

# Health Bands



## Aim

to identify the conditions necessary for people to be healthy

## Age

8 years and older

## Time

30 minutes

## Materials

strips of card or paper for head bands, set of health cards

## What to do

In advance of the activity make a head band out of paper for each participant. Cut a slot in each for the health cards. Cut out the health cards, making extra copies if necessary, so that there is one for each participant.

Explain that the cards represent things people need in order to be healthy. Each participant can see everyone else's card but not their own which they have to guess. They do this by asking other participants to mime what is on their card. When everyone has guessed what is on their card, collect the cards, shuffle and have a second round.

In the large group brainstorm on the conditions necessary in order to be healthy. Ask if it was difficult to guess what was on the cards. Were any of the participants surprised by what was on their cards? In a country like Ireland, what is most important in order to be healthy? What about in the poorest countries of Africa, Asia or Latin America?

## Note to Leader

Depending on the age group you work with, you should change the cards as appropriate.

## Action

Using local contacts or the useful contact section in the pack, invite guest speakers from a local health service provider and from a development agency involved in health work overseas to talk about the conditions necessary for people to be healthy and what people can do, and are doing, about it.

## HEALTH AND JUSTICE IN IRELAND

Nearly one in ten Irish children live in consistent poverty, while one in four live in relative poverty. Poverty damages children's health and can have detrimental, lifelong effects.

Healthy life expectancy in Ireland is 77 years.

The life expectancy of Travellers is around 10-12 years lower than the general population. The mortality rate for Traveller children, up to the age of 10, is 10 times that for the population as a whole. Only 3% of Travellers are aged over 65 compared to 11% for the settled population.

On average 39% of people surveyed in 2003 identified financial problems as the greatest factor in preventing them from improving their health.

People on lower income in Ireland are 6 times more likely to be hospitalized for mental illness than people on higher incomes.

Source: Public Health Alliance Ireland (2004). Health in Ireland – an Unequal State.

# Health Bands



## CARDS

Clean water

A warm coat in the winter time

A basic education

Proper toilets

Supply of fuel for cooking and warmth

Being listened to

Eating healthy food

Protection from conflict and violence

Having a name

Growing your own food

Access to doctors and medicine when sick

Freedom to express yourself

A roof over your head

Being loved by family or friends

Your own space

## HEALTH AND JUSTICE GLOBALLY

There are approximately 6.4 billion people in the world, with nearly 5.2 billion living in developing countries.

More than 1 billion people live on less than \$1 per day and almost 3 billion people live on less than \$2 per day.

Nearly one in six children in sub-Saharan Africa die before their fifth birthday, compared with one in 150 in richer countries. Two thirds of these children die of preventable diseases such as diarrhoea, pneumonia, malaria or measles.

More than 1 billion people do not have access to safe drinking water and 4000 children die every day from a lack of safe drinking water.

There are approximately 40 million people living with HIV/AIDS, with 90% living in the Developing World.

Pregnancy and childbirth are the leading causes of death and disease in women of childbearing age in the Developing World.