



Faculty of Medicine and Health Sciences
HEALTH PROMOTION – KAMPUNG SOLOB, SIPITANG
SESSION 2015/2016 (EC1773)

GROUP 4 "Gold is Health"

DATE: 24th August 2015 to 2nd September 2015

SUPERVISOR: Dr Wan Salman Wan Saudi

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1.2 Summary of Health Promotion

Our group 10 that consist of 9 first year medical students and 4 second year nursing students done our health promotion in the Kampung Solob, Sipitang from 24th August 2016 until 2nd September 2016.

We have came up with our slogan "Gold is Health" that indicate the value of healthiness in life, which should be cherished by every people who still have the chance to live this life without any sickness and problems related to their health.

Starting from the first day we arrived, we have invited all the villagers to join and participate all the activities we have planned during this 10 days health promotion. The first activity that we have done is the opening ceremony for this Health Promotion that was held on the morning of the second day.

During our stay in the village, we also done our rapid rural appraisal (RRA) to get general overview about the region and health problems and then we can find some ways and took actions regarding these problems and to promote the health of the villagers. The various ways that we have done is such as:

1. Rapid rural appraisal (RRA) which includes the house to house visit, direct or field observation, key informant interview, individual interview, group meeting interview and discussion, health screening and also the social mapping.
- 2, Health education and health awareness by means of the exhibition, talk, indoor and outdoor activities that have been participated by all the villagers from various age groups.
3. Nutritional modification. For instance, talk on healthy diet and food pyramid and some of the instance healthy menu that is affordable and can be prepared by the villagers.
4. Lifestyle and behavioral changes. For example, exhibition and talk for smoking and alcohol, the ways to stop smoking and consuming alcohol.
5. Motivational activities. We also give motivation talk for the school children and we focus on the standard 6 that will have their UPSR exam.

