



START A SCHOOL OR COMMUNITY HEALTH CLUB!

WHY HAVE A HEALTH CLUB?

Health clubs provide a way for people to support each other and their school or community in promoting healthy behaviors and raising awareness about health issues without feeling singled out. If an entire group of students supports hand washing with soap and water, they can work together to change habits more effectively than one or two individuals could on their own.

WHAT CAN A HEALTH CLUB DO?

- Monitor the presence of soap and water in schools/hand washing stations
- Make posters, write songs or create plays about healthy habits such as hand washing, water treatment, water conservation and other disease prevention behaviors
- Raise money for soap through bake sales, performances and family donations

STEPS TO CREATING A SUSTAINABLE HEALTH CLUB

- Record members
- Designate officers
- Hold weekly meetings
- Record all activities at meetings and activities conducted
- Have a weekly training: Recommended topics include hand washing, the importance of proper trash disposal, community vaccination drives, various methods to purify drinking water, proper water storage.
- After 4-6 months of attendance EVERY week, members receive a certificate

