



Take Pride in Personal Hygiene

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The project aim was to test the viability of working with the sporting community to promote personal hygiene among children in indigenous communities.

The Northern Pride was engaged as they had a close association with indigenous communities.

The project used the nationally endorsed 'No Germs on Me' personal hygiene package in conjunction with Mr Germ.

A total of seven schools have so far been selected and had the package presented.

[WIN News footage of Yarrabah.wmv](#)



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Class Session

An introduction to germ theory i.e. where germs are found, how they are spread and how to control them.

One of the Pride players is interviewed and asked about how germs can effect their ability to play e.g. infections, illness, etc.

Mr Germ and the Germinator were introduced in a short skit, that ends with Mr Germ being removed by the Germinator.

[Mr Germ Hopevale.wmv](#)

The students were shown how the UV light boxes operated.



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The project has been designed for Prep – year 3 age groups.

Each project session was assessed by the teachers, the Pride staff and the health staff.

For cultural and ethical reasons children were not part of the assessment process.

The improvement of student knowledge about personal hygiene and the role of EHWs was assessed in second visit.

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Students participated in an interactive session passing a football coated with glitter lotion.

The UV light showed the fake germs had transferred from the football to their hands. The second session used a toilet seat.

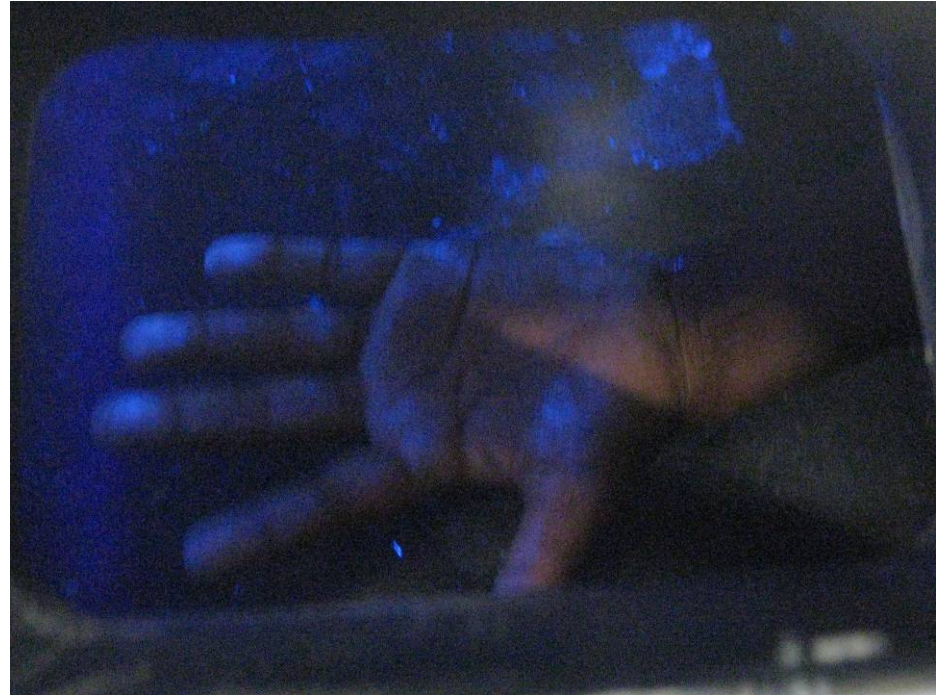
Then they were taught about washing their hands properly and were supervised.

After washing their hands they returned to the light boxes to see if the hand washing has been effective.

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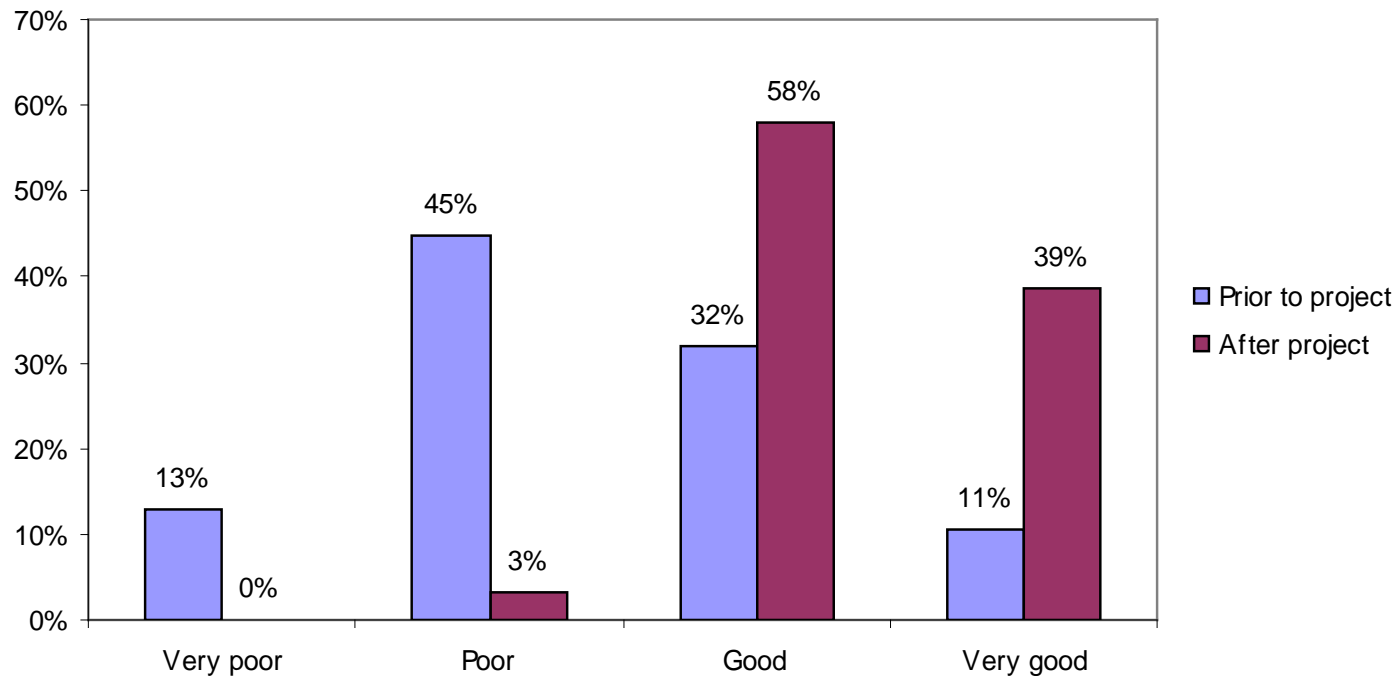


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The evaluation of the project indicated :

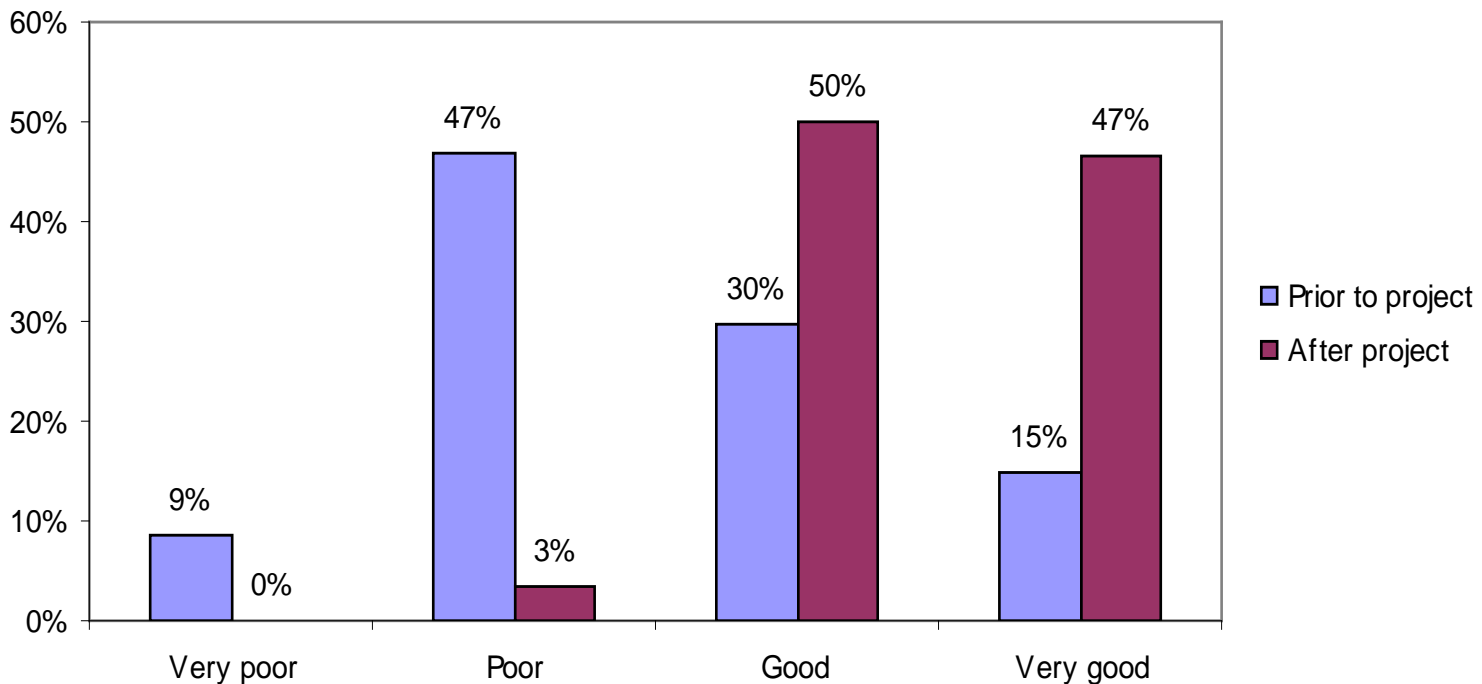
Figure 1 - Germ theory knowledge



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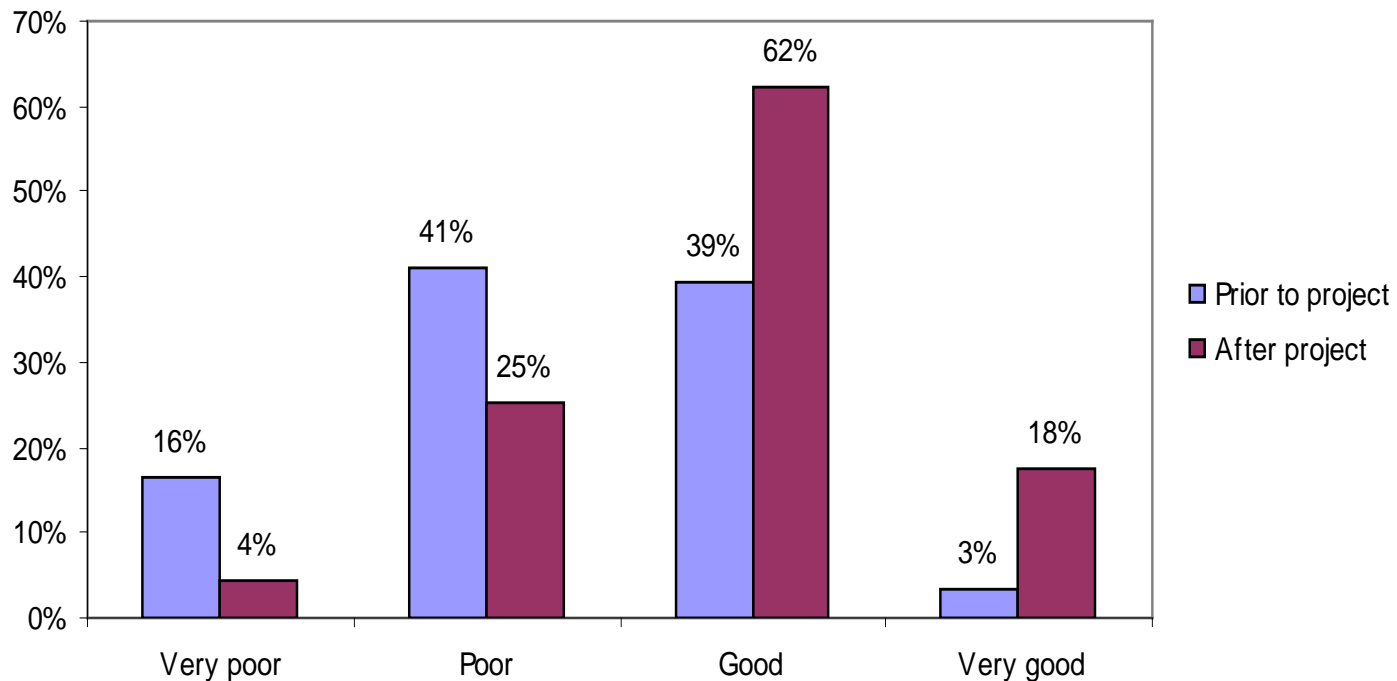
Figure 2 - Handwashing practices



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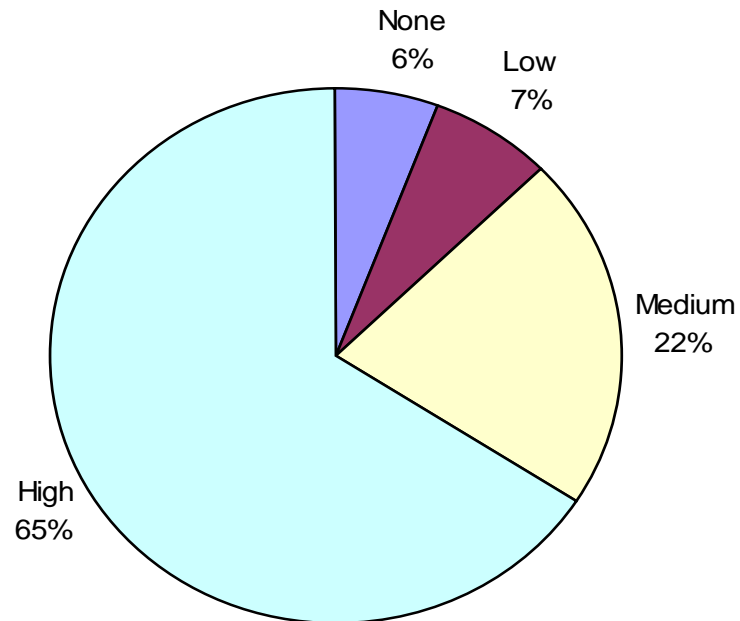
Figure 3 - Knowledge of Environmental Health Worker



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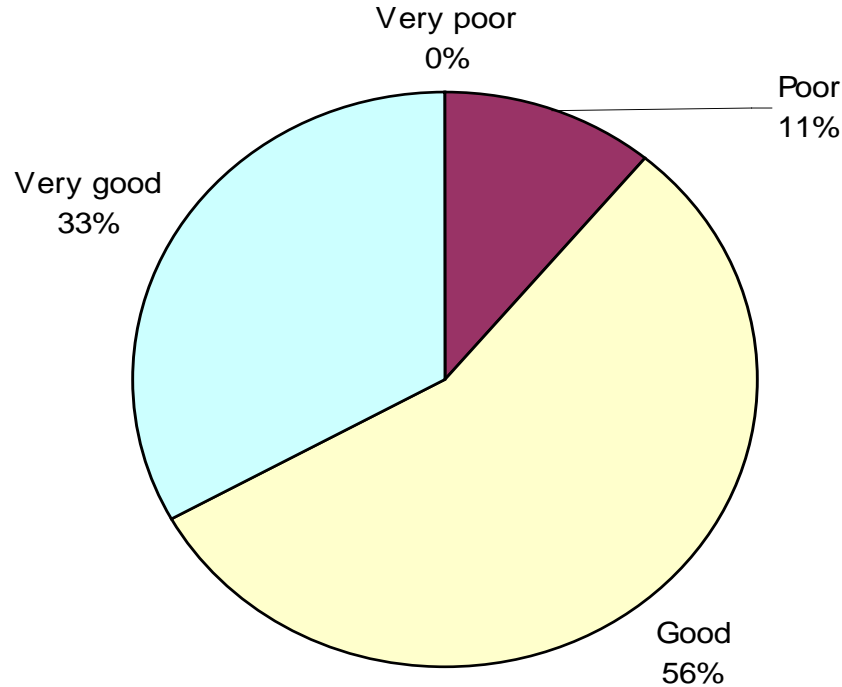
Figure 4 - Impact of Northern Pride Representatives



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Figure 5 - Student attention compared with regular classes



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Behavioural changes and influencing school policy:

- Students were no-longer playing in toilets, it had been a problem prior. The good personal hygiene message is now regularly raised at school assemblies.
- No soap dispensers or paper towels provided in the toilets. The school had ordered soap dispensers and hand towels for student toilets.

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Pilot Project Team at Yarrabah



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Acknowledgements

- Clayton Abreu, Indigenous Environmental Health Program Officer, Cairns Public Health Unit
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- Chris Sheppard, CEO, Northern Pride and Take Pride Program
- Chey Bird, General Manager, Take Pride Program



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Thank you – Questions?



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