An Intervention Study: Tsholotsho District, Matabeleland North

INTRODUCTION:
This intervention study forms part of a larger report of a Health Education, Sanitation and Nutrition Programme that took place in three Districts of Matabeleland North Province, Zimbabwe. The study was carried out in the Tsholotsho District of Matabeleland North Province. A Community Health Club was established in each of the three areas. I was in Tsholotsho District that the community was involved in the Health Clubs and the greatly improved health indicators and behaviour change were exceptionally high. The study was conducted in the second year of the project and the findings were a basis for decisions on sanitation and hygiene adherence to recommended hygiene practices. The data for the survey were collected in the second year of the project.

METHOD:
Study Type: Intervention Study
Sampling Method used: Two-stage random sample
Examination: Two trained local health workers
Population: 2,595 club members; 32 clubs
Place: 32 Communal Areas
Control: 40 non members from non project areas
Sample Size: 1,5 years after project

RESULTS:
The hygiene practices of Community Health Club members have been significantly improved as a result of the health education and hygiene promotion interventions that have been placed in the project areas.

The Club Health Strategy has produced a high demand for sanitation.

Using proxy indicators of hygiene proven to reduce diarrhoea, we can assume that the activities of the Community Health Clubs will reduce child mortality and mortality.

The Community Health Club Strategy is a cost effective method of improving family health

CONCLUSION:
Rural Communities are not at all ‘resistant to change’ but they require an appropriate training strategy of positive behaviour change to be achieved and sustained.

Health promotion is the most appropriate step这篇论文的内容主要是对津巴布韦马贝莱兰北部地区的卫生俱乐部策略进行的干预研究。研究发现，卫生俱乐部的成员在卫生习惯和健康指标上有了显著的改善。文章总结了卫生俱乐部策略的实施效果，并提出健康促进是实现健康改善的最佳途径。