

EVALUATION REPORT ON REGENERATIVE HEALTH AND NUTRITION TRAINING PROGRAMME ORGANIZED AT DARMAN AHUNTEM, EASTERN REGION FROM 5TH-8TH FEBRUARY, 2008

INTRODUCTION

The Regenerative and Nutrition Training Program organized at Darman Ahuntem started from the 5th-8th February 2008.

This programme was sensitize participants who were mostly chiefs and queen mothers from and around communities like Darman Ahuntem, Ahwerase, Anoff and Adoagyiri on the benefits of healthy lifestyle, mother and child health and regenerative nutrition (thus the consumption of water, fruits and vegetables).

At the end of the programme participants were evaluated on what they had learnt from the training programme and on how beneficial it would be to them and their families.

OBJECTIVE

- To train about 70 chiefs and queen mothers and 50 other participants to become change agents and advocates for RHN.
- Serve as a platform for the commencement of subsequent training programs

EXPECTED OUTCOME

- To train 50 RHN advocates and change agents in the district
- To sensitize people in the district through “walk for life” activity
- Over 70 traditional rulers would have been trained to serve as channels for RHN
- To serve as a platform for the execution of the second phase of RHNP training

METHODOLOGY

Questionnaires were distributed to participants to ascertain their views and comments of the training and also assess the organization of the programme. Random Sampling was used to select 30 questionnaires to be analyzed using the Statistical Package for Social Sciences (SPSS).

RESULTS

Darman Ahuntem

ORGANIZATION OF THE PROGRAMME

In Darman Ahuntem 60 questionnaires were administered but 30 were analyzed through random sampling method and the results are as follows,

- 30% representing 9 of the participants rated the programme as excellent
- While 56.7% representing 17 of the participants rated the programme as very good and
- 4 participants representing 13.3% rated the programme as been satisfactory

From this it is clear that most of the participants (86.7%) felt that the organization of the training programme was at its best.

PREFERED COMPONENT OF THE PROGRAMME

It is evident from the analysis that participants had their preferred choice of the three components of the training. The results exemplify that

- Healthy lifestyle is the number one preferred choice of the training programme by the participants and this is represented by 40% of the people
- 8% of the participants liked the regenerative nutrition as their second preferred choice of the programme
- Only 7% of the participants rated mother and child health as a preferred choice

Hence it can be deduced that the exercises and lectures that were given on hygiene has gone a long way to motivate the people and thus I think they would make conscious effort to continue what has been started.

DISSEMINATION OF INFORMATION

When participants were asked how they intend to sensitize and orientate others about what they had learnt,

- 6.7% representing 2 of the participants said they were going to talk about the messages they've learnt in their respective churches
- 13.3% representing 4 of the participants said they were going to use the handouts that were given out as a tool in teaching others about the good news they have heard
- 10% of the participants said that they were going to talk about RHN at the O.P.Ds so that most patients can know about the programme and its benefits and another 10% said they would organize health talks in their various communities for their youths.
- However 33.3% representing 10 of the participants did not have definite answers or did not understand the question and hence their inability to provide any answer.

SUGGESTIONS FOR IMPROVEMENT OF THE TRAINING PROGRAMME

When participants were requested to suggest how the training could be improved

- 16.7% representing 5 of the participants suggested that the programme was a good one and that it should be extended to all parts of the country so that the rate of disease can reduce in Ghana.
- 10% representing 3 of the participants suggested that most aspect of the programme should be practical or demonstrational.
- Another 13% comprising 4 of the participants suggested that the training programme should be periodic and the time allotted for the training should be extended.
- Some suggested that the training should receive assistance from the government, NGOs and companies since it was very good and also others suggested that after the programme participants must be tested on the training programme
- 5 of the participants did not respond to the question.

GENERAL COMMENTS ABOUT THE TRAINING

- 30% of the participants recommended that the training programme should be extended to all parts of the country
- 6.7% representing two of the participants requested that more handouts should be made available to participants so as to serve as a source of reference
- Another 6.7% representing two of the participants said that the training programme was well organized
- 40% representing 12 of the participants did not comment on the question or did not have a definite answer

CONCLUSIONS

I would say that all the thirty sampled people felt that the programme was successful and that a re-organization of the RHN programme in the future in the same community will go a long way to reinforce what they had learnt and also serve as a reminder for them.

Most of the participants wish that on the next assignment, the training duration should be at least 3-4 days so that participants can digest whatever they've been taught.