

Promoting the Health and Welfare of Truck Drivers in India: A Workshop Report



Presented by

Center for Human Progress (CHP)

in collaboration with

IKEA, APL Logistics & Albatross

Dadri, Uttar Pradesh

1 July, 2010

With special thanks to IKEA, APL Logistics and Albatross for giving us the opportunity to work together.

Promoting the Health and Welfare of Truck Drivers in India

Introduction

A 4-hour general health and HIV awareness workshop was held with truck drivers in Dadri, Uttar Pradesh (U.P) on 1 July, 2010. The workshop was conducted by the Center for Human Progress (CHP) with the invaluable support of IKEA, APL Logistics and Albatross.

Objectives

The objectives of the workshop were to:

1) engage truck drivers in dialogue-based communication about general health and HIV-related risks and vulnerabilities; 2) identify practical techniques to overcome health issues and HIV risks; 3) seek feedback from the community regarding the workshop, its approach and perceived relevance of its contents; and 4) encourage health seeking behaviour among truck drivers.

The workshop design embraced entertainment education to disseminate information about HIV and general health as well as promote knowledge about practical strategies for HIV prevention among truck drivers.

A 4-hour workshop agenda (see Box 1) was jointly designed by CHP and IKEA. The workshop itself was led by truck drivers and helpers from CHP.

The importance of having truck drivers themselves facilitate the workshop was jointly recognised by CHP, IKEA, APL Logistics and Albatross. Participants from the truck driver community would consider their own community more credible and acceptable and would be more comfortable discussing sexual practices and sexuality with them. Facilitators from the community also understand health issues and context specific barriers to reducing HIV- and STI-related risks among truck drivers. Thus, a team of 12 members from CHP, including several truck drivers, led the workshop.

Sessions

Participants of the workshop included 45 truck drivers (employed by IKEA). The workshop commenced with brief introductions and an overview of the workshop design (including the health camp integrated with the workshop agenda), followed by an Interpersonal Communication (IPC) session for dialogue-based health, HIV and STI risk and vulnerability reduction with the small gathering of truck drivers (approximately 25) that had arrived first. IPC tools are useful to stimulate discussion about direct barriers to reducing risky behaviour. A visual, dialogue-based tool called "*aisa kyon*" (or "why is it so?") was used to identify key health concerns and HIV vulnerabilities within the community. The tool supported the facilitators to stimulate dialogue among truck drivers' regarding underlying general health concerns and HIV vulnerability issues as well as practical solutions to

Box 1

WORKSHOP TO PROMOTE THE HEALTH AND WELFARE OF TRUCK DRIVERS IN INDIA

1 JULY, 2010

10.00AM-2.00PM

1) WELCOME/INTRODUCTIONS – 10:00-10:15

2) INTERACTIVE SESSION WITH TRUCK DRIVERS USING INTERPERSONAL COMMUNICATION (IPC) FOR HIV & STI RISK REDUCTION – 10:15-10:45

3) A MAGNET THEATRE PERFORMANCE – 10:45-11:45

4) CONDOLYMPICS 11:45-12:15

5) HIV AND HEALTH QUIZ – 12:15-12:45

6) FEEDBACK AND CLOSING – 12:45-1:00

7) HEALTH CAMP – 1:00-2:00

reduce barriers to HIV risk reduction. Among several health concerns the community identified the lack of clean drinking water as a primary concern. They also underscored that police harassment, extended periods away from home and long driving hours were critical HIV vulnerability issues.



The IPC session was followed by a powerful Magnet Theatre performance on MSM activity within the truck driver community, which was conducted by MSM and truck drivers themselves. The script focused on the risks of unprotected anal sex; but also encompassed general health and hygiene issues relevant to the community. Magnet Theatre is a mid-media communication method, which unlike conventional stage theatre and some other forms of participatory street theatre, invites the audience to create and re-create scenarios to solve the dilemma presented in the performance. Messages are not given to the audience through the performance rather discussion encourages the audience to generate practical solutions to their barriers (e.g., about HIV prevention, care) and dilemmas.



The Magnet Theatre performance was followed by a Condolympics session involving a condom game. Five participants were asked to volunteer to participate in the game. The first two participants were asked to put a condom on a penis model. The next three participants were blind folded and then asked to put a condom on a penis model; and correctly remove the condom and dispose it. This session was designed to identify and underscore the significance of correct condom use for HIV risk reduction.

The Condolympics also highlighted a number of issues related to condom use, including the importance of noting the expiration date on a condom pack before using it; safe and correct removal and disposal of condoms; the danger of condom breakage with simultaneous use of two condoms; and the importance of correct use of condoms to prevent HIV and STI. It was explained to participants that some volunteers had been blind folded to highlight that knowledge about condom use in the dark is important.



Participants that were able to demonstrate correct condom use (as well as removal and disposal) were awarded first, second and third prizes. The remaining participants were given prizes for participation. Prizes were items of functional use to truck drivers, e.g., soaps, towels, file folders (to store licenses and other papers) and small carry bags. Before closing the Condolympics session, the facilitators made a condom demonstration to participants. The importance of correct and safe, use and disposal of condoms was underscored.

Box 2

SOME HEALTH AND HIV QUIZ QUESTIONS

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- 1) WHAT ARE SOME RISKS OF EATING FOOD WITHOUT WASHING ONE'S HANDS?
- 2) WHAT ARE SOME RISKS OF EATING CONTAMINATED AND/OR UNCLEAN FOOD?
- 3) USING TWO CONDOMS DOUBLES PROTECTION AGAINST HIV.
- 4) I CAN GET HIV FROM A MOSQUITO BITE.
- 5) WHAT ARE THE MODES OF HIV TRANSMISSION?

The next session involved a health and HIV quiz competition. Five participants were invited to volunteer. They were given a set of quiz cards and asked to choose any one card (see

quiz questions in Box 2). Participants that answered the quiz questions correctly were awarded prizes. A number of myths and conceptions about HIV transmission among truck drivers became apparent during this session. Facilitators debunked myths and clarified technical information regarding HIV risks and modes of transmission to the participants.



The final session involved dialogue with the community and feedback regarding the current (and previous) workshop, its design and the perceived relevance of issues addressed by it. Participants shared their appreciation for the entertaining and creative tools which were used to stimulate dialogue as well as the fact that issues of general health and hygiene (in addition to HIV) were covered during the current workshop. They were also grateful for the health camp which had been integrated with the current workshop design.



Closing

Following a brief vote of thanks to participants, IKEA, APL Logistics and Albatross, participants were invited to visit the health camp. They were informed that two doctors were available for consultation and that free medication was being dispensed. About 30 truck drivers visited the health camp.

During the closing session special thanks was also conveyed to Jaap Doornbos, Transport Manager, South Asia for joining the workshop.

Condoms were distributed to all participants! Everyone was invited to lunch by IKEA.



Participants

1. Truck drivers
2. IKEA
3. APL Logistics
4. Albatross
5. CHP (Vishnu, Raj, Puneet, Ashu, Ravi, Mohammed, Sanjay, Harun, Anubhav, Shraddha, Pritha, Ash, Dr. Mukesh and Dr. Pragya)

About the Center for Human Progress

The Center for Human Progress (CHP) aims to improve the quality of life of individuals and society by supporting, promoting and encouraging knowledge mobilisation for sustainable change.

As an NGO and social entrepreneurship CHP aspires to build knowledge-based leadership and create community empowerment in the process.

To achieve its goals CHP conducts various activities, including:

1. Training & capacity building
2. Education & awareness building
3. Communication & advocacy
4. Research & documentation

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