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“Tell me and I forget, show me and I remember, involve me and I understand.”

Using this creed, researchers from the University of Pretoria and the University of California, Davis, led by Amanda Berrian, DVM MPH, PhD, developed the *One Health Training and Leadership (OHTL)* program. This program sought to turn 10 residents of the Bushbuckridge Local Municipality, Mpumalanga Province, South Africa into community One Health leaders. These selected individuals underwent professional development to strengthen and broaden their leadership and communication skills. These individuals learned the concepts of inquiry-based learning and how to effectively facilitate a training workshop. Trainees then hosted a workshop series for the broader community where they implemented an experiential One Health curriculum which was developed in response to a [2013 study](#) in which residents shared their knowledge and practices regarding human, animal, and environmental health.



The *OHTL* curriculum consisted of four proficiencies: infectious pathogen transmission, understanding infectious disease risk, understanding risk mitigation, and One Health in action. Through these four proficiencies, participants developed a greater understanding of the mechanisms of disease transmission in both people and animals, including how to assess their own households and environment for disease risk. Participants, under the guidance of the trainers, were able to photo-document the high-risk interfaces they identified; the photographs became part of their individual, actionable risk mitigation plans through which they outlined steps to make their home

environments safer for people and animals.

At the end of this inaugural session of the *OHTL* program, nearly 90% of enrollees completed the multi-week training and over 80% participated in an impact assessment. Assessments provided evidence of the facilitators' improved self-efficacy as leaders as well as the implementation of disease risk mitigation strategies by the workshop attendees, including improved personal and domestic hygiene practices and enhanced livestock/poultry housing. Results of this assessment are available in an [open access publication](#) in the international, peer-reviewed journal *One Health*.

Subsequent community feedback sessions have revealed a strong desire by community leaders for continued, community-wide training. Additional topics of interest include malaria prevention, waste management, and animal vaccination. These outcomes are highly suggestive of an effective One Health educational intervention, one that encourages action and ownership of learned concepts at the individual level.

