UANA OUTREACH COMMITTEE INITIATIVE
HEALTH EDUCATION & MEDICAL AWARENESS PROGRAM

UANA + HT

‘Uttaranchal Association of North America’
+ ‘The Himalaya Trust’
Partnership
UOC INITIATIVE
HEALTH EDUCATION & MEDICAL AWARENESS PROGRAM

1. What is this program?

2. How will the program be implemented?

3. What is in it for me, as UANA member?
A stitch in time saves nine!
UOC INITIATIVE
HEALTH EDUCATION & MEDICAL AWARENESS PROGRAM

What is this program?

This picture was drawn by Erika Aoyama
What is this program?

A little preventive maintenance can eliminate the need for major repairs later.
What is this program?

“A stitch in time saves nine!”
What is this program?

Where there is no doctor:
A Health Education & Medical Awareness Program
for Rural Mountain Communities
Concerns
Lack of regular information, education or up-to-date knowledge in following areas:

- Community & Family Health
- Hygiene & Sanitation
- Nutrition
- Communicable Diseases (Tuberculosis and Skin problems)
- Alcoholism
- Problems of Adolescence,
- First Aid etc.
UOC INITIATIVE

HEALTH EDUCATION & MEDICAL AWARENESS PROGRAM

What is this program?

Most problems that can be solved within the home through knowledge remain unattended until they become critical or fatal, requiring dependency on ambulances and hospitals.

“A stitch in time saves nine!”
Emergency Response Centre of the ‘108 Service’
An Overview (as of May 2011)

• Received a total of 66,74,140 calls out of which 4,04,407 were emergency calls

• Provided its services to 2,74,719 people

• Handled 98,667 pregnancy cases

• Delivered 2320 babies in ambulances on way to the hospital

• Saved over 35,179 people in road accidents
UOC INITIATIVE
HEALTH EDUCATION & MEDICAL AWARENESS PROGRAM

What is this program?

Challenge:
Absence of active primary health centers and qualified doctors in rural areas

Solution:
Communities must be empowered through regular learning experiences enabling them to undertake the responsibility to improve and sustain the quality of their own lives through improved health practices.
Detected of TB cases continues to pose challenge

Neena Sharma
Tribune News Service

Dehradun, March 23, 2011

“According to the state tuberculosis cell, in Uttarakhand, the total numbers of new patients of tuberculosis is 5536 while the total number of patients suffering from tuberculosis is 14,755. In Dehradun the total number of tuberculosis cases is 2,874, in Haridwar 2,179 and Udham Singh Nagar 2,330.”

“Make state TB free, says CM
Chief Minister of Uttarakhand Ramesh Pokhriyal Nishank called upon people to cooperate in making the state tuberculosis (TB) free.
In his message on the World Tuberculosis Day tomorrow, Dr Nishank said awareness should be spread in remote areas so that the patients got proper treatment.”
“Children’s nutritional status in Uttarakhand has improved substantially since NFHS-2 according to two of the three nutritional status measures. Among children under age three years (the age group for which nutritional status data are available in NFHS-2), stunting decreased from 53 percent to 40 percent between NFHS-2 and NFHS-3 and underweight decreased from 36 percent to 32 percent. However, because stunting improved more rapidly than underweight, the prevalence of wasting actually increased during that period (from 9% to 18%). **Despite the improvements over time in stunting and underweight, under nutrition is still a major problem in Uttarakhand.**”
UOC INITIATIVE

HEALTH EDUCATION & MEDICAL AWARENESS PROGRAM

How will the program be implemented?

The Himalaya Trust is a registered society of dedicated grassroots workers which has been working with the mountain people of Uttarakhand since 1993. The Head Office of the Trust is in Dehra Dun. UOC has conducted due diligence and feels both confident and privileged to partner with HT for this program. For more information about HT, please visit http://www.himalayatrust.com
UOC INITIATIVE

HEALTH EDUCATION & MEDICAL AWARENESS PROGRAM

How will the program be implemented?

HT will work as UANA’s partner in Uttarakhand with family groups and project partner communities to achieve the following:

A. Bridge the knowledge gap in primary health care
B. Build up awareness within the communities
C. Create a knowledge and information system which will enable them to address their own health needs before their problems become critical and life threatening situations develop

Note: UANA will fund the program & HT will implement it

Benefits

• Reduction in the number of hospitalization cases
• Reduction in number of man-hours/school days lost on account of sickness
• Reduction of Anemia and malnutrition among women and children
• Fewer water-borne diseases like typhoid (now widely prevalent in the valley), worms, etc.
• Improved early response to infectious diseases like Tuberculosis, etc.
UOC INITIATIVE
HEALTH EDUCATION & MEDICAL AWARENESS PROGRAM

How will the program be implemented?

Year-long program in three phases for 20 villages in Garur, Kumaon

**Phase 1** – Survey of 200 families to obtain baseline data for health knowledge

**Phase 2** – Face to Face interactions between local doctors and the community on select health issues

**Phase 3** - Run two First Aid camps for all community members, particularly for youth, which will carry a certification from the Red Cross or the Rural Development Institute (RDI) of Himalayan Institute Hospital Trust (HIHT) at Jolly Grant
### UOC INITIATIVE

**HEALTH EDUCATION & MEDICAL AWARENESS PROGRAM**

**How will the program be implemented?**

<table>
<thead>
<tr>
<th>Tentative Period</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>January 2012– February 2012</strong></td>
<td><strong>Phase 1:</strong> (Community Health Knowledge Survey)</td>
</tr>
<tr>
<td></td>
<td>Obtain baseline data for health knowledge of communities for</td>
</tr>
<tr>
<td></td>
<td>20 villages in Garur, Kumaon area.</td>
</tr>
<tr>
<td></td>
<td>Survey will cover 200 families in 20 villages</td>
</tr>
<tr>
<td></td>
<td>Expense: 10 Surveyors @ Rs. 50 per questionnaire x 200: <strong>Rs. Ten Thousand</strong></td>
</tr>
<tr>
<td><strong>March 2012 – February 2013</strong></td>
<td><strong>Phase 2:</strong> (Doctors &amp; Community - Face to Face Interactions)</td>
</tr>
<tr>
<td></td>
<td>Arrange face to face interactions between local doctors and the community on select health issues based on ‘Phase 1’ results.</td>
</tr>
<tr>
<td></td>
<td>12 Interactions in one year</td>
</tr>
<tr>
<td></td>
<td>Expense: Meetings of communities with doctor or health expert</td>
</tr>
<tr>
<td></td>
<td>(2 hours session) @ Rs. 500 x 12 for refreshments: <strong>Rs. Six Thousand</strong></td>
</tr>
<tr>
<td></td>
<td>Doctors’ Honorarium: Rs. 1000 x 12: <strong>Rs. Twelve Thousand</strong></td>
</tr>
<tr>
<td><strong>June 2012 (1st Camp)</strong> &amp;</td>
<td><strong>Phase 3:</strong> Two First Aid Camps</td>
</tr>
<tr>
<td><strong>December 2012 (2nd Camp)</strong></td>
<td>Expense: <strong>Rs. Twelve Thousand</strong> each</td>
</tr>
<tr>
<td></td>
<td>(fees, travel and 2 days stay of experts team) x 2= <strong>Rs. Twenty Four Thousand</strong></td>
</tr>
<tr>
<td></td>
<td>Documentation of process (photos, reports, accounts, etc): <strong>Rs. Four Thousand</strong></td>
</tr>
<tr>
<td></td>
<td><strong>Total for Three Phases = Rs. Fifty Six Thousand / $ 1500</strong></td>
</tr>
</tbody>
</table>
UOC INITIATIVE
HEALTH EDUCATION & MEDICAL AWARENESS PROGRAM

How will the program be implemented?

Commitment: Duration of project: 12 months  Funding: UANA

Contact details: The Himalaya Trust Field Office, Garur, Bageshwar Distt, Kumaon
Program Director: Sadan Mishra, Cell: +91 94105 99644

Details of Beneficiaries: Communities of 20 villages on the periphery of Garur. Names will be provided.

HT Coordinator: Indira Ramesh  UANA Coordinator: Ramesh Patwal (Chair UOC) & Runjhun Saklani (UANA Director)

Project Tracking: HT will provide program updates to UANA coordinators. Regular accounts will be submitted and transparency is ensured. Any problems encountered will be discussed with UANA for resolution.

Project closeout: 12 months from starting date.
Note: The project commencement will depend upon the time that communities and surveyors feel free to undertake this work and training. As the target communities are largely farmers and school teachers, the project will begin when they have a lull period from their annual activities.
UOC INITIATIVE
HEALTH EDUCATION & MEDICAL AWARENESS PROGRAM

What is in it for me, as UANA member?

A. Your family and friends can benefit
   [Ask them to attend the program]

B. Your money at work

C. Your Chance to get involved
   [UANA members in Healthcare profession can share their expertise]

D. Depending on success of this program, more programs can be conducted in future, possibly in or near Your own village
UOC INITIATIVE
HEALTH EDUCATION & MEDICAL AWARENESS PROGRAM

THANK YOU!

जय भारत! जय उत्तराखंड!