

Mtoto

FURAHIA

na afya yake



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EXPERT, CARTOONIST: ALLY MASOUD NYOMWA 'KIPANYA'

ST MARY GORETI SECONDARY SCHOOL
PARTICIPATING STUDENT NAMES (DRAWINGS AND CONTENT)

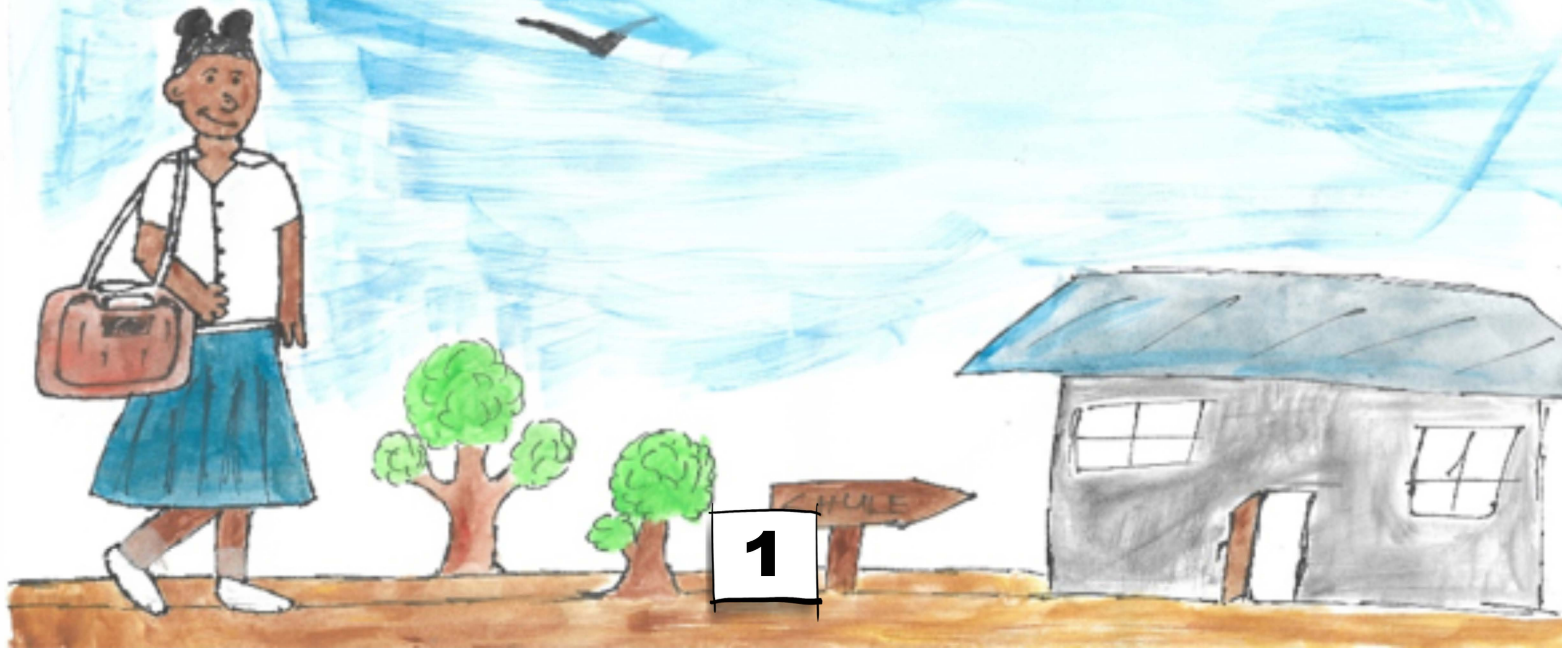
- | | |
|----------------------|------------------------|
| 1. GRACE KWEKA | 18. JANETH MIRENYI |
| 2. TABITHA LUCA | 19. JANETH MFINANGA |
| 3. GLORY KAUKU | 20. NEHIE MWAKASALA |
| 4. SANDRA JESSE | 21. GRACE NG'OWO |
| 5. MONICA AMBONILE | 22. BRIANA CONDRAD |
| 6. IRENE AUGUSTINE | 23. CATHERINE NGIRWA |
| 7. LAYLA OSMAN | 24. MERYGORETHI MALLYA |
| 8. NEEMA JAFFU | 25. SOPHIA RICKY |
| 9. IVAN MOSES | 26. NOELA SAMANYA |
| 10. MIRON JACOB | 27. HAPPYNESS MAZIGO |
| 11. KAREEN MWAMBILE | 28. MOURINE JACOB |
| 12. FAITH KISIMA | 29. DIVINE KAROMBA |
| 13. NHUZELA CHITINDE | 30. FURAHA ELIA |
| 14. DOREEN NGOWI | 31. WITNESS MEMBA |
| 15. DEBORAWADELANGA | 32. IRENE PAUL |
| 16. CONSOLATA DEUS | 33. NAOMI MSHYA |
| 17. DORA NKYA | 34. ANNELINDA ALBERT |

Acknowledgement

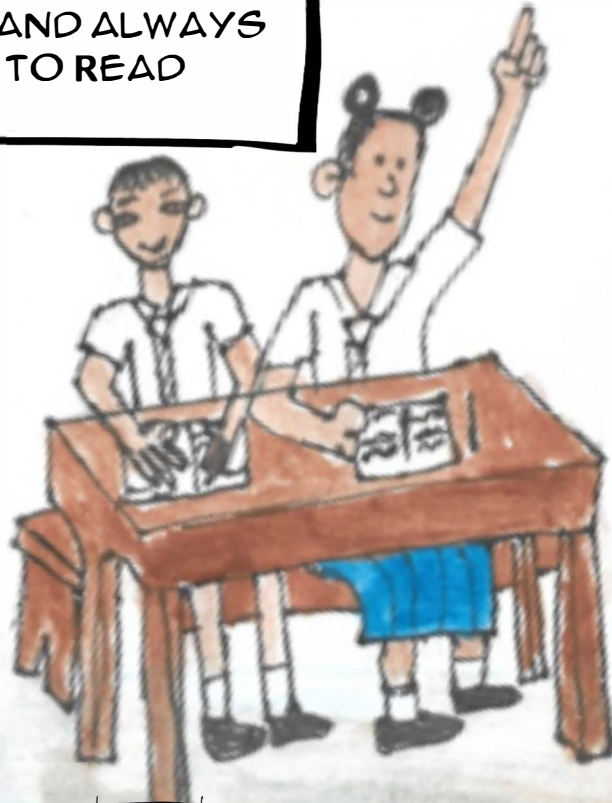
Furaha has become healthy and an ambassador for advocating about healthy lifestyle. This comic book has been prepared by the students from St Mary Goreti secondary school in Kilimanjaro, Tanzania to be used by primary school children as a guide for healthy living.

Thanks to the school administration (Sr Lucrezia Njau and Sr Clementina Kachweka) for allowing us to engage with students. Thanks to Madam Judith Mushi and Hawa Nauma for coordinating this activity, also to Ally Masoud Nyomwa "Kipanya" for facilitating this activity.

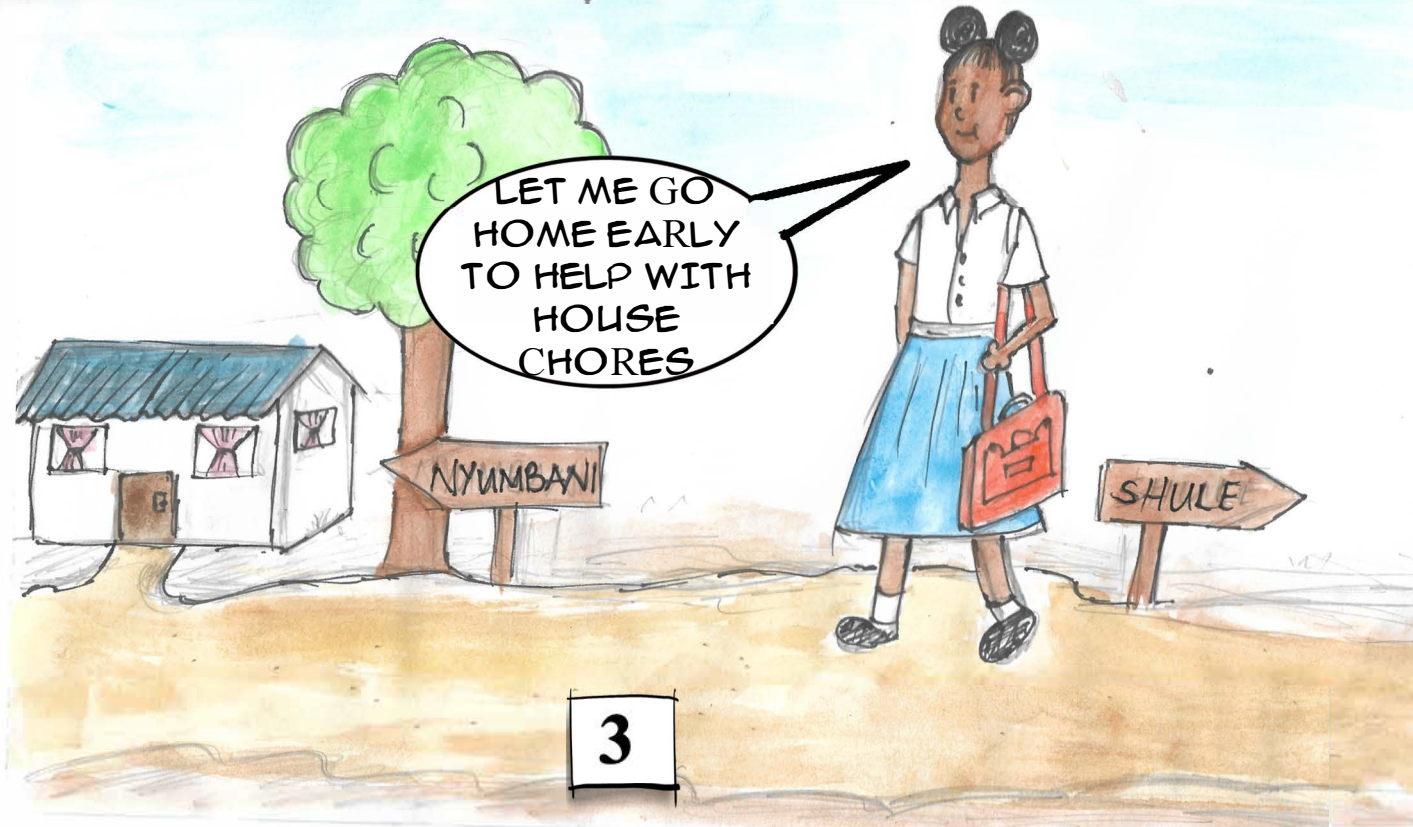
FURHA LIVES WITH HER
PARENTS AND SHE IS IN CLASS
FIVE. HER SCHOOL IS NOT VERY
FAR FROM HOME



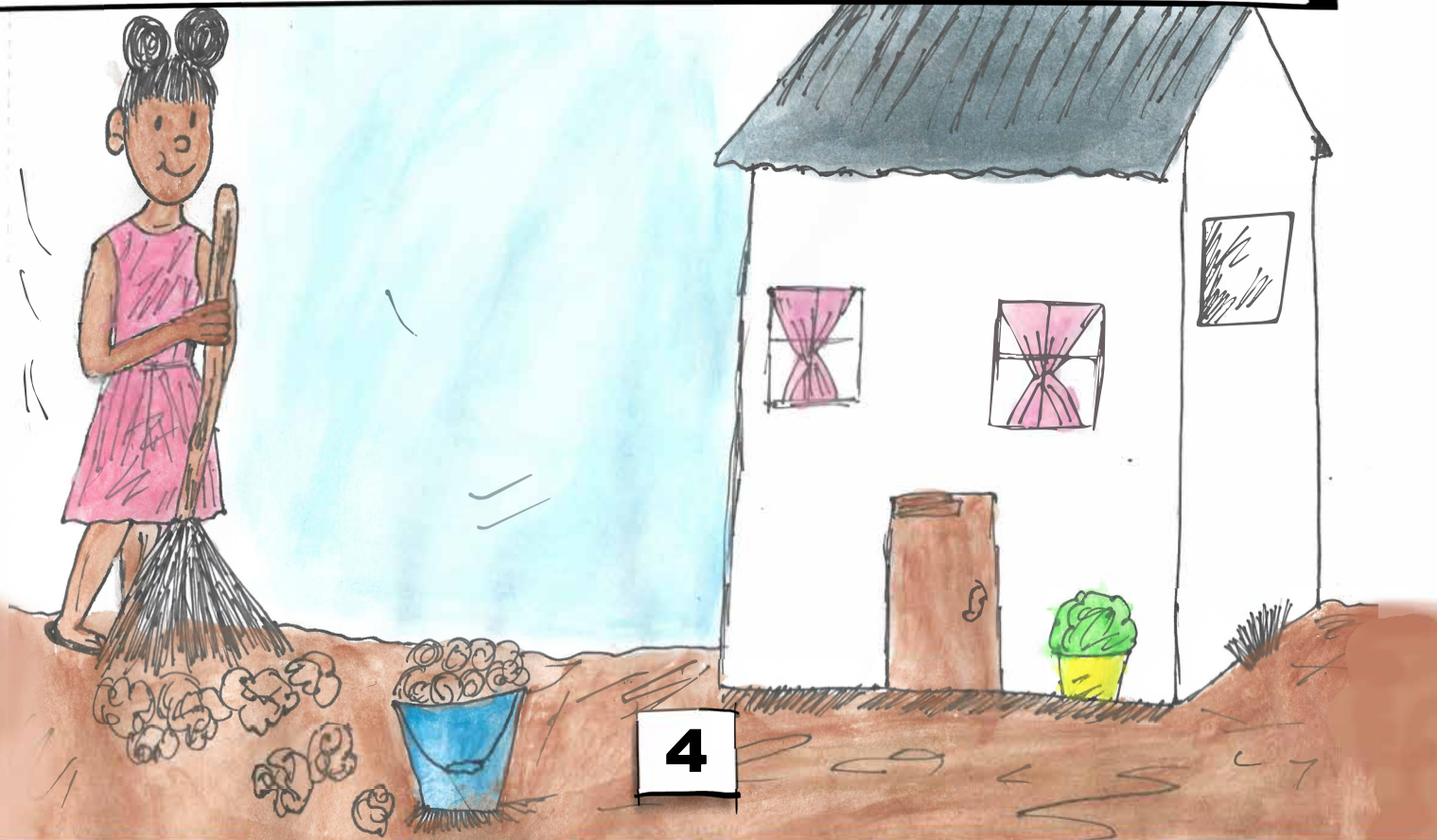
SHE IS CHARMING, ACTIVE AND LIKES TO ANSWER QUESTIONS WHEN IN CLASS. SHE ALSO LIKES TO READ AND ALWAYS ENCOURAGE HER FRIENDS TO READ



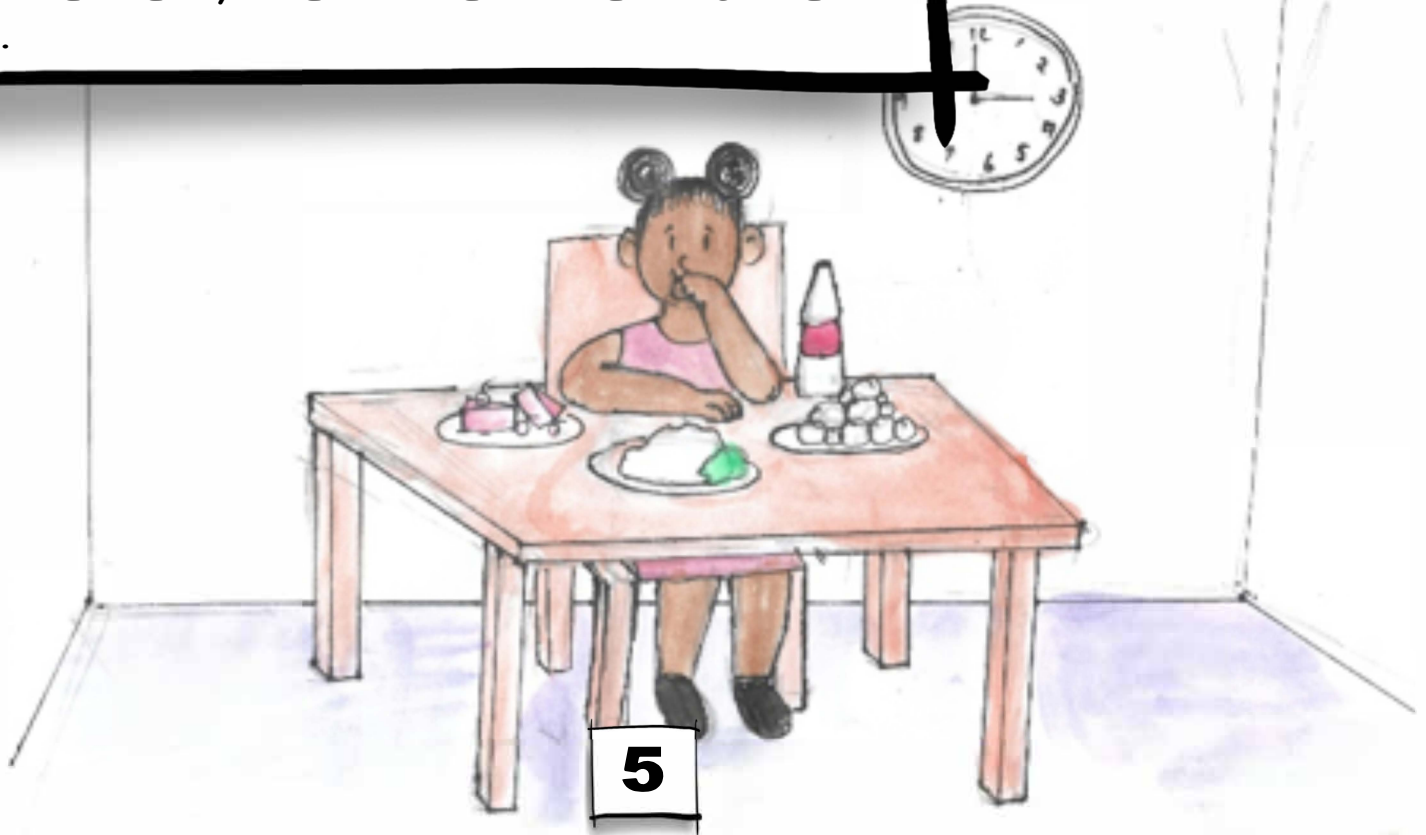
AFTER SCHOOL HOURS FURAHA
GOES BACK HOME. SHE DOES NOT
LIKE WASTING TIME AT SCHOOL



WHEN SHE REACHES HOME, SHE GREETES HER PARENTS AND GOES TO HER BEDROOM TO CHANGE SCHOOL UNIFORMS. FURAHA SITS IN THE LIVING ROOM AND DOES HER SCHOOL HOMEWORK. WHEN SHE IS DONE, SHE GETS INVOLVED IN DOING THE HOUSE CHORES



WHEN FURAHA IS DONE WITH HER HOUSE CHORES, SHE GOES TO THE DINING TABLE WHERE HER MUM SERVES ENOUGH FOOD FOR HER. SHE THEN EAT, CLEAN THE TABLE AND GOES TO REST.



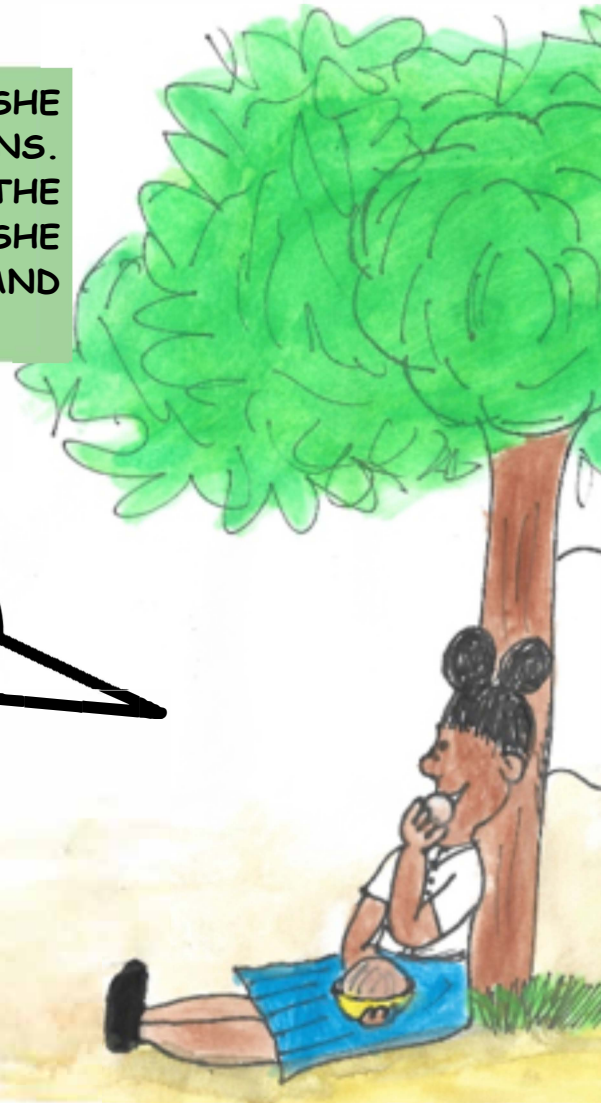


THE NEXT DAY SHE WOKE UP EARLY TO GET READY FOR SCHOOL. SHE HAD BREAKFAST WITH HER FAMILY AND THEN PACKED TWO SAMOSAS IN HER BAG FOR SCHOOL. ON THE WAY TO SCHOOL, SHE STARTED EATING HER SAMOSAS

I REALLY
LIKE MEAT
SAMOSAS

WHEN FURAHU ARRIVED AT SCHOOL, SHE ATTENDED ALL THE MORNING SESSIONS. DURING BREAK TIME, SHE WENT TO THE KIOSK TO BUY SOME RICE BUNS, THEN SHE WENT STRAIGHT TO SIT UNDER THE TREE AND STARTED EATING THEM

OH!
I REALLY LIKE THE
RICE BUNS,
ESPECIALLY
WHEN THEY ARE
OILY



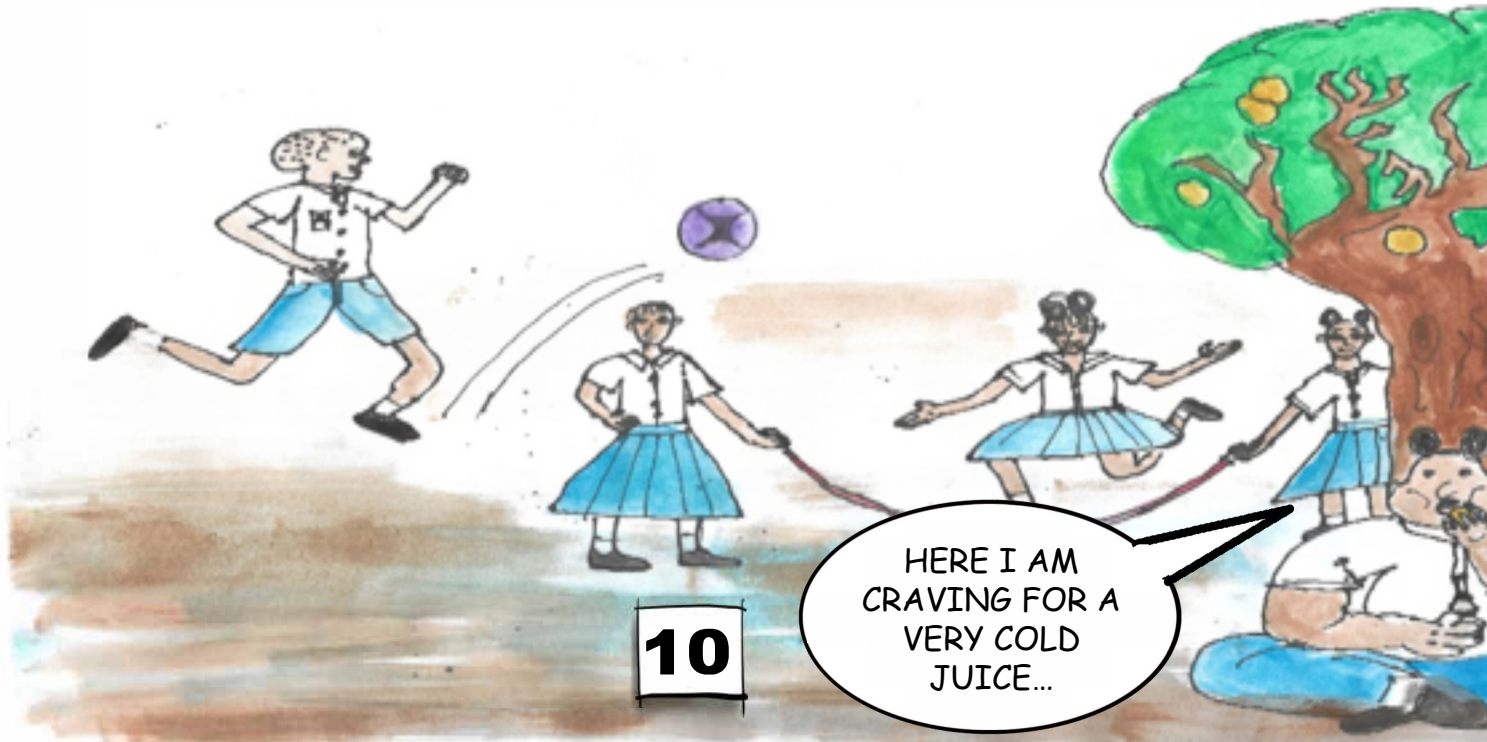
FURAHA'S UNHEALTHY EATING BEHAVIOUR CONTINUED AND AFTER A SHORT WHILE SHE WAS SEEN TO PREFER FOODS WITH TOO MUCH FAT AND SUGAR. AFTER THREE WEEKS HER PHYSICAL APPEARANCE CHANGED, SHE BECAME VERY FAT AND OVERWEIGHT



ALSO, FURAHA'S BEHAVIOUR CHANGED A LOT. HER ACTIVENESS AND CHARMINGNESS IN CLASS APPEARED TO BE FADING AWAY. SHE STARTED BEING LAZY IN CLASS AND AFTER SEVERAL DAYS FURAHA STARTED FALLING ASLEEP IN CLASS



ONE OF THE THINGS THAT HAPPENED TO FURAHA WAS LAZYNESS AS SHE WAS OFTEN SEEN EATING AND SITTING DOWN WHILE HER FRIENDS WERE PLAYING AND ENJOYING GAMES



FURAHU KEPT ON SHOWING HER LAZYNESS WHEN GOING BACK HOME, SHE COULDN'T CARRY HER BAG DUE TO TIREDNESS, SHE THEN DRAGGED THE BAG AND HERSELF AS WELL

OH!
I WISH A BIG
BIRD WOULD
COME AND
FLY ME
HOME



SHE KEPT ON WALKING SLOWLY AND SLOWLY WHILE DRAGGING HER BAG, SHE ALWAYS LIKE TO REST UNDER A TREE. ALSO, SHE LIKED TO PICK FRUITS FROM THE TREE WHERE SHE SITS "FRUITS FROM THIS TREE ARE VERY SWEET." SHE SAID TO HERSELF WHILE STANDING UP TO CONTINUE ON HER WAY



NOWADAYS
HOME
HAS
BECOME VERY
FAR

THE FOLLOWING DAY FURAHU WENT TO SCHOOL. DURING BREAK TIME SHE WENT OUT OF THE CLASSROOM WITH HER FRIENDS TO THE PLAYGROUNDS. HER FRIENDS ENCOURAGED HER TO PLAY. FURAHU JOINED THEM AND STARTED TO PLAY DIFFERENT GAMES THAT MADE HER TIRED. EACH TIME SHE CAUGHT THE BALL, SHE STARTED BREATHING WITH DIFFICULTY, AND SHE SWEATED PROFUSELY, IN SUCH A WAY THAT SHE COULDN'T CONTINUE WITH THE GAMES.



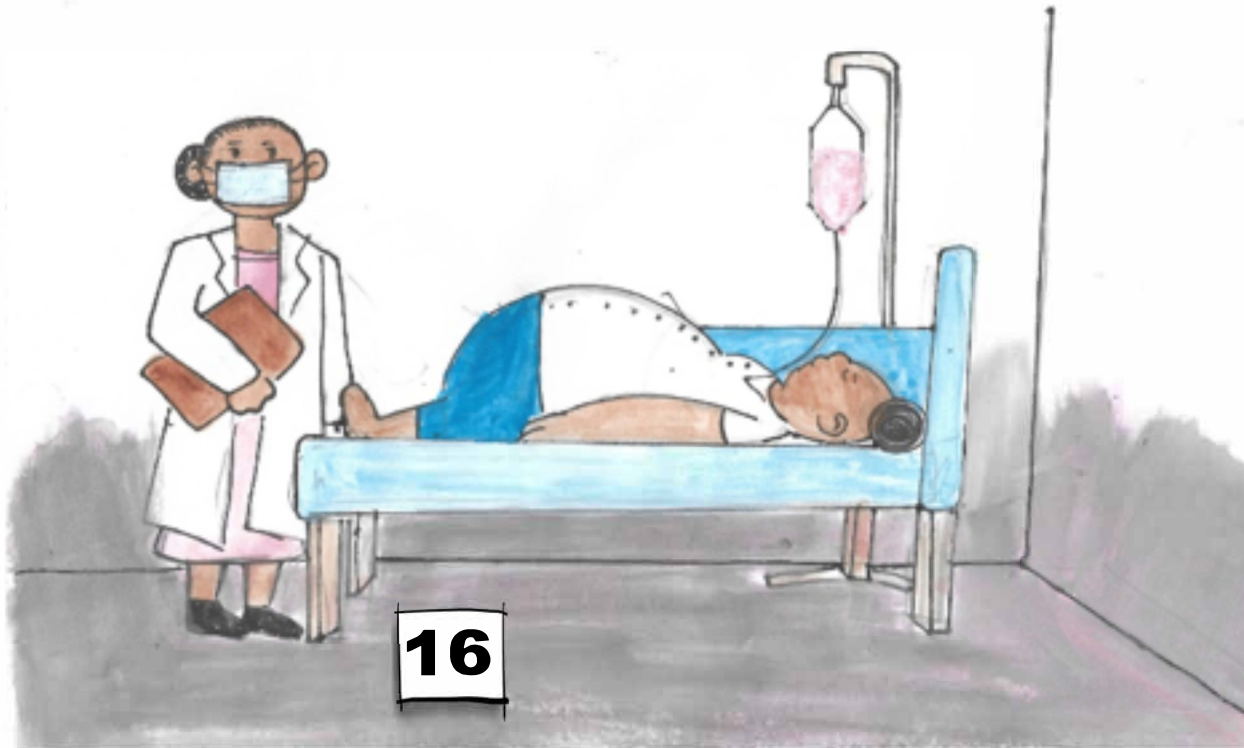


THE CLASS BELL RANG WHILE OTHER STUDENTS WERE FINISHING THEIR GAMES, AND RACING TO GO BACK TO THE CLASSROOM. FURAHA WISHED TO JOIN THEM BUT SHE COULDN'T AS SHE WAS VERY TIRED AFTER THE GAMES

WHEN FURAHA FINISHED CLIMBING THE STAIRS WITH DIFFICULTIES, SHE REACHED INTO THE CLASS AND SIT TO HER USUAL CHAIR AT THE BACK OF THE CLASS WHILE FEELING BAD AND STILL FACING BREATHING DIFFICULTIES. SUDDENLY SHE WAS DIZZY AND LOST CONSCIOUS.



FURAHA WAS TAKEN TO THE HOSPITAL AND SHE WAS ADMITTED WHILE STILL UNCONSCIOUS. THE DOCTOR IN CHARGE COLLECTED SPECIMENS AND TOOK THEM TO THE LABORATORY TO INVESTIGATE THE CAUSE OF FURAHA'S PROBLEM





FURAHHA'S PARENTS ALREADY ARRIVED AT THE HOSPITAL TO FIND OUT WHAT HAPPENED TO THEIR DAUGHTER. THE DOCTOR RECEIVED RESULTS FROM THE LABORATORY AND DIAGNOSED FURAHHA'S PROBLEM. THE DOCTOR PROVIDED FEEDBACK ON FURAHHA'S PROBLEM TO HER PARENTS WHILE THEY WERE IN THE ROOM WHERE FURAHHA WAS ADMITTED

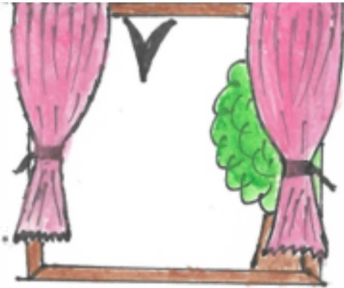
WHILE AT THE HOSPITAL, FURAHA CONTINUED WITH TREATMENT AND LATER SHE WAS DISCHARGED AND LEFT HOME WITH HER PARENTS. ONE OF FURAHA'S FRIENDS VISITED HER TO SEE HOW SHE WAS DOING, AND WAS ACCOMPANIED BY HER SISTER WHO IS A NUTRITIONIST



WHEN FURAHA LEFT AT THE HOSPITAL, THE NUTRITIONIST (SISTER HAWA) ADVISED FURAHA, HELPING HER TO RETURN TO HER NORMAL CONDITION. FURAHA WAS PERFORMING DIFFERENT EXERCISES ASSISTED BY THE NUTRITIONIST.



AFTER FURAHA RECEIVED HEALTH EDUCATION FROM THE NUTRITIONIST, SHE STARTED HELPING HERSELF BY DOING EXERCISES AND SHE WAS ENCOURAGING HER FRIENDS TO EXERCISE SO THAT THEY COULD PREVENT THE PROBLEMS SHE ENCOUNTERED.



I AM
FEELING VERY
HEALTHY AND
LIGHT



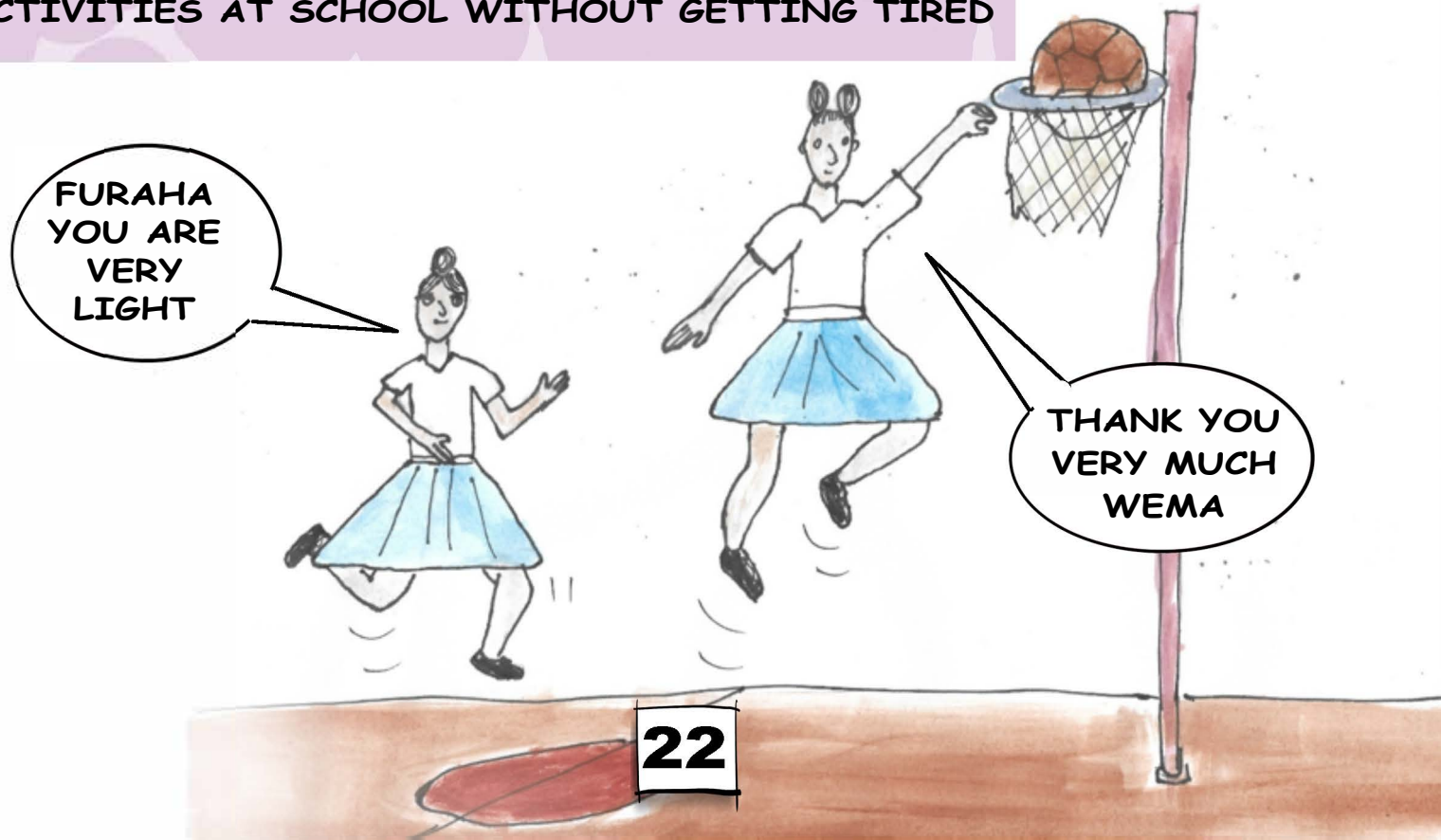
SHE WAS EATING NUTRITIOUS FOODS TO IMPROVE HER HEALTH TO NORMAL STATE SUCH AS ENOUGH VEGETABLES, FRUITS AND SMALL PORTIONS OF STARCHY FOODS.

APART FROM TREATMENT AND EXERCISE SHE RECEIVED, SHE GOT BACK TO SCHOOL WHILE CHARMING, ENERGETIC AND ACTIVE. SHE KEPT ENCOURAGING HER FRIENDS TO INVITE THEIR PARENTS FOR THE GRADUATION AS SHE WISHED TO INSPIRE THE WHOLE COMMUNITY CONCERNING HEALTHY LIFESTYLE.

I AM
VERY MUCH
EXCITED TO SEE
YOU FURAHA,
AND YOU LOOK
SO HAPPY

THANK YOU
VERY MUCH
MY FRIEND

FURAHU SHOWED SO MUCH INVOLVEMENT IN
DIFFERENT GAMES AT SCHOOL. SHE WAS ABLE TO
JOIN HER FRIENDS AGAIN IN DIFFERENT
ACTIVITIES AT SCHOOL WITHOUT GETTING TIRED



ASSEMBLY



ON THE GRADUATION DAY, SISTER HAWA WHO HELPED FURAHA ATTENDED THE GRADUATION. THE HEADTEACHER GAVE HER AN OPPORTUNITY TO GIVE EDUCATION CONCERNING A HEALTHY LIFESTYLE TO PREVENT ONESELF FROM GETTING DIFFERENT HEALTH PROBLEMS. ALSO, FURAHA BECAME A GOOD AMBASSADOR AND SHE EDUCATE HER FRIENDS ON GOOD LIFESTYLE BEHAVIOURS.

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DELTAS Africa

