

THE REGENERATIVE HEALTH PROJECT

TRAINING PROGRAMME

VENUE: Hohoe; Volta Region

DURATION: 22nd February to 2nd March; 2007

TABLE OF CONTENTS

CHAPTER		PAGE
1.0	INTRODUCTION	
2.0	OBJECTIVE	
3.0	EXPECTED OUTCOME	
4.0	METHODOLOGY	
5.0	PRESENTATION AND OTHER ACTIVITIES	
6.0	CONCLUSION	
APPENDIXES		
APPENDIX I	SCHEDULE FOR THE HOHOE REGENERATIVE HEALTH PROGRAMME	
APPENDIX II	LIST OF PARTICIPANTS OF THE HOHOE REGENERATIVE HEALTH WORKSHOP	3

APPENDIX III PARTICIPANTS OF STAKEHOLDER'S MEETING

1.0 EXECUTIVE SUMMARY

The Hohoe district of the Volta Region was the fourth satellite location for the Regenerative Health and Nutrition Training Programme. The opening ceremony of the Hohoe training programme held on 22nd March 2007 coincided with the closing ceremony of the Birim-South District training programme at Akim Oda. It was organized by the Ministry of Health and facilitated by the African-Hebrew Development Agency (ADHA) of the Village of Peace, Dimona, Israel.

There was an elaborate community sensitization programme which included meetings with traditional rulers, District Assembly officials, personnel of Ministries, Departments and Agencies (MDAs) and opinion leaders. There were outreach programmes to religious organizations, schools and health facilities. The 'health walk' in Hohoe was climaxed with sporting activities which had some second cycle schools in the district participating. Facilitators and organizers had excursions to health-enhancing tourist locations. There was also a durbar with the chief and people of Bowiri Amanfrom, a predominant 'spice growing' community in the Hohoe district.

Eminent personalities who graced the programme included the Hon. Minister of Health; Major (Rtd.) E. K. Quarshigah, Prince Immanuel of AHDA, Togbega Gabusu; president of the Volta Regional House of Chiefs and Paramount Chief of the Gbi Traditional Area, the Paramount Chief of Alavanyo; Togbega Atakora, Chiefs and Queen Mothers of various communities in Hohoe and surrounding towns, the District Chief Executive of Hohoe, Hon. John Peter Amewu, the District Director of Health services, Dr. Ahedor and several opinion leaders.

The training workshop covered the Lifestyle, Maternal and Child Health and Nutrition modules. There were cooking demonstration sessions where trainees learnt and had hands-on training in the preparation of various vegetarian dishes with locally available ingredients. They also learnt the culinary and therapeutic uses of many spices and herbs grown in the locality. There was pre-training evaluation to assess the health literacy of participants. Manuals were also provided for them on the first day of the training workshop so that references could be made when applicable during lessons for convenience.

English was translated into Ewe; the local dialect of the community to make communication effective. Trainees were relatively punctual and contributed actively during lessons. These measures enhanced and simplified lessons. Participants were provided with customized Regenerative Health T-shirts which they wore to the closeout luncheon at the end of the training programme where they were presented with certificates of participation. The district's Regenerative Health and Nutrition planning committee was also inaugurated.

2.0 OBJECTIVE

The training programme was to provide the trainees with information on issues of Regenerative Health and Nutrition and to equip them with skills to become change agent in their communities.

3.0 EXPECTED OUTCOME

- Seventy seven persons were trained as RHNP change agents and advocates
- These seventy seven persons are to train another 1000 persons as change agents in communities across the district
- Approximately 154,000 inhabitants (2000 population census) of the Hohoe District to be sensitized on Regenerative Health and Nutrition.

4.0 METHODOLOGY

The five-day training programme involved three modules; the Lifestyle, Maternal and Child Health and Nutrition. Participants were trained in all modules. There was an early morning walk dubbed “walk for life” on Saturday 24th February 2007 and a luncheon held to close the training sessions on 2nd February 2007. Trainees were evaluated by administering questionnaires before and after the training workshop and results obtained were collated.

5.0 PRESENTATIONS AND OTHER ACTIVITIES

PRE-TRAINING ACTIVITIES

DAY 1 TO 4: COMMUNITY SENSITIZATION

The training workshop was preceded with a community sensitization programme. Activities lined up involved the participation of the inhabitants

of the district and achieved massive support and publicity for the Regenerative Health programme. On 23rd February 2007, there was a meeting of the Regenerative health and Nutrition team with over 200 opinion leaders including 50 assembly men, 38 chiefs and queen mothers of the various traditional areas in the Hohoe district and 28 heads of departments. This was to brief them on the purpose of the programme. There were afterwards, film shows on healthy eating for the general public.

Some organized groups within Hohoe joined the Regenerative Health team in the early morning health walk dubbed 'walk for life' on 24th February 2007. This was followed by aerobics with Sah Eliahoo of AHDA as instructor. Sporting activities, including a football gala which attracted a large crowd of supporters, came off that afternoon. Deserving teams from the Likpe Secondary school and Saint Agatha's Commercial School (Sagasco) were presented with a Regenerative Health branded plaque each.

An Outreach programme by the Regenerative health team to churches in Hohoe took place on Sunday, 25th February 2007. The members of the various churches visited obtained first-hand information from the Regenerative Health and Nutrition team while they gave suggestions on health issues and had their questions answered by the team. Three mosques in Hohoe were also visited by the team on Friday, 2nd February 2007. The messages delivered centered on healthy nutrition, environmental cleanliness and personal hygiene with emphasis on hand washing.

DAY 4: 26th February; 2007
OPENING PROGRAMME
Venue: Matvin hotel, Hohoe

The opening programme was graced with the presence of the Hon. Minister of Health; Major (Rtd) E. K. Quarshigah, the Paramount chief of Alavanyo and Chairman of the ceremony, Togbega Tsege Attakora, Prince Immanuel of AHDA, traditional leaders, the District Chief Executive; Hon. John Peter Amewu and district assembly members. Health officials present were Dr. Frank Nyonator, director of PPME; Ghana Health Service, the District Director of health services, Dr. Frank Ahedor and representatives of the regional and district health directorate. Also present were prospective trainees of the programme.

The chairman, Togbega Tsege Attakora, thanked the organizers and commended the DCE for his dynamism which has attracted programmes such as the Regenerative Health to be hosted by the district. The District Chief Executive, Hon John peter Amewu presented the welcome address. He welcomed the Hon. Minister of Health and participants to the function. He expressed his appreciation to the organizers for giving his district the privilege to host the programme. He announced that Hohoe produces a lot of agricultural commodities especially fruits for export and from records, is the largest producer of Mangoes in Ghana. He was delighted that his district is to benefit from the Millennium Challenge Account with funds earmarked for fruit production.

Dr Ahedor the District Director of Health service in his address to the gathering welcomed the Hon. Minister of Health. He expressed his belief that it was the Hon. Minister's bidding that Hohoe be chosen a satellite district for the Regenerative Health project. He lauded the concept of Preventive Health as a Public Health intervention for providing good health to the populace. Dr Ahedor observed that when Public Health measures fail, the clinicians are put under pressure to provide cure. He enumerated some preventive health practices essential for good health as physical exercise, nutrition and excellent environmental sanitation.

He therefore urged participants of the training programme to help effect the necessary change in the health status of the people through advocacy. He emphasized that health is wealth. Dr. Frank Nyonator, Director, PPME, Ghana Health Service urged his colleague health workers to play their role in providing health information to people. He noted that these concepts have been known and practiced since time immemorial and should be re-visited. He emphasized that health should be produced by the individual, household and community and not by health facilities in conformity with the new policy shift. He therefore charged everyone to take their health status into their own hands.

Prince Immanuel of AHDA recounted the significant health improvement made since the community of Dimona was founded. He commended the Hon. Minister of Health, Major (Rtd.) E.K. Quarshigah for his visionary leadership to steer the nation towards good health. He noted that the Hon. Minister of Health was investing into the future of Ghana at present by sharing health-promotion ideals with the people. He prayed that by Ghana's centenary, Ghanaians would be healthier and stronger.

The gathering was entertained with drama on the benefits of healthy living by the Regen club of Sagasco. Hohoe.

Launching of the Hohoe training programme

The Hohoe training programme was officially launched by the Hon. Minister of Health, Major (Rtd) E. K. Quarshigah. He commended the drama group for the act. In his address, he attached a lot of importance to the role of advocacy to Preventive Health. He observed that health, like law is appreciated when one conflicts with it. One appreciates good health only when he is sick. The president's vision of increasing the nation's per-capita to \$1000 by 2015 has steered every Ministry to work to attain it. The slogan "creating wealth through health" was therefore coined by the Ministry of Health from the president's vision.

The Hon. Minister of Health informed the gathering that nation's wealth is measured by the collective contribution of each individual. Natural resources are exploited to produce wealth with human effort. In the absence of natural resources however; intelligent and productive human resource alone has the potential of creating wealth.

He exemplified this assertion with economic development in Singapore, which has no natural resources but is one of the cleanest nations in the world and thus collects much revenue from tourism. He also discussed the progressive pace of development of nations such as Israel and Malaysia which had independence around the same time as Ghana. He thought it appropriate to compare Ghana's economic development with theirs' instead of with our African neighbours who attained independence later.

Israel, according to the Hon. Minister of Health is a nation which has deserts converted to farmland with human capital. Cosmetic products are also extracted from the Dead Sea. These accomplishments are however achievable with healthy and active human capital with high life expectancy. The Hon. Minister of Health on that note condemned the pollution of River Dayi which flows through the Hohoe district to Togo.

He mentioned that development of intelligent human capital begins with feeding children nutritious diet. Lifestyle diseases are imported from copying foreign culture and cost the nation to lose its wealth. He advised

that subjects that enhance health awareness be incorporated into schools' curricula to teach the younger generation to produce wealth for Ghana's future. Bad lifestyle practices degenerate the health of individuals over the years it is practiced and thus it is important to regenerate one's health. The Hon. Minister described Dimona as a miracle in a desert and has therefore advised the Health team to work with their Ghanaian counterparts to train change agents in healthy living in Ghana.

The Chairman, Togbe Atakora, delivering his closing remarks, admonished participants to note that visiting tourist sites ensure relaxation and promotes good health. Hohoe's tourist sites should therefore be protected and maintained for this purpose. In this vein he also admonished the DCE to enforce measures to protect the Dayi River which is also a source of drinking water for the district. He charged participants to remember the Minister's advise on becoming health advocates to make Hohoe the epic centre of health evolution.

There was as exhibition of local fruits grown in Hohoe to the gathering after the opening ceremony. These included mangoes, oranges bananas and avocados.

The technical session continued after the opening ceremony with self-introduction of participants of the training workshop. Prince Immanuel of AHDA presented an overview of the Regenerative Health Programme. He introduced trainees to the three modules; Nutrition, Maternal and Child Health and Lifestyle. He emphasized that the programme was practical and requires trainees to practice lessons to personally improve upon their health.

Healthy lifestyle session

Minister Eliahoo, a healthy lifestyle specialist of AHDA introduced the healthy lifestyle component as a way of life that prevents people from getting sick. He then introduced trainees to the concept of people-to-people ecology and the development of a positive mental attitude to foster good health. He then took participants through some stretching exercises.

Maternal and Child Health session

Sister Yadinah of the Maternal and Child Health team continued with a lesson on the importance of a positive state of mind of a pregnant mother for child development. When a baby develops defects due to exposure to harsh

external sounds it is said to be 'marked'. Mothers and fathers should therefore create a peaceful environment for the unborn child.

Nutrition Session

Mrs. Ruby Dovlo gave a presentation on food combination. She advised participants to consider the nutrient content of food before consumption to make sure the body has its adequate nutritional requirement.

Cooking Demonstration

There was a cooking demonstration on the preparation of Tofu and soymilk from soybeans with Nathan of the Nutrition Team. He taught participants to creatively prepare various dishes with soybeans.

DAY 5: 27th February; 2007

TRAINING SESSION

Venue: Matvin hotel, Hohoe

Mr. Kofi Adusei moderated the day's programme. He began with a recapitulation of the previous day's lessons. He encouraged participants to practice the lessons to regenerate their health.

Healthy lifestyle/ Pre-natal and post-natal Exercises

Sah Eliahoo took participants through stretching and deep breathing exercises and aerobics. These exercises, according to him, enhanced youthfulness and retarded aging. He advised that one should exercise at least thrice per week for not less than 30 minutes. Sister Yadinah then demonstrated some pre-natal and post-natal exercises and led participants to practice some of them. These should be practiced 40 days after delivery of a male child and 80 days for a female child to ensure that the body heals properly after child birth. Husbands were urged to encourage their wives to exercise to maintain their shapes after delivery.

Questions were asked after this session on whether it was advisable for Hypertensive people to practice aerobics. This was advisable if only it would be done at a slow pace and for shorter periods. Questions were also asked on whether a mother can exercise after delivery by Caesarean section. This was permitted after a year or when the mother had totally healed.

Nutrition Session

There was a presentation on weight management by Dr. Anim and sister Tovliah both of AHDA. They introduced participants to the BMI concept and how to employ the BMI chart in weight management. They also outlined some “diseases of choice” caused by unhealthy eating and hazards of being overweight. Sister Roeyah of AHDA talked on the importance of water for the maintenance of good health. She advised participants to drink water of room temperature as cold water shocks the body and also eat a lot of fruits to enhance free bowel movements to expel wastes. Some facts about the adverse effects of soft drinks to good health were also enumerated.

Questions were posed on if it was acceptable to give babies water. Babies were to be given water only after they are 6 months old or after weaning as they obtain enough water from breast milk.

Maternal and Child health Session

Sister Yadinah of AHDA demonstrated and then led participants to practice deep breathing exercises. She stated that these were exercises of the mind. Participants were treated to slow music and made to focus on their breathing with eyes closed to control the body and relieve pain. This was to be employed for an easy delivery and also to relieve headaches, bodily pain and as a sleep inducer. Midwives were urged to teach mothers to practice it at delivery.

Cooking Demonstration

Participants were taught the nutritional advantage of sprouting grains. In addition to making them soft and chewable, this also made vitamins available for digestion. Mr. Nathan of the nutrition team exhibited some food preserved by drying and taught participants simple methods of food preservation.

DAY 6: 28th February; 2007
TRAINING SESSION
Venue: Matvin hotel, Hohoe

Mr. Kofi Adusei started the day's programme with a recapitulation of the previous day's lessons. He asked participants to suggest ways by which they would impact on their communities as change agents. Participants answered that they would serve as advocates and also practice lessons learnt for members of their communities to emulate.

Healthy lifestyle session

Sister Tovliah and Dr. Anim of AHDA treated personal hygiene with emphasis on skin care. The skin is considered the largest eliminatory organ. Diseases of the internal organs may also show up as blemishes on the skin. The skin must therefore be washed to remove oils and dirt accumulated on it. The use of Bath nets and sponges for baths were encouraged as they thoroughly remove dirt as well as aid in blood circulation of the skin. Hands should also be washed regularly to reduce risk of infection. Dr Anim also

encouraged the use of natural soaps and deodorants which only neutralize body odour but does not inhibit sweating and waste elimination.

Dr. Anim continued with a presentation on menstrual hygiene. She advised the menstruating woman to be relieved of her normal duties and made to rest to heal her body. The menstruation woman should also avoid using public facilities. Dr. Anim recommended that cotton based pads be used during menstruation. Tampons which contain asbestos may break off into the uterus causing excessive bleeding and other complications.

Sah Eliahoo talked on internal cleansing. This is essential to rid the intestines of poisons which could be reabsorbed and could be done through fasting, use of laxatives or by administering an enema. This is recommended to be practiced according to seasonal changes, during a fever, constipation or when rashes break out on skin. Excessive use of the enema however affects the normal function of the intestine.

Sah Eliahoo continued with a presentation on environmental cleanliness. He outlined some essential components of a clean environment. These included a source of portable water and waste disposal facilities to eliminate breeding places for pests. He advised that nets be used to screen mosquitoes out in malaria endemic areas as malaria happens to be a killer-disease in our part of the world.

Mr. Kofi Adusei, the Regenerative Health and Nutrition Project Manager then presented an overview of the programme. He stated that it was the government's intervention to ensure human capital development of the nation since good health is the underlying factor to achieve this. He enumerated some disease plaguing Ghanaians and some contributory environmental factors and common practices of individuals. He asserted that the increased spate of disability is a result of poor Maternal and Child healthcare. The Regenerative Health programme is thus to inform Ghanaians adequately on measures to restore their health from a state of degeneration to regeneration. He defined regeneration as a process of rejuvenation or giving an individual the strength to continue living. Mr. Kofi Adusei thus stated the project's initiative to train change agents to provide Ghanaians with reliable health information. The project had components which included training, advocacy and communication, influencing health delivery service and provision of Regenerative Health and Nutrition service centres. These are aimed at freeing national resources otherwise expended on the health sector for development. Mr. Adusei displayed for the benefit of participants, a diagram of the Regenerative Health Cycle. He stated that a District

Regenerative Health Planning committee would be formed to ensure that a sustainable health programme is developed for the community

Questions posed by participants after the presentation were on inadequate health education in schools. A retired district education officer among the trainees expressed concerns that because physical Education was not examinable in basic and second cycle schools, it was not being practiced. He thus appealed for its strict enforcement in the schools' curricula not only for its health benefits but also for identification and training of sports talents of the youth for future occupations. Mr. Adusei also informed participants of the project's collaboration with the on-going School Feeding programme by the Ministry of Education. A participant commended the organizers of the project for its practicalities in providing fruits for snack and healthy vegetarian meals. She however appealed for the provision of running water or similar hand washing facilities such as the Veronica bucket. This suggestion was welcome and noted for implementation by the organizers.

Maternal and Child health session

There was a demonstration of prenatal massage of a pregnant woman. This was recommended for the fourth month of pregnancy. This involved rubbing the stomach of the woman very lightly from the sides to soothe stretching due to the growth of the baby.

She should preferably be in a comfortable sitting position or lying backwards. This also eases lower back pain from the pressure in the uterus.

Nutrition Session

Sister Eliyah of AHDA talked on sanitation and maintenance of the kitchen. The kitchen must be well lighted and ventilated. Utensils should be kept clean and orderly. She also suggested to participants some methods of preserving perishable foods in the kitchen. Aturah Roeyah continued the session with a presentation on feeding the family. She asked participants to be conscious of the nutritional requirements of the various members of the family with regards to the kinds and amounts of food to be given. She suggested some local foods appropriate for breakfast, lunch and supper and also taught participants to prepare simple baby food. Aturah Roeyah

emphasized the importance of eating fruits and fresh vegetables as digestive aids.

Cooking Demonstration

Participants were taught to extract gluten, the protein component of whole wheat flour and to use it as meat substitutes. They afterwards made khebabs out of it.

DAY 7: 29th February; 2007
TRAINING SESSION
Venue: Matvin hotel, Hohoe

Mr. Adusei moderated the day's programme with a recapitulation of the previous day's lessons. He encouraged participants to eat a lot of plant based foods for longevity. Some participants shared personal health experiences and benefits of lifestyle change.

Maternal and Child Health Session

Aturah Yadinah gave a presentation on breast care. She demonstrated breast massage in preparation for breastfeeding. This is to toughen the nipple and prevent engorgement. She presented a diagrammatic illustration of the breast to show the pathway of the flow of breast milk to the nipple to give participants an insight into the science of the psychological effect of let-down-reflex in brain to breast milk production. She advised mothers to be mindful of drugs as these could be passed out through breast milk. She demonstrated the correct posture for breastfeeding and simple treatments for minor breast discomforts. There was also a presentation of a full body massage with emphasis on massage of the lumbar region to relieve back

pain. The foot is also considered an important region for massage because every organ of the body is connected to it. Full body massage for therapeutic purposes was not advisable for pregnant women as it could precipitate miscarriage. Pregnant women should only be given a soothing massage. There was afterwards a presentation on perineal massage during child birth to enhance smooth delivery and prevent tears and ruptures.

Questions arising after the presentation bordered on late lactation. Mothers should consume a lot of fluids to enhance breast milk production. They should also rely on breast massage for efficient breast milk circulation.

Sister Adinah of AHDA gave a presentation on antenatal hygiene. She recommended that mothers have emesis baths which involved pouring warm water over vaginal areas to soothe and heal. Mothers should be thoroughly checked for cuts especially after an episiotomy. It is recommended that mothers increase their dietary Vitamin A intake through foods like carrots and parsley.

Sister Adinah stated that it was unacceptable for mothers to sit in warm water to soothe vaginal discomforts since bacteria could be transferred from the anal area. There was then a presentation on child care. Participants were taught how to treat the naval stump and other remedies for minor baby discomforts. Mothers are however to seek medical assistance if any abnormalities in babies' development are observed. This presentation was followed by a demonstration of the baby massage technique. Baby massage is necessary to soothe and comfort a fretting baby as well as to foster bonding with the parents.

Healthy Lifestyle session

Rofah Anim discussed the effects of modern fashion trends on health. Topics considered included the use of synthetic fabrics, chemical treatment of hair, bleaching of skin and the effects of wearing high heeled shoes. Synthetic fabrics irritate the skin because they are not porous to allow adequate aeration. They are also not absorbent to allow evaporation of sweat from the skin. The flame test to distinguish between natural and synthetic fabrics was demonstrated. Whereas natural fabrics smoke and char on burning, synthetic fabrics shrink and melt. This could cause severe burns to an individual wearing synthetic fabric in a fire accident. Chemical treatment of hair damages the hair and causes other adverse long term health effects.

Women were thus encouraged to wear their natural hair in creative styles some of which were displayed. Bleaching creams contain caustic substances which wear away the skin and thin it up. Injuries do not heal and the skin is scarred for life. High heeled shoes throw the body's posture off balance and causes sore feet. It could also cause retroversion of the uterus and other female reproductive abnormalities. Wearing tightly fitting clothes is discouraged because they constrict blood vessels and impede blood flow causing varicose veins. Bikini pants also rub against the skin and prevent aeration. This could also cause urinary tract infections.

Sah Eliahoo continued the lifestyle session with the topic: Traditional culture versus hip-hop culture. He defined culture as perpetual trademarks by which a people can be identified. The culture of one's past, present and future defines a people. Good culture is thus a standard that guides a nation. He termed borrowed culture as hip-hop/ hip-life. It proliferates a way of thinking that condones disrespect for elders, women and over sexuality. It also encourages self-destructive lifestyles such as alcoholism, gangsterism and drug abuse.

The invasion of negative culture is against a people and does not reflect a positive way of life. When one takes on hip-hop culture, he adopts a different mentality and spirit.

Minister Eliahoo defined positive sounds as words, music and poetry which have a beneficial and nurturing effect on the mind consciously or unconsciously. Endorphins released from brains when waves have a comfortable and smooth flow heal body organs. Soft sounds therefore have a far-reaching and hypnotic effect on the brain and stimulate the release of endorphins. Good culture is thus healing and preventive.

INTRA-TRAINING ACTIVITIES

Nutrition Specialists of the Regenerative Health Team consulted with the matrons and headmaster of some first cycle institutions in the Hohoe District who benefited from the School feeding programme on 27th February 2007. These are Wli Agorviefe D.A primary school and St. Francis primary school which together have a total number of 642 children being fed per day. The team took the opportunity to examine if the menu and the sanitation of the kitchen facilities and canteens are in conformity with acceptable health standards. It was observed that fruits and vegetables included in meals served to the school children were inadequate. Sanitary conditions of canteens were also not satisfactory. Mrs. Hannah Adjei of the nutrition team advised on the improvement of sanitation in the kitchens. She asked matrons to fortify foods with soy products and serve fruits to the pupils at least twice a week. The team afterwards made a presentation of plastic cups and bowls to the schools. The Maternal and Child Health Specialists similarly visited a child welfare centre in Hohoe where they observed the routine infant weighing. They acquainted themselves with the staff and mothers present and shared with them some nutritional information for baby development. They also demonstrated to them the baby massage technique. The Maternal and Child Health team found infant weighing effective for monitoring the growth of babies but observed that the clinic was understaffed.

The Paramount Chief, Nana Adom IV and people of Bowiri Amanfro, a farming community within the Jasikan District near Hohoe hosted the Regenerative Health team to a durbar on 2nd February 2007. There was an exhibition various food stuff grown in the locality. Spices, which was the main agricultural commodity of the community on display included cloves, peppercorn and a species of Quinine used as local remedy for stomachache. Dr. Addae-Mununkum of the Regenerative Health Team took samples of the Quinine fruit to research on its curative components. There were a variety of fruits which included bananas, pineapples and avocados. Mr. Nathan, a nutrition specialist shared some information on the curative properties of some spices and fruits exhibited. Also on display was brown rice, a staple food of the locality and some savory dishes prepared from it. The Regenerative Health team was entertained to a cultural display on the migration and settlement of the founders of the community to the delight of the AHDA members.

Nana Adom IV, the Paramount chief of the community and the chairman of the occasion, in his address, commended the Israeli team of AHDA for their health initiative and for their visit to Ghana. He commented that Ghana had to learn some lessons from Israel to enhance her development.

Mr. Kofi Adusei, the project Manager, expressed his profound appreciation to the Chief and people of Bowiri Amanfro for their warm reception. A cash donation was made to the community to help defray the cost they incurred in organizing the durbar.

RECREATION

The Regenerative Health team took the opportunity to visit within the Hohoe district, the Wli water falls and Mountain Afadjato; which stands about 2,900 feet above sea level. At Wli, the team trekked over a distance of 3km, and crossed ten bridges through the forest to the waterfall where they were soothed by the magnificent sight. Some members on the team also managed to climb to the peak of Afadjato, which stands as the highest point of Ghana.

DAY 8: 1st March; 2007
CLOSING SESSION
Venue: Matvin hotel, Hohoe

A trip was organized to the Hohoe market where the nutrition team gave trainees practical know-how on how to select wholesome food stuff for their optimum nutrition value. Vegetables should be fresh with no blemishes or spots. Spices and herbs on the market which could be used as local remedies for minor ailments were also identified. Some participants afterwards assisted in preparation of meals for the closing banquet.

Closing Ceremony

Dr. Michael Ahedor, the District Director of Health services chaired the closing ceremony. Mr. Kofi Adusei, the project Manager, presented the closing out address. He expressed his appreciation to the Hon. DCE, Mr. John Peter Amewu and the leadership of the District Assembly for their support of the programme. He stated that the Hohoe district was remarkably neat and could serve as a health model for other satellite districts of the Regenerative Health and Nutrition Project. He hoped that the district in that vein will sustain the principles and ideals of the programme.

Mr. Adusei commended the participants of the training workshop for their involvement in the programme and urged them to keep up with their enthusiasm. He likened the lessons they had learnt to a seed sown which

would require constant nurturing to ensure its growth. The District Health Planning Committee was thus to be inaugurated for the sustenance of the programme. The committee was to be constituted of personalities from the political front, Ministries, Departments and Agencies (MDAs), Religious bodies and Non-governmental organizations. The DCE is to head the committee which is tasked with organizing health-oriented programmes for the district. Mr. Kofi Adusei commended the district for organizing Clean-up campaigns on the first Thursday of every month and challenged them to likewise set aside days for other health promotion activities such as exercise, water resource protection and preparation of healthy foods.

Mr. Adusei outlined some programs the District health planning committee is expected to undertake shortly after inauguration. These included ensuring that the school feeding programme, and feeding in secondary schools and hospitals complied with proper nutritional standards and that fruits and vegetables are included in rations.

Physical education which has declined should be strictly enforced in the curricula of first and second cycle schools of the district together with regular sports programme. Regenerative school clubs should as well be formed in these institutions. Keep fits clubs should be well organized and encouraged to promote physical fitness of the larger society. Mr. Kofi Adusei requested that the committee present an action plan for the District's programmes within a time frame of two weeks. He admonished the district health planning committee to work with change agents. He encouraged change agents to incorporate lessons learnt into their lifestyles and experience the effects to share with others. He however admitted that it was not easy to make people accept new ideas irrespective of the timeframe involved. Mr. Adusei envisaged problems likely to be encountered by change agents in reaching out to people, increasing their health literacy and changing attitudes towards improvement of health standards. He charged them not to give up and to support each other in this endeavor. Mr. Adusei declared that the closing ceremony was a symbolic closure of the training workshop of change agents but not an end to the renewal of their minds and strengths in the pursuit of a disease-free Ghana. He prayed for longevity and hoped that everybody present would be alive to celebrate Ghana's centenary by continuously regenerating their health. He promised to erect a signboard with the basic tenets of Regenerative Health as a monument symbolic of the Hon. Minister of Health's crusade for eradicating disease in Ghana. Mr. Kofi Adusei on that note declared the Regenerative Health Planning Committee Duly Inaugurated.

The DCE expressed his appreciation to the organizers of the programme for instituting the planning committee and accepted his role as chairman. He informed the gathering that the committee would work within the 13 area council zones of Hohoe. He thus appealed for the support of the participants of the training workshop in the district's programmes.

Minister Eliahoo in his address presented goodwill messages to the dignitaries present, participants of the training programme as well as to all Ghanaians on behalf of AHDA. He urged participants to use their manuals as a guide for healthy living and to cherish good health.

Two trainees volunteered to share testimonies of the benefits of the lessons with the gathering. They expressed their appreciation to the Hon. Minister of health as well as the organizers for this opportunity given them to improve upon their health.

Certificates were then presented to trainees of the workshop. These included the District Director of Health Services, Dr. Michael Ahedor and the Hon. DCE Mr. John Amewu.

The Hon. DCE in his closing address informed fellow participants that they had the choice to stay away from the hospital. This should be the rationale behind their participation in the Regenerative Health training workshop. He hoped that successive health statistics of the district would prove their competence as change agents for their communities.

The chairman of the ceremony, Dr. Ahedor finally remarked that the Regenerative Health team, with their workshop on preventive health, has propagated a big tree which should be nurtured to become established in the district. The closing ceremony was climaxed with a luncheon after which group photographs of dignitaries present, organizers and participants of the training workshop were taken.

6.0 CONCLUSION

The Hohoe training workshop was successful in training 77 persons as change agents, majority of them being health professionals (Refer to APPENDIX II)