Project of Educational Cooperation on School Health Area In Thailand
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Highland Area:
2 Schools of Hmong and Karen Village in Chiang Mai Province, Northern Thailand

Rural Area:
3 Schools of Rural Area of Ubon Rachathani Province, Northeastern Thailand
There are many contents in School Health Area

- **School Environmental Health**: Improving the school environmental condition such as toilet drinking water, pest insect, air condition classroom condition, school lunch program and so on.
- **Safety Education**: Education and practice in order to protect from accident and disaster, Provide the program for improving the danger area or place in school and school district.
- **Improving Lifestyle**: Diffusion of the control method for keeping the healthy lifestyle and growing the clean habit applying QC (Quality Control) Procedure which is commonly using Japanese business enterprise.
- **Evaluation and Improvement of Nutrition Status, Eating Habit and Growth Condition**: Evaluating of eating habit, growth status, school lunch program and Execution of their improvement program.
- **Sexual Education**: Provide education program for the knowledge, attitude and behavior related with sexual intercourse, birth control and STD including HIV/AIDS prevention
- **School Health Committee**: Cooperative activity of school health committee which is organizing from teachers, parents and resident in a community
- **School Health Statistics**: Investigate the evaluation method of the school health status in developing countries
- **Health Education**: Development of the curriculum, teaching materials.
- **Education for Teachers**: Training teachers who relates to school health
- **Health Administration**: developing the health administration system, and doing health checkup
- **Others**
We have executed 3 programs in Thailand

- **Lifestyle improving program**: Almost health problems come from lifestyle. Even in Southeast Asia, Major illness depend on lifestyle mainly. (Education to HOST)

- **Improvement of School Environmental Condition**: Children will get the clean habit based on improvement of school condition and living environment (ENVIRONMENTAL improvement)

- **Reformation of dangerous place or establishment, prevention of casualty**: Death rate by accident or poisoning is 9.6 times of that by hemorrhagic fever and 2.6 times of that by enteric infection in Thailand. The death rate by accident is fifth ranked in Myanmar. It is way up on the high level of tuberculosis and malaria in these years. Teachers and students improve their consciousness for safety and start to remove the latent danger factor from their school (eliminate AGENT of injury)

School Teachers did these programs for 3 months, from September to November. We evaluate the effect of the programs. We investigate the availability to execute the programs in other areas or countries.
Workshop and Organizing School Health Team
School Head Teacher, School Health Chairperson

Cooperative meeting with residents

All teachers and all staff of our group

Workshop at Gamgun Nonzik Elementary School, Ubon province
Organizing children’s school health committee
We have executed 3 programs in Thailand

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  Children will get the clean habit based on improvement of school condition and living environment *(ENVIRONMENTAL improvement)*

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2004. 12 Teachers explain about Fishbone diagram they made in the debrief session

2004.8 Workshop to understand QC method

2005.8 Developing the check sheet of lifestyle

2005.9-11 Operation

2005.12 End of program (analysis evaluation)
Improving children’s lifestyle (bulletin)
Every single student check their Lifestyle using the check sheet for 3 months. How about the results.

How to wake-up in the morning

Do you eat breakfast?

Do you empty your bowels?

Do you eat 3 meals a day?
Do you wash your hands before meal

Do you keep being short your nail

Do you wash your hair

Do you brush your teeth before sleep
School Environment improvement program

- We and Teachers organize co-working team
- The team measure and observe the school environment, following the manuals we developed classroom, teachers office, kitchen, lunch room, toilet water supply
  Taking the photo or measure the condition, and developing the check sheet (HQC method).
- Checking the places to improve, and planning the reform program considering human resource, cost and expectation effect.
- Reforming them.
- Evaluation and Taking the photo after reforming
Improving brightness of classrooms
Example of school health environment program in Kangun Nonsik Elementary school in Ubon Province
Improvement program of classroom brightness

2003.8

2004.12

2005.12
Another example of classroom brightness improvement from the report of Mealankam Elementary School in Chiang Mai province.
Dust environment improve program

A part of manual
Sort method and recycle of dust

Let’s classify the trash in the school and earn the money for education
The Method of Ran Khonkaeng Nongkli Elementary School

Classification of trash using color buckets.
green: for massive including leaves, trash, branch, kitchen dust
red: for burnable trash, disposal plastic garbage
blue: for recyclable trash

Price List of recyclable trash
bottle: clear glass 1B/kg
      clear bottle 0.5B/kg
      broken bottle 0.2B/kg
plastic bottle: clear 7B/kg
colored 3B/kg
metal: steel 3 ~ 5B/kg
      aluminium (can) 300/3B/kg
paper: news paper 3B/kg
corrugated cardboard 3B/kg
used copy paper 1B/kg
* These prices will be variable.

Approach
Teachers should explain the classification method for children every half year.
Students should check the trash buckets once a week at least.
If the classification is not correct, students and teachers will discuss the solution.
Finally, the objectives is that students do it by themselves.
Students and teachers should measure the weight of recyclable trash.
Teachers should submit the total money at recyclable trash.
Cooperation of parents and community makes better result.
ปัญหาระบบการจัดการขยะ
การกำจัดขยะ การคัดแยกขยะ

• แยกขยะก่อนทิ้ง ธนาคารขยะ (ขยะ Recycle)
From the report of Paranchai Elementary School in Ubon Province
Water condition improvement

nitrous acid (NO2)
COD
ammonium (NH4)
coliform

แพคทดสอบ (Pack test)

1. เอากระบอกออกหลอดตลาดติดฝาเรียบมุม

2. ใช้น้ำผักต้มตี่ขนแกะให้แน่นแล้วใช้อุปกรณ์ทางด้านในออก

3. ฉีดสารเคมีโดยอัตโนมัติที่หลอดที่ตอบสนองกับพิษภัยของทางน้ำที่ต้องการตรวจสอบวัดระดับ

4. เทอชาวกับกระดาษที่พร้อมสกรีนเน้นชื่อวิธีวิทยาการใช้วิธีวิจัยเพื่อให้สอดคล้องกับผลลัพธ์

5. กำหนดค่าที่สอดคล้องกับสี
School Safety program

Checking the danger place

Making HIYARI (hazard) map

Recording injury or sick history of children
การจัดการระบบความปลอดภัยในโรงเรียน
สำรวจจุดอันตราย ทำแผนที่จุดอันตราย
Reforming now
ปรับปรุงจุดอันตราย

• ก่อนปรับปรุง

หลังปรับปรุง
ปรับปรุงจุดที่อาจเป็นอันตราย

• ก่อนปรับปรุง

หลังปรับปรุง
<table>
<thead>
<tr>
<th>Safety consciousness of children (bulletin)</th>
<th>mean and s.d.</th>
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<tbody>
<tr>
<td>items</td>
<td>mean ± s.d.</td>
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<td>danger consciousness when he/she walks</td>
<td>3.23 ± 0.81</td>
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<tr>
<td>on roadway</td>
<td>3.35 ± 0.64</td>
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<tr>
<td>danger consciousness when he/she plays</td>
<td>2.99 ± 0.82</td>
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<td>soccer on roadway</td>
<td>3.24 ± 0.76</td>
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<td>danger consciousness when he/she rides</td>
<td>3.19 ± 0.86</td>
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<td>in bus</td>
<td>3.39 ± 0.71</td>
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<td>danger consciousness when he/she plays</td>
<td>3.08 ± 1.13</td>
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<td>in pond</td>
<td>3.17 ± 1.10</td>
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<td>danger consciousness when he/she flies</td>
<td>3.19 ± 0.76</td>
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<td>kite on roadway</td>
<td>3.25 ± 0.80</td>
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<td>danger consciousness when he/she crosses</td>
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<td>roadway</td>
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<td>danger consciousness when he/she walks</td>
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<tr>
<td>on steps</td>
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<td>danger consciousness on play ground</td>
<td>2.80 ± 1.16</td>
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<td></td>
<td>3.07 ± 0.97</td>
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</table>
Project Availability in Myanmar

- Conference with head-teacher, school health administrator, director of ministry of education
- Workshop with teachers
- Our project is able to operate in Myanmar technically
Basic concept of School Health project

• Evidence-based cooperation
• Work together
• Use native language
• Sustainable project
• Additional effect
• Much effect but small cost
Case 3

Educational Cooperation Project
On School Health Area In Thai
～Using HQC method～
Profile

Background: serious health issues due to inappropriate health actions
low awareness about better health

Goal: To develop a sustainable School Health Improvement Model

Duration: 2003～2009.3 (Schedule)

Target Area: Ubon Rachathani Province, Thai (Rural area)
Chiang Mai Province, Thai (Highland area)
Myanmar (2006～)

Counterpart: Niko Niko Foundation for Supporting Students’ Education
In samoen district etc.

Role of OWU: Project Management
Activities

Step 1: Assessment
- Japan: movable technology and know-hows
- Thai: health issues, lifestyles, school environment, needs

Step 2: Planning
- School health improvement program
  - "lifestyles"
  - "school safety"
  - "school environmental health"

Step 3: Implementation of the program

Step 4: Monitoring and developing the model
[School Health Improvement Model]
Outcomes

- Big improvement in children’s lifestyles
- Changes in children’s consciousness in school safety by completion of hazard map
- Drastic reform in school environmental health (water quality, illuminance level in the classroom, trash separation etc.)

- Big water tank blocking windows
- Now the sun comes in
- Breeding fish in the tank