

# **Healthy Villages: An experience from Oman**

**Saleh Alhinai, MD, MRCGP  
Director General of Health Services  
Dakhilya Governorate  
Sultanate of Oman**

# Oman

## Key health-related statistics

Total population (000s) 3855

Total health expenditure (% of general government expenditure) 5.5

Maternal mortality ratio 11  
(per 100 000 live births)

Primary health care units and centres (per 10 000 population) 0.8

Total life expectancy at birth (years) 76



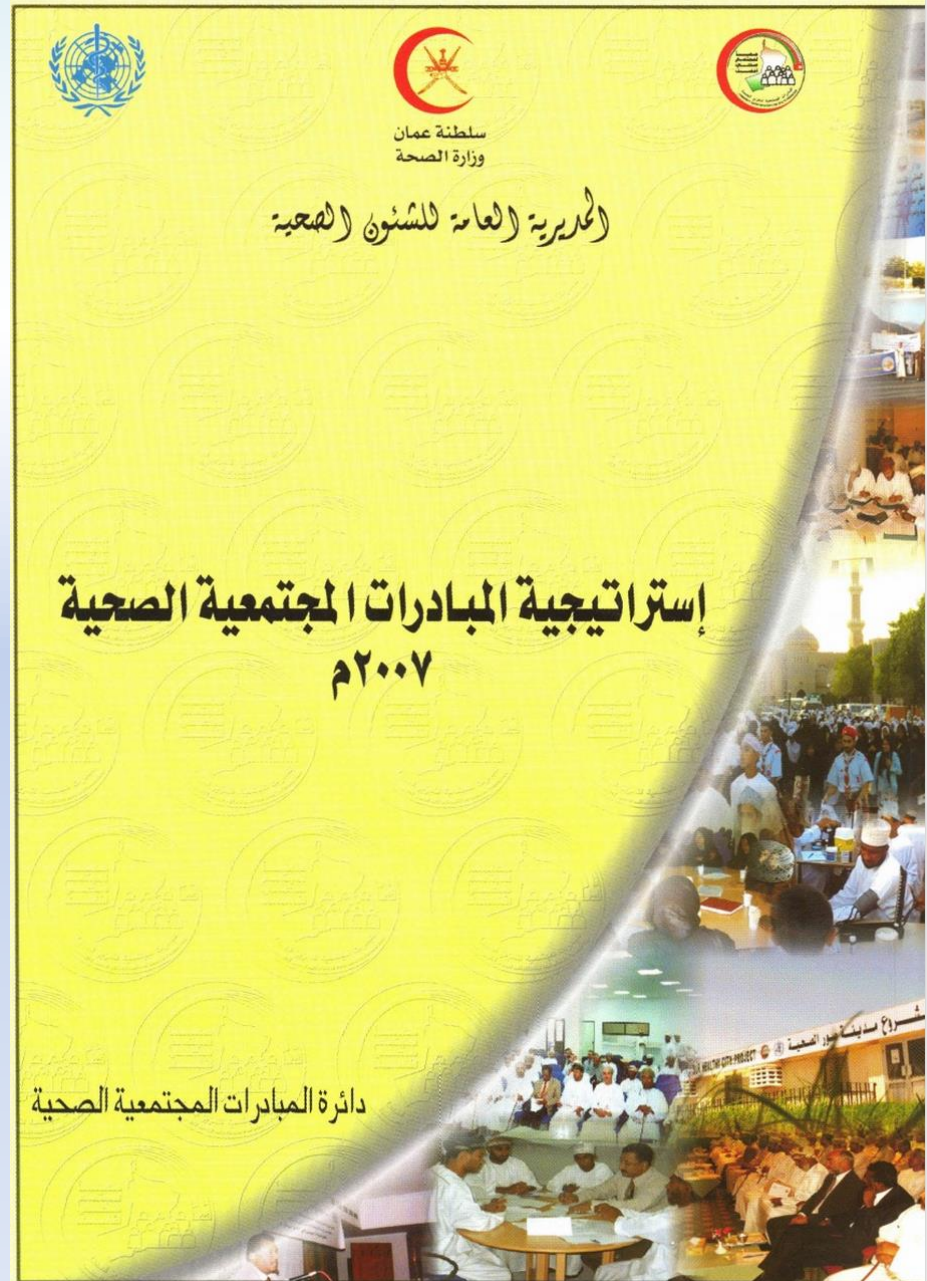
# Health promotion in Oman

- National strategies
- Building capacity for health promotion
- Community-based initiatives
- Community support group initiative
- The health-promoting school initiative

# National strategies

- 1- Health promotion strategy
- 2- School health strategy, 2008–2015
- 3- National community-based initiatives strategy, 2007
- 4- Adolescent information, education and communication plan of action, 2007.

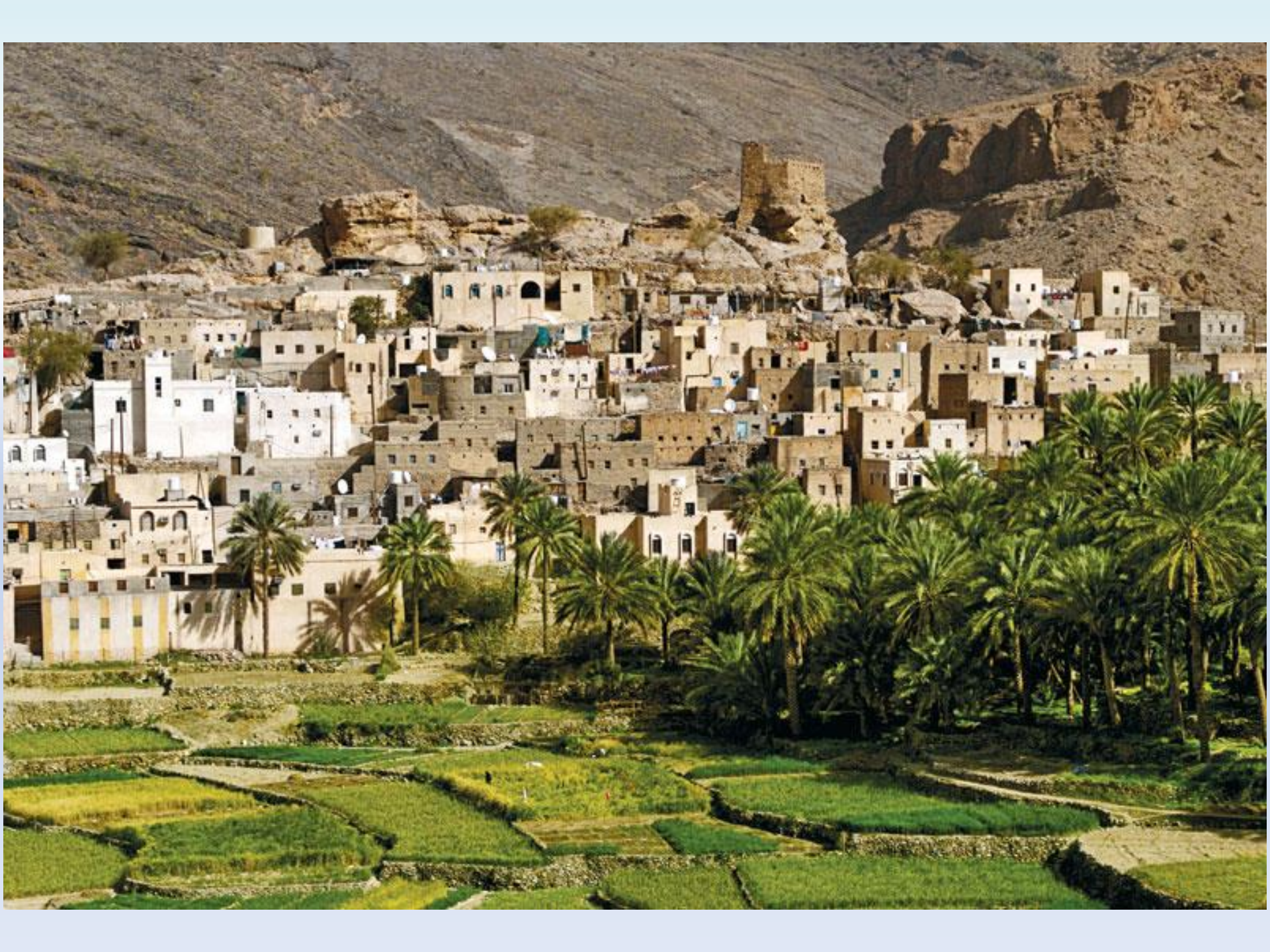
# National community- based initiatives strategy, 2007



# Community based initiatives milestones

- **1994**, Wadi Ma'awel community based initiative which focused on environmental health.
- **1996**, Nizwa Healthy Lifestyle Project
- **2002**, Sur Healthy City Project and Qalhat Healthy Village Project
- **2006**, central Community Based Initiative unit was established
- Since then, **13** sites of Healthy City and Healthy Villages projects.







قرية المعرى الصحية

Al Maa'ra Healthy Village



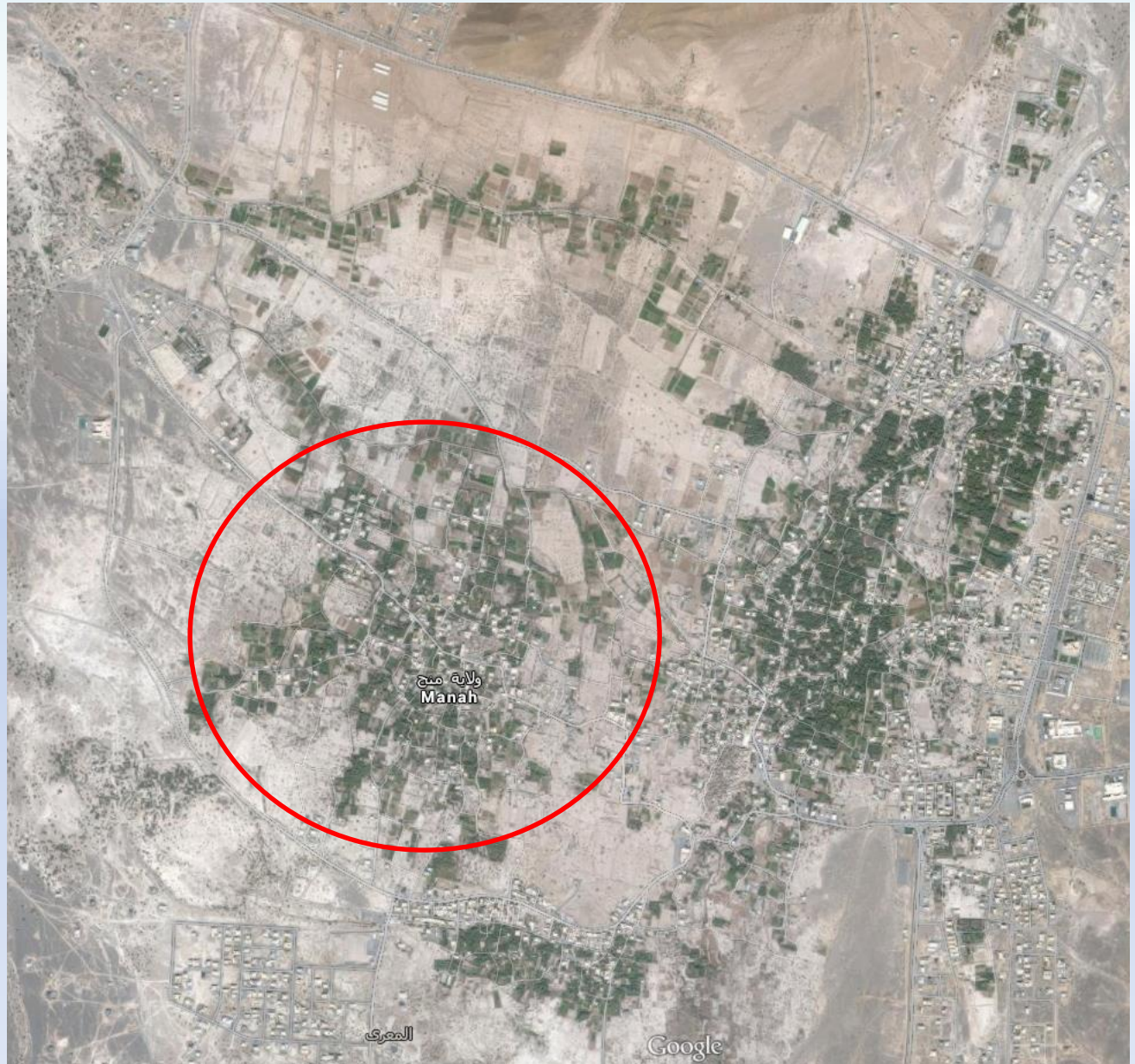








**Population  
2560**



## Health Profile 2008-2010

Year			Disease
2010	2009	2008	
6	11	5	Diabetes
11	20	9	Hypertension
60	29	21	Diarrhea
30	17	16	Asthma
7	4	3	Sickle cell disease
40	32	35	Anaemia in pregnancy
6	7	5	Malnutrition (Children < 5 years)



# Health staff discussion



# Discussion different sectors



# Community discussion





# Visits to other healthy villages



## Media coverage







# Village survey:

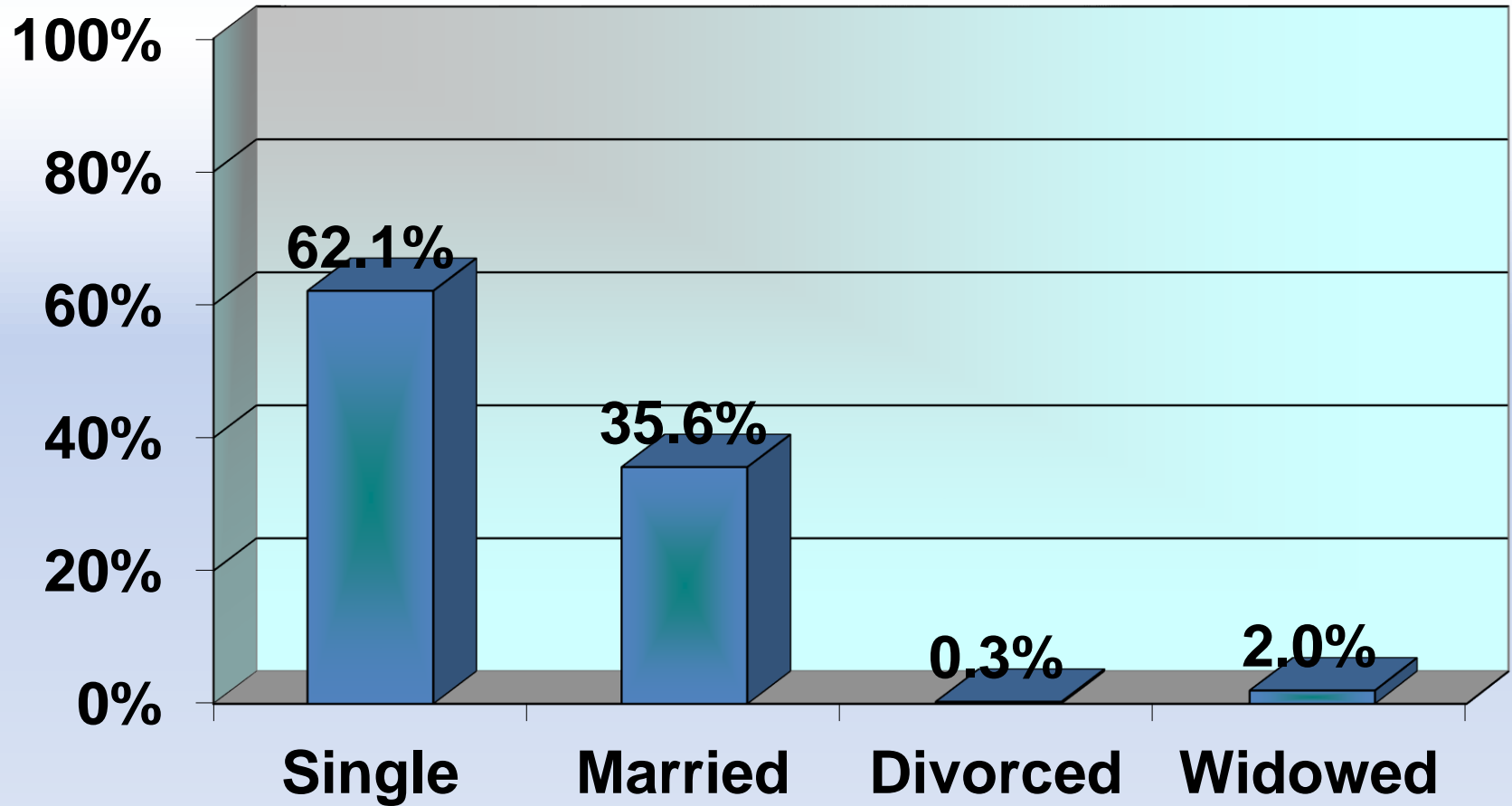
- Education
- Health profile
- Environment
- Demographic
- Economic

The image displays several overlapping Arabic survey forms. The forms are organized into sections with red arrows pointing to specific areas:

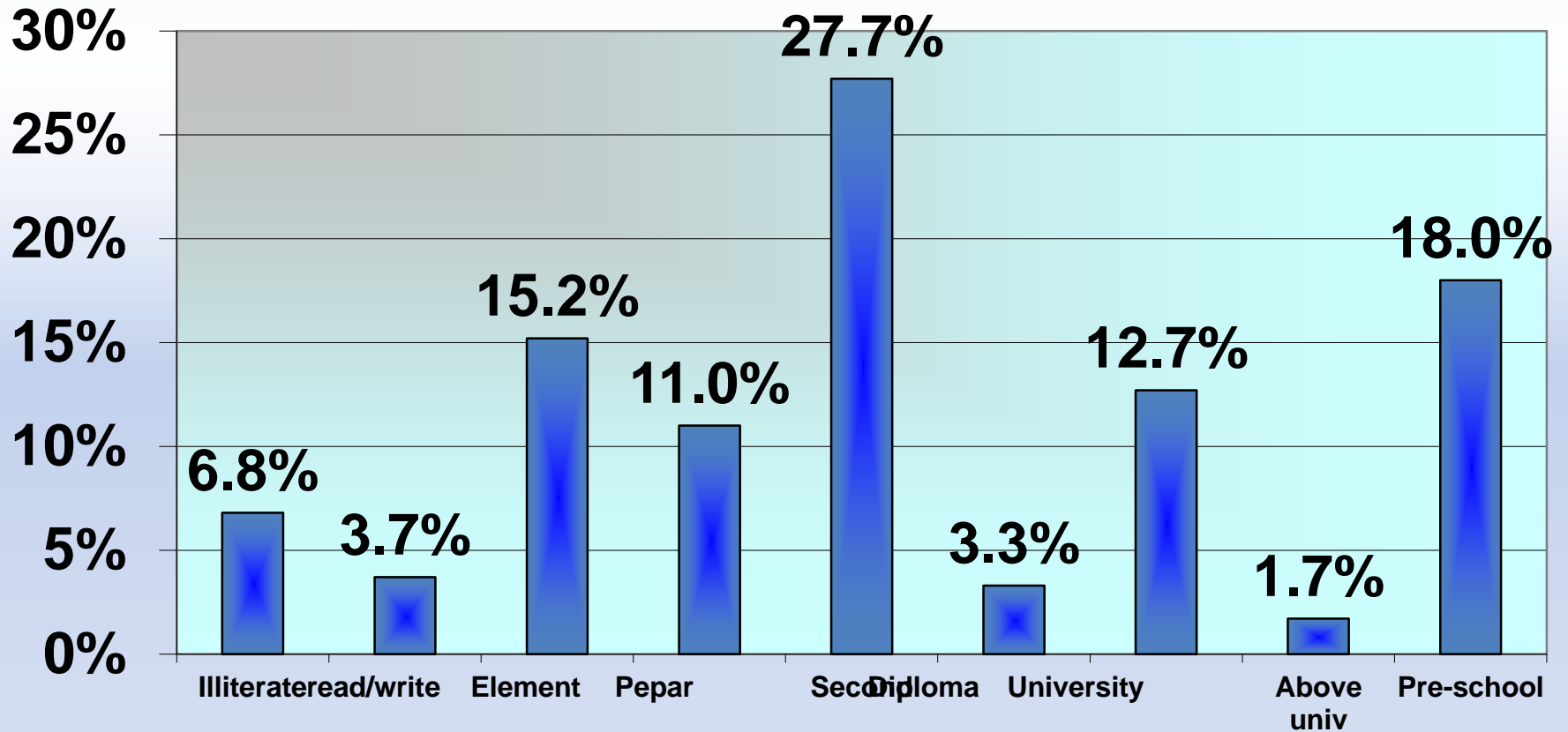
- المعايير (Standards):** Includes questions about the presence of primary and secondary schools in the village.
- مؤشرات صحية (Health Indicators):** Includes questions about the prevalence of diseases, hypertension, heart disease, and diabetes.
- البنية التحتية (Infrastructure):** Includes questions about the availability of water supply, the distance to the nearest health center, and the distance to the nearest village.
- المسكان (Housing):** Includes questions about the number of households, the number of people living in the village, and the number of people living in the village.
- مصادر الدخل (Income Sources):** Includes questions about the main source of income, such as agriculture, trade, or government services.

Red arrows point to specific sections: 'ملاحظات' (Notes), 'النسبة المئوية' (Percentage), 'لا' (No), 'نعم' (Yes), 'عدد السكان' (Number of population), 'ملاحظة على أن يكون: عدد السكان من (30000-100000)', 'عدد الأسر' (Number of households), 'ملاحظة أن وجدت مؤشرات السكنية تشمل عدد الذكور من الإناث أنكرها', 'الزراعة' (Agriculture), 'تربية الماشية' (Livestock breeding), 'الصناعة التقليدية' (Traditional industry), 'وظائف حكومية' (Government jobs), 'الأعمال الحرة (مشروع سبد, المشاريع المدرة للدخل)', and 'وظائف قطاعات خاصة' (Private sector jobs).

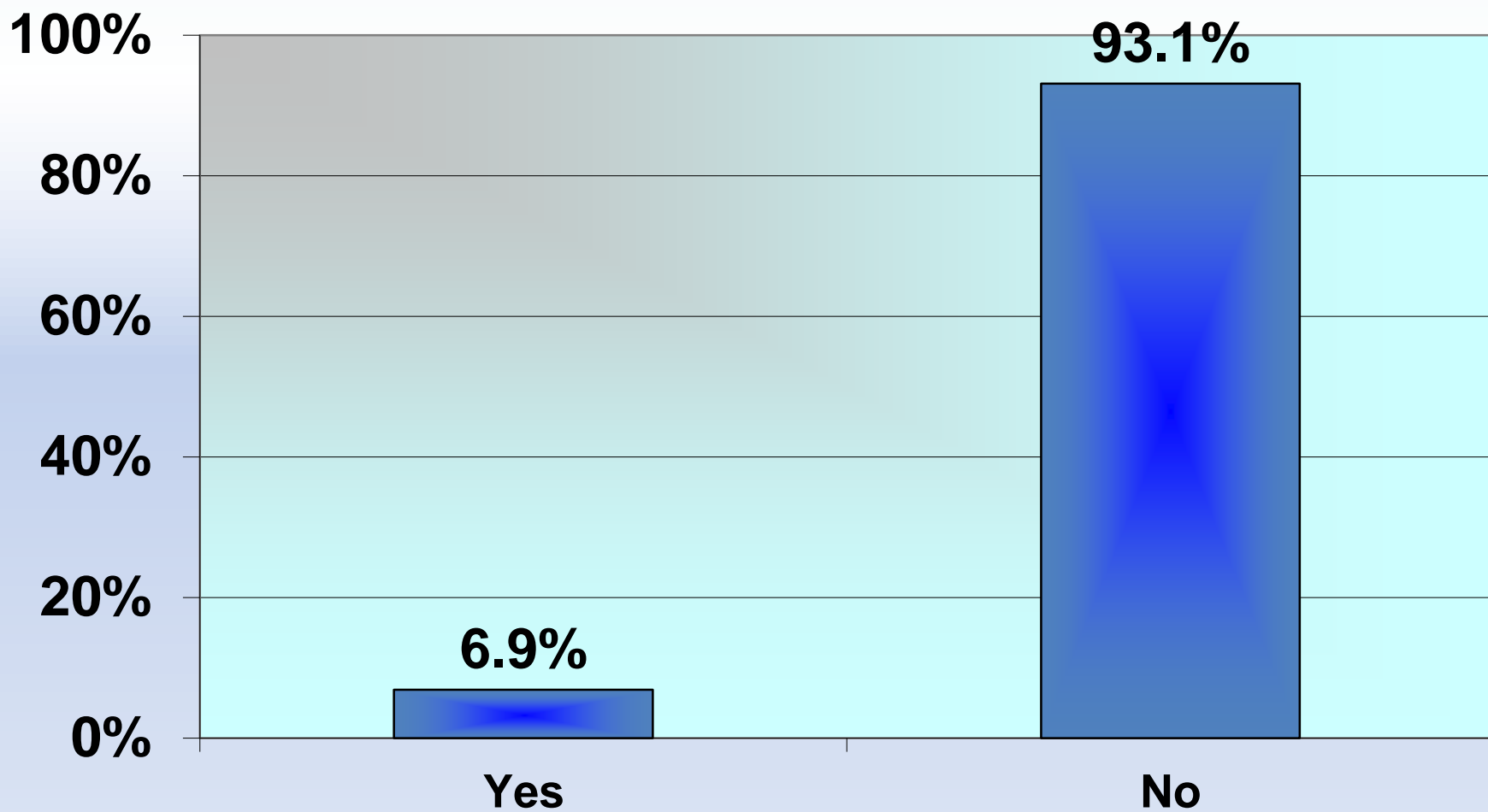
# Social status



# Educational status

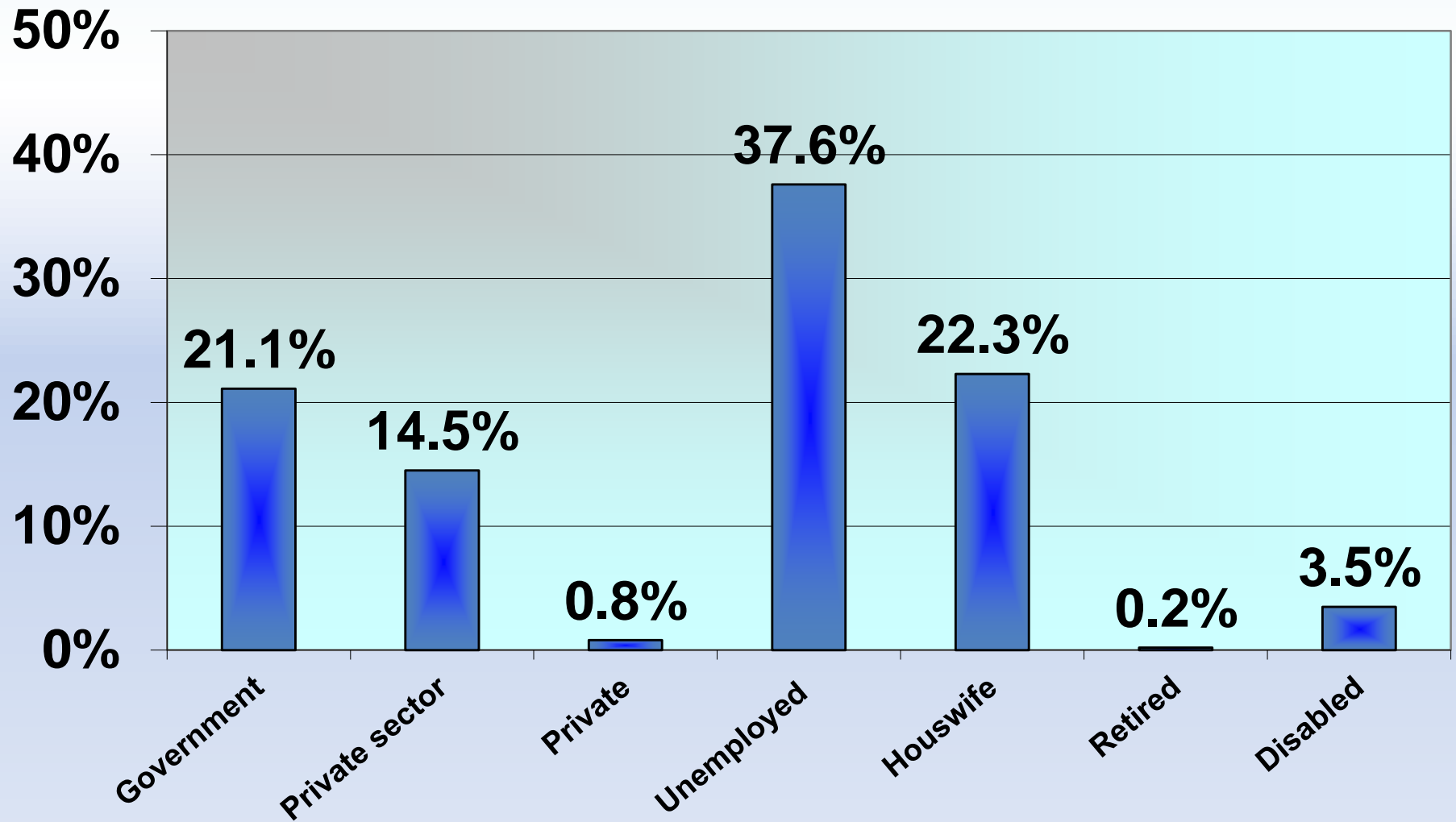


# Illiterates education

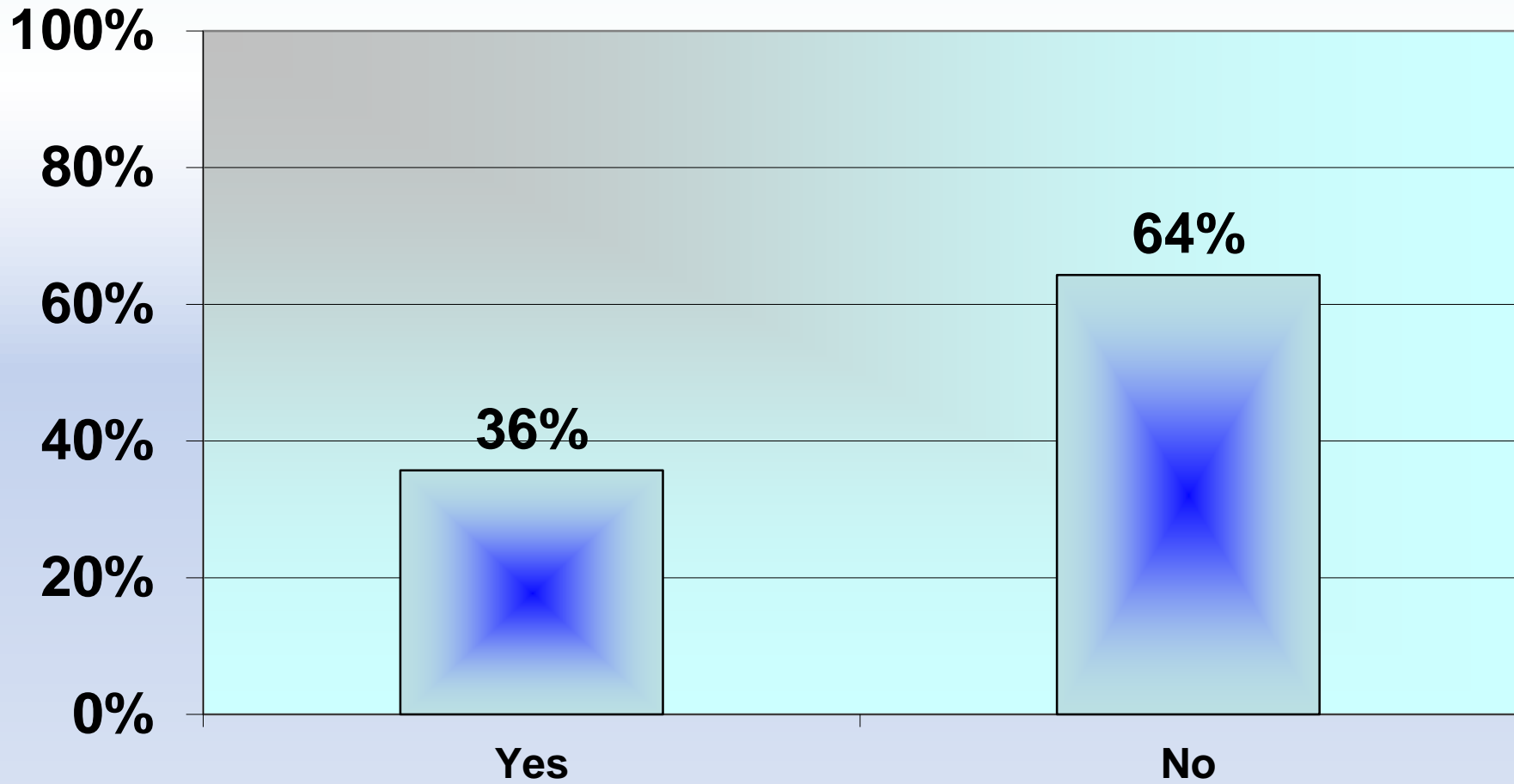




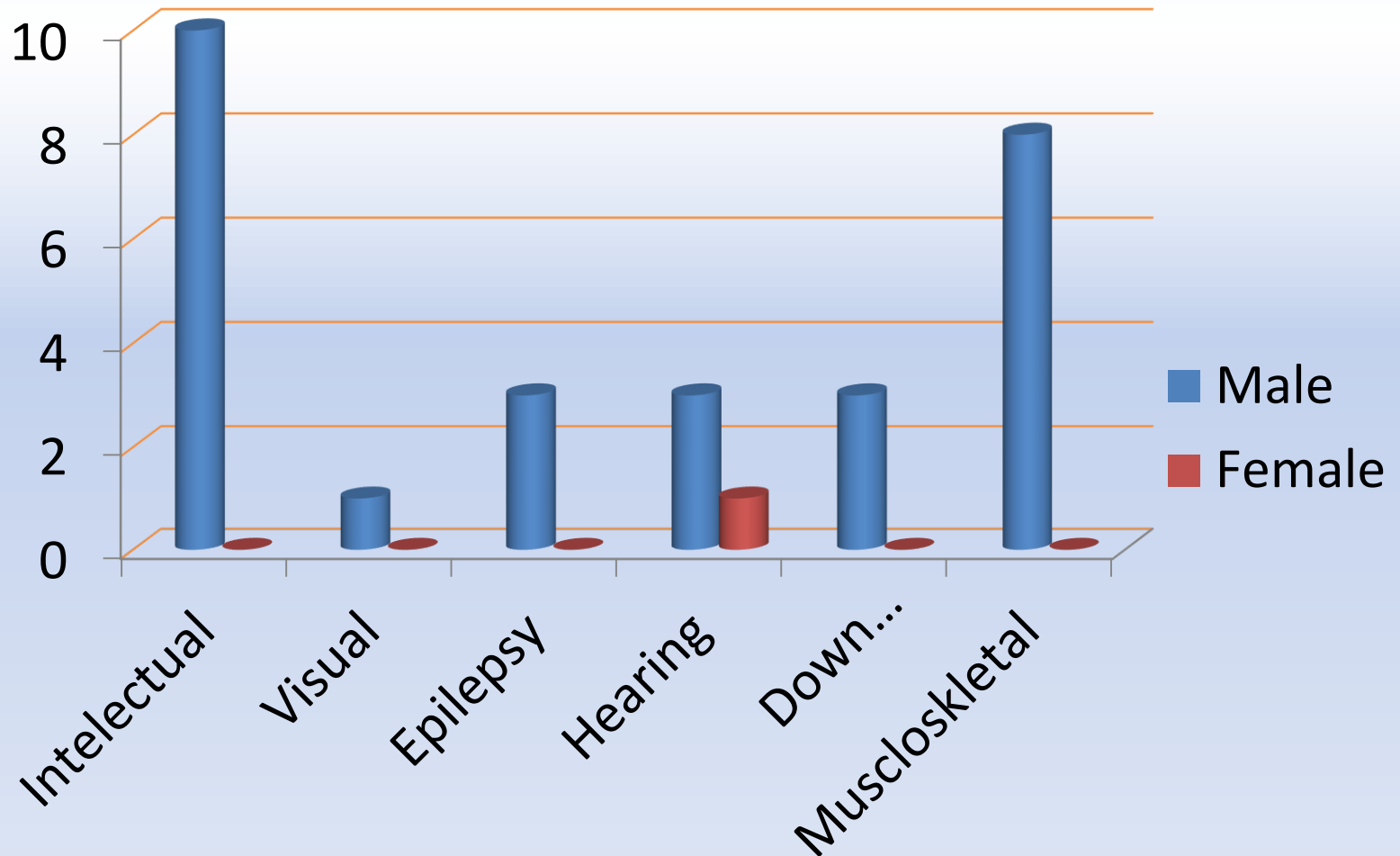
# Jobs



# Physical activity



# Disability and Handicapped





# **INTERVENTIONS**



# Organizational intervention

## Village information center



# Healthy interventions

## 1- Health education



# Healthy interventions

## 2- Anthropometric measurements follow up

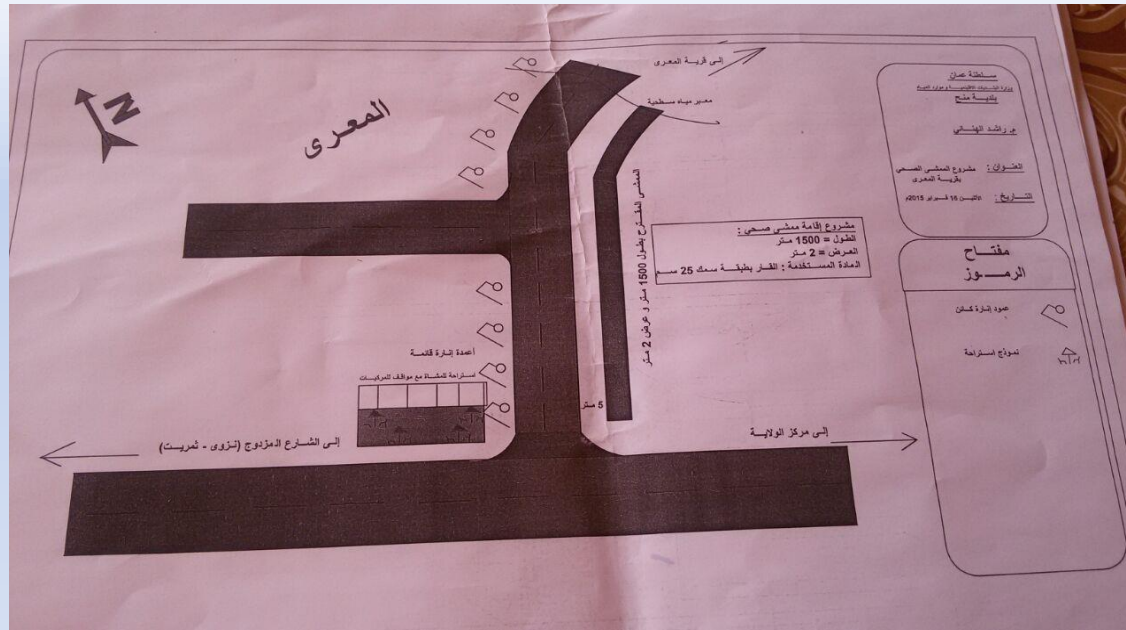




# Healthy interventions

## 3- Healthy food demonstration







# Educational interventions

## 1- Open classes for illiterates



# Educational interventions

## 2- Best logo competition



# Environmental interventions

## 1- Appropriate waste management





# Environmental interventions

## 2- Cleanliness campaigns



# Environmental interventions

## 3- Gardening





# Environmental interventions

## 4- Roads lightening



# Social interventions

## 1- Kids entertainment





# Social interventions

## 2- The cleanest house competition



# Social interventions

## 3- Caring kids with special needs



# Economical interventions

## 1- Training for small business project





# Economical interventions

## 2- The public authority for consumer protection involvement



# Thank You

