

Report for January to December 2020 on KRA2: Train four health workers and purchase health screening equipment for Jaluit atoll

1. 2020 Summary of activities;

| | |
|---|--|
| Number of visits: | 3 visits total |
| Number of people reached: | 148 people |
| Number of people consistently walking clubs for 1 year: | 23 people |
| Number of Community Health Workers Trained: | 2 |
| Number of Walking clubs and Club Managers: | 2 |
| Equipment Purchased: | 1 Lenovo tablet 5 Tur Metrix Glucometers 108 boxes of 50 test strips 140 pairs of walking shoes 6 volleyballs 6 volleyball nets |

The Schedule of activities conducted in 2020 is shown below

| January | February | March | April | May | June |
|---|---|-----------|---|--|--------------------|
| | 1 st visit to island. Health needs assessment conducted | | | 2 nd visit to island. 2 health workers selected and trained | 6 month report due |
| July | August | September | October | November | December |
| Volleyball tournament held on Jabor, Jaluit Biggest loser competition held | 3 rd visit to island. Follow done with health workers. Training done with CHOWs. | | Supplies sent to Jabor, Jaluit for health workers to continue to do health screening. | | 6 month report due |

2. Four health workers trained and health-screening equipment purchased January 2020 to December 2020

1st trip to Jaluit atoll: February 2020 to March 2020

During the initial trip to Jaluit in February 2020, the health team met with local leadership and restarted the two walking clubs on Jabor and visited Imej Island and started 1 new walking club on the island. The clubs have over 100 women walking at least three days per week. 130 people were screening for diabetes and hypertension during this initial visit. Jabor showed the most density of people and highest rates of diabetes. Imej Island was selected to start health screening instead of Jaluit, Jaluit. This is due to the people in Jaluit, Jaluit being very spread out whereas the people on Imej are close together and easier to reach for health workers.

2nd trip to Jaluit Atoll: May 2020 to June 2020

A small team of 2 people returned in May to select and train two community health workers. The two new community health workers were selected by the health assistant on Jabor, Jaluit atoll. The training was initially done at one site (Jabor clinic) and later expanded to the entire village of Jabor. 140 patients were seen at Jabor clinic with a diabetes rate of about 25%. The health workers were taught how to take blood sugar and blood pressure measurements using

equipment purchased. They also learned how to measure height and weight, however this is not part of the house-to-house assessment at this time. The health workers completed training on paper using standard measurement sheets and then progressed to doing house-to-house surveys using a Lenovo tablet. Marshall Islands Epidemiology and Prevention Initiatives designed the tablet program in collaboration with Ministry of Health and Human Services on Majuro. The program assists the health worker in tracking blood sugar and blood pressure measurements each week and GPS tags the location of each patient screened. Training was conducted with health workers and health assistant to ensure communication was established between the two and that patients would be able to come to clinic and be seen as needed.

3rd Trip to Jaluit Atoll: August 2020

We sent a team back to Jabor in August 2020 to conduct more training with the health workers and try and establish 2 health workers on Imej Island. After speaking with Imej Island, the health training was set for January 2021 after they have selected the two community members to be trained. Training will require two health team members to remain on Imej Island for two weeks to ensure adequate training. Technical issues of uploading data to main database from Imej were solved, as boat travel is made possible through local Jaluit community members. The Jabor health workers reported working well with the health assistant on island. We were able to bring a portable A1c machine with us and tested 30 diabetic patients and were able to adjust medication treatment with the health assistant.



Health screening in Jaluit, Jaluit



Jabor walking club on Jaluit Atoll



Jabor health clinic during initial health screening of community

Jaluit Health Survey 2020

2. Village, Atoll

| Value | Frequency | Percentage |
|----------------|------------|-------------|
| Jabor, Jaluit | 90 | 69.2% |
| Imiej, Jaluit | 28 | 21.5% |
| Jaluit, Jaluit | 12 | 9.2% |
| Total | 130 | 100% |

3. Age of Respondent

| Value | Jabor, Jaluit | Imiej, Jaluit | Jaluit, Jaluit | Total Freq. | Percentage |
|--------------|---------------|---------------|----------------|-------------|-------------|
| 18-24 | 5 | 1 | 1 | 7 | 5.4% |
| 25-34 | 17 | 12 | 5 | 34 | 26.2% |
| 35-44 | 32 | 7 | 1 | 40 | 30.8% |
| 45-54 | 12 | 3 | 1 | 16 | 12.3% |
| 55-64 | 19 | | 3 | 22 | 16.9% |
| ≥65 | 5 | 5 | 1 | 11 | 8.5% |
| Total | 90 | 28 | 12 | 130 | 100% |

4. Ramen, frequency of consumption

| Value | Jabor, Jaluit | Imiej, Jaluit | Jaluit, Jaluit | Total Freq. | Percentage |
|---------------------------------|---------------|---------------|----------------|-------------|-------------|
| Rarely (less than once a month) | 43 | 12 | 4 | 59 | 45.4% |
| 1-2 times per week | 19 | 9 | 2 | 30 | 23.1% |
| 1-3 times per month | 10 | 4 | 3 | 17 | 13.1% |
| Never | 8 | 2 | 2 | 12 | 9.2% |
| Daily | 5 | 1 | 1 | 7 | 5.4% |
| 3-4 times per week | 5 | | | 5 | 3.8% |
| Total | 90 | 28 | 12 | 130 | 100% |

5. Rice, frequency of consumption

| Value | Jabor, Jaluit | Imiej, Jaluit | Jaluit, Jaluit | Total Freq. | Percentage |
|---------------------------------|---------------|---------------|----------------|-------------|-------------|
| Daily | 77 | 2 | 9 | 88 | 67.7% |
| 3-4 times per week | 3 | | 1 | 4 | 3.1% |
| Rarely (less than once a month) | 6 | 5 | | 11 | 8.5% |
| 1-2 times per week | 3 | 19 | 2 | 24 | 18.5% |
| 1-3 times per month | 1 | 2 | | 3 | 2.3% |
| Total | 90 | 28 | 12 | 130 | 100% |

6. Donut, frequency of consumption

| Value | Jabor, Jaluit | Imiej, Jaluit | Jaluit, Jaluit | Total Freq. | Percentage |
|---------------------------------|---------------|---------------|----------------|-------------|-------------|
| 1-2 times per week | 30 | 9 | 6 | 45 | 34.6% |
| Rarely (less than once a month) | 19 | 7 | 1 | 27 | 20.8% |
| Daily | 24 | | 1 | 25 | 19.2% |
| 1-3 times per month | 8 | 11 | 3 | 22 | 16.9% |
| Never | 5 | | 1 | 6 | 4.6% |
| 3-4 times per week | 4 | 1 | | 5 | 3.8% |
| Total | 90 | 28 | 12 | 130 | 100% |

7. Pancakes, frequency of consumption

| Value | Jabor, Jaluit | Imiej, Jaluit | Jaluit, Jaluit | Total Freq. | Percentage |
|---------------------------------|---------------|---------------|----------------|-------------|-------------|
| Daily | 37 | 12 | 3 | 52 | 40.0% |
| 1-2 times per week | 15 | 4 | 5 | 24 | 18.5% |
| Rarely (less than once a month) | 21 | 3 | | 24 | 18.5% |
| 1-3 times per month | 8 | 6 | 4 | 18 | 13.8% |
| 3-4 times per week | 7 | 3 | | 10 | 7.7% |
| Never | 2 | | | 2 | 1.5% |
| Total | 99 | 29 | 13 | 141 | 100% |

8. Sugary Drinks, frequency of consumption

| Value | Jabor, Jaluit | Imiej, Jaluit | Jaluit, Jaluit | Total Freq. | Percentage |
|---------------------------------|---------------|---------------|----------------|-------------|-------------|
| Daily | 44 | 14 | 9 | 67 | 51.5% |
| Rarely (less than once a month) | 21 | 2 | | 23 | 17.7% |
| 1-2 times per week | 16 | 4 | 1 | 21 | 16.2% |
| 1-3 times per month | 5 | 5 | 2 | 12 | 9.2% |
| 3-4 times per week | 2 | 2 | | 4 | 3.1% |
| Never | 2 | 1 | | 3 | 2.3% |
| Total | 90 | 28 | 12 | 130 | 100% |

9. Canned meat (not tuna/mackarel), frequency of consumption

| Value | Jabor, Jaluit | Imiej, Jaluit | Jaluit, Jaluit | Total Freq. | Percentage |
|---------------------------------|---------------|---------------|----------------|-------------|-------------|
| Daily | 44 | 14 | 9 | 67 | 51.5% |
| Rarely (less than once a month) | 21 | 2 | | 23 | 17.7% |
| 1-2 times per week | 16 | 4 | 1 | 21 | 16.2% |
| 1-3 times per month | 5 | 5 | 2 | 12 | 9.2% |
| 3-4 times per week | 2 | 2 | | 4 | 3.1% |
| Never | 2 | 1 | | 3 | 2.3% |
| Total | 90 | 28 | 12 | 130 | 100% |

10. Canned meat (not tuna/mackarel), frequency of consumption

| Value | Jabor, Jaluit | Imiej, Jaluit | Jaluit, Jaluit | Total Freq. | Percentage |
|---------------------------------|---------------|---------------|----------------|-------------|-------------|
| Rarely (less than once a month) | 27 | 10 | 2 | 39 | 30.0% |
| 1-3 times per month | 19 | 8 | 5 | 32 | 24.6% |
| 1-2 times per week | 14 | 6 | 3 | 23 | 17.7% |
| Daily | 16 | 1 | 2 | 19 | 14.6% |
| Never | 8 | 2 | | 10 | 7.7% |
| 3-4 times per week | 6 | 1 | | 7 | 5.4% |
| Total | 90 | 28 | 12 | 130 | 100% |

11. Frozen Processed Meat (Hot dogs/Ham)

| Value | Jabor, Jaluit | Imiej, Jaluit | Jaluit, Jaluit | Total Freq. | Percentage |
|---------------------------------|---------------|---------------|----------------|-------------|-------------|
| Daily | 44 | 14 | 9 | 67 | 51.5% |
| Rarely (less than once a month) | 21 | 2 | | 23 | 17.7% |
| 1-2 times per week | 16 | 4 | 1 | 21 | 16.2% |
| 1-3 times per month | 5 | 5 | 2 | 12 | 9.2% |
| 3-4 times per week | 2 | 2 | | 4 | 3.1% |
| Never | 2 | 1 | | 3 | 2.3% |
| Total | 90 | 28 | 12 | 130 | 100% |

12. Fish, frequency of consumption

| Value | Jabor, Jaluit | Imiej, Jaluit | Jaluit, Jaluit | Total Freq. | Percentage |
|---------------------------------|---------------|---------------|----------------|-------------|-------------|
| Daily | 55 | 21 | 12 | 88 | 67.7% |
| 3-4 times per week | 12 | 5 | | 17 | 13.1% |
| 1-2 times per week | 10 | 1 | | 11 | 8.5% |
| Rarely (less than once a month) | 7 | | | 7 | 5.4% |
| 1-3 times per month | 6 | 1 | | 7 | 5.4% |
| Never | | | | 0 | 0.0% |
| Total | 90 | 28 | 12 | 130 | 100% |

13. Any vegetable, frequency of consumption

| Value | Jabor, Jaluit | Imiej, Jaluit | Jaluit, Jaluit | Total Freq. | Percentage |
|---------------------------------|---------------|---------------|----------------|-------------|-------------|
| Never | 36 | 6 | 3 | 45 | 34.6% |
| 1-3 times per month | 12 | 9 | 3 | 24 | 18.5% |
| Rarely (less than once a month) | 12 | 11 | 5 | 28 | 21.5% |
| 1-2 times per week | 20 | 2 | | 22 | 16.9% |
| Daily | 7 | | 1 | 8 | 6.2% |
| 3-4 times per week | 3 | | | 3 | 2.3% |
| Total | 90 | 28 | 12 | 130 | 100% |

14. Apples or oranges, frequency of consumption

| Value | Jabor, Jaluit | Imiej, Jaluit | Jaluit, Jaluit | Total Freq. | Percentage |
|---------------------------------|---------------|---------------|----------------|-------------|-------------|
| Never | 42 | 20 | 6 | 68 | 52.3% |
| Rarely (less than once a month) | 21 | 6 | 4 | 31 | 23.8% |
| 1-3 times per month | 15 | 2 | 2 | 19 | 14.6% |
| 1-2 times per week | 9 | | | 9 | 6.9% |
| Daily | 2 | | | 2 | 1.5% |
| 3-4 times per week | 1 | | | 1 | 0.8% |
| Total | 90 | 28 | 12 | 130 | 100% |

15. Banana (all varieties), frequency of consumption

| Value | Jabor, Jaluit | Imiej, Jaluit | Jaluit, Jaluit | Total Freq. | Percentage |
|---------------------------------|---------------|---------------|----------------|-------------|-------------|
| Daily | 28 | 7 | 7 | 42 | 32.3% |
| 1-2 times per week | 22 | 10 | 4 | 36 | 27.7% |
| Rarely (less than once a month) | 22 | 1 | 1 | 24 | 18.5% |
| 1-3 times per month | 11 | 6 | | 17 | 13.1% |
| 3-4 times per week | 3 | 3 | | 6 | 4.6% |
| Never | 4 | 1 | | 5 | 3.8% |
| Total | 90 | 28 | 12 | 130 | 100% |

16. Papaya, frequency of consumption

| Value | Jabor, Jaluit | Imiej, Jaluit | Jaluit, Jaluit | Total Freq. | Percentage |
|---------------------------------|---------------|---------------|----------------|-------------|-------------|
| Rarely (less than once a month) | 35 | 4 | 1 | 40 | 30.8% |
| 1-3 times per month | 14 | 9 | 2 | 25 | 19.2% |
| 1-2 times per week | 13 | 9 | 2 | 24 | 18.5% |
| Never | 20 | 1 | 2 | 23 | 17.7% |
| Daily | 8 | 5 | 5 | 18 | 13.8% |
| 3-4 times per week | | | | 0 | 0.0% |
| Total | 90 | 28 | 12 | 130 | 100% |

17. Pandanus, frequency of consumption

| Value | Jabor, Jaluit | Imiej, Jaluit | Jaluit, Jaluit | Total Freq. | Percentage |
|---------------------------------|---------------|---------------|----------------|-------------|-------------|
| Daily | 41 | 13 | 7 | 61 | 46.9% |
| Rarely (less than once a month) | 26 | 2 | | 28 | 21.5% |
| 1-3 times per month | 9 | 7 | 2 | 18 | 13.8% |
| 1-2 times per week | 9 | 5 | 3 | 17 | 13.1% |
| 3-4 times per week | 3 | 1 | | 4 | 3.1% |
| Never | 2 | | | 2 | 1.5% |
| Total | 90 | 28 | 12 | 130 | 100% |

17. Coconut, frequency of consumption

| Value | Jabor, Jaluit | Imiej, Jaluit | Jaluit, Jaluit | Total Freq. | Percentage |
|---------------------------------|---------------|---------------|----------------|-------------|-------------|
| 1-2 times per week | 24 | 6 | 8 | 38 | 29.2% |
| Daily | 23 | 11 | 1 | 35 | 26.9% |
| Rarely (less than once a month) | 28 | | | 28 | 21.5% |
| 1-3 times per month | 9 | 9 | 3 | 21 | 16.2% |
| 3-4 times per week | 3 | 2 | | 5 | 3.8% |
| Never | 3 | | | 3 | 2.3% |
| Total | 90 | 28 | 12 | 130 | 100% |

17. Breadfruit, frequency of consumption

| Value | Jabor, Jaluit | Imiej, Jaluit | Jaluit, Jaluit | Total Freq. | Percentage |
|---------------------------------|---------------|---------------|----------------|-------------|-------------|
| Daily | 41 | 11 | 8 | 60 | 46.2% |
| Rarely (less than once a month) | 24 | 1 | | 25 | 19.2% |
| 1-3 times per month | 11 | 10 | 2 | 23 | 17.7% |
| 1-2 times per week | 7 | 4 | 1 | 12 | 9.2% |
| 3-4 times per week | 6 | 2 | 1 | 9 | 6.9% |
| Never | 1 | | | 1 | 0.8% |
| Total | 90 | 28 | 12 | 130 | 100% |

17. Moringa (Tree of life), frequency of consumption

| Value | Jabor, Jaluit | Imiej, Jaluit | Jaluit, Jaluit | Total Freq. | Percentage |
|---------------------------------|---------------|---------------|----------------|-------------|-------------|
| Never | 71 | 28 | 12 | 111 | 85.4% |
| Rarely (less than once a month) | 7 | | | 7 | 5.4% |
| Daily | 4 | | | 4 | 3.1% |
| 1-2 times per week | 3 | | | 3 | 2.3% |
| 1-3 times per month | 3 | | | 3 | 2.3% |
| 3-4 times per week | 2 | | | 2 | 1.5% |
| Total | 90 | 28 | 12 | 130 | 100% |

17. How often do you eat healthy?

| Value | Jabor, Jaluit | Imiej, Jaluit | Jaluit, Jaluit | Total Freq. | Percentage |
|------------------|---------------|---------------|----------------|-------------|-------------|
| Fair or Okay | 29 | 15 | 10 | 54 | 41.5% |
| Very Good | 25 | | | 25 | 19.2% |
| Excellent | 15 | 8 | 1 | 24 | 18.5% |
| Good | 8 | 5 | 1 | 14 | 10.8% |
| Poor or Not Good | 9 | | | 9 | 6.9% |
| No Answer | 4 | | | 4 | 3.1% |
| Total | 90 | 28 | 12 | 130 | 100% |

17. How motivated are you to improve your eating habits/diet?

| Value | Jabor, Jaluit | Imiej, Jaluit | Jaluit, Jaluit | Total Freq. | Percentage |
|------------------|---------------|---------------|----------------|-------------|-------------|
| Fair or Okay | 23 | 7 | 5 | 35 | 26.9% |
| Very Good | 29 | 3 | 1 | 33 | 25.4% |
| Good | 19 | 11 | 3 | 33 | 25.4% |
| Excellent | 13 | 7 | 2 | 22 | 16.9% |
| Poor or Not Good | 3 | | 1 | 4 | 3.1% |
| No Answer | 3 | | | 3 | 2.3% |
| Total | 90 | 28 | 12 | 130 | 100% |

18. Ever checked Blood Pressure in Lifetime

| Value | Jabor, Jaluit | Imiej, Jaluit | Jaluit, Jaluit | Total Freq. | Percentage |
|--------------|---------------|---------------|----------------|-------------|-------------|
| Yes | 90 | 28 | 12 | 130 | 100.0% |
| No | | | | 0 | 0.0% |
| Don't Know | | | | 0 | 0.0% |
| Total | 90 | 28 | 12 | 130 | 100% |

19. Ever told by health worker to have had High Blood Pressure and/or Hypertension

| Value | Jabor, Jaluit | Imiej, Jaluit | Jaluit, Jaluit | Total Freq. | Percentage |
|--------------|---------------|---------------|----------------|-------------|-------------|
| No | 76 | 21 | 12 | 109 | 83.8% |
| Yes | 14 | 7 | | 21 | 16.2% |
| Don't Know | | | | 0 | 0.0% |
| Total | 90 | 28 | 12 | 130 | 100% |

20. Taking medicine prescribed for Blood Pressure among Hypertensive respondents (n=21)

| Value | Jabor, Jaluit | Imiej, Jaluit | Jaluit, Jaluit | Total Freq. | Percentage |
|--------------|---------------|---------------|----------------|-------------|-------------|
| No | 10 | 4 | | 14 | 66.7% |
| Yes | 4 | 3 | | 7 | 33.3% |
| Don't Know | | | | 0 | 0.0% |
| Total | 14 | 7 | 0 | 21 | 100% |

21. Ever checked Blood Glucose in Lifetime

| Value | Jabor, Jaluit | Imiej, Jaluit | Jaluit, Jaluit | Total Freq. | Percentage |
|--------------|---------------|---------------|----------------|-------------|-------------|
| Yes | 87 | 28 | 12 | 127 | 97.7% |
| No | 3 | | | 3 | 2.3% |
| Don't Know | | | | 0 | 0.0% |
| Total | 90 | 28 | 12 | 130 | 100% |

22. Ever told by health worker to have had High Blood Glucose and/or Diabetes

| Value | Jabor, Jaluit | Imiej, Jaluit | Jaluit, Jaluit | Total Freq. | Percentage |
|--------------|---------------|---------------|----------------|-------------|-------------|
| No | 65 | 24 | 9 | 98 | 77.2% |
| Yes | 22 | 4 | 3 | 29 | 22.8% |
| Don't Know | | | | 0 | 0.0% |
| Total | 87 | 28 | 12 | 127 | 100% |

23. Taking medicine prescribed for Diabetes among diabetic respondents (n=29)

| Value | Jabor, Jaluit | Imiej, Jaluit | Jaluit, Jaluit | Total Freq. | Percentage |
|--------------|---------------|---------------|----------------|-------------|-------------|
| No | 15 | 1 | 1 | 17 | 58.6% |
| Yes | 7 | 3 | 2 | 12 | 41.4% |
| Don't Know | | | | 0 | 0.0% |
| Total | 22 | 4 | 3 | 29 | 100% |

24. Fasting Blood Sugar (n=74, missing values=56)

| Value | Jabor, Jaluit | Imiej, Jaluit | Jaluit, Jaluit | Total Freq. | Percentage |
|----------------------------|---------------|---------------|----------------|-------------|-------------|
| Diabetic (≥ 126) | 39 | 4 | | 43 | 58.1% |
| Impaired Glucose (101-125) | 27 | 2 | | 29 | 39.2% |
| Normal (80-100) | | | | 0 | 0.0% |
| ≤ 79 | 1 | 1 | | 2 | 2.7% |
| Total | 67 | 7 | 0 | 74 | 100% |

25. Blood Pressure Reading (n=130)

| Value | Jabor, Jaluit | Imiej, Jaluit | Jaluit, Jaluit | Total Freq. | Percentage |
|------------------------------------|---------------|---------------|----------------|-------------|-------------|
| Non-Hypertensive ($\leq 139/89$) | 68 | 21 | 11 | 100 | 76.9% |
| Hypertensive ($\geq 140/90$) | 22 | 7 | 1 | 30 | 23.1% |
| Total | 90 | 28 | 12 | 130 | 100% |

26. BMI

| Value | Jabor, Jaluit | Imiej, Jaluit | Jaluit, Jaluit | Total Freq. | Percentage |
|---------------------------|---------------|---------------|----------------|-------------|-------------|
| Underweight = < 18.5 | 1 | | | 1 | 1.4% |
| Normal weight = 18.5–24.9 | 14 | 7 | | 21 | 28.4% |
| Overweight = 25–29.9 | 29 | 9 | 5 | 43 | 58.1% |
| Obesity = BMI of 30 above | 46 | 12 | 7 | 65 | 87.8% |
| Total | 90 | 28 | 12 | 130 | 100% |

Jabor, Jaluit Atoll Health Screening

