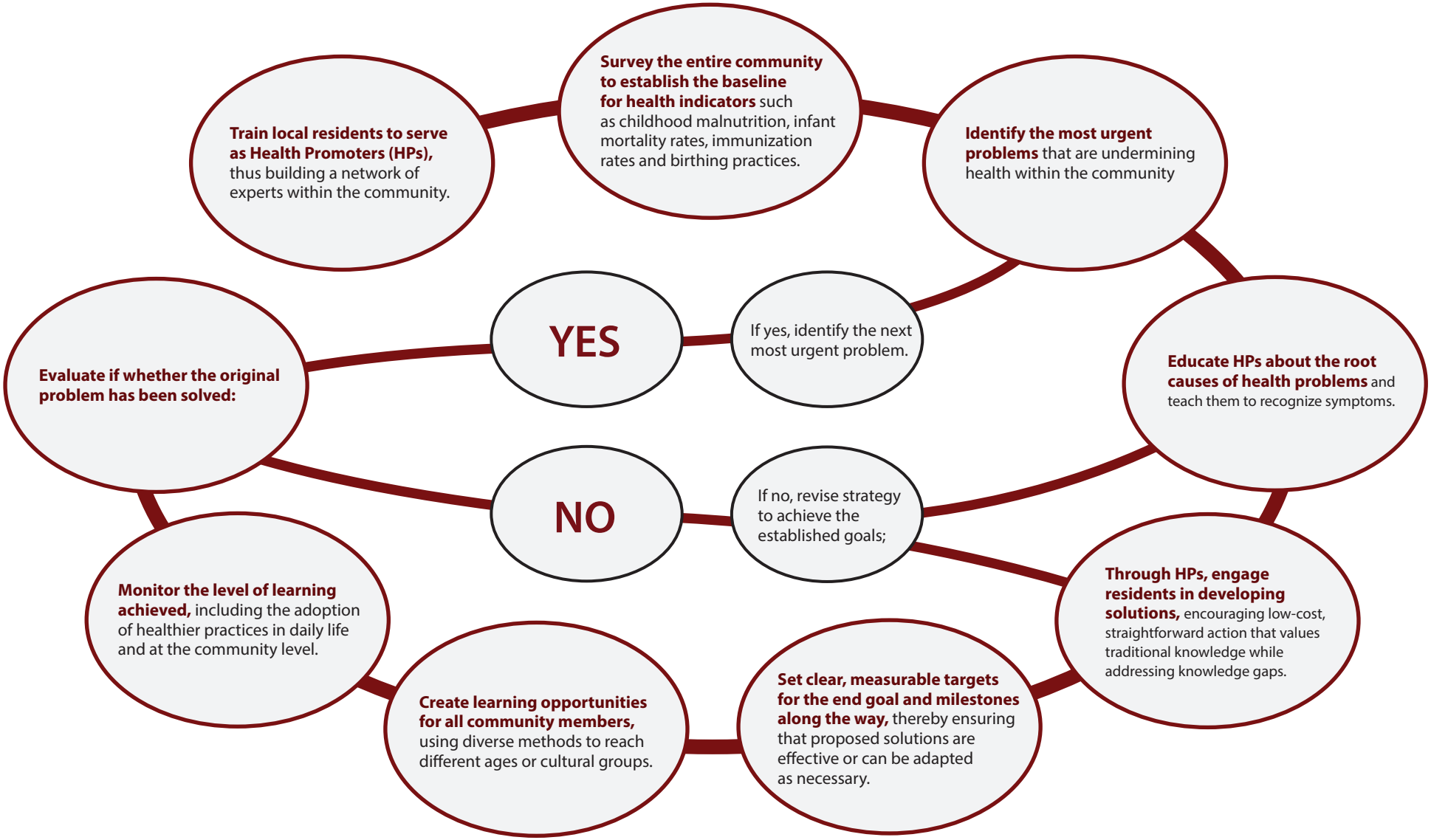
Train local residents to serve as Health Promoters (HPs), thus building a network of experts within the community.
Survey the entire community to establish the baseline for health indicators such as childhood malnutrition, infant mortality rates, immunization rates and birthing practices.
Identify the most urgent problems that are undermining health within the community
Educate HPs about the root causes of health problems and teach them to recognize symptoms.
Through HPs, engage residents in developing solutions, encouraging low-cost, straightforward action that values traditional knowledge while addressing knowledge gaps.
Set clear, measurable targets for the end goal and milestones along the way, thereby ensuring that proposed solutions are effective or can be adapted as necessary.
Create learning opportunities for all community members, using diverse methods to reach different ages or cultural groups.
Monitor the level of learning achieved, including the adoption of healthier practices in daily life and at the community level.
Evaluate if whether the original problem has been solved:
YES
If yes, identify the next most urgent problem.
NO
If no, revise strategy to achieve the established goals;