aim and objectives

The overall aim of the Healthy Islands Framework is to improve the health and wellbeing of Papua New Guineans in the twenty-first century.

The specific objectives are:
1. To set a framework and direction for health development in the twenty-first century.
2. To identify settings where activities could be implemented for improvement of the people's health.
3. To outline cost-effective strategies and activities for improvement of people's health.
4. To build partnership among individuals, families, communities, organizations and agencies for action at national, provincial and local level.

2.3 Process

A national workshop in November 1998 brought together representatives of the Departments of Health, Education, Industrial Relations, Transport, Municipal Authorities, Provincial Health Authorities, National Council of Women and the Village Community, to discuss strategies and outline activities for eight settings within a healthy island. These settings were jointly identified as places where communities and their partners (government, non-government, private) could work towards the health status goals of Healthy Islands. Key principles considered while developing the framework of actions were as follows:

- Health is a primary responsibility of the individual, family and community
- Health is an investment and a healthy person can contribute to national development
- Health promotion and health protection remain the core business in health development
- Health issues are to be resolved in partnership among communities, organizations (government, non-government, private) and agencies at local, provincial and national levels
- The Healthy Islands concept is not static but a responsive, adaptable process of identifying and resolving health-related issues
- Healthy Islands Action Plan will be developed with sectoral implementation plans for each setting

In groups, taking two settings each, the participants wrote:
- A vision statement for each setting
- Priority strategies
- Outline of activities under each strategy
- Integrating and coordinating mechanisms for implementation of the activities
- Developing implementation plans
2.4 Healthy Islands Settings

Participants at the 1998 national workshop identified the following settings, but also acknowledged a need for flexibility to add further settings based on experiences and strategies of implementation.

- Healthy City/Town
- Healthy Marketplace
- Health-Promoting Health Facility
- Health-Promoting School
- Healthy Public Transport
- Healthy Restaurant
- Healthy Village
- Healthy Workplace

2.5 Example Plan of Action: Healthy Village

Vision for a Healthy Village

A Healthy Village is a setting that is supportive to individuals and the community’s healthy living and where the family is responsible for producing a conducive environment to live in.

Characteristics of a Healthy Village

- The village site is environmentally safe and healthy and the people maintain it as such
- Surroundings are clean and tidy
- Grounds are free of breeding grounds for vectors (mosquitoes, cockroaches, rats, flies) that transmit diseases such as malaria, dengue and filariasis
- There are safe pathways and beautiful gardens
- Houses are planned, constructed and maintained according to minimum health standards such as adequate ventilation space
- There is adequate fresh healthy supply of foods for individuals and families (home gardening)
- There is provision for education (schools) for children
- There is provision for primary health care (promotive, preventive, curative) for children, mothers and the family with a well-defined referral system for severe illnesses and mental health disorders
- Public facilities such as shops, schools and aid posts are safe and promote healthy living
- There is respect and care for the elderly, disabled persons and facilities for their care
- There are mechanisms for community participation in planning and maintaining a safe and healthy village
- There is awareness among people about personal hygiene and unhealthy behaviour such as smoking, betel nut chewing, excessive alcohol consumption and drug abuse
- There is spiritual harmony and respect for religious belief
- There is a program to reduce domestic violence against women and children
- There is gender equity
- There is provision for adult literacy education
- There is promotion of traditional culture supportive of healthy behaviour
- Animals are kept behind fences
- Families consume a balanced diet
- Sustainability of natural resources is maintained
- There is provision for sporting facilities
- There is promotion of good mental health
Objectives of a Healthy Village:

1. To provide adequate safe water for washing, drinking and sanitary facilities
2. To maintain minimum health standards of house construction
3. To have plenty of fresh and healthy foods available from home gardening and sustenance farming
4. To make people responsible for:
   - provision of education for children and adults
   - primary health care for children, mothers and other family members with a well-defined referral system
   - care of the elderly and of disabled persons
   - public facilities such as markets, schools and aid posts
   - gender equity
   - adult literacy programs
   - promotion of traditional culture in support of healthy behaviour
   - balanced diet
   - sustainability of natural resources
   - provision of sports facilities
   - keeping the animals inside the fences
   - spiritual harmony and respect for people’s beliefs
   - discouraging unhealthy behaviours of smoking, betel nut chewing, excessive alcohol consumption, drug abuse and poor personal hygiene
5. To make people active participants in planning and maintaining a healthy village

Responsible agency

The Healthy Village setting will be initiated and implemented by the respective Local Level Government. The responsible agency acts as the facilitator and coordinator of the task force or committee in partnerships with other stakeholders.
3. HEALTHY ISLANDS CONCEPT CURRICULUM

HOLISTIC HEALTH APPROACH IN COMMUNITY DEVELOPMENT PROGRAMS
(Healthy Village and Healthy Health Facility)

3.1 Overview

1. IDENTIFY ROOT CAUSES OF A PROBLEM TO A NEED
   Bad behaviour may hinder flow of good community participation and cooperation. (Describe PNG animals' behaviour.)

2. ROLE MODELS: WHAT DOES GOD REQUIRE OF YOU AND ME IN OUR PROGRAM TO REBUILD A RUINED OR BROKEN COMMUNITY?
   - Cleansing of a temple
   - When Jesus is on the throne, what are the outcomes?

3. MAN'S RESPONSIBILITY TO HIMSELF
   MAN'S RESPONSIBILITY TOWARDS OTHERS
   MAN'S RESPONSIBILITY TOWARDS THE ENVIRONMENT

4. QUALITY OF LEADERSHIP IS NEEDED FOR GOOD COMMUNITY DEVELOPMENTS

5. TOP DOWN AND BOTTOM UP APPROACH (OWNERSHIP AND GOOD SUSTAINABILITY)

6. COMMUNITY DEVELOPMENT AND ITS SETUP
   - Structures
   - Village sketch mapping old and new
   - 5 years Village Development
   - 12 months activity
   - Evaluation Form
   - Checking Chart

7. CONTROLLING AND MONITORING
   - Report forms and feedback forms
   - Visitors In and Out Sign book
   - Village movement control book
   - Village Census book
   - Village Profile

8. VILLAGE WORK BOOK
   - Income and Expenditure Plan
   - Book keeping
   - Finance report format
3.2 Devotional Guide

1st Day  John 2:1-10

2nd Day  John 2:13-17


3rd Day
Gutpela Pasin – Harim tok na pasin aninit istap – Wok bung bai kamap strong tru – Sori, belisi, marimari etc.

4th Day
• Proverbs 2:1-15
• Isaiah 40:1-6
• Isaiah 60:1-6

Ol kain spirits i aut – Gutpela pasin na tingting istap – Kamapim gutpela sindaun – Gutpela nius igo out – Bringim attraction
3.3 Identify root causes of a problem or a need.

1. List down needs/struggles, problems people of Papua New Guinea face today.
   a) 
   b) 
   c) 
   d) 
   e) 
   f) 

2. State ways and methods in which the problems can be solved, eg.
   a) Village Court
   b) Pastors
   c) Cultural or Custom way
      • Will any one of those methods solve the problem?
      • Does it release or relieve that person’s problems?

3. Are we going to leave the problem like this and live with it? How would you feel?
   a) Make plans, design a program, gather available resources and run the program to solve the problem.
   b) Ask Jesus to bless our program.
   c) Involve Jesus to address the root causes of the problems.
3.4 Role model exercise

When dealing with the development and growth of the community, we as leaders and Christians must be ‘Role Model’ players in the community that we live in and serve.

ATTITUDE PROBLEMS MAY HINDER THE FLOW OF GOOD COMMUNITY PARTICIPATION AND COOPERATION. THESE MUST BE REMOVED.

1. Before rebuilding a community and getting good things out of it, we must take the old master or old partner out first.

   "… how can anyone enter a strong man’s house and carry off his possessions unless he first ties up the strong man? Then he can plunder his house."
   Matthew 12:29

   Jesus came to fight and clean the temple; therefore we must fight and clean the temple.

   ‘… so He made a whip from cords and drove all the animals out of the Temple, both the sheep and cattle; He overturned the tables of the moneychangers and scattered their coins.’
   John 2:15

2. We may not have the same animals as in this Bible text but, what about PNG animals and money? The Temple refers to our life and body. (1 Corinthians 3:16-17.)

   Look at PNG animals and describe their behaviours (see Figure 1, following page). Do any of those animal behaviours still exist in us?.

3. What does God require of you and me? If Jesus is on the throne of our lives or community, what will be the outcome?
   - Good pleasing attitudes.
   - Good physical appearance.
   - Enough possessions.
   - Good relationship with family as wife and children; be helpful; love; enough time, etc.
   - Good performance in the work that we do.
   - Good relationship with others.
   - Have good frame of mind; always have positive mind in thinking; talking and approaches.

4. Even though we are Christians, is Jesus on the throne of our lives?
   - Are those ‘Jesus on the throne’ qualities and attitudes displayed in our lives, our family and our community that we live in and serve?
   - Have our attitudes been good and helpful to the development and growth of the community that we live in?
   - If yes, good. If not, then it is our own obligation to make self-assessment. If there are some PNG animals still driving or controlling us, ask the Lord to help us to take them out and be the driving force in our lives.
ANIMALS INSIDE (Figure 1)

Look at the PNG animals and describe their behaviour alongside their image.

Does any of these animals’ behaviour or pasin relate to your behaviour? Be honest and list them down in the space provided below.
5. What does God require of you and me in our program to restore health and good life?

After cleaning the temple, Christ wants to fix everything inside and outside and put it back to Order of the Original Design. Man will have God’s Holy Spirit dwell in his heart and then will change his behaviour to the original as designed by God. Man will have God’s character and thinking ability and live to the purpose, which is to live right with God and neighbour and to take care of the creation of God.

How can we make this become reality? Through submission to God’s command.

‘Worship no God but me’ (the first of the Ten Commandments).

Exodus 20:3

‘Jesus answered, Love the Lord your God with all your heart, with all your soul, and with all your mind. This is the greatest and most important commandment. The second most important commandment is like it: to love your neighbor as you love yourself.’

Matthew 2:37-40:

Our first responsibility is to love God with whole life. Let no other spirits dominate or dwell in our life. God must be the centre of each area of a man’s life such as family, money, possessions, his job, time etc. Look at the chart below. How can we as leaders and Christians achieve these aspirations?

CHRIST ON THE THRONE (FIGURE 2)
MAN’S RESPONSIBILITY TO HIMSELF

What does it mean to be in the right relationship/harmony with oneself?

1. You love yourself and are content with who you are.
2. You must see yourself as God sees you.
3. Accept that you are a sinner saved by the mercy and grace of Jesus.
4. Acknowledge that you have been created by God and live in peace with yourself.

Live a healthy life in body, mind, spirit and all other aspects of life. It does not mean that you will always be well; but even in times of illness, life continues to be meaningful. People can be unhealthy because of negative thoughts about life because of unhealthy habits. ‘You are God’s temple and God’s spirit lives in you. God’s temple is holy and you yourselves are His temple.’ 1 Corinthians 3:17

God expects each person to take care of their body. The body’s basic needs must be met if we are to live in harmony with it. When we are hungry, we must eat. When we are thirsty, we must drink. When we are tired, we must rest. If our needs for food, water, shelter and many other things are not met, we will become ill. The above scripture says ‘God’s temple is holy.’ Holy places must be clean. Holy places are to be places of ‘wholeness’. Each one must see to our own needs. If we don’t do it… who will?

I have responsibility to look after myself very well; to be a role model in life and also to be a blessing to others.

Are my personal health and looks acceptable to others?

- Are my fingernails cut short and clean?
- Is my hair combed neat and tidy?
- Are my teeth being brushed, clean and neat?
- Am I dressed neatly and look acceptable to others?
- Have I enough clothes to wear?

Have my body needs been met - do I find comfort and live in harmony with it? For instance:

- When I am hungry – do I eat?
- When I am thirsty – do I drink?
- When I am tired – do I rest?
- When I am yawning and sleepy – do I sleep?

Have I respected the Temple that is my body? Have I avoided taking drugs to weaken or kill the cells in my body?

- Smoking – marijuana
- Drinking (too much beer and home brew)

If we look after ourselves well, our life span will be longer; if we don’t, then we will have poor health and our life span will be shorter.
MAN’S RESPONSIBILITY TO OTHERS

When we look back to the beginning of creation, after each day of creation God looked at what He had spoken into creation and declared ‘it is good and I am joyful.’ On the sixth day of creation, the last day, God made woman. God was pleased with His creation of man and woman and said: ‘They are good.’ When God said this, He meant that everything about the man and woman He created was good and there was not one single thing He did not like about them.

Matthew 22:37-40 tells us that the whole Law of Moses and the teaching of the prophets depend on these two commandments: love the Lord your God; and love your neighbor as you love yourself. Luke 10:25-37 records the parable of the Good Samaritan, a man helping another person who was an enemy. For us, this means people who are not our tribesmen, clansmen, friends, family or fellow Christian. In Matthew 5:4, Jesus told us: ‘Love your enemies and pray for those who persecute you.’

1. God had three basic reasons for creating man and woman, that is:
   - To have deep fellowship with them and so they, in turn, could worship Him.
   - So that man and woman would look after the other parts of creation.
   - So that man would not be alone but would have another to be with him; the two of them would walk and work together in harmony.

2. There are many references in the Bible that talk about holistic needs of our family and neighbours and how you and I are to be involved in these. The words inside the brackets ( ), is a PNG practice interpretation of the reference.

If I first look after myself very well, then I will look after others as well as I look after myself.
   - The immediate people that I will first look after are my spouse and children, then others.
   - Have I been very helpful to my wife or husband?
   - Have I met all his/her expected needs?
   - Have we had good management in our immediate family in terms of our household, our children and our finance?

If this is okay in our family, then we will be able to assist and help others very well. If we don’t, then we will find it very difficult to help others.
MAN’S RESPONSIBILITY TO THE ENVIRONMENT

Scripture teaches us that mankind has a responsibility to the environment.

‘The Lord says, Heaven is my throne and the earth is my footstool.’
Isaiah 66:1

‘… O Lord, your greatness is seen in the entire world. When I look at the sky, which you have made, at the moon and the stars… what is man, that you think of him; that you care for him? You appointed him ruler over everything you made; you placed him over all creation.’
Psalm 8

As God’s creation, mankind has a responsibility to care for the earth… his environment… the soil, the rivers and the forest! The environment we live in can affect our health negatively or positively. The places where Christians live must be clean, beautiful, and peaceful. We have a responsibility to treat the environment with respect and care for it as a Christian privilege. Since we are God’s people, redeemed from sin, we must accept our responsibility to care for the earth and do our best to redeem the environment.

In the house

- Do we have a good house with good ventilation?
- Do we have enough space and rooms in the house?
- Have we set out or organized our house in a way that looks pleasing, inviting and welcoming to our friends and visitors?
- Do we have a good kitchen with sections where all the spoons, forks, knives, cups, different plates are put into their right places?

Bedding

- Do we have enough mattresses, pillow, bedcovers and bedsheets, etc.?

Cooking utensils

- Do we have enough pots, plates, cups and spoons?

Tools

- Have we enough bush knives for the family, digging spades, axes, small knives etc.?

Outside the House

- Do we have a good footpath to our area?
- Do we have a good lawn with good flower gardens?
- Do we have a good rubbish hole?
- Good drainage system?
- Good toilets?
- Good drinking water?

These are the areas that we need to look after well to improve our environmental health in the family and community.
Additional scripture

1 Timothy 5:8

“If anyone does not take care of his relatives, especially the members of his own family, he has denied the faith and is worse than an unbeliever.” (If a Christian does not influence his parents or his blood relatives to become Christians or to understand what it means to do good and we do not do it, the Word says our faith is not valid and we are ‘worse than a heathen’.)

Matthew 18:6

“If anyone should cause one of these little ones to lose his faith in me, it would be better for that person to have a large millstone tied round his neck and be drowned in the deep sea.” (We cannot allow ourselves to be the cause of another person’s sin. We cannot simply observe people when they become ill and ruin their bodies. If we understand the best ways to be holistically healthy we have a responsibility to share this with others.)

1 Corinthians 6:12

“Someone will say, ‘I am allowed to do anything’. Yes, but not everything is good for you. I could say that I am allowed to do anything, but I am not going to let anything make me its slave.’ (We can do anything we want to; however, everything we do is not good for others or us. It may have bad consequences. Practicing bad habits will lead to poor health. When we know this we must teach others.)

Matthew 5:8

“Happy are the pure in heart; they will see God.” (What is in the heart will show in the relationship. Holiness means that we live in healthy ways.)

Luke 6:27, 28

“But I tell you who hear me: love your enemies, do good to those who hate you, bless those who curse you and pray for those who ill-treat you.” (To be in the right relationship with others, we must forgive those who wrong us, just as Jesus did when He hung on the cross. Our forefathers believed that you must revenge any wrong we experience. This custom has been passed down. However, Jesus said, do good and forgive those who have done wrong to us.)
THE CHARACTER OF A GOOD LEADER

A person wanting to gain high respect and trust from others must display qualities of good character and attitudes.

A person with a good character and attitude will gain honours, respect and trust from God, their own family, workmates and people of the Community he or she is serving. The effect will be BLESSINGS because of good management and also the operation of the group will be sustainable. Many people will benefit from it.

A CHARACTER OF GOOD ATTITUDES
(A GOOD LEADER)

Leads by example – talks and puts it into action
Knows their audience, community and staff well
A good listener, doesn’t interrupt others
Doesn’t dominate
Encourages all to participate
Open and friendly to others
Action/Gutpela pasin
Shows faith in action
Delegates responsibilities
Appreciates good contributions, good work
Accepts criticism
Open and creative
Simple person
Well prepared
Peaceful, joyful and loving
Good temper
Cooperative
Sits in a circle for discussion
Loves, smiles, encourages
Avoids lengthy discussion or arguments; is specific, fair and honest
Gives opportunity to others to participate
Communicates and corresponds

A person with a bad character and attitudes will not gain honours, respect and trust from God, their own family, workmates and people of the Community he or she is serving. The effect will be mismanagement and quarrels and the operation of the group or business will break down.

A CHARACTER OF BAD ATTITUDES
(A BAD LEADER)

Boastful
Short-tempered
Unprepared
Talks too much, or without thinking
Disobedient
Thinks they know it all
Wants others to respect them, but doesn’t respect others
Unfair decision making
Narrow-minded
Works in a bossy way
Shows favouritism
Double minded
Doesn’t accept correction
Good in talking but doesn’t action it
Thinks highly of self and underestimates others
Doesn’t help, but expects others to do it for them
A GOOD LEADER DOES NOT HAVE TO BE ‘THE BOSS’

I AM A LEADER, NOT A BOSS.

- A Boss knows everything; a Leader admits mistakes.
- A Boss tells what must be done; a Leader shows how to do things.
- A Boss criticizes; a Leader gives advice.
- A Boss talks first; a Leader listens first.
- A Boss gives orders; a Leader gives directions.
- A Boss demands respect; a Leader earns respect.
- A Boss rules with law; a Leader shows human kindness.
- A Boss does the talking, and doesn’t assist or demonstrate; a Leader talks, helps and demonstrates.
3.5 TOP DOWN PLANNING AND BOTTOM UP PLANNING

Current top down planning

- N. Govt. ➔ Province ➔ District ➔ LLG ➔ Village

1. Guess from a distance on our problems/needs and make planning and budgeting.
2. Happy to receive services with no concern and no responsibility and NO SUSTAINABILITY because of
   a) Free handouts.
   b) No ownership.

Potential planning for now and future: bottom up planning

- Village ➔ LLG ➔ District ➔ Province ➔ N. Govt.

1. Communities identify the problems/needs, make plans, contribute resources and implement the programs.
2. There will be SUSTAINABILITY because of taking ownership over the activity or projects.
   a) No free handouts.
   b) Community contributions and efforts

The life span of the programs will be longer
4. COMMUNITY DEVELOPMENT AND ITS SET UP

4.1 CHDC structure

Communities should set up Community Health Development Committees (CHDC). Their function is to act on behalf of the people to make plans, design programs, implement, monitor, supervise and evaluate the activities carried in a community.

CDC should have an office for meeting and planning purposes. Set up should look like this:

**Community Health Development Committee membership**
- Chairman/Vice
- Secretary
- Treasurer
- Health Rep
- Education Rep
- Environment Rep
- Business Rep
- Youth Rep
- Women’s Rep

**Resources needed**
1. 5 years development plan
2. 12 months activity plan
3. Report forms
4. Feedback forms
5. Logbook
6. Visitors book
7. Awards
4.2 Activity Planning Procedure

**The CHDC must:**

1. Identify Community Needs/Problems.
2. Prioritize the needs in order of importance as they see them.
3. For each Need/problem, identify the root causes, which are based on socio-cultural, economic, environmental, physical and spiritual considerations.
4. After identifying the root causes of the Needs/Problems, prepare an Action Plan for each by using the following steps:
   a) If resources are not adequate to retain the priority numbers as listed in #2 above, they must rearrange the projects based on the feasibility and availability of resources.
5. Gather resources - local resources first and then outside resources.
   a) People
   b) Ideas
   c) Materials
   d) Money
   e) Time
   f) Etc.
6. Implement the plan and evaluate the outcome with as much participatory involvement by the community as possible.
7. The process is repeated and in this way old and new Needs/Problems are addressed.

(Note: Each project, once started, must have a plan for sustainability!)
5. Community Action and Participation Activity Tool Kit
5.1 Community Profile

**Purpose:** To help the community gather important information about the village now and in the future.

**Name of Village:**

**Ward:**

**Province:**

**Geographical Location:**

**Population:**

<table>
<thead>
<tr>
<th>AGE</th>
<th>MALE</th>
<th>FEMALE</th>
<th>TOTAL</th>
</tr>
</thead>
<tbody>
<tr>
<td>0-1</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1-5 yrs</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>6-14 yrs</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>15-45 yrs</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>45 yrs &amp; over</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>TOTALS</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Number of Families/households:**

**Clan:**

**Local festivals:**

**Housing information:**

<table>
<thead>
<tr>
<th>TYPE OF HOUSING</th>
<th>NO. OF HOUSES</th>
</tr>
</thead>
<tbody>
<tr>
<td>Made of permanent materials e.g. brick or wood, with aluminium roof</td>
<td></td>
</tr>
<tr>
<td>Made of temporary materials e.g. pit with kunai grass roof</td>
<td></td>
</tr>
<tr>
<td>Mosquito nets</td>
<td></td>
</tr>
<tr>
<td>Lighting source</td>
<td></td>
</tr>
<tr>
<td>- kero lamp</td>
<td></td>
</tr>
<tr>
<td>- solar powered lights</td>
<td></td>
</tr>
<tr>
<td>- electric lights</td>
<td></td>
</tr>
<tr>
<td>With safe water</td>
<td></td>
</tr>
<tr>
<td>Pit latrine</td>
<td></td>
</tr>
<tr>
<td>Burn/bury rubbish</td>
<td></td>
</tr>
</tbody>
</table>

**Education**

- Language/dialects spoken
- How far to the nearest school
  - Elementary school (Grade 1-2)
  - Community school (Grade 3-8)
  - Secondary school (Grade 9-12)

<table>
<thead>
<tr>
<th>LITERACY LEVEL</th>
<th>MALE</th>
<th>FEMALE</th>
<th>TOTAL</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cannot read or write (Illiterate)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Can read or write (Semi-literate)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Completed Grade 6 (Literate)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Completed Grade 10</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>How many children are currently going to school?</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Totals</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
RELIGION:
- What religious groups do people belong to?

ECONOMY:
- Main occupations of people
- Main source of income
- Type of animals raised
  - For food
  - For income generation
- Other income generating activities
- Market
  - When held?
  - Where held?

HEALTH:
- Common illnesses
  - What are the common illnesses?
  - How many newborn babies died last year? Why did they die?
  - How many small children died last year? Why did they die?
  - How many mothers died last year? Why did they die?
  - How many pregnant women died last year? Why did they die?
- Health facility
  - Where do people go when they are sick?
  - Where is the nearest health facility? Type of facility?
  - What kind of health workers work at the health facility?
- Local beliefs and customs
  - What do people believe causes sickness? Death?
  - Are there any taboos for when you are sick?
  - What are the taboos for pregnant or breast feeding women?
  - Where do mothers go when it is time to give birth?
5.2 Income and Expenditure Plan

<table>
<thead>
<tr>
<th>INCOME</th>
<th>AMOUNT</th>
<th>EXPENDITURE</th>
<th>AMOUNT</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bal. b/f from</td>
<td></td>
<td>Tools</td>
<td></td>
</tr>
<tr>
<td>Village Head Tax</td>
<td></td>
<td>Lawn Mower</td>
<td></td>
</tr>
<tr>
<td>Sales of Vanilla</td>
<td></td>
<td>Stationery</td>
<td></td>
</tr>
<tr>
<td>Sales of Chicken</td>
<td></td>
<td>Transport</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Housing Services</td>
<td></td>
</tr>
<tr>
<td>Balance Short Fall</td>
<td></td>
<td>Water Supply</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Planning Office</td>
<td></td>
</tr>
</tbody>
</table>
### 5.3 VHD Kes Buk

<table>
<thead>
<tr>
<th>Plies:</th>
<th>LLG:</th>
<th>Distrik:</th>
<th>BALANCE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Deit</td>
<td>Wanem</td>
<td>Ref</td>
<td>Total In</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
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<td></td>
<td></td>
<td></td>
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</table>
### 5.4 Moni Ripot

Moni ripot bai luk olsem igat 2-pela kain wei youken raitum ripot

**FORMAT 1**

<table>
<thead>
<tr>
<th>Lokal Sios</th>
<th>Fainens Ripot bilong Mun</th>
<th>inap long</th>
<th>2017</th>
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</table>

**MONI IN (INCOME)**

<table>
<thead>
<tr>
<th>Item</th>
<th>Amount</th>
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<tbody>
<tr>
<td>BAL B/F</td>
<td>K</td>
</tr>
<tr>
<td>Sandeig Ofa</td>
<td>K</td>
</tr>
<tr>
<td>Giving Plen</td>
<td>K</td>
</tr>
<tr>
<td>Fan Reising</td>
<td>K</td>
</tr>
<tr>
<td>Tenks Giving</td>
<td>K</td>
</tr>
<tr>
<td>Givs/Presens</td>
<td>K</td>
</tr>
<tr>
<td>Arapela</td>
<td>K</td>
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</tbody>
</table>

**MONI AUT (EXPENSES)**

<table>
<thead>
<tr>
<th>Item</th>
<th>Amount</th>
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<tbody>
<tr>
<td>Building</td>
<td>K</td>
</tr>
<tr>
<td>Fuel/Oil</td>
<td>K</td>
</tr>
<tr>
<td>Stesineri</td>
<td>K</td>
</tr>
<tr>
<td>Pei</td>
<td>K</td>
</tr>
<tr>
<td>Transport</td>
<td>K</td>
</tr>
<tr>
<td>Arapela</td>
<td>K</td>
</tr>
</tbody>
</table>

Balens istap nau long | 2017   |

**FORMAT 2**

<table>
<thead>
<tr>
<th>Lokal Sios</th>
<th>Finans Ripot long mun</th>
<th>inap long</th>
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</tr>
</thead>
</table>

**MONI IKAM IN (INCOME)**

<table>
<thead>
<tr>
<th>Item</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bal b/f</td>
<td>K</td>
</tr>
<tr>
<td>Total moni in</td>
<td>K</td>
</tr>
<tr>
<td>Total moni aut</td>
<td>K</td>
</tr>
<tr>
<td>Balens istap nau long</td>
<td>2017</td>
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</table>

**SAMARI BILONG MONI IN NA MONI AUT**

<table>
<thead>
<tr>
<th>Moni in</th>
<th>Moni Aut</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bal b/f</td>
<td>K</td>
</tr>
<tr>
<td>Sandeig Ofa</td>
<td>K</td>
</tr>
<tr>
<td>Giving Plen</td>
<td>K</td>
</tr>
<tr>
<td>Fan Reising</td>
<td>K</td>
</tr>
<tr>
<td>Tenks giving</td>
<td>K</td>
</tr>
<tr>
<td>Givs/Presents</td>
<td>K</td>
</tr>
<tr>
<td>Arapela</td>
<td>K</td>
</tr>
</tbody>
</table>

Balens istap nau long | 2017   |
5.5 Vision for New Village Settings