

Opinion Article

Planning a site for new village or small town to safeguard the health of the population

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ABSTRACT

There is no doubt that health will help reduce the transmission of infectious agents. For the health of individuals, the prior elements to be fulfilled include the availability of pure water, keeping sanitation and hygiene are necessary for reducing infection of all sorts. To make these, change of habits by involving community participation in both urban and rural areas are inevitable to combat communicable diseases. It can be achieved also if initiations should be taken and participation held in both governmental and non-governmental organizations in issues related to the health of the nation. Furthermore, the creation of awareness of the prevailing problems is a prerequisite for any plan of action towards improving the situation.

Keywords: Community participation, Combat, Health, Microbes.

INTRODUCTION

Many rural communities and small towns are facing challenges, including rapid growth at metropolitan edges, declining rural populations, and loss of farms and working lands (Kaye & Butler, 2012; Lysgård, 2019). Slow-growing and shrinking rural areas might find that their policies are not bringing the prosperity they seek, while fast-growing rural areas at the edge of metropolitan regions face metropolitan-style development pressures (Huey & Ricciardelli, 2017; Liu & Besser, 2023). In developing a health improvement program, every community will have to consider its own particular circumstances, including factors such as health concerns, resources and capacities, social and political perspectives, and competing needs (Institute of Medicine, 1997).

Some important considerations to bear in mind to safeguard the health of the population in a new village or small town include (Federal Democratic Republic of Ethiopia, 2010):

1. **Access to clean water:** It is essential to ensure that the village or town has access to clean drinking water. The system is used to prevent the spread of waterborne illnesses. This can be done by developing a reliable and safe water supply system that is regularly monitored and tested for contaminants.
2. **Sanitation facilities:** Proper sanitation facilities such as toilets, septic systems, and wastewater treatment plants should be in place to prevent the spread of diseases and ensure a healthy environment.
3. **Waste management:** A proper waste management system and disposal practices are critical for the health of a population, as they help reduce the risk of diseases caused by pollutants in air, water, or soil. Therefore, it should be established to prevent the accumulation of trash and

debris, which can attract rodents and other disease-carrying animals.

4. **Health Care facilities:** The town or village should have adequate health care facilities, including hospitals, clinics, and pharmacies, to ensure that residents have access to necessary medical care.
5. **Access to healthy food:** Access to healthy food is essential for a healthy population. The town should have a local market or grocery store that provides fresh and healthy food options.
6. **Access to green space:** Having green spaces with walking trails is important for residents' recreation, physical and mental health.

STRATEGIES DEVELOPMENT AND IMPLEMENTATION APPROACH

A healthy system's decision on whether to take a structured-phased or some spontaneous approach is usually a matter of available funding streams. Outline potential strategies that include the technology and procedures to be applied. Defining the role of the communities and other relevant sectors. Design the details of the selected strategy to determine resources required in terms of the proposed strategy – time – staff – facilities/materials, money estimate strategy costs and access adequacy.

Health education, provision of essential drugs, Immunization, treatment of common diseases and injuries, adequate supply of safe water and basic sanitation, communicable disease control, food supply and proper nutrition, and the use of traditional medicine are some of the strategies to be considered for the wellbeing of humans.

In developing strategies for the health of village program, the five actions areas of health promotion are:

- Build health policy: develop the community's own simple guideline or rule
- Creative supportive environment: create a clean, safe and enjoyable village environment
- Strengthen community action: develop and implement the community's on action plan
- Develop personal skills: empower the community with the necessary skills and information
- Reorient health services: move in a health promotion direction beyond clinical and curative service

For implementation, the six different approaches will be applied in all settings include (Stratton-Berkessel, 2022):

1. Discover: community mapping and profiling
2. Dream: setting the vision towards a healthy village
3. Direction: setting objectives and priorities
4. Design: development of a community action plan
5. Deliver: implementation of the community action plan
6. Derive: monitoring evaluation and update of the community action plan

COMMUNITY ORGANIZATION

To accomplish the above-mentioned activities, community organization is very essential. It is essential to organize the target village building up on locally existing and functional social structures. Each village has a village community and

specific communities or groups to implement a healthy village program through promoters, or form a committee and work as focal points to coordinate in the local health centre.

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