



Energy In Action Drowning Prevention Activities



2022-2023

"Anyone can drown, no one should"



Who We Are

We are a dedicated team of young leaders committed to bringing youth together to promote healthy behaviors, strengthen leadership and citizenship skills, and have fun. We are committed to a community-based, youth-led and youth-centered approach. We emphasize positive role modeling, interactivity, and fun in our programming. All our programs are inspired by respect, benefit, sustainability, and joy.



PUBLIC HEALTH



We aim to provide critical public health training to youth who need it most, while having FUN.

YOUTH EMPOWERMENT



We are dedicated to democratizing knowledge and empowering local communities to achieve their goals.

PROFESSIONAL DEVELOPMENT

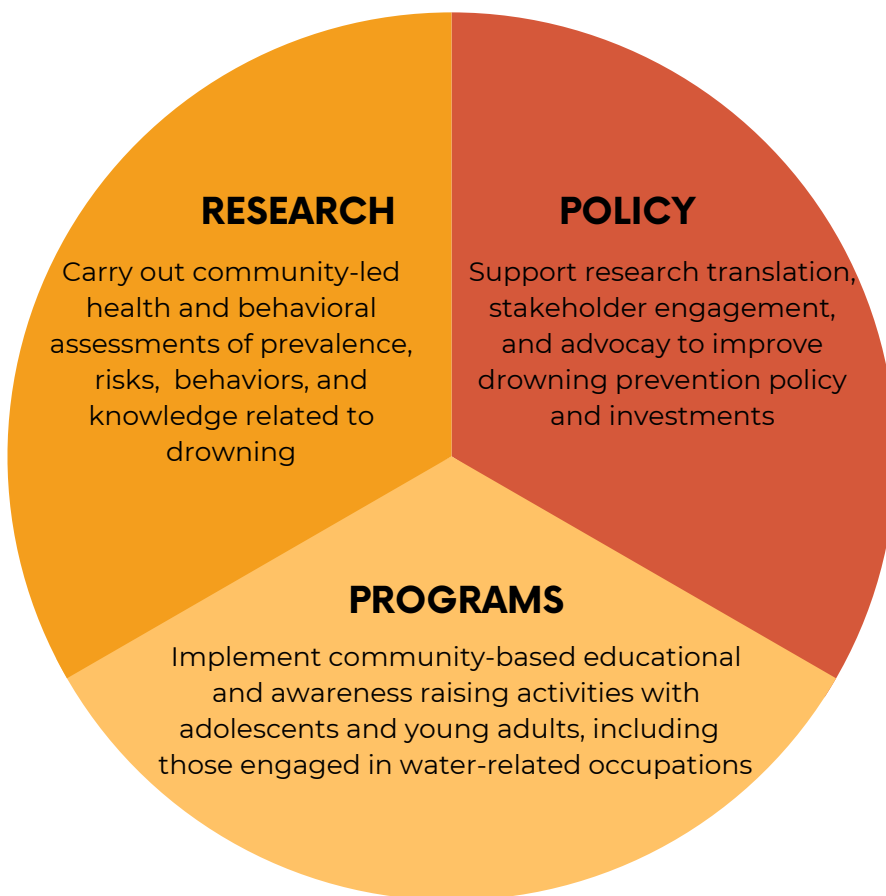


We provide experiential learning and research opportunities for youth to boost confidence, establish lasting relationships, and promote professional development.

In the past decade, drowning has resulted in over 2.5 million preventable deaths worldwide. The Lake Victoria Basin represents the most dangerous stretch of water in the world in terms of drowning fatalities per square kilometer. Uganda is disproportionately affected by unintentional drowning, with Energy In Action's target populations of adolescents and young adults most at risk. Despite the terrible burden, drowning is preventable through evidence-based policies and low-cost interventions.

Energy In Action is committed to contributing to existing and future efforts to reduce the burden of drowning in Uganda and beyond. To do this, Energy In Action is implementing a comprehensive drowning prevention strategy in Uganda in partnership with multiple local, national, and international stakeholders, including community-based research, educational programming, and policy support.

ENERGY IN ACTION'S DROWNING PREVENTION STRATEGY



Goals

- Increase community awareness regarding drowning prevention
- Increase access to basic water rescue services
- Decrease in drowning incidences
- Improved life-saving swimming skills among youth and young adults
- More attention and available resources towards drowning prevention

Energy In Action aims to reduce the burden of drowning in Uganda's many lakeside and island districts through research, education, and policy initiatives.

RESEARCH

The lack of available data on the prevalence, risks, and behaviors surrounding drowning in Uganda and throughout the African Great Lakes region is a considerable limitation to the prediction, mitigation, response, and management of drowning incidence. To help address this gap in drowning-related data, and respond to the growing demands to reduce the burden of preventable drowning, Energy in Action has partnered with Makerere University, Swim Safe Uganda, and the University of Southern California to implement community-based drowning prevention capacity building and research activities. Our research strategy emphasizes youth-led, community-based participatory methods encouraging an equal partnership between researchers and community members and gaining unique insight into the key risk factors and behaviors that contribute to drowning in Uganda.

MIXED-METHODS COMMUNITY ASSESSMENT OF DROWNING AND WATER SAFETY KNOWLEDGE

In Summer 2022, Energy in Action led a research team to conduct a community health assessment evaluating current drowning prevention interventions in the Mayuge district of Eastern Uganda which has the highest rate of drowning of any district in the country.

This study consisted of a mixed-methods cross-sectional community health assessment conducted in 10 landing sites in Mayuge district and focused on the head of household interviews, landing site observations, key informant interviews, and youth focus group discussions. Approximately 50 households, 15 key informants, and 30 youth were surveyed. An ambassador program model was implemented encouraging youth participation in the education of community members and research dissemination processes. The results revealed major gaps in drowning prevention services, access, and knowledge underlining the need for water safety services in lakeside communities in Uganda and throughout the Lake Victoria Basin.

DROWNING PREVENTION PHOTOVOICE PROJECT

In continuation of the commitment to advance drowning prevention research in Uganda, Energy in Action and Makerere University is carrying out a drowning prevention photovoice project. The study will be conducted in two lakeside communities, Mayuge and Jinja where many community members are employed in and around water. Community members will be identified as photographers to explore important community perspectives and risk factors of drowning prevention, carry out participatory analysis, and disseminate findings to stakeholders.

STUDY RESULTS

COMMUNITY ASSESSMENT OF DROWNING AND WATER SAFETY RISKS, BEHAVIORS, AND KNOWLEDGE IN MAYUGE, 2022

WATER USAGE AND SANITATION



43% REPORT USING THE LAKE TO BATHE



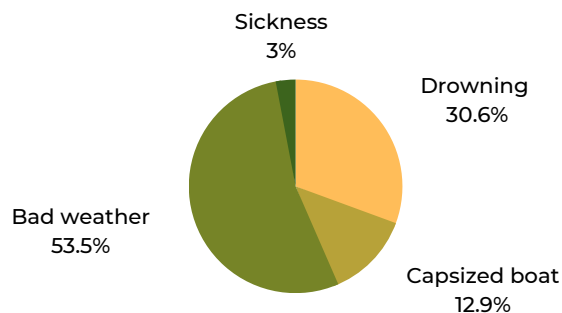
69% DERIVE A LIVING FROM THE LAKE



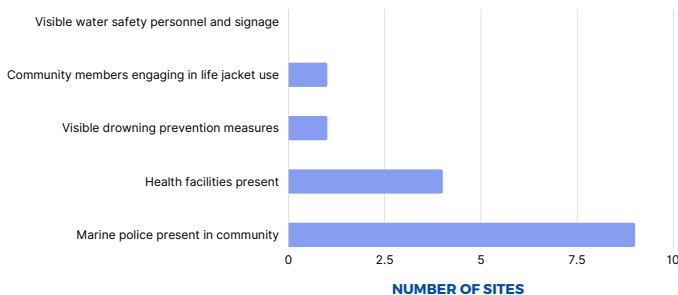
54% REPORT ACCESSING COMMUNITY SERVICES USING THE LAKE

WATER SAFETY

MAJOR CAUSES OF AQUATIC EMERGENCY



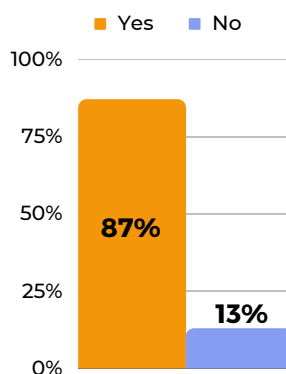
LANDING SITE OBSERVATIONS



LAKE AS MAIN SOURCE OF WATER FOR HOUSEHOLD



COMMUNITY DROWNING



87% of households surveyed reported experiencing drowning in their communities.

DROWNING RISK FACTORS

"PEOPLE WHO HAVE DIED ARE USUALLY FROM 15-35 YEARS...IT'S NOT AN ACCIDENT, BUT AN INDIVIDUAL DEATH"

"ITS BECAUSE MOST OF THE MEN WORK IN THE WATER BODIES... IF THEY CANNOT SAVE THEMSELVES THEN THEY DIE"

"IT SHOULD BE A HABIT IN US THAT WHEN ONE PARTNER IS DRUNK, WE LEAVE THEM AND GET SOMEONE WHO IS NOT DRUNK"

CHALLENGES TO DROWNING PREVENTION

44% OF CHILDREN DO NOT RECEIVE DROWNING PREVENTION EDUCATION IN THEIR SCHOOLS

54% OF HOUSEHOLDS LACK SOMEONE WHO KNOWS HOW TO SWIM

30% OF ADULTS REPORTED BEING UNABLE TO SUPERVISE THEIR CHILDREN WHEN THEY ARE IN AND AROUND THE LAKE

98% OF ADULTS RESPONDED 'NO' WHEN ASKED IF THERE IS AN AQUATIC EMERGENCY SYSTEM IN THEIR DISTRICT



PROGRAMS

SPLASH SAFE CAMP

Since 2022, Energy in Action has partnered with Swim Safe Uganda and the University of Southern California to host Splash Safe Camp. The program trains hundreds of Ugandan youth in water safety, drowning prevention, first aid and water rescue, and water polo.

Objectives

- Understand water environments and identify hazards to determine if a place is safe to swim in
- Determine what communities can do to prevent drowning deaths and learn to share water safety knowledge with family or friends
- Become comfortable learning how to float and be in water without fear
- Distinguish the signs of someone drowning and practice water rescue, first aid, and CPR
- Learn the fundamentals of water polo and practice working together as a team in the pool

Camp Participants

Camp participants are youth aged 9-15 attending school in communities around Lake Victoria in the vicinity of Mukono, Uganda. 100 youth are recruited to participate, with equal representation of boys and girls. All campers receive a camp workbook, t-shirt, a bathing suit, a towel, flip-flops, water bottle, sunglasses, and a drawstring backpack. Youth are also provided with breakfast and lunch at camp.

Camp Staff

Camp staff is composed of both Ugandan and American volunteers. Ugandan volunteers include Swim Safe Uganda staff, Makerere University students, and Energy in Action team members. American volunteers include high school and university public health students and water polo players. The volunteers work closely together in delivering the camp curriculum.



CAMP ACTIVITIES



INTERACTIVE WORKSHOPS

Youth rotate through 8 workshop stations daily filling out a detailed workbook guiding them on the curriculum. Workshop topics include; Water Sanitation and Hygiene, Community Drowning Prevention Strategies, CPR and First Aid, Mental Health, Teamwork and Gender Equity, Learn-to-Swim, and both Dry Land and Pool Water Polo. Each day of camp ends with water-safe games like slip n' slide races, water balloon fights, and dance parties. Upon completion of the camp, participants demonstrate what they have learned through skits, songs, and poems and receive a badge branding them as 'Water Safety Ambassadors'.



PROGRAM EVALUATION

Pre and post-camp assessments are administered to youth to identify prior knowledge and understanding of drowning prevention and evaluate knowledge gained after participation in camp workshops. Campers are also asked to provide feedback on their experience during the 5 days providing opportunities for future improvement.



ADDITIONAL PROGRAMS

WATER POLO COACHES CLINIC

In 2023 Energy in Action and Swim Safe Uganda held their first-ever Water Polo Coaches Clinic. The clinic invited a total of 30 water polo coaches from Uganda, Rwanda, Kenya, and Tanzania to participate in a 3-day workshop where they learned the basic rules of water polo, how to coach games and practices, positive coaching strategies, and safe sports guidelines. Coaches were also able to observe real water polo scrimmages throughout the clinic and on World Drowning Prevention Day. Upon completing the clinic, coaches received a Water Polo Coaching certificate.



YOUTH AMBASSADORS AND COMMUNITY TRAINING

Swim Safe Uganda and Energy in Action, with funding from the University of Southern California, trained 30 Youth Drowning Prevention Ambassadors in Mayuge District. The training included community drowning prevention strategies, survival swimming, aquatic rescue, and pre-hospital care. The Ministry of Health, Swim Safe Uganda, and Energy In Action also ran two community first responder training programs in Kalangla and Buvuma Island Districts to complement Boat Ambulances recently procured by the Ministry of Health and build a link between communities and emergency transportation services on the water.



SCOUT TRAINING

In 2023 Energy In Action partnered with the Ugandan Scouting Association to bring Scouts to Splash Safe Camp and provide drowning prevention education at the Scouts Annual National Jubilee. During the Jubilee, Energy In Action staff delivered EIA's comprehensive drowning prevention curriculum to over 400 school aged youth at the Kaazi Scouts Campgrounds in Kampala.



POLICY ADVOCACY

WORLD DROWNING PREVENTION DAY



In partnership with the Ugandan Ministry of Water and the Environment, Ministry of Health, Swim Safe Uganda, and the University of Southern California, Energy in Action co-hosts an annual event commemorating World Drowning Prevention Day inviting key stakeholders to raise awareness and promote drowning prevention initiatives. Held in Kampala, World Drowning Prevention Day showcases exhibition water polo matches, water rescue, first aid demonstrations, and testimonies and speeches from community members and major leaders in drowning prevention.



In 2023, the draft National Drowning Prevention Strategy was introduced at World Drowning Prevention Day identifying priority areas for drowning prevention in Uganda. Energy in Action is dedicated to adopting these strategies and continuing to grow partnerships with the Ugandan government.

“ We need to teach school-age children swimming and water safety skills. We need to teach them so they can be safe. We need to manage flood risks which increase the risks of drowning and also ensure boats and life jackets are of required standards. ”
- Winnie Namagembe, Ministry of Water and Environment



POLICY ADVOCACY

GOVERNMENT VISITS

Energy in Action has visited the Ugandan Parliament and the Ugandan Ministries of Health and Water and the Environment calling for attention to drowning prevention and advocating for stronger government investment in water safety training and resources.

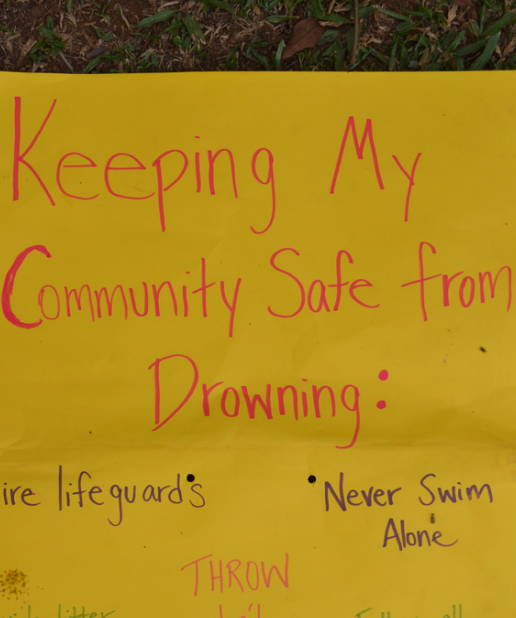
NEWS AND RADIO PRESENCE

Energy in Action has presented study findings and shared program methods and drowning prevention strategies on multiple news and radio stations. In 2023, EIA filmed and produced a short film on drowning risks in Uganda to be distributed at upcoming awareness raising event events and online.

SOCIAL MEDIA OUTREACH

Energy in Action has a strong social media following posting regularly to Instagram, Twitter, and Facebook. Popular social media groups including the Ghetto Kids have partnered with Energy in Action to share drowning prevention information through social media platforms.





MOVING FORWARD

Energy in Action is dedicated to reducing the burden of drowning-related deaths and injuries in Uganda through collaborative interventions involving multiple stakeholders and community engagement.

Further research and capacity-building related to infrastructure development, emergency response capacity, and community behaviors on drowning are necessary to empower local communities with water safety knowledge, survival skills, and resources.

Organization priorities for the next year include:

- Continued training of school-age children in swimming and water safety skills through splash-safe camps and school-based programming
- Continued training of young adults (fishermen and other key groups) in rescue and resuscitation through community outreach and youth ambassador programs
- Increased community sensitization to drowning risks through awareness-raising events and the mass media
- Assist with the finalization and adoption of the national drowning prevention strategy
- Strengthen partnerships with key stakeholders and local organizations
- Additional community assessments and data collection of drowning risks and awareness in lakeside communities throughout Uganda

PARTNERS

Energy in Action has a number of core partners that make our programs possible. We aim to continue to work with our long-standing partners and establish new relationships with local, national, and international organizations to continue to strengthen our drowning prevention initiatives.



ENERGY IN ACTION



WHO WE ARE

We are a dedicated team of young leaders committed to working with youth together to promote healthy living, leadership and citizenship skills, and social justice. We are committed to a community-based, youth-centered approach. We emphasize learning, interactivity, and fun in our programs. Our programs are inspired by respect, equity, sustainability, and joy.



PUBLIC HEALTH

Public health education is a part of everything we do. We aim to provide public health training to youth, most, while at the same time...

today.

ADOLESCENT HEALTH PROMOTION

Understanding and promoting adolescent health...

GENDER EQUITY



Research, interventions and policies are needed to shift societal norms, roles, and perceptions of gender that negatively impact on health and well-being.

Formerly Ray United FC is a registered US non-profit.



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