An illustration of a busy household scene in Vanuatu. In the foreground, a woman in a red floral dress sits on the floor, surrounded by children. One child in a blue dress is peeling a banana, while another in a pink dress is writing on a piece of paper. A dog is visible in the background. The scene is set in a simple, open-air structure with a thatched roof.

Life in Vanuatu

Vanuatu Multiple Indicator
Cluster Survey 2007

YOUNG
PEOPLE'S
EDITION

Life in Vanuatu

Vanuatu Multiple Indicator Cluster Survey 2007



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Published by: UNICEF Pacific, May 2010

Author: Anne Moorhead

Editor: Tomas Jensen

Design and layout: Joseph Hing

Paintings: Joseph John

For further information and request for copies, contact:

United Nations Children's Fund
Office 6A, Equity Investment Group House

Rue de Paris
Port Vila, Vanuatu
Tel : (678) 24655

or

United Nations Children's Fund Pacific Office
3rd and 5th Floor, Fiji Development Bank Building
360 Victoria Parade
Suva, Fiji Islands
Tel: (679) 330 0439

www.unicef.org/pacificislands

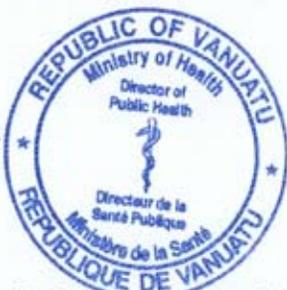
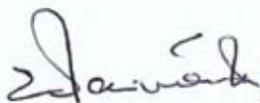
Foreword

On behalf of the Multiple Indicator Cluster Survey (MICS) Task Force in Vanuatu I am proud to introduce this child and youth friendly version of our 2007 Vanuatu MICS. We have developed this to ensure that everyone and especially our children and youth can easily access the important information the survey contains. Easy access to information is the first step in a long term process for individuals and communities to become aware of their situation, the factors that influence their development and health, and act on these factors for better health and development outcomes.

The Vanuatu MICS 2007 Young People's Edition has been carefully developed to provide both easy access to basic information on the state of health and development practices in our communities, as well as practical advice and guidance for everyone to engage in practices that can improve their health and development. It also includes a teacher's guide to use this publication as part of the education of all the girls and boys of Vanuatu. Naturally the guide is just as relevant for the learning process of women and men and can also be used by community leaders and decision makers to understand and support individual and community wide adaptation of best health and development practices.

The Vanuatu MICS 2007 was the first of its kind to be produced in the Pacific region. We are very proud of that. It provides us with essential information to better support the people of Vanuatu to develop and thrive. We are even more proud that the Vanuatu MICS 2007 Young People's Edition is the first of its kind in the world. This makes it extra special and demonstrates our total commitment to the girls and boys of our nation, and our unwavering belief in them, to become empowered through learning to engage in the best health and development practices for themselves, their peers and in time, their own children.

I hope you will enjoy and appreciate this informative, entertaining and educational publication, and I assure you of our full and continued support in working with you to make life in Vanuatu the best it can and should be.



Len Tarivonda

Director of the Department of Public Health, Ministry of Health

Chair of the Vanuatu MICS Task Force

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About this book

What is this book?

'Life in Vanuatu' is based on a survey that was carried out in Vanuatu in 2007.* It gives some important findings of the survey, and also some ideas for improving things. It is about life in Vanuatu today, and how to make a better life for tomorrow.

About the survey

A survey is a way of collecting information. People are asked questions about different subjects, to find out what is happening.

For this survey, people in Vanuatu were asked questions about:

- Health – What they know, and what they do, to keep themselves and their families healthy
- Nutrition – What they eat and what they feed to their children
- Education – What they do to give their children a good start at home, and when they go to school
- Protecting children – Whether they register the births of their children, and at what age young girls get married

More than 2600 households were involved in the survey (a household is all the people who live together in one home). The households were spread across all six provinces as well as in Port Vila and Luganville, so that the whole country was represented. The answers the people gave – the survey findings – tell us about life in Vanuatu today.

*The survey was called the Vanuatu Multiple Indicator Cluster Survey 2007, and the report is available online at: http://www.unicef.org/pacificislands/MICS_Reportsmila.pdf

A summary table of the survey findings is on pages 55-59. Survey findings in the report are (mostly) given as percentages. In this book, to make it easier for young people to understand, findings are presented as numbers out of 10.

Who is this book for?

The survey findings are important to everyone in Vanuatu, and everyone can use this book. It has been developed in particular for young people (from age 11), and for use in schools, but other groups or individuals can also use it.

While you are reading the book, you can also carry out your own survey to see how your class (or community, or family) compares with the whole of Vanuatu.

These people will find this book particularly useful:

Young people, including school children



Mothers, fathers, families

Communities and community leaders





Teachers

Health workers



Everyone



How to use this book

You can read this book on your own or in a group (school class or a community group, for example). For each topic the survey findings are given in a green box like this one.

In Vanuatu ...

- 2 out of 10 children are underweight



Understanding the survey findings

You need to understand some basic maths to understand the survey findings. For example, if 10 people are asked if they eat fresh fruit every day, and 6 say 'Yes' and 4 say 'No', then the finding is '6 out of 10 people eat fresh fruit every day' or '4 out of 10 people do not eat fresh fruit every day'. This can be shown like this:



Sometimes findings are based on households. A household is all the people who live together in one home. For example, '2 out of 10 households uses safe drinking water' can be shown like this:

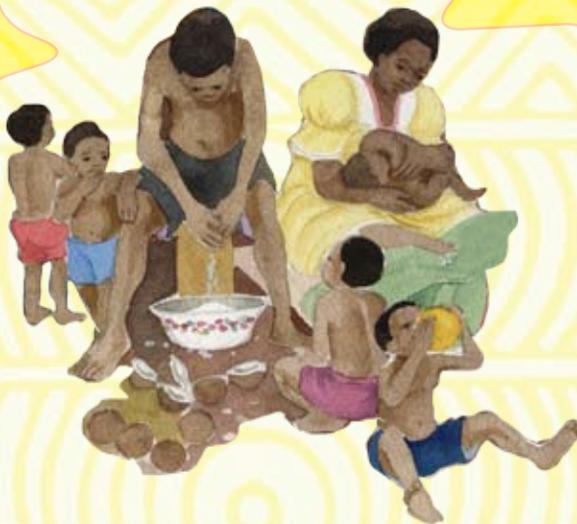


Next there is a section called 'What can I do?'. In these speech bubbles are some suggestions of what you can do to change things. You may have some other ideas too. If you are working in class or in any kind of group, you can have a discussion to come up with new ideas.

What can I do?

Prepare healthy meals for my family, with lots of fresh vegetables and fruits

Let my children help prepare the meals, so that they learn about healthy eating



Sometimes there is an orange box that gives additional information on a topic.

What is healthy food?

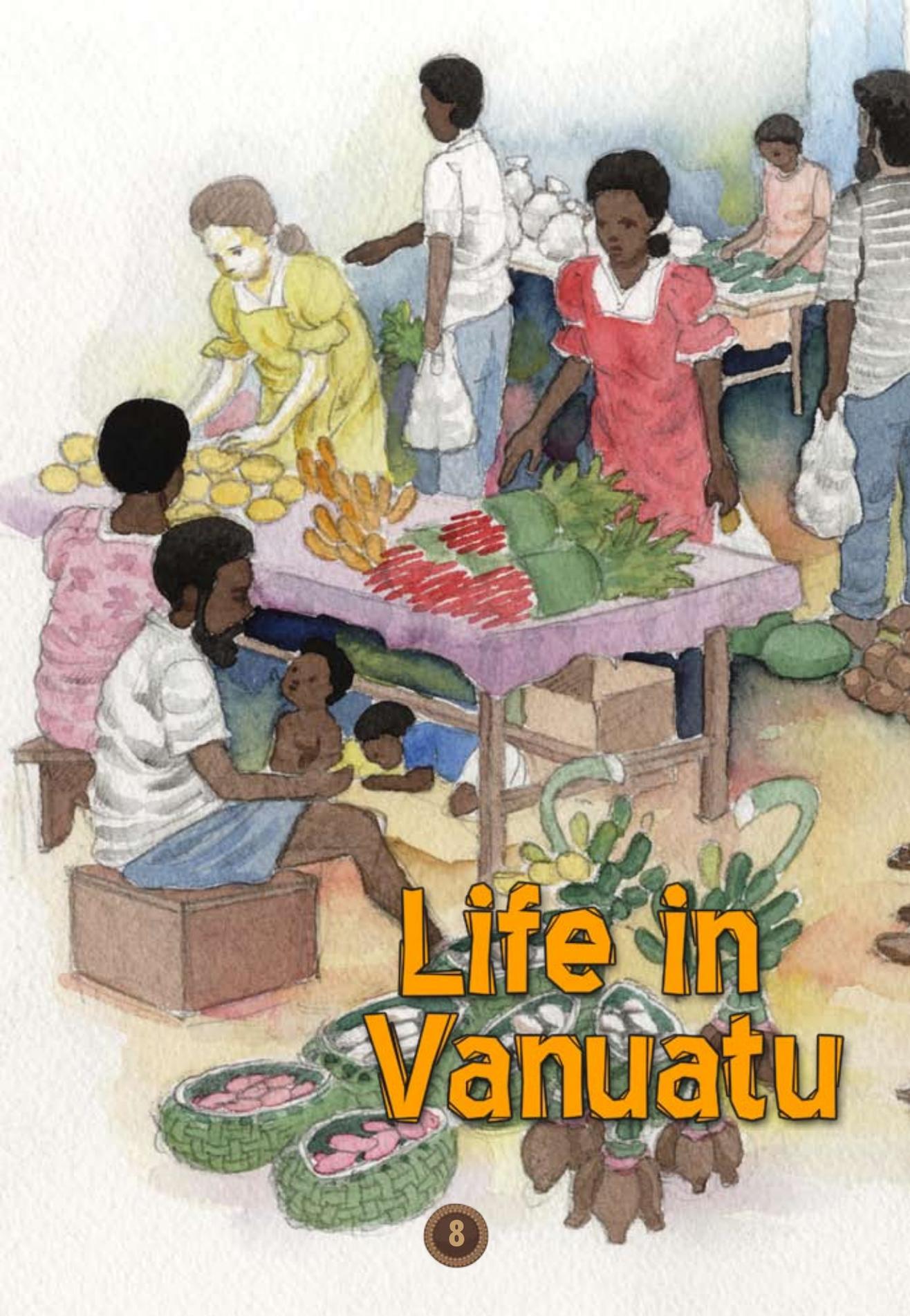
- All fruits and vegetables are healthy food
- Root crops are healthy food
- Eggs and milk products are healthy food



Each topic ends with a blue box that contains questions that you can use to carry out your own survey. Turn to page 51 to learn how to carry out your own survey.

1. Would you like to carry out your own survey? [Yes / No]





Life in Vanuatu



Staying healthy

This part of the book looks at what people in Vanuatu know about staying healthy, and what they do to keep themselves and their families healthy.

There is a lot we can do to keep healthy. Eating healthily and drinking safe, clean water are a very good start. Good toilet and sanitation facilities are also a basic need for all households, communities and schools.

Knowing about HIV/AIDS, and how to protect ourselves, is another way to stay healthy.

Having a baby is a natural thing that most women will do. It is particularly important to stay healthy when you are pregnant, so that you have a healthy baby.

Eating healthily

Everyone needs healthy food. Children in particular need plenty of healthy food to grow properly. If you want to be good at football and other sports, you need to eat healthily! Sometimes supplements are needed too, like iodine in salt, or vitamin pills.

What is healthy food and healthy eating?



- Locally grown, fresh foods are usually healthier than imported foods
- All fruits and vegetables are healthy food
- Root crops are healthy food
- Eggs and milk products are healthy food
- Fish and chicken are healthy food
- Pork and beef, eaten in small amounts, are healthy food
- Foods rich in iron, such as meat and dark green leaves, are healthy food
- Foods rich in vitamin A, such as dark green leaves and orange and red fruits and vegetables, are healthy food
- Using only small amounts of oil, butter or coconut cream or milk is healthy eating
- Using iodized salt is healthy eating
- For a baby, breastmilk is healthy eating, especially for the first 6 months

In Vanuatu...

- 2 out of 10 children are underweight (have low weight for their age, usually because they are not eating enough healthy food)

*This finding is linked to the education level of mothers – see page 49



- 2 out of 10 children are stunted (have low height for their age, usually because they are not eating enough healthy food)

*This finding is linked to the education level of mothers – see page 49



- 2 out of 10 households use iodized salt (8 out of 10 households do not use iodized salt)



What can I do?

Tell my family what I have learned about healthy food and healthy eating

Prepare my snack or lunch at home from fresh, local ingredients



Check that the salt I buy is iodized

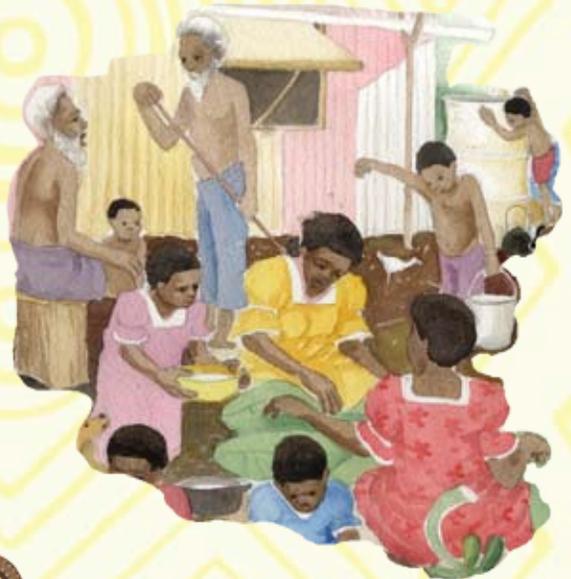
Prepare healthy meals for my family, with lots of fresh vegetables and fruits

Let my children help prepare the meals, so that they learn about healthy eating

Plant fruit trees and vegetables around my house so that we have a supply of fresh healthy food.



Plant fruit trees and vegetables for the community to harvest and eat



Teach about healthy eating in school

Encourage healthy eating in school

Plant a food garden at school, so students can learn how to grow healthy food

Schools can work with the Ministry of Health to distribute iron pills for girls, and deworming pills for everyone



Spread the word about healthy eating

1. Do you eat fresh fruits and vegetables every day? [Yes / No]
2. Do you eat fish, chicken or eggs every day? [Yes / No]
3. Do you use iodized salt in your household? [Yes / No]



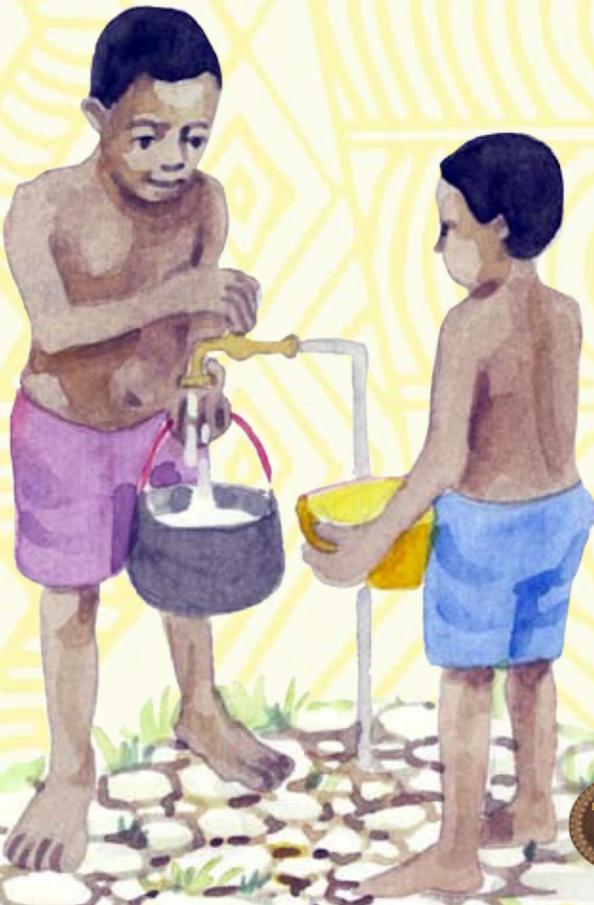
Safe drinking water

Safe drinking water is very important. You can get very sick from drinking water that is not safe. How can you make sure your water is safe? There are two ways: collect it from an improved water source, and treat it at home to make it safe. Improved water sources include piped water (from a tap), a covered well or spring, and a borehole.

Even if you collect water from an improved water source, you may need to treat it at home to be sure it is completely safe.

What is safe drinking water?

- Boiled water is safe drinking water
- Rainwater is safe drinking water
- Filtered water is safe drinking water
- Water from a tap is good, but may need to be boiled to make it completely safe
- Safe water must be stored properly to keep it safe – in a clean, covered container



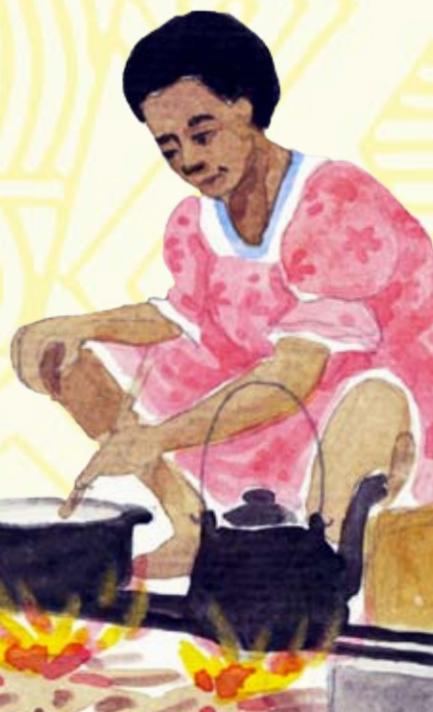
In Vanuatu...

Survey findings

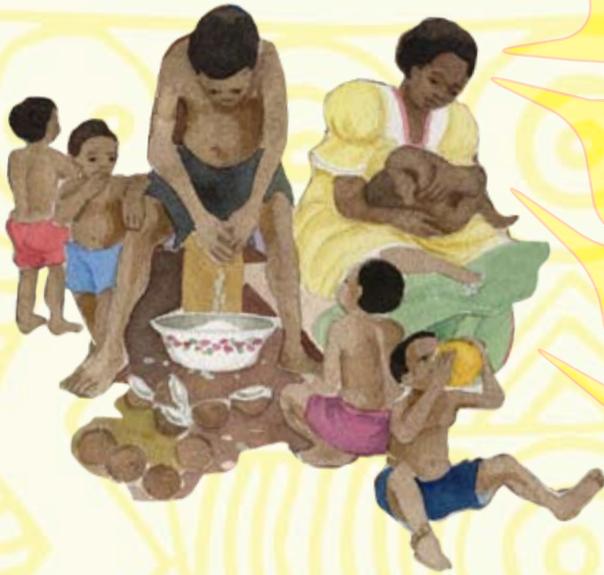
- 8 out of 10 households are collecting drinking water from sources that are improved (2 out of 10 households are collecting drinking water from sources that are not improved)



- 1 out of 10 households is treating water to make it safe for drinking (9 out of 10 households are not treating water to make it safe for drinking)



What can I do?



Boil my family's drinking water

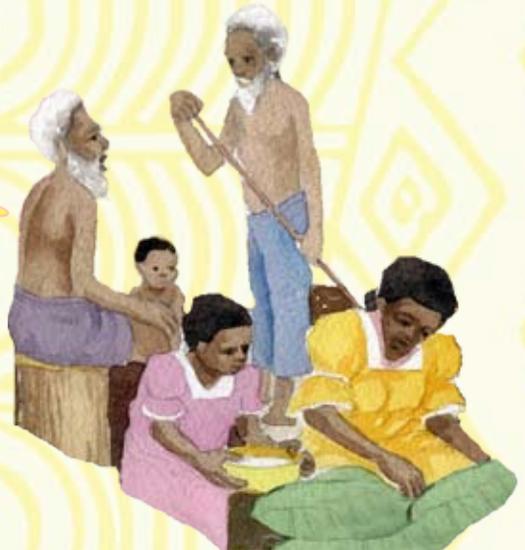
Collect rainwater for drinking (and keep it covered to prevent mosquitoes breeding in it)

Keep my family's drinking water safe by storing it properly in a clean, covered container

Use separate cups for drinking and for drawing water

Cover wells and springs to protect the water and keep it clean

Keep the area near the well or spring clean, so that the water does not become polluted



Spread the word about the importance of drinking safe water





4. In your household, do you collect drinking water from an improved source (such as a tap, a covered well or spring, or a borehole)? [Yes / No]

5. In your household, do you treat water to make it safe before drinking? [Yes / No]

6. In your household, do you often get sick and have diarrhoea? [Yes / No]



Toilets and hygiene

Many illnesses, especially diarrhoea, can be prevented by good hygiene. Properly constructed, clean toilets or latrines are very important – they will keep your family and your community healthy.

Washing your hands often and with soap will also protect you from getting sick. You should wash your hands after using the toilet, before preparing food and before eating or feeding a child. Make it a lifetime habit!



Survey findings

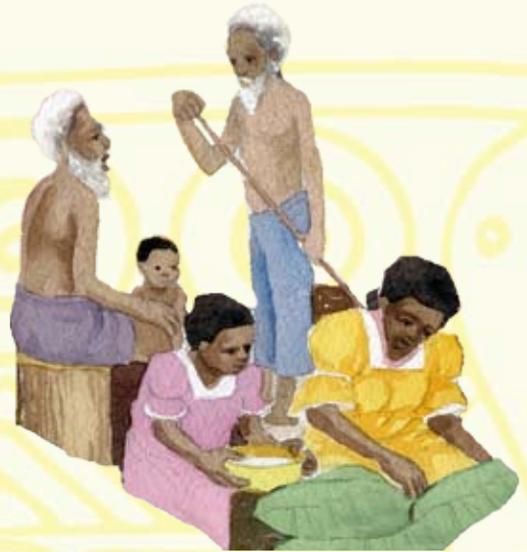
In Vanuatu...

- 4 out of 10 households do not have a properly constructed toilet or latrine



What can I do?

Build proper toilets or latrines for our community



Wash hands often and with soap, especially after going to the toilet and before preparing food or eating



7. In your household (or school) do you have a properly constructed toilet that you use? [Yes / No]



Protecting against HIV/AIDS (and other sexually transmitted diseases)

AIDS is a sexually transmitted disease that can kill you. HIV is the virus that causes AIDS. You can get HIV/AIDS and other sexually transmitted diseases like syphilis and gonorrhoea from sexual intercourse without a condom. An infected mother can pass HIV/AIDS and other sexually transmitted diseases to her baby.

How can we protect ourselves against HIV/AIDS?



These are the main ways to protect against HIV/AIDS (and all other sexually transmitted diseases) :

- Abstinence: do not have sexual intercourse, or
- Be faithful: have just one sexual partner who is uninfected and is faithful, or
- Condom: always use a condom properly during all forms of sexual intercourse

In Vanuatu...

- 4 out of 10 women know the main ways to protect themselves against HIV/AIDS (6 out of 10 women do not know the main ways to protect themselves against HIV/AIDS)

*This finding is linked to education – see page 49



What can I do?

Learn how to protect myself
against HIV/AIDS



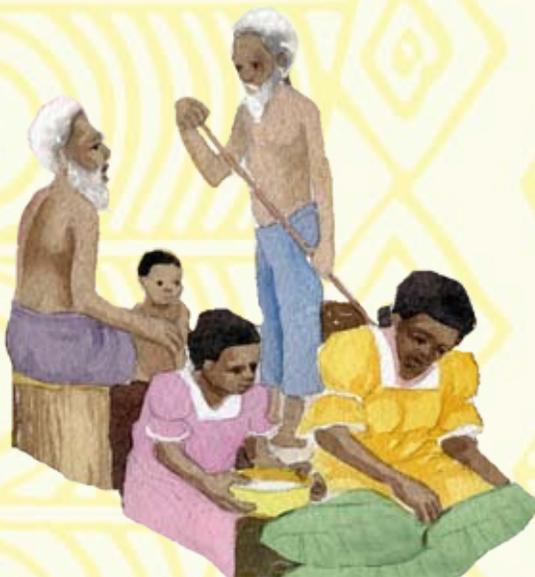
Talk to the young people in our family
about safe sex and family planning

Be faithful to my partner

Follow the ABC: Abstinence, Be
faithful, or use a Condom



Talk to the young people in our
community about safe sex and
family planning



8. Do you know all the main ways to protect yourself against
HIV/AIDS? [Yes / No]

9. Are condoms available in your community? [Yes / No]



Having a baby

A woman should have a baby when she is ready, and not before. The best age to have a baby is over 18 years old and before 35 years old. Childbirth is more likely to be difficult and dangerous if the woman is too young, and babies born to very young mothers are much more likely to die in the first year of life. This is one of the reasons why girls should not get married at less than 18 years old.



Survey findings

In Vanuatu...

- 2 out of 10 young women get married before they are 18 years old



What can I do?



Protect the young girls in our family from early marriage

Protect the young girls in our community from early marriage



A woman should eat healthily during pregnancy to have a healthy baby that is the right weight. She should also visit an antenatal clinic, to make sure the pregnancy is progressing well and to prepare for the birth. When she is ready, she should go to a hospital or clinic for the birth, where there are skilled birth attendants.

In Vanuatu...

- 1 out of 10 babies is born weighing too little (usually because the mother did not eat enough healthy food during the pregnancy)



- 2 out of 10 pregnant women do not receive skilled antenatal care
*This finding is linked to education – see page 49



- 3 out of 10 births are not assisted by a skilled birth attendant
*This finding is linked to education – see page 49



What can I do?

Eat the best food I can while I am pregnant

Go for antenatal check-up four times during my pregnancy

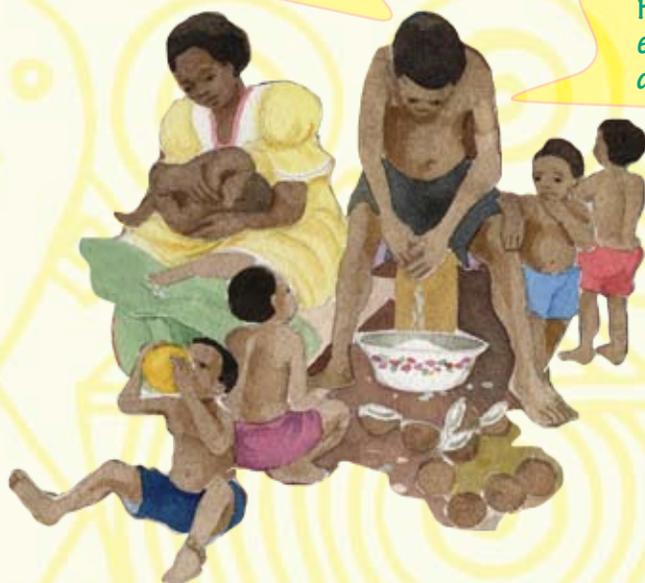
Make a plan with my family for getting to the clinic or hospital when I go into labour



Help a pregnant woman in our family get to the clinic or hospital to deliver her baby

Make sure a pregnant woman in our family gets the best food that is available

Plan ahead so that we have enough money for the baby to be delivered at the clinic or hospital



10. If someone in your family has had a baby recently (in the last year)
– did she have antenatal check-ups during the pregnancy? [Yes / No]
11. If someone in your family has had a baby recently (in the last year)
– did she deliver the baby in a clinic or hospital? [Yes / No]



Caring for small children

Mothers and fathers are responsible for the care of their small children, but many other people help too, such as brothers and sisters, aunts and uncles, and grandparents. Everyone should know how to care for small children.

Here you will learn how people in Vanuatu care for their small children, including breastfeeding, birth registration, vaccinating against diseases, and helping them develop and learn.

Breastfeeding

Breastfeeding is the best way to feed a baby. Breastmilk alone (exclusive breastfeeding) is the only food and drink a baby needs for the first 6 months. After 6 months, babies need other food as well as breastmilk. Mothers should continue breastfeeding as long as possible up to 2 years, to keep the baby healthy.





In Vanuatu...

- 4 out of 10 babies are exclusively breastfed for the first 6 months (6 out of 10 babies are not exclusively breastfed for the first 6 months)



- 3 out of 10 babies are breastfed for 2 years (7 out of 10 babies are not breastfed for 2 years)



What can I do?



Help a new mother in our family to breastfeed – take the baby to her when it is ready to feed

Start a breastfeeding support group





Allow mothers to breastfeed during work time



Spread the word about baby-friendly hospitals, where breastfeeding is promoted



12. If someone in your family has a baby aged between 6 and 18 months – was the baby exclusively breastfed for the first 6 months? [Yes / No]
13. If someone in your family has a child aged between 2 and 5 years – was the child breastfed until he or she was 2 years old? [Yes / No]
14. Were you breastfed, and if so, for how long? [Yes / No]

Birth registration

It is every child's right to be registered at birth. Birth registration is free, and can be done at the civil registry head office in Port Vila, or at provincial registry offices. When you register a birth, you are given a birth certificate for the child which you must keep safe.



Why is birth registration important?

- It gives you the right to a name
- It gives you the right to citizenship
- It is a legal way to prove your age



In Vanuatu...

- The births of 7 out of 10 children are not registered

Survey findings



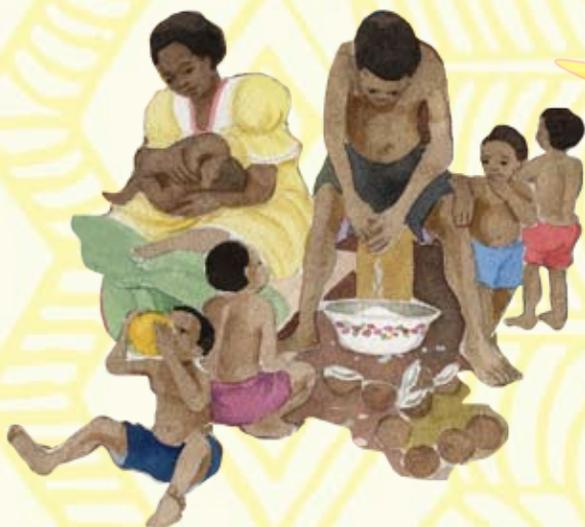
What can I do?

Tell my parents what I have learned about birth registration

Ask my parents if my birth has been registered, and my brothers' and sisters' births (and if we have birth certificates)



Register the births of children in our family, immediately after birth



15. Do you have a birth certificate? [Yes / No]



Vaccinating against diseases

Every child needs a series of vaccinations (immunizations) during the first years of life to protect against serious diseases. Vaccinations are free and are done at health clinics, hospitals and mobile clinics. Each child should have a vaccination card that records the vaccinations they have had.

What diseases can be prevented by vaccination?



- Tuberculosis
- Diphtheria
- Whooping cough
- Tetanus
- Polio
- Measles
- Hepatitis B



In Vanuatu..

- 4 out of 10 children are fully vaccinated by 2 years of age (6 out of 10 children are not fully vaccinated by the age of 2)



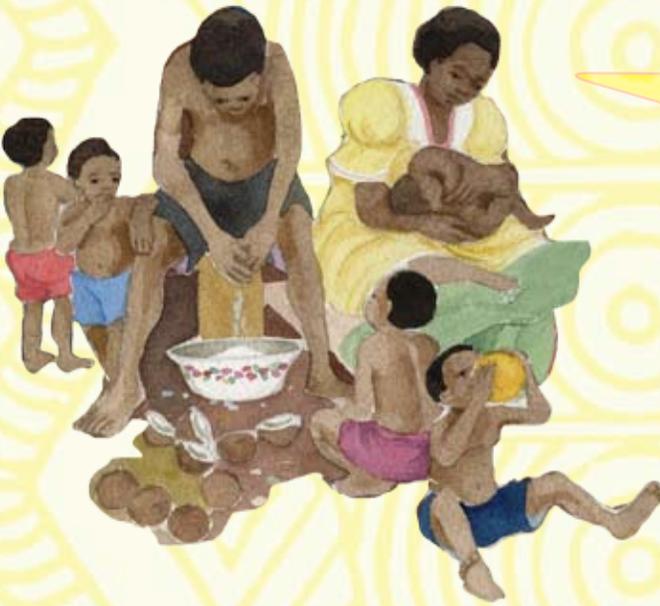
What can I do?

Tell my parents what I have learned about vaccinations

Ask my parents if I have been vaccinated, and if my brothers and sisters have been vaccinated



Make sure we have a vaccination card for each child in our family



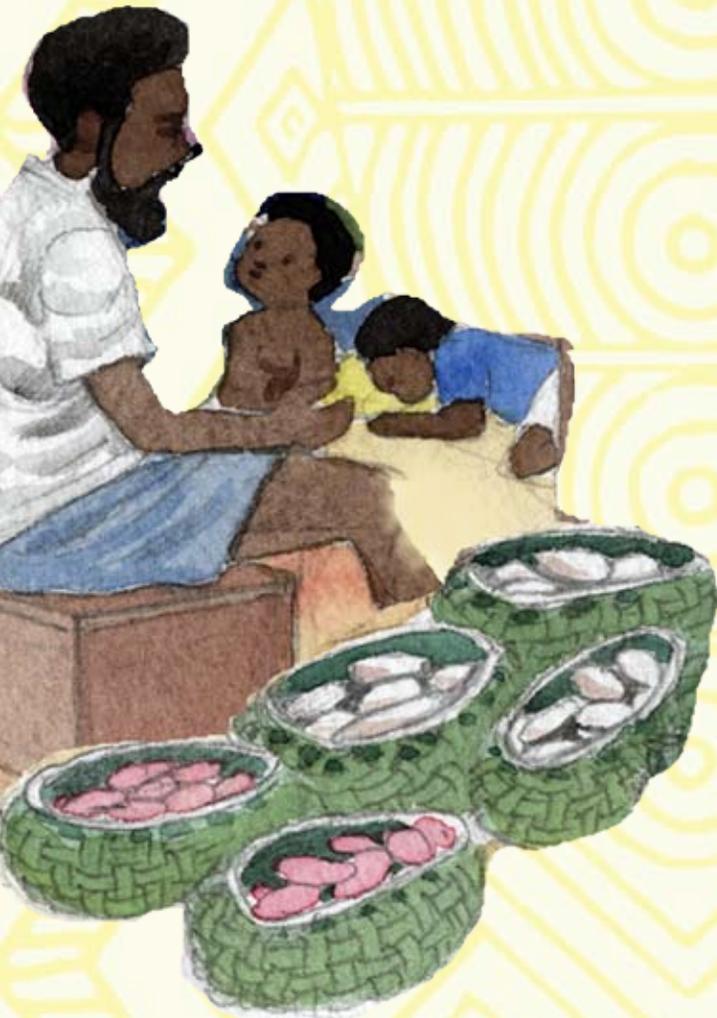
16. Do you have a vaccination card? [Yes / No]



Early learning and development

A child starts learning from the moment it is born. The first 3 years of life are very important for child development. There is a lot to learn!

Children learn by watching, and by copying what they see. Children need love, care and support to help them build the self-confidence they need to explore and learn and develop to their full potential. You can help the children in your family by playing with them, helping them to see and explore new things, and by reading books with them.



In Vanuatu...

- 9 out of 10 small children have family members playing with them and helping them to learn



- In 4 out of 10 households there are three or more children's books (in 6 out of 10 households there are less than three children's books)

*This finding is linked to education – see page 49



What can I do?

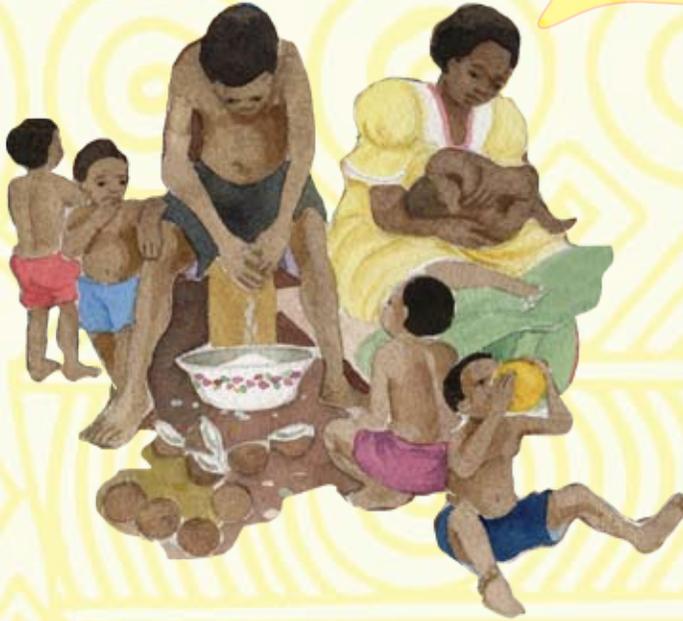
Always support my young brothers and sisters to learn and develop – and never hurt them or do anything else that could destroy their self-confidence

Play with, and read to my young brothers and sisters every day



Make time every day to talk to and play with the children in our family

Always support my small children to learn and develop – and never hurt them or do anything else that could destroy their self-confidence



17. If you have small children in your household, did you play with them or read to them yesterday? [Yes / No]

18. In your household, do you have more than three children's books? [Yes / No]

19. Do you love and support your young sisters and brothers to develop to their full potential? [Yes / No]

Managing illness

Even if we do everything we can to stay healthy, from time to time someone in the family will get sick. The most common serious illnesses in children in Vanuatu are diarrhoea, pneumonia and malaria. If you know how to manage these illnesses, the child will usually recover without any problems.

Diarrhoea

Diarrhoea can kill a child. But if a child with diarrhoea is given plenty of liquids it will usually recover without needing medical treatment. Breastmilk is the best liquid for a baby with diarrhoea, and the baby should be breastfed more often than usual. Oral rehydration solution (ORS) is the best liquid for older children. Coconut water is also very good for older children with diarrhoea.

A child with diarrhoea needs to continue to eat regularly, and while it is recovering it needs extra food to help build its strength.

If the diarrhoea is very bad, or if there is blood or fever, the child is very sick and you should take it to see a nurse or doctor immediately.



Survey findings

In Vanuatu...

- 3 out of 10 children with diarrhoea are given more liquids than usual (7 out of 10 children are not given more liquids than usual)



- 5 out of 10 children with diarrhoea are given oral rehydration solution (ORS) (5 out of 10 children with diarrhoea are not given ORS)



- 5 out of 10 children with diarrhoea do not receive any treatment



What can I do?



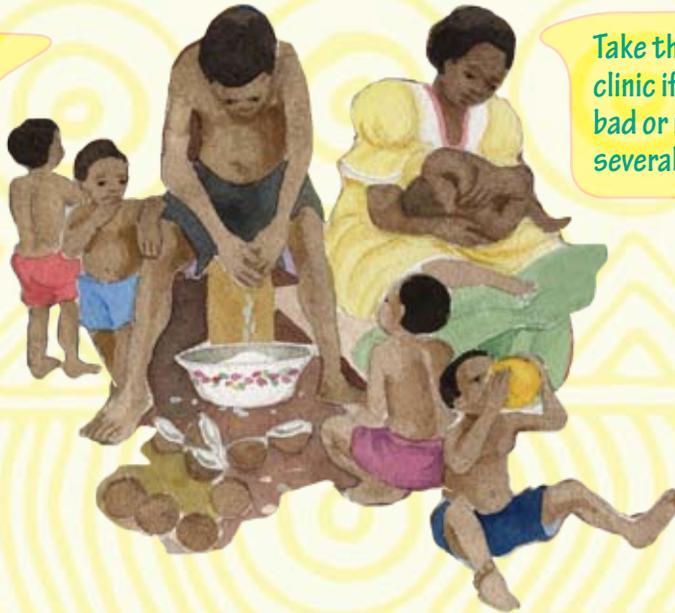
Tell my family what I have learned about diarrhoea and how to look after a child who has diarrhoea

Give plenty of liquids to any child in our family who has diarrhoea

Give normal meals to any child in our family who has diarrhoea

Ask the nurse or health worker where I can get oral rehydration solution and how to use it

Take the child to the health clinic if the diarrhoea is very bad or if it continues for several days



How can we prevent diarrhoea?

- Wash your hands with soap after using the toilet and before eating or preparing food (it is estimated that as many as 8 out of 10 cases of diarrhoea can be prevented by good hygiene)
- Always drink clean, safe drinking water
- Cook food properly, and then keep it covered until you eat it



20. Do you know what to do if a child in your family has diarrhoea? [Yes / No]

21. Did you wash your hands with soap today? [Yes / No]



Pneumonia

Pneumonia can also kill a child if it is not treated. It can be treated with antibiotics, but first the mother must recognize the symptoms and take the child to the health clinic.

What are the danger signs of pneumonia?



- Fast breathing
- Difficult breathing



In Vanuatu...

- Only 1 out of 10 mothers recognizes the two danger signs of pneumonia (9 out of 10 mothers do not recognize the danger signs of pneumonia)



What can I do?

Tell my family what I have learned about the danger signs of pneumonia



If a child in our family gets sick and has fast and difficult breathing, take the child to a health centre immediately



22. Do you know the danger signs of pneumonia? [Yes / No]

23. Do you know anyone who has had pneumonia? [Yes / No]



Malaria

Malaria is another disease that can kill. It is spread by mosquitoes, and can be prevented by sleeping under a bed net.



In Vanuatu...

- 7 out of 10 children sleep under a bed net (3 out of 10 children do not sleep under a bed net)



What can I do?

Tell my parents that I would like to sleep under a bed net

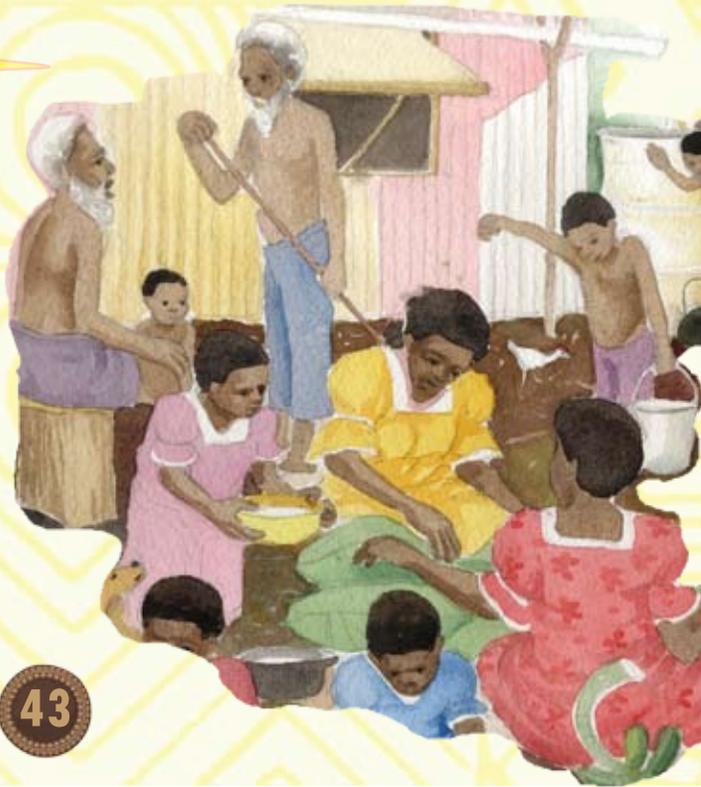


Get bed nets from the health clinic



Remove or cover any standing water which could be used as a mosquito breeding site

Empty any containers that have exposed water in them





24. In your household, do all the children sleep under bed nets every night? [Yes / No]

25. Do you have any places where mosquitoes can breed? [Yes / No]

If a child gets malaria, it must be treated quickly. The mother must recognize the symptoms and take the child to the health clinic.

What are the symptoms of malaria?



- Fever
- Headache
- Shivering and sweating

In Vanuatu...

- 4 out of 10 children with malaria receive drug treatment within 24 hours (6 out of 10 children with malaria do not receive drug treatment within 24 hours)

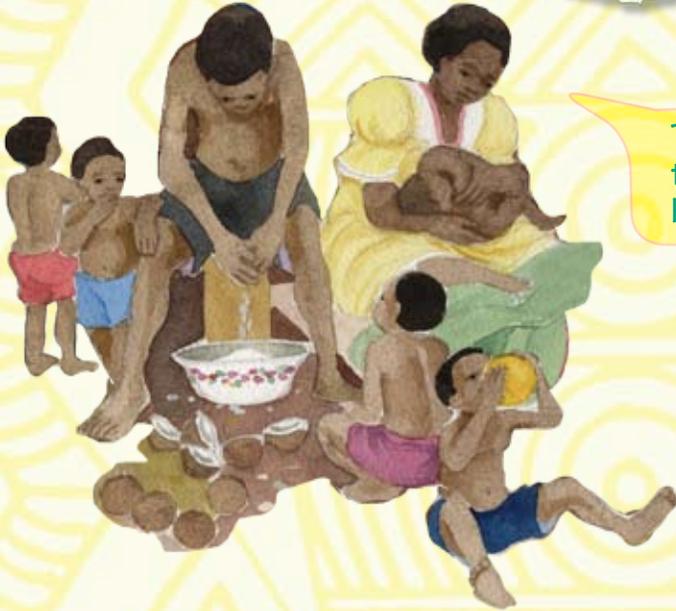


What can I do?

Tell my family what I have learned about the symptoms of malaria



Take any child in our family who has the symptoms of malaria to the health clinic immediately



26. Do you know the symptoms of malaria? [Yes / No]



Building a better future

This part of the book looks at who goes to school in Vanuatu, and at what ages. Education is the foundation for building a better future. Education empowers you and your family. If you go to school, not only will you benefit, but your children will benefit, and so will their children. You will have begun building a better future for your family, and for your community.

Many of the survey findings are linked to education. The box on page 49 shows how education affected the findings. It shows how education helps people to make better choices for themselves, for their families, and for their communities.

When should children go to school?



- Pre-school: from 3 to 5 years
- Primary school: from 6 to 11 years
- Secondary school: from 12 years



In Vanuatu...

- 2 out of 10 children aged 4 years are at pre-school (8 out of 10 children aged 4 years are not at pre-school)

*This finding is linked to the education level of mothers – see page 49



- 8 out of 10 children aged 6–11 years are at school (2 out of 10 children aged 6–11 years are not at school)



- 5 out of 10 children aged 12–15 years are at school and in the right grades for their age (Grades 7–10)



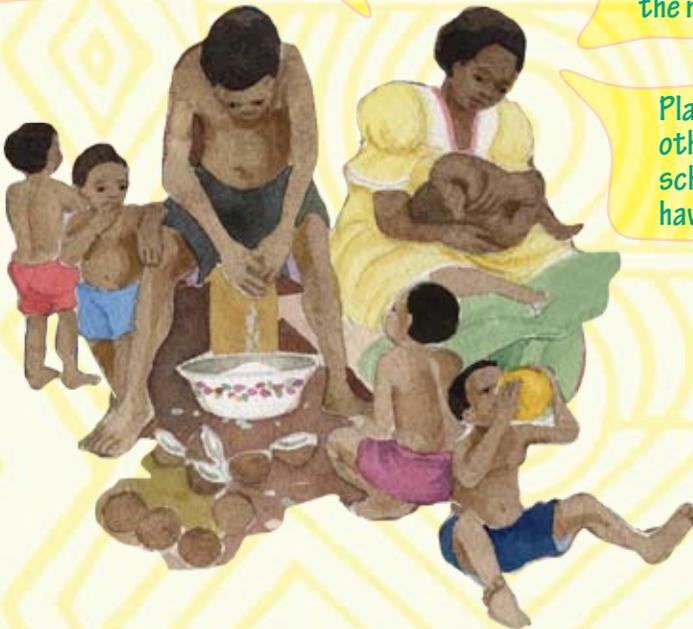
What can I do?

Tell my parents that I want to go to school!



Plan ahead so that we have some money to pay for school uniforms, school books, and transport to school and back

Make sure all the children in our family attend school when they are the right age



Plan household chores and other family work before or after school, so that children do not have to miss out on school



27. Did you go to pre-school? [Yes / No]
28. Did you go to primary school (Grades 1–6) from age 6 to age 11? (Or if you are aged between 6 and 11, are you at primary school and in the right grade for your age?) [Yes / No]
29. If you are aged between 6 and 11, are you going to go to secondary school (or start Grade 7) when you are 12? [Yes / No]
or
If you are 12 or older, did you go to secondary school (or start Grade 7) when you were 12? [Yes / No]
30. Do you know someone who did not go to school? [Yes / No]

Survey findings linked to education

Some survey findings are linked to the education women received when they were girls:

- 2 out of 10 children are underweight is an overall finding, but where the mother has had secondary education, 1 out of 10 children is underweight
- 2 out of 10 children are stunted overall, but where the mother has had no education, 3 out of 10 children are stunted
- 4 out of 10 women know the main ways to protect themselves against HIV/AIDS overall, but for women with no education just 2 out of 10 know how to protect themselves
- Overall, 2 out of 10 pregnant women do not receive skilled antenatal care, but for women with no education 3 out of 10 women do not receive skilled antenatal care
- Overall, 3 out of 10 births are not attended by a skilled birth attendant, but for women with no education 5 out of 10 births are not attended by a skilled birth attendant
- Overall, in 4 out of 10 households there are three or more children's books, but where the mother has had no education, just 1 out of 10 households has three or more children's books
- Overall, 2 out of 10 children aged 4 years are at pre-school, but where the mother has had no education 1 out of 10 children aged 4 is at pre-school
- Overall, 8 out 10 children aged 6–11 years are at school, but where the mother has had no education 6 out of 10 children aged 6–11 years are at school

Teachers' guide, and how to carry out your own survey

This book can be used in class to teach students about the situation in Vanuatu regarding health, education and child protection. It will also help them to understand that they can change things for the better. They will also learn about surveys as a way to collect information.

Follow the steps below to use this book for teaching.

1. Explain how surveys work to your class, using the information in the box on page 6.
2. Work through the topics with your class. For each topic, begin by presenting the survey findings. Make sure the students understand the implications of each survey finding – ask them 'Why might this be a problem for Vanuatu?'
3. Hold discussions, either as a class or in smaller groups, to encourage students to think about what they can do to improve the situation (or what their families, or others in the community, can do). Use the ideas in the 'What can I do?' boxes to supplement the ideas your students come up with.
4. If there is an information box, present the facts in the box to the students. This will help stimulate the discussion.
5. At the end of each topic, you can collect data for your own class survey. Read out each question or write it on the board. You can also photocopy pages 53 - 54 which have all the questions. Questions are answered 'Yes' or 'No', but students may not know the answer immediately, or may need to check at home to find out the answer. Ask students to find out the answers that they do not know as homework. They should discuss with their parents or other family members to find the answers. Make sure students understand that there are no right and wrong answers. They should answer each question as truthfully as possible. Emphasize that individual answers are not so important – it is the overall findings for the class that are more important.
6. To analyse the data so that you can present the results to the class, follow the instructions on the next page. You can compare your class findings with other classes in school. You can also keep a record of the findings, and if you carry out the survey again a year later you can compare the findings. You may see interesting changes if you continue to do this over several years.

Collecting data for your own survey

For each question, write down the numbers of 'Yes' answers and the number of 'No' answers. Also make sure to note the total number of students in the class (or people in the group).

For each question, if any students cannot answer the question, subtract them from the total number before analysing the data for that question.

Analysing the data

Using the first question as an example:

1. Do you eat fresh fruits and vegetables every day?

If you have 24 students in class, and 14 say 'Yes' and 10 say 'No', then the finding is '14 out of 24 students eat fresh fruits and vegetables every day', or '10 out of 24 students do not eat fresh fruits and vegetables every day'.

If 2 students could not answer this question, 14 said 'Yes' and 8 said 'No', then subtract 2 from 24 (= 22), and the finding is '14 out of 22 students eat fresh fruits and vegetables every day' or '8 out of 22 students do not eat fresh fruits and vegetables every day'.

If you want to, you can convert your data into numbers out of 10. For example:

14 out of 24 [= $14/24 \times 10$] = 5.8 out of 10 = 6 out of 10 (rounded to the nearest whole number)

Presenting the findings

You can complete the following statements to present your findings. X = the number of students who answered 'Yes' and Y = the total number of students in the class (or Y = 10 and X = the number of students who answered 'Yes', divided by the total number of students, times 10, and rounded to the nearest whole number).

Staying healthy

In our class... (or In our community group...)

1. X out of Y students (or people) eat fresh fruits and vegetables every day
2. X out of Y students eat fish, chicken or eggs every day
3. X out of Y students use iodized salt in their household

4. X out of Y students collect drinking water from an improved source (such as a tap, a covered well or spring, or a borehole) in their household
5. X out of Y students treat water in their household to make it safe before drinking
6. X out of Y students live in households where they often get sick and have diarrhoea
7. X out of Y students have (and use) a properly constructed toilet in their household (or school)
8. X out of Y students know all the main ways to protect themselves against HIV/AIDS
9. Condoms are available in the communities of X out of Y students
10. X out of Y women in students' families had antenatal check-ups during a recent pregnancy
11. X out of Y women in students' families recently delivered their babies in a clinic or hospital

Caring for small children

12. X out of Y women in students' families recently breastfed their baby exclusively for the first 6 months
13. X out of Y women in students' families recently breastfed their baby for 2 years
14. X out of Y students were breastfed when they were babies
15. X out of Y students have a birth certificate
16. X out of Y students have a vaccination card
17. X out of Y students played with or read to small children in their household yesterday
18. X out of Y students have more than three children's books in their household
19. X out of Y students love and support your young sisters and brothers to develop to their full potential

Managing illness

20. X out of Y students know what to do if a child in their family has diarrhoea
21. X out of Y students washed their hands with soap today
22. X out of Y students know the danger signs of pneumonia
23. X out of Y students know someone who has had pneumonia
24. In the households of X out of Y students, all the children sleep under a bed net every night
25. X out of Y students have places where mosquitoes can breed
26. X out of Y students know the symptoms of malaria

Building a better future

27. X out of Y students went to pre-school
28. X out of Y students went to primary school from age 6 to age 11, or are currently aged between 6 and 11 and are at primary school in the right grade for their age
29. X out of Y students are going to go to secondary school (or will start Grade 7) when they are 12 (or started secondary school/Grade 7 when they were 12)
30. X out of Y students know someone who did not go to school

Survey questions

You can make photocopies of these pages to help you carry out the survey.

1. Do you eat fresh fruits and vegetables every day? Yes No
2. Do you eat fish, chicken or eggs every day? Yes No
3. Do you use iodized salt in your household? Yes No
4. Does your household collect drinking water from an improved source (such as a tap, a covered well or spring, or a borehole)? Yes No
5. Does your household treat water to make it safe before drinking? Yes No
6. In your household, do you often get sick and have diarrhoea? Yes No
7. In your household (or school) do you have a properly constructed toilet that you use? Yes No
8. Do you know all the main ways to protect yourself against HIV/AIDS? Yes No
9. Are condoms available in your community? Yes No
10. If someone in your family has had a baby recently (in the last year) – did she have antenatal check-ups during the pregnancy? Yes No
11. If someone in your family has had a baby recently (in the last year) – did she deliver the baby in a clinic or hospital? Yes No
12. If someone in your family has a baby between 6 and 18 months – was the baby exclusively breastfed for the first 6 months? Yes No
13. If someone in your family has a baby aged between 2 and 5 years – was the child breastfed until he or she was 2 years old? Yes No
14. Were you breastfed, and if so, for how long? Yes No
15. Do you have a birth certificate? Yes No
16. Do you have vaccination card? Yes No
17. If you have small children in your household, did you play with them or read to them yesterday? Yes No
18. In your household, do you have more than three children's books? Yes No

19. Do you love and support your young sisters and brothers to develop to their full potential?

Yes No

20. Do you know what to do if a child in your family has diarrhoea?

Yes No

21. Did you wash your hands with soap today?

Yes No

22. Do you know the danger signs of pneumonia?

Yes No

23. Do you know anyone who has had pneumonia?

Yes No

24. In your household, do all the children sleep under a bed net every night

Yes No

25. Do you have any places where mosquitoes can breed?

Yes No

26. Do you know the symptoms of malaria?

Yes No

27. Did you go to pre-school?

Yes No

28. Did you go to primary school (Grades 1–6) from age 6 to age 11?
(Or if you are aged between 6 and 11, are you at primary school and in the right grade for your age?)

Yes No

29. If you are aged between 6 and 11, are you going to go to secondary school (or start Grade 7) when you are 12?

or

If you are 12 or older, did you go to secondary school (or start Grade 7) when you were 12?

Yes No

Yes No

30. Do you know someone who did not go to school?

Yes No

The Vanuatu Multiple Indicator Cluster Survey 2007 – Summary table of findings

This table gives the main findings from the Vanuatu Multiple Indicator Cluster Survey. The full report of the survey is available online at

http://www.unicef.org/pacificislands/MICS_Reportsmla.pdf

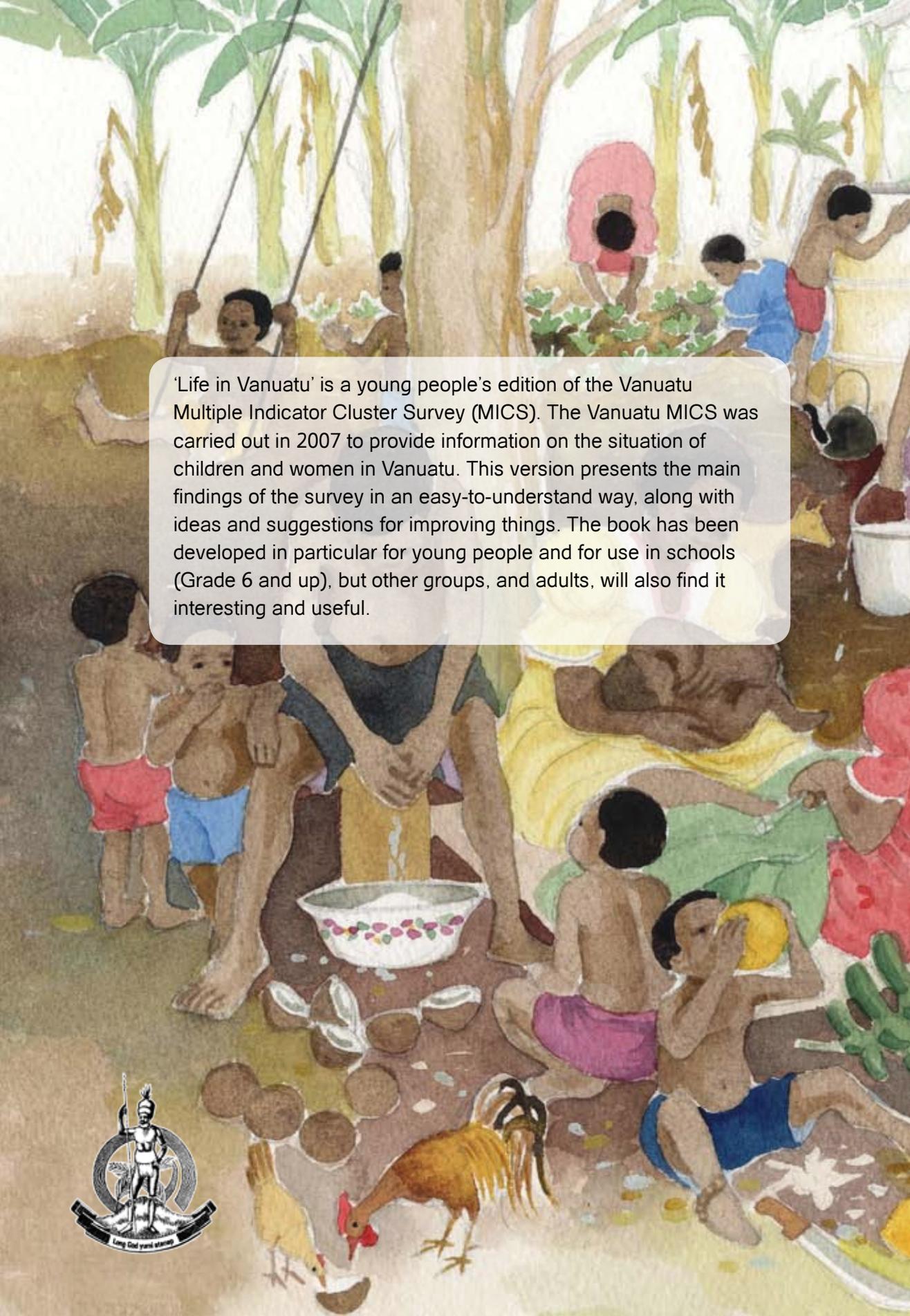
Topic	Indicator (and explanation)	Value	
Child mortality	Under-5 mortality rate (the number of children who die before their 5th birthday)	30 per thousand	
	Infant mortality rate (the number of children who die before their 1st birthday)	25 per thousand	
Nutrition			
Nutritional status	Underweight prevalence (the percentage of children under 5 who have low weight for their age)	15.9%	
	Stunting prevalence (the percentage of children under 5 who have low height for their age)	20.1%	
	Wasting prevalence (the percentage of children under 5 who have low weight for their height)	6.5%	
Breastfeeding	Timely initiation of breastfeeding (the percentage of women who start breastfeeding within 1 hour of giving birth)	71.9%	
	Exclusive breastfeeding rate for 0–5 months (the percentage of babies fed only breastmilk for the first 5 months)	39.7%	
	Continued breastfeeding rate (the percentage of children still being breastfed...)	at 12–15 months	79.9%
		at 20–23 months	31.6%
	Timely complementary feeding rate (the percentage of children being given other foods as well as breastmilk at 6–9 months)	61.9%	
	Frequency of complementary feeding (the percentage of children aged 6–11 months receiving breastmilk and also other foods at the right number of times per day)	49.6%	
	Adequately fed infants (the percentage of children aged 0–11 months receiving the right types and amounts of food)	44.9%	

Salt iodization	Iodized salt consumption (the percentage of households using iodized salt)	22.9%
Low birth weight	Low birth weight infants (the percentage of babies weighing less than 2500 grams at birth)	10.2%
	Infants weighed at birth (the percentage of babies weighed at birth)	79.3%
	Stunting prevalence (the percentage of children under 5 who have low height for their age)	20.1%
Child health		
Immunization	Tuberculosis immunization coverage (the percentage of children receiving BCG vaccination against tuberculosis in their first year)	79.1%
	Polio immunization coverage (the percentage of children receiving three polio vaccinations in their first year)	55.4%
	DPT (diphtheria, pertussis and tetanus) immunization coverage (the percentage of children receiving three DPT vaccinations in their first year)	58.3%
	Measles immunization coverage (the percentage of children receiving measles vaccination in their first year)	37.2%
	Fully immunized children (the percentage of children receiving one BCG, three polio, three DPT and one measles vaccination in their first year)	24.2%
	Hepatitis B immunization coverage (the percentage of children receiving three hepatitis B vaccinations in their first year)	55.3%
Tetanus toxoid	Neonatal tetanus protection (the percentage of mothers who have been vaccinated and are protected against tetanus)	49.2%
Care of illness	Use of oral rehydration therapy (ORT) (the percentage of children with diarrhoea who receive ORT)	53.7%
	Home management of diarrhoea (the percentage of child diarrhoea cases managed at home)	16.4%
	Received ORT or increased fluid and continued feeding (the percentage of children with diarrhoea who receive ORT or increased fluid and continued feeding, i.e. the recommended management)	43.1%

Solid fuel use	Solid fuel use (the percentage of households using solid fuel for cooking)	85.1%
Malaria	Household availability of long-lasting nets (LLNs) (the percentage of households with at least one LLN)	67.6%
	Under-5s sleeping under LLNs (the percentage of children sleeping under an LLN the previous night)	55.7%
	Under-5s sleeping under mosquito net (the percentage of children sleeping under any kind of bed net the previous night)	66.1%
	Anti-malarial treatment given to under-5s (the percentage of children ill with fever during the previous 2 weeks who were treated with anti-malaria drugs)	35.8%
Environment		
Water and sanitation	Improved drinking water sources (the percentage of households with access to improved drinking water sources)	85.1%
	Water treatment (the percentage of households treating water for drinking)	14.5%
	Improved sanitation facilities (the percentage of households with improved toilet facilities)	63.5%
	Disposal of child's faeces (the percentage of children whose most recent stool was disposed of safely, down a toilet or latrine)	29.9%
HIV/AIDS and orphaned and vulnerable children		
HIV/AIDS knowledge and attitudes	Comprehensive knowledge about HIV transmission among young people (the percentage of women aged 15–24 who know two prevention methods and three misconceptions about HIV/AIDS)	15.4%
	Knowledge of mother-to-child transmission of HIV (the percentage of women aged 15–49 who know all three ways that HIV can be transmitted from mother to child)	62.9%
	Attitudes towards people with HIV/AIDS (no discrimination) (the percentage of women aged 15–49 who show no discrimination to people living with HIV and AIDS)	17.5%
	Women who know where to be tested for HIV	50.4%
	Women who have been tested for HIV	8.5%
	Counselling coverage for the prevention of transmission of HIV during antenatal care (ANC) visit (the percentage of women receiving information about HIV prevention during an ANC visit)	27.8%
	Testing coverage of HIV during ANC visit (the percentage of women who were tested for HIV during an ANC visit and received the result of the test)	6.8%

Support to orphaned and vulnerable children	Prevalence of orphans (the percentage of children with one or both parents dead)	2.9%
	Children not living with a biological parent	9.4%
	School attendance of double-orphans versus non-orphans (comparison of school attendance between orphans and non-orphans)	0.92 ratio
Reproductive health		
Uses of contraceptive method	Women aged 15–49 years married or in union using any contraceptive method	38.4%
Maternal and newborn health	ANC provided by skilled personnel (the percentage of women who received ANC from a doctor, nurse or midwife at least once during the pregnancy)	84.3%
	One or more ANC visits	98.1%
	Content of ANC	
	Blood sample taken	68.9%
	Blood pressure measured	80.2%
	Urine specimen taken	69.3%
	Weight measured	84.5%
	Skilled attendant at delivery (the percentage of births attended by a midwife, doctor or nurse)	74.0%
	Institutional deliveries (the percentage of women who gave birth in health facilities)	79.8%
Child development		
	Family support for learning (the percentage of children under 5 who had household members engaging with them in learning activities in the previous 3 days)	90.6%
	Fathers' support for learning (the percentage of children under 5 whose fathers engaged with them in learning activities in the previous 3 days)	64.6%
	Have three or more children's books (the percentage of children living in households that have three or more children's books)	40.7%
	Have three or more non-children's books (the percentage of children living in households that have three or more adult-focused books)	52.9%
	Have three or more types of playthings (the percentage of children living in households that have three or more playthings such as homemade toys, bought toys and household objects)	18.6%
	Non-adult care (the percentage of children under 5 left alone or in the care of children under 10 at least once during the previous week)	39.1%

Education	Pre-school attendance (the percentage of children aged 3–5 years attending pre-school)	23.4%
	School readiness (the percentage of children in first grade who attended pre-school the previous year)	96.2%
	Primary school entry age Grade 1 (the percentage of children in Grade 1 who are the right age for Grade 1)	63.9%
	Net primary school attendance ratio (the percentage of children aged 6–11 years attending primary or secondary school)	80.4%
	Secondary school attendance ratio Junior secondary school (the percentage of children aged 12–15 attending junior secondary or higher school)	45.7%
	Senior secondary school (the percentage of children aged 16–20 attending senior secondary or higher school)	10.4%
	Child reaching Grade 6 (the percentage of children entering primary school (Grade 1) who complete primary school (reach Grade 6))	74.0%
	Gender parity index (ratio of girls to boys attending...) Primary school	1.01 ratio
	Junior secondary school	1.02 ratio
	Senior secondary school	0.90 ratio
	Adult literacy rate for females aged 15–24 years	76.6%
Child protection		
Birth registration	Birth registration (the percentage of children under 5 whose births are registered)	25.6%
Early marriage and polygamy	Marriage before age 15 (the percentage of women aged 15–49 who married before their 15th birthday)	7.0%
	Marriage before age 18 (the percentage of women aged 15–49 who married before their 18th birthday)	23.6%
	Young women aged 15–19 currently married/in union	12.8%
	Spousal age difference, 10 years and above (the percentage of women whose husband is 10 or more years older than them)	
	Women aged 15–19	31.6%
	Women aged 20–24	10.2%



'Life in Vanuatu' is a young people's edition of the Vanuatu Multiple Indicator Cluster Survey (MICS). The Vanuatu MICS was carried out in 2007 to provide information on the situation of children and women in Vanuatu. This version presents the main findings of the survey in an easy-to-understand way, along with ideas and suggestions for improving things. The book has been developed in particular for young people and for use in schools (Grade 6 and up), but other groups, and adults, will also find it interesting and useful.

