



## Public Health and Hygiene: An AAA girl's Perspective

*Public health involves many things. It is the art and science of preventing disease, prolonging life, through organized efforts put forth by various organizations, health services and community.*

The Strategic objective being a constant effort to lead local populations to take charge of their own well-being by creating a positive environment enabling them to prevent diseases including HIV/AIDS, Malaria, water borne diseases, COVID-19, Cholera.

The end result of such behavior in the long run leads to the development of an attitude of personal responsibility, and commitment to a life time of healthy habits.

As an AAA girl for the last several years, I have systematically applied the above mentioned behaviors to positive results. This in turn reduces the amount of visits to medical Institutions therefore keeping overall costs down. This preventative attitude matches the W.H.O definition of Public Health which is to prevent disease, promote health, and prolong life among the population as a whole.

Akwi Oyebog, AAA girl

*Your contributions keep us going! Please send a tax-exempt check payable to one of African Action on AIDS' addresses below*



Akwi training adolescent on best use of condoms

**AFRICAN ACTION ON AIDS' PREVENTIVE HEALTH PLAN**

**PACKAGE ESSENTIAL OF ACTIONS TO AVOID DISEASE IN OUR COMMUNITIES**

*The AAA's health prevention counselors encourage the population to adopt systematically the behavior moves below and draw from them natural gestures all their life through - while including them progressively in the cost of their personal budget. Become NGOMÔTÔ for strengthening human capital.*

**AIDS Screening Test**



**Fight against Malaria**



**Clean Hands**



**Potable Water**



**Dignified Toilets**



**Worm**



**Vaccine**



**Mouth Hygiene**



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