global community design partnering for health in rural Tanzania



Village Life Outreach Project [VLOP] & the Shirati Health, Education and Development Foundation [SHED].

Michael Zaretsky, Assistant Professor in the School of Architecture and Interior Design [SAID] at the University of Cincinnati, in collaboration with University of Cincinnati faculty and students

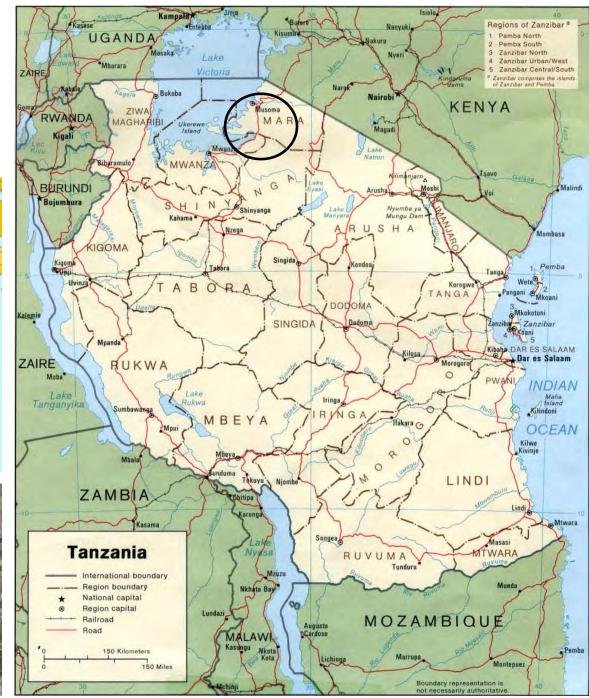


location

rural NW Tanzania







location

local site data

The site for the health center is in

Altitude of 1,132 m (3,717 ft)

Roche Village, Tanzania.

Latitude: 1°12'S Longitude: 34°02'E

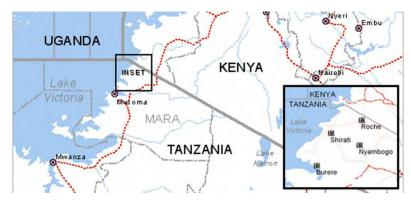
Roche Village:

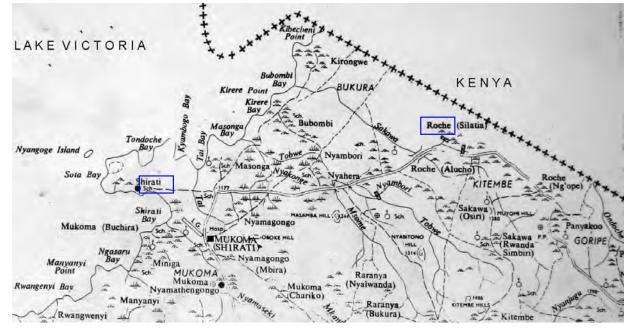
The base of operations when VLOP is in Tanzania is in **Shirati**, about 20km from Roche in a similar microclimate.

Significant Topographical Features of Shirati and Roche Village include:

Lake Victoria to the Northwest Mountains to the Southeast









timeline

2002 Chris Lewis does a residency in Shirati Hospital, TZ while in UC Med School

2004 VLOP begins "Outreach Brigades" in the Rorya District

2007 VLOP begins to develop plan for health center at Roche

2008 spring Michael Zaretsky + UC-SAID begin research for Roche Health Center

2008 autumn Graduate Elective Architecture Studio

2008 oct MZ on October Brigade

2008 nov Collaboration Arup Engineers, Chicago

2009 winter 6 Graduate Architecture students do research on health center

2009 On-going research and fundraising

2009 autumn Graduate Elective Architecture Studio

2009 autumn collaboration with ARUP and Emersion Design

2010 mar Phase 1 RHC construction begins: Outpatient clinic (Roush on-site)

2010 may Borehole water is available at RHC site

2010 june Elliott and Zaretsky on-site, Elliott remains until November

2010 nov 95% completion of Roche Health Center outpatient clinic

2011 apr 1 Roche Health Center Clinic opens 2x/week

2011 autumn Graduate Elective Architecture Studio to address Medical Housing

2011-12 fundraising for Phase 2 of Roche Health Center

2015 projected completion of Phase 3: Complete Roche Health Center Facility

goals

- DESIGN FOR ALL by providing a Health Center that addresses the needs of all members of the community
- DESIGN FOR EDUCATION by incorporating teaching and learning into every area of the health center
- DESIGN FOR REPRODUCIBILITY by creating buildings using locally available materials and construction techniques
- 4. DESIGN FOR SUSTAINABILITY by minimizing energy usage, natural resources and material usage
- 5. DESIGN FOR PERMANENCE by producing safe, durable, repairable buildings
- 6. DESIGN FOR THE FUTURE by incorporating flexibility and adaptability

roche health center master plan

fall 2010 CLINIC STAFF

roche health center clinic june 2011



VLOP



www.villagelifeoutreach.org

Founded in 2004, Village Life Outreach Project, Inc. is an official 501 (c)3 non-profit organization based out of Cincinnati, Ohio whose mission is to **unite communities to promote Life**, **Health and Education**.

Most of Village Life's work focuses on three remote and impoverished villages in the Rorya district of Tanzania, East Africa: Roche, Burere and Nyambogo, all located near Lake Victoria.

VILLAGE LIFE GUIDING PRINCIPLES

- Partnership
- Sustainability
- Collaboration
- Long Term Commitment to Communities

"Village leaders identify their own needs," Dr. Chris Lewis, VLOP Founder, explains. "Then we strategize with them on how to solve those problems together. This buy-in solidifies the idea that they are going to do their part. It's a 'hand up rather than a hand out'."



HEALTH: VLOP Founder, Dr. Chris Lewis, examining a child at a mobile field clinic



EDUCATION: Roche students enjoying Uji porridge provided by VLOP's Nutrition Project



LIFE: Village Water Committee members learning how to build water filters

SHED

www.shedfoundation.org

The Shirati Health, Education and Development Foundation

SHED is a Tanzanian non-governmental organization (NGO) and VLOP's partner on-the-ground. SHED helps coordinate VLOP's various projects in the Rorya District, and assists with managing the construction of the Roche Health Center. Their work is focused in the areas of Health, Education and Development in underserved Tanzanian communities.

Through the partnership and support of local and international donors, SHED's objective is to:

- provide relief assistance to needy communities;
- provide support for HIV/AIDS orphans;
- provide cancer research and treatment referrals;
- provide malaria prevention awareness; and
- promote clean water and environmental issues.



VLOP Brigade June 2008 with SHED







Oct 2008 UC Students meeting with SHED

UC-SAID

http://www.daap.uc.edu/said/

University of Cincinnati (UC) School of Architecture and Interior Design (SAID) in the College of Design, Architecture, Art and Planning (DAAP)

The School of Architecture and Interior Design at the University of Cincinnati prepares students for critical engagement with practice. This critical engagement presupposes sustained evaluation of principles, traditions, and requirements of building in all its aspects, interior and exterior.

Our goal is to advance the professions of architecture and interior design by combining ethical judgment and technical proficiency in pursuit of excellence, whether the product of our expertise is a physical or intellectual construction.

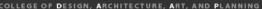
UNIVERSITY OF Cincinna

In view of constantly changing conditions for practice, our program seeks to multiply insights and abilities in every student:

- sensitivity to the aesthetic and social responsibilities of environmental intervention
- the life-long cultivation of a broad, synthesizing, and humanistic world view
- respect for the benefits of research and innovation
- deepened commitment to specific lines of inquiry
- an advanced understanding of the culture of practice
- readiness for professional responsibilities
- design acumen, advanced graphic skills and technical vocabulary
- affection for risk and love of play

The Master of Architecture (MArch) program was listed in 2009 as the #6 Accredited MArch program in the US based on Design Intelligence ratings.







ARUP and the ARUP CAUSE

http://www.arup.com/About_us/Making_a_difference/Communities_and_causes.aspx

In fall 2008, ARUP began a collaboration with the Roche Health Center design team. In 2008, we worked with ARUP Chicago and in 2009, we worked with ARUP Los Angeles and ARUP San Francisco.



On November 14th, 2008, our studio traveled to Chicago to meet at ARUP's office. We presented to the team and introduced our project and process to the ARUP team.

We addressed Structure, Water Supply, Sanitation, Mechanical, and our overall master plan.





emersion DESIGN

http://www.emersiondesign.com

From emersion's website:

Emersion DESIGN is a Cincinnati-based collaborative practice driven by a passion for exceptional designs that advance clients & society.

Strong relationships with our clients are the core of what we do.

We understand that the built & the natural environment are inextricably & vitally linked. We commit to our responsibility as stewards, through our work & through our membership & leadership in the US Green Building Council.











NUMBER OF INHABITANTS PER DOCTOR

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www.doctorsoftheworld.nl source: The World Health Report 2006

why

benefit a community in need

This is **Elvis Osira**, a 24-year-old farmer in Roche. When his wife went into labor with their first child, they had to walk 6 hours on rough roads to reach a hospital where they could receive the medical attention required to ensure the health of the mother and child.

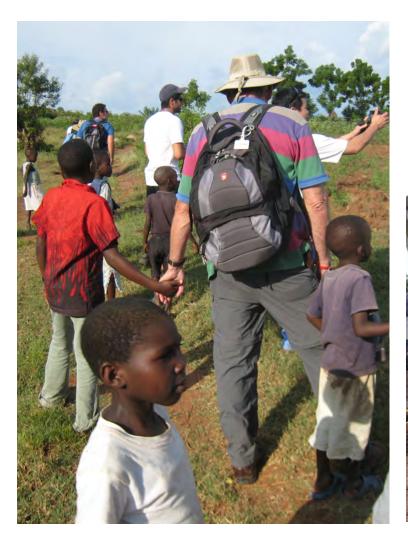
The Roche Health Center is being built for Elvis and all of the other villagers of Roche, so that they can have access to the basic health care that all people deserve.



why

benefit and educate our own communities







why

benefit and educate our own communities





NCARB Prize 2011

2011 NCARB Prize for Creative Integration of Practice and Education in the Academy

http://www.ncarb.org/en/Studying-Architecture/Educators/NCARB-Prize-Program/2011-Prize-Winner/PrizeWinner1.aspx



Faculty: Michael Zaretsky, Assistant Professor

Non-Faculty: Chad Edwards, Principal, emersion DESIGN

contemporary life in rural Tanzania









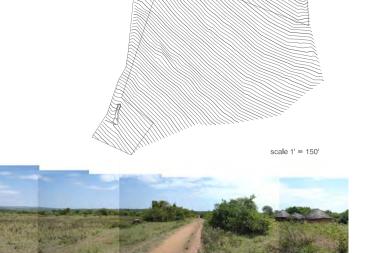


roche health center site

a new center for roche village

The Roche Village Heath Center site is approximately 21 acres on a gently sloping site.

Latitude: 1° 19' south Longitude: 33° 58' east Altitude: 1132 meters





design methodology

- 1. precedent study and analysis
- 2. VLOP principles of sustainability and collaboration
- 3. post-colonial theory Edward Said
- 4. culturally-responsive design Amos Rapoport
- 5. appropriate technological development
- 6. climatically-responsive design
- 7. design for transfer of knowledge

It's Africa, it must be hot

Latitude: 1.5 S

Longitude: 33.5 E

Elevation: 3753 feet (1143m)

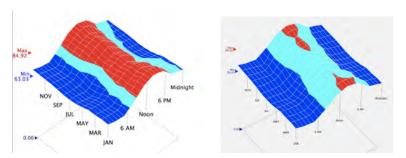
Heating Degree Days: 0

Cooling Degree Days: 1182

Temperature: typically 60 - 90° F

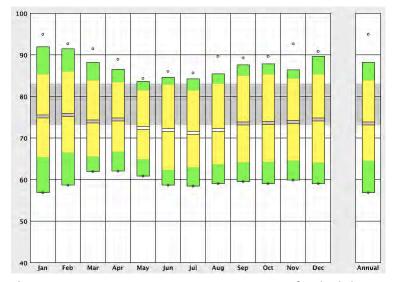
Relative Humidity: maximum RH % is 74.2

Comfort Zone: 73° F - 83° F



discovery

- -it's not as hot as expected
- -relative humidity is very low
- -thermal comfort is culturally specific



I've never seen anyone uncomfortably warm inside, even when we are sweating.

Chris Lewis speaking about experience of temperature in these villages

WEATHER DATA SUMMARY		LOCATION: Latitude/Longitude: Data Source:				KISUMU, -, KEN 0.1° South, 34.75° East, Time Zone from Greenwich 3 TMY3-637080 637080 WMO Station Number, Elevation							
MONTHLY MEANS	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	ост	NOV	DEC	
Dry Bulb Temperature (Avg Monthly)	75	75	73	74	72	71	71	71	73	73	73	74	degrees F
Dew Point Temperature (Avg Monthly)	59	60	62	64	64	61	60	60	59	61	61	61	degrees F
Relative Humidity (Avg Monthly)	60	62	70	72	77	73	70	68	64	68	68	67	percent

bio-climatic chart passive strategies

This graphic analysis shows the monthly temperature data for this region on a psychrometric chart. Then, the data is analyzed to assess which passive strategies would be most successful for this climate based on time spent in that location on the chart annually.

Comfort Zone 73 - 83 F

28% of the year, the weather is within the typical human comfort zone.

COOLING

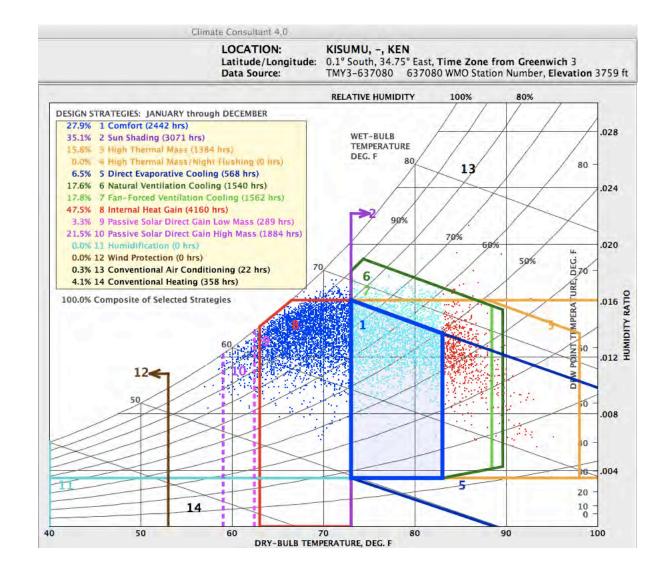
35% of the year, **shading** would be beneficial to reduce heat gain.

16% of the year, **thermal mass** would be beneficial to reduce heat gain.

18% of the year, **natural ventilation** would be beneficial to reduce heat.

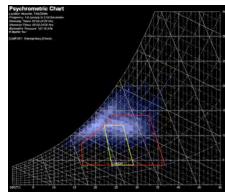
HEATING

47% of the year, **internal heat gain** can be utilized for heating.



passive strategies

shading thermal mass



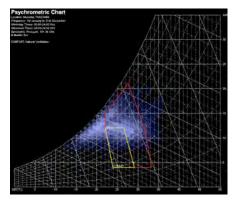
The first priority to keep the interior spaces cool is to shade the outer walls. However, because of the low east and west azimuth angles in the morning and afternoon, respectively, shading complete won't always be reasonable.



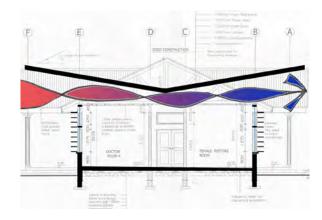
Using a substantial thickness in the walls will create thermal lag through each day. Thermal mass in the wall, floors, or ceilings will absorb the sun's energy during the day, mitigating interior heat gain. At night the wall will release the heat energy, keeping the interior space moderate even during cool nights.



natural ventilation



The most comfortable spaces are those with a breeze. Orienting the building according to wind patterns will increase the thermal comfort inside.

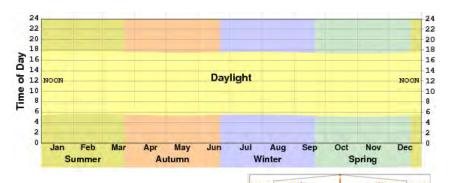


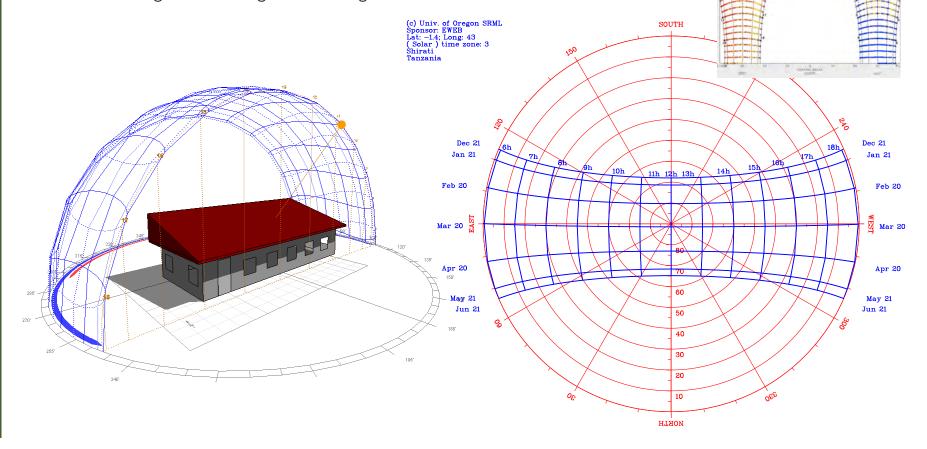
environment

solar availability / exposure

daylight availability and shading

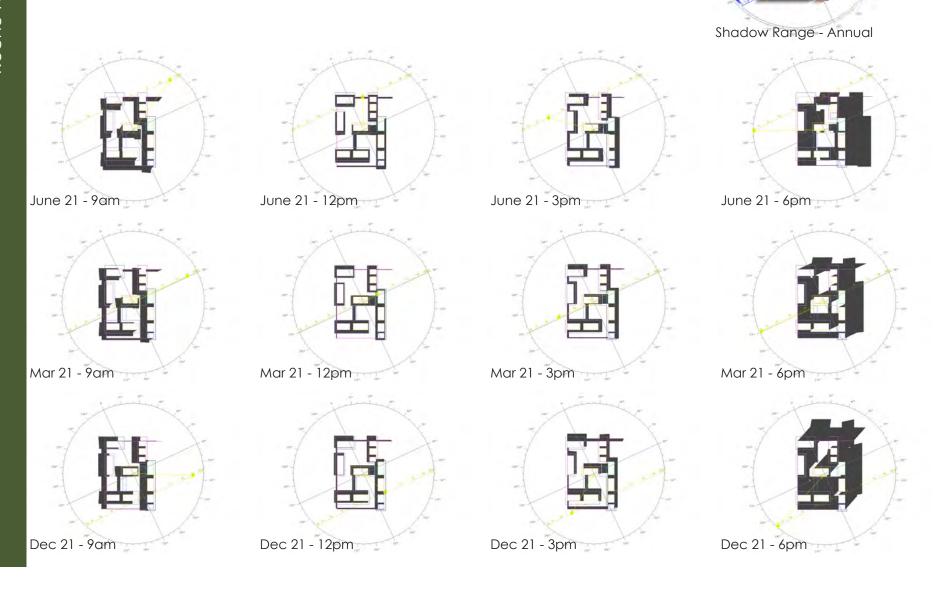
Given the location on the equator, there is a nearly constant 12 hours of daylight per day throughout the year. Additionally, the East and West sun will be both important and challenging to shade because of the low morning and evening azimuth angles.



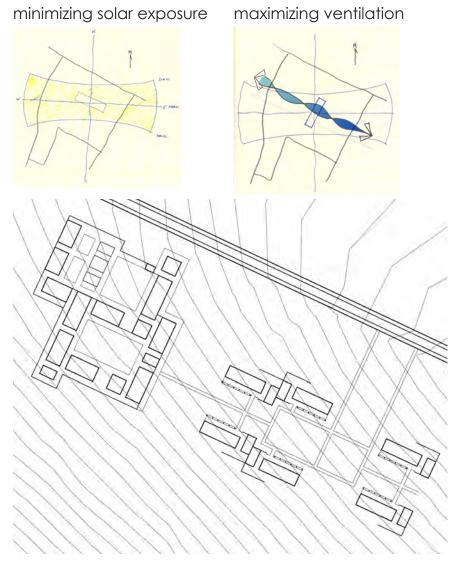


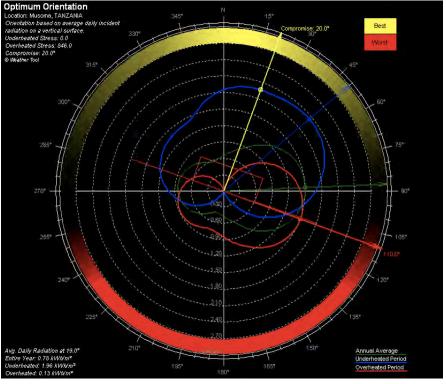
environment

sun / shading



orientation for minimizing heat gain





there will be power available

reality

A. through design, we can eliminate hte majority of our power draws
B. any power that is needed, we must provide at the site

Demand: housing and clinic

housing: 2.2 kW if all kitchen apps use fuel

clinic: 4.2 - 4.8 kW

lighting: efficiency vs availability

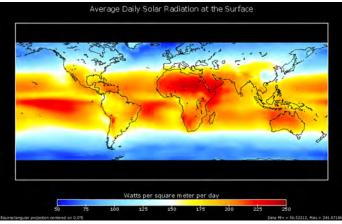
Supply: renewable energy options

- solar insolation available
- wind speed and direction
- power during rainy season
- maintenance
- cost
- on-site fuel-based generators as back-up

renewable energy sources

solar thermal, solar electric and wind





Benefits:

- unlimited source
- clean
- safe

Challenges

- expensive
- not viable during rainy seasons
- batteries
- maintenance
- theft



Benefits:

- unlimited source
- clean
- safe

Challenges

- · not enough wind
- expensive
- theft
- batteries
- maintenance

renewable energy sources

people power

Playpump



Sadly, somewhere along the way, PlayPumps stopped being a smart homegrown idea and became a donorpleasing, top-down solution that simply didn't fit many of the target communities.

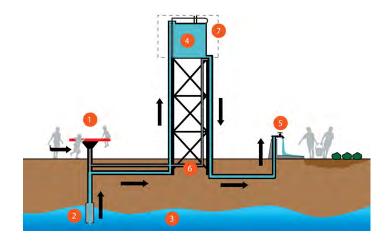
from article 'Some NGOs CAN adjust to Failure: The Play-Pumps Story' by Laura Freschi at www.aidwatchers.com

Benefits:

- clean
- safe

Challenges

- cost \$14,000 (4x more than base pump)
- · requires a lot of hours to be effective
- uses calories that may be needed elsewhere



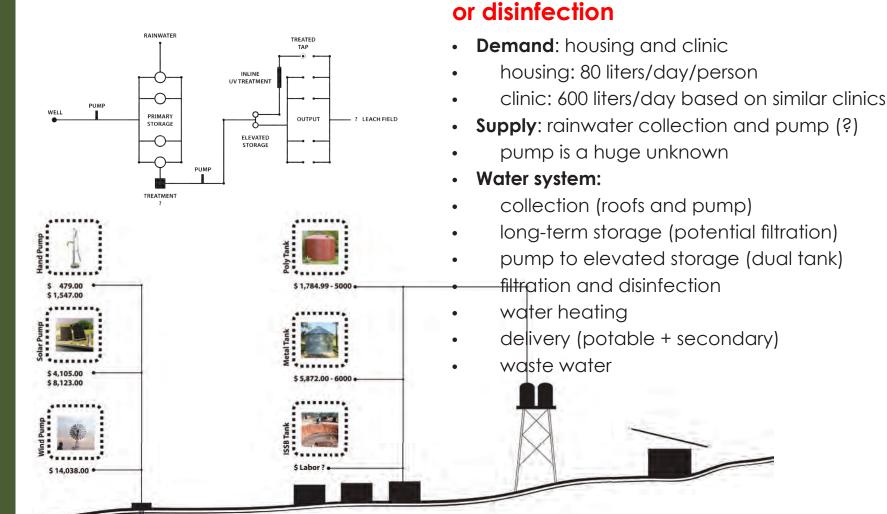
electric lighting

efficiency, safety, longevity, durability



- Purchased in June 2011
- (1) 12-watt panel (temporary)
- (1) 36-watt panel (to be premanently installed)
- (6) 2-watt lights
- (2) solar cell phone battery chargers

There will be clean water available when I turn on the tap



reality

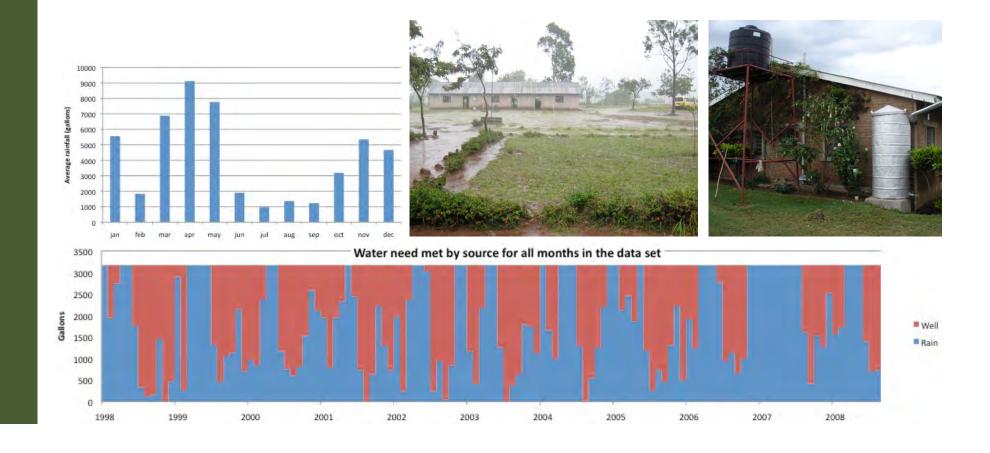
There is no infrastructure for water

collection, storage, distribution, filtration

it's not worth saving water in this dry region

discovery

a 1,000 sf roof with a 3,000 gallon storage tank can collect enough water for a 5-person family for over half of the year



the health center will be purely for heathcare

discovery

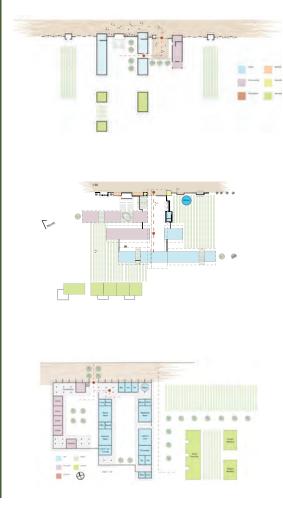
the clinic will be for much more than healthcare

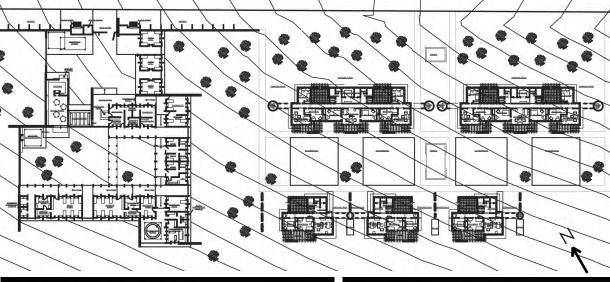
community hub
educational resource for
health, sanitation and construction
commerce
precedent for other health care centers in TZ

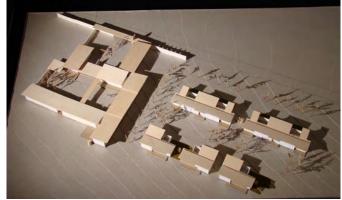
site design

two regions: community & housing

The community region consists of two main courtyards which organize the public buildings and the clinic buildings. The doctor's and nurse's housing complex sits to the southeast.









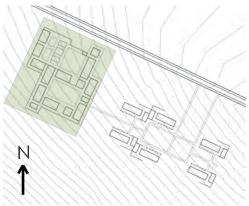
a center for health and more

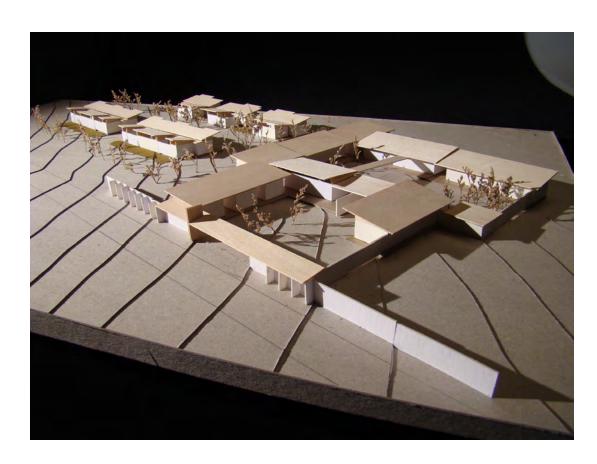
The health center complex has three layers of privacy:

- public along street
- semi-public courtyard
- clinic courtyard

Market space lines the street front with a guarded entrance into the first courtyard, which contains a large, outdoor multi-purpose space, dorms for the patients' families, and an education space.

The clinic is divided into three parts: administration, outpatient, and in-patient.

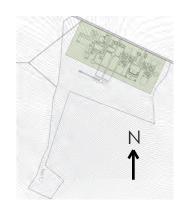




master plan

two regions: healthcare & housing

The master plan is a modular system with a set of simple buildings bounding a series of outdoor spaces with infrastructure integrated throughout the site.





assumption

vernacular construction is a great there resource for ideas spec

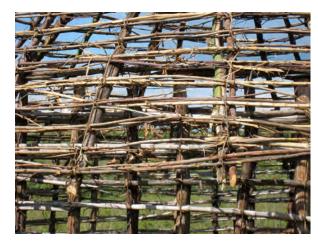




discovery

there are cultural stigma attached to specific materials and construction









contemporary construction

post-1961

















assumption

the existing method for wall construction should be retained because it is common

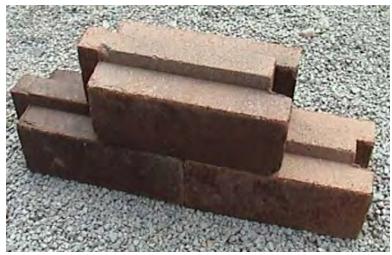






discovery

there is a much better option for producing soil blocks





material exploration



precedent

similar climate/material: stabilized earth blocks

Heikkinen-Komonen Architects Helsinki, Finland

School for Chicken Farmers Kindia, Guinea, 1998

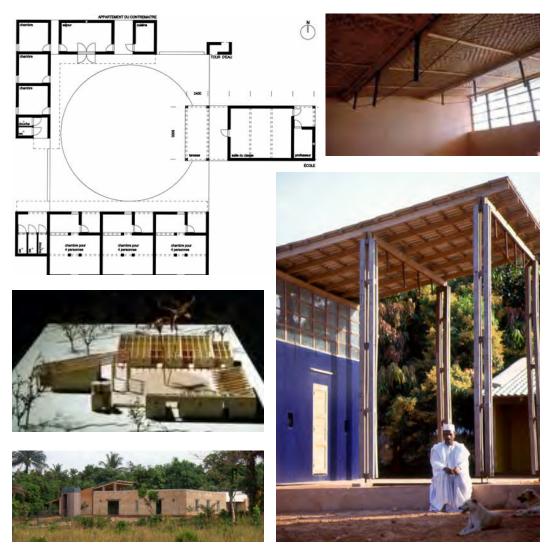
Poultry farming is an important area of development in food production, because chickens consume little plant protein, but yield many times the amount as animal protein.

In recent years, the development aid organisation Indigo, in collaboration with the Finnish Poultry Farmers' Association, has supported the development of chicken farming in Guinea.

This year a small educational unit will be built onto the Kaheré chicken farm, consisting of a school building, student dormitory and teacher's home. Each course contains 12 students.

The main technical objective is to minimize brick making, transportation and the use of imported materials.

The main building material for both the walls and the floor will be stabilised earth blocks. The roof will be made from 3 mm thick fibre-reinforced tiles. These materials will be made on the site in hand-operated presses.



existing wall construction

within the region







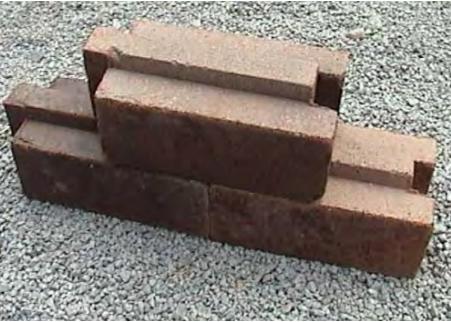




proposed wall construction

within the region











assumption

Whatever materials we design with can be found

discovery

there is an limited palette of materials available locally

- no power tools
- wood
- rough sawn lumber
- up to 2x6
- about 12' max length
- very little structural steel
- concrete is not structurally sound
- few long fasteners
- no safe glass
- corrugated sheet metal
- few plastic materials
- no sheet goods other than thin press board

available materials

Tarime Hardware Store







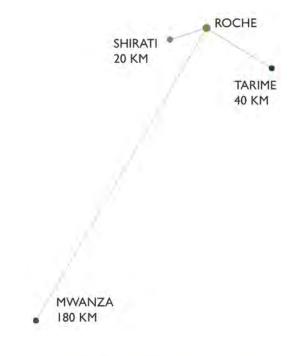




reproducibility

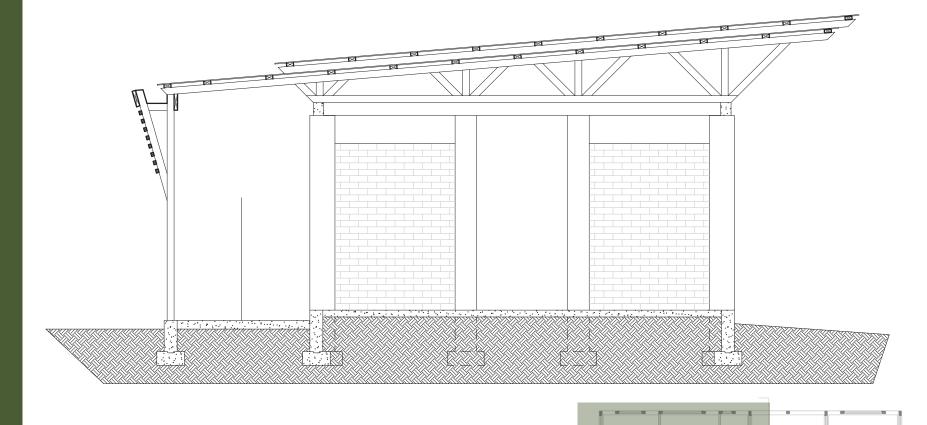
One of the strongest driving forces in this project has been the desire for the project to be reproducible, instructing local villagers in stable construction techniques throughout the process that they can apply to their own homes. This stems from Village Life Outreach's tenet "a hand up, not a hand out". Because of limited technology and materials available in the region, this goal is at times in conflict with another goal, that

of longevity. Within this project, a balance must be found between producing a building that the villagers can emulate, and a building that will remain durable over time. The graphic at the right shows the distances to the towns in which construction materials are located. The graphics below, from left to right, are examples of the details on the following pages, and illustrate through color-coding their degrees of reproducibility.





typical roof design section



CLOSET

materials

roof materials

galvanized metal roof







In addition, the internal radiant heat transfer to the interior. gain is extreme during the overheated season.

The typical roof in the region is galva- We have found a higher quality metal. We intend to use a double roof nized metal sheets over wood trusses. roofing locally which has paint chemi-that will likely have two layers of They are not typically repainted or re-cally bonded to the surface on both metal to reduce heat transfer as finished, so they rust eventually, leav-sides to resist rust. In addition, the light well as reduce noise transfer from ing spaces unprotected from the sun. color will significantly reduce the heat rain.

acoustic testing

Acoustic testing was conducted on four roof conditions. An insulated box was placed tightly against the underside of each roof mock-up. Water was then sprayed at a constant pressure and a reading taken by a sound meter. In each successive condition sound readings decreased indicating that the perceived volume of the monsoon rains on the roof may decreased by more than one half, allowing conversations even during these periods of heavy rainfall.

Roof layers:

2x6 rafter 2x4 purlin corrugated metal sheet



acoustic testing

Version 1

Roof layers:

2x6 rafter 2x4 purlin corrugated metal

Version 2

Roof layers:

2x6 rafter

1 corrugated metal

1x3 furring

1 corrugated metal

Version 3

Roof layers:

2x6 rafter

2x4 purlin

1 corrugated metal 1x3 furring (on end)

1 corrugated metal

Version 4

Roof layers:

2x6 rafter

2x4 purlin

1 corrugated metal 1x3 furring (on end)

1 corrugated metal press board "insulation"









Results

Though 99db is extremely loud, this is merely a reference point and basis for comparison.

Results

Given that decibels are measured logarithmically, a decrease of 10db is equivalent to a 50% decrease in noise. Therefore, a decrease of 6db is significant.

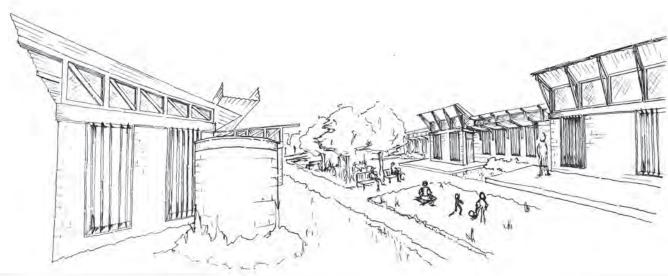
Results

By positioning the furring on end, the gap between the layers of metal was increased from one inch to almost three inches. This resulted in significant sound deadening.

Results

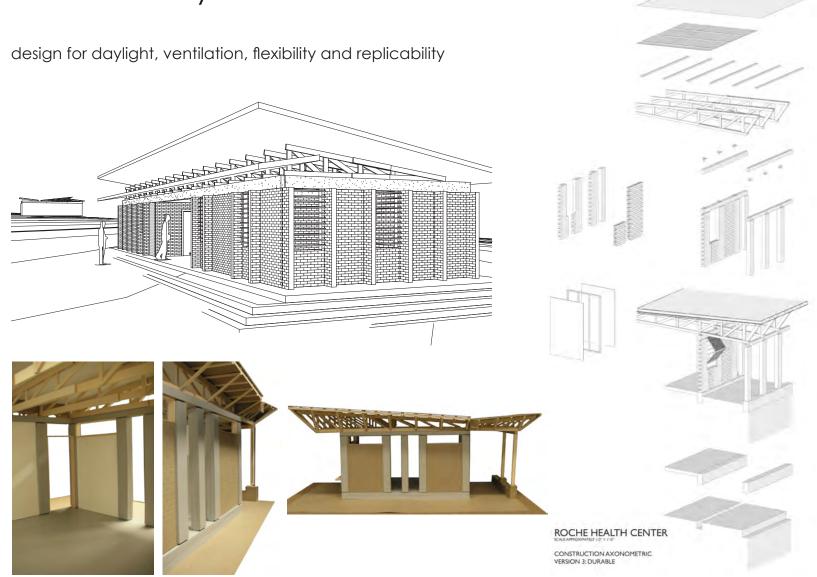
In this experiment a press board similar to those available near Roche was added as both a ceiling and an insulator. This addition resulted in a further decrease of 4dB, and overall improvement from the first version of 14dB.

exterior expression

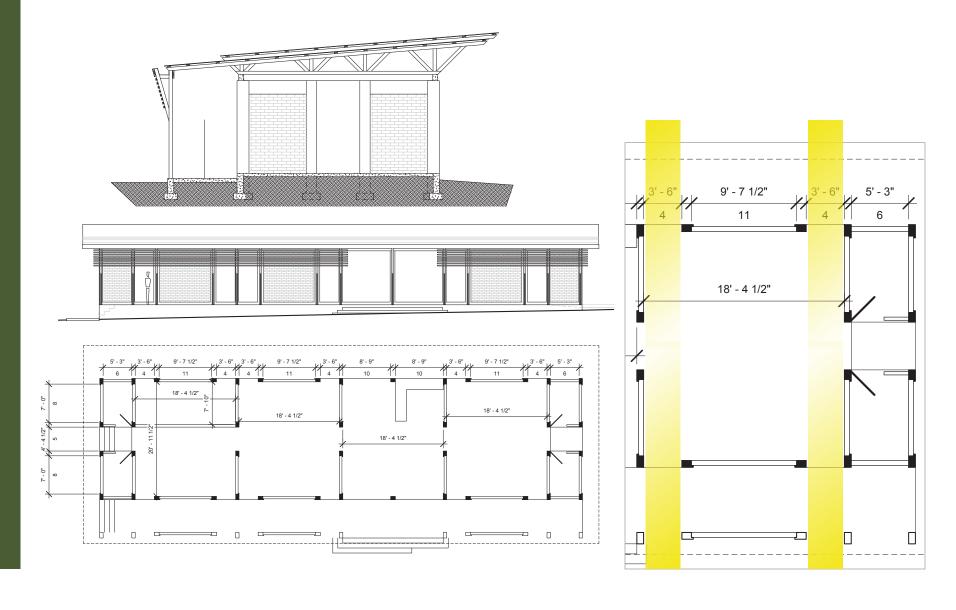




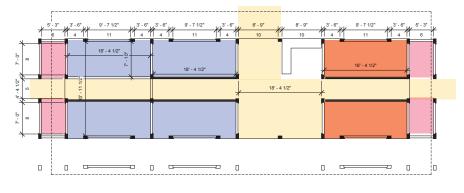
a modular system of local materials

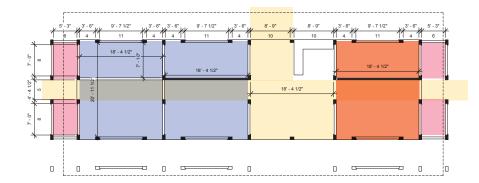


clinic building - phase 1

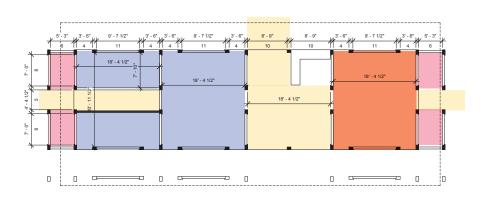












confined masonry expression





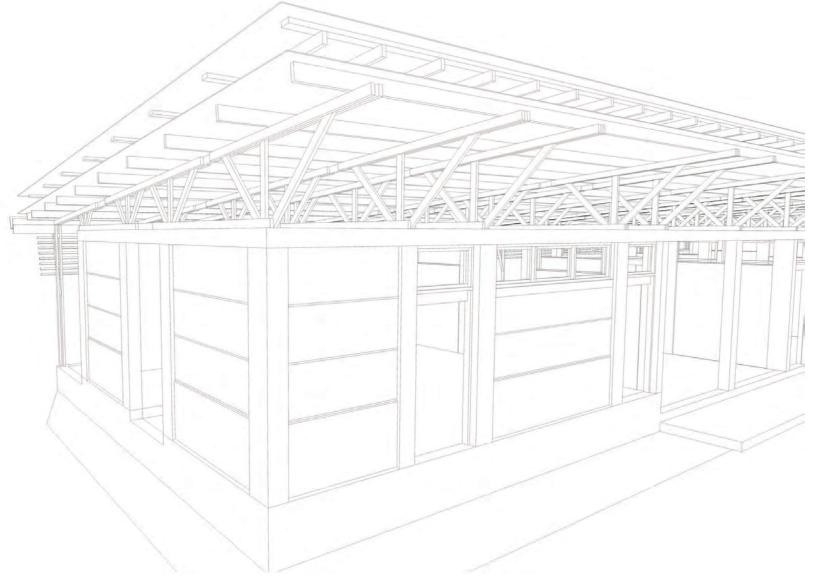




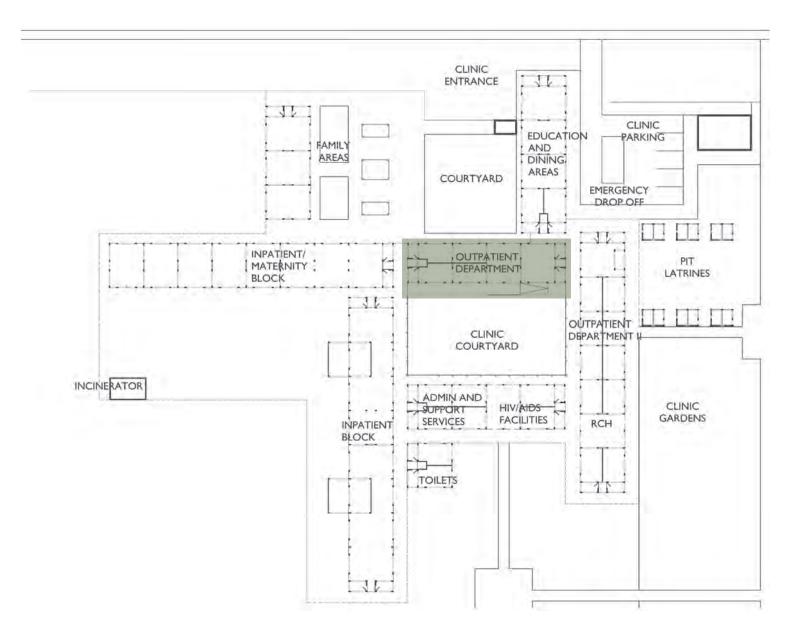
schematic design

not including louvers and misquito screening

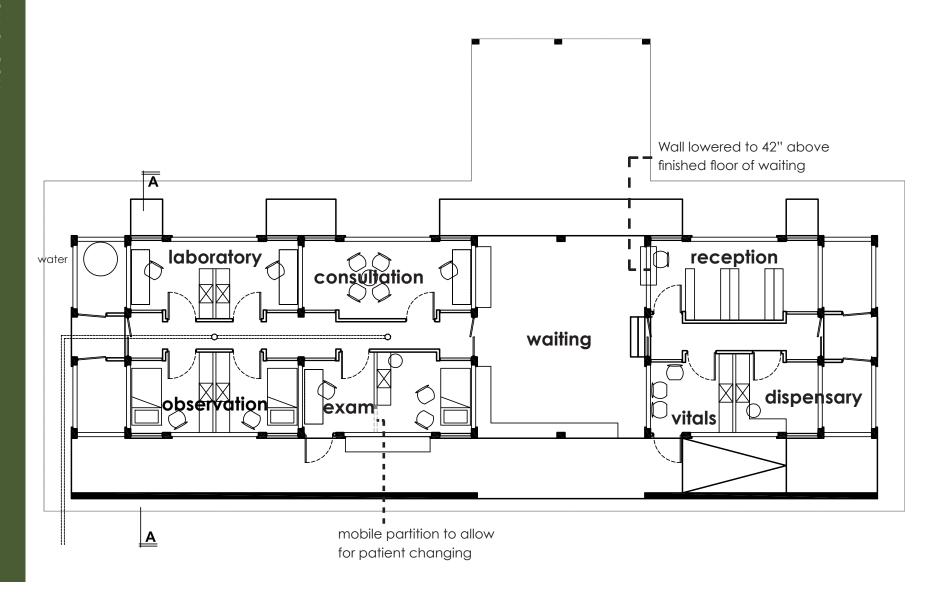


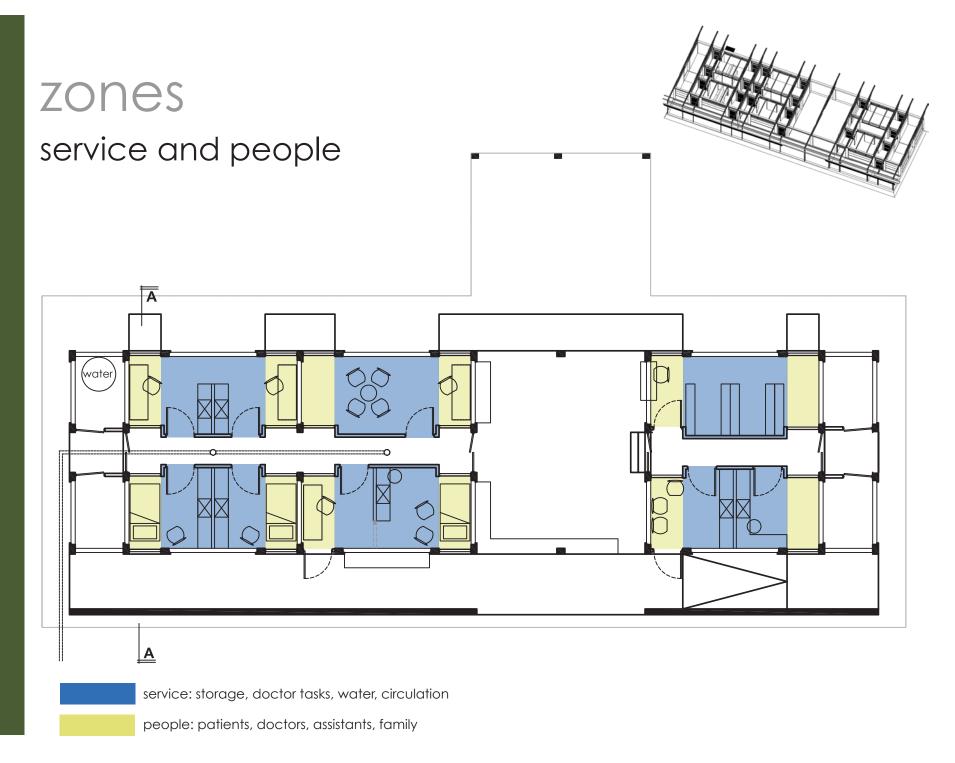


phase one: outpatient clinic



clinic floor plan





roche health center construction





construction june 2010

7000 bricks for the construction of Health Center workers. the outpatient clinic building of the health center.

Following on-site traning from On-site Project Director, Emily Roush Makiga Industries (from Nairobi, and Professor Michael Zaretsky work-Kenya), villagers produced over ing with contractor, Julius and Roche











local businesses on-site spurring economic development

Just days after construction began in May, 2001, small businesses began popping up near the site to provide food and shelter for the workers. They have organized a credit-based system whereby workers aren't required to pay until they receive their wages.



A "hotel" where workers can rest when needed.





Roche Villagers cooking beans and ugali for workers.

foundation



Images of foundation under construction.







View through Roche Health Center entry looking towards valley. Digital rendering collage over construction photo.

ISSB walls emerging















construction concrete columns

















construction ring beam















roof truss











construction roof sheathing





















nearing completion











opened april 1, 2011











Roche Health Center Clinic



by Spencer Leuker of Clinton School of Public Service

AUGUST 2011

Evaluation Description

During ten weeks, 80 household interviews, extensive research into health center records and numerous interviews with village leaders and health center staff, I have been able to gather the appropriate data and community opinion of the Roche Health Center and its services for the first four months of operation. Of the 80 families interviewed, 30 have a family member who has received medical treatment, consultation, or vaccination from Roche Health Center. It is quite obvious that Roche Health Center has a strong presence in Roche village and the surrounding communities.

Roche Health Center is not only IN our community; it IS part of our community!

- from Roche Villager

by Spencer Leuker of Clinton School of Public Service

AUGUST 2011

Evaluation Description

In a little more than four months of operation, Roche Health Center has been able to do some amazing things and has made a difference in the lives of many people in the surrounding region.

From 4/1/11 to 08/12/11, Roche Health Center (RHC) by the numbers:

- 274 Patients seen by RHC's doctors, nurses, and nurse assistant
- 159 Villagers of Roche who have received medical care from RHC
- 152 Children vaccinated against Polio, Diphtheria, BCG, and/or Measles
- 94 Villagers of communities near Roche
- 69 Patients treated for malaria
- 41 HIV and Syphilis tests administered
- 39 Clinics held on Tuesdays and Fridays giving vaccines and educating mothers on how to
- · raise a healthy child
- 24 Women seen for antenatal tetanus vaccines

Roche Health Center has attracted those in need of medical attention from all over the district and even from Kenya!

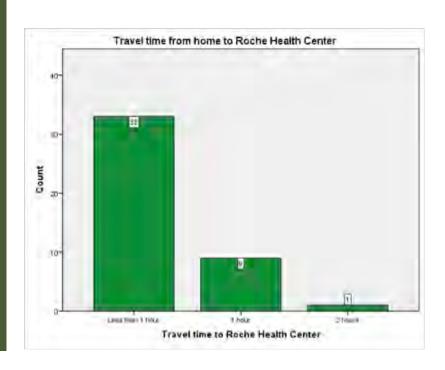


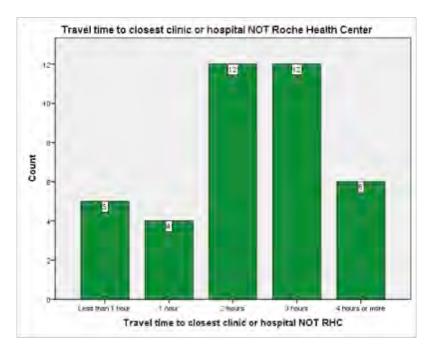
by Spencer Leuker of Clinton School of Public Service

AUGUST 2011

Evaluation Description

Most of those surveyed who have been treated at Roche Health Center traveled less than an hour for their appointment. Before the building of Roche Health Center, these patients would generally have to travel much longer to get to the closest clinic or hospital. The mean travel time to RHC was approximately 16 minutes, whereas the mean travel time to another clinic or hospital was over two hours!





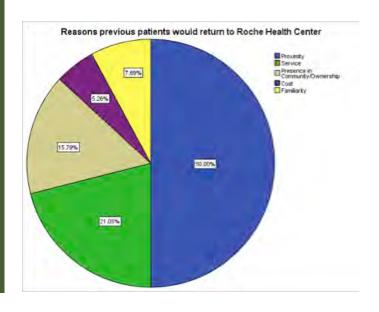
by Spencer Leuker of Clinton School of Public Service

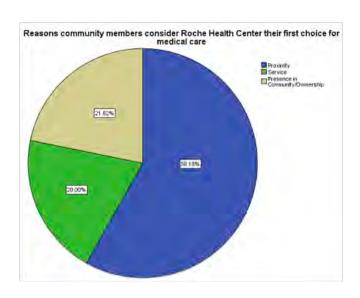
AUGUST 2011

Evaluation Description

For the 30 families surveyed who have a member that have been treated at Roche Health Center, there are strong reasons to return for future treatment. For those 50 families that have not been to Roche Health Center, there are similar reasons to use Roche Health Center as the first choice in medical care.

Those interviewed cited proximity, good service, and a strong ownership of the health center as the main reasons to use Roche Health Center.





thank you

To learn more, or to support Roche Health Center, please visit www.villagelifeoutreach.org, call 513.584.8630, or visit http://rochehealthcenter.blogspot.com

"Many hands make light work." -- Tanzanian Proverb.

Many thanks to all our partners and collaborators that have helped this project come to reality.