



## Newsbulletin 'RAGtime'

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Rotarian Action Group Healthy Pregnancies / Healthy Children  
Year 1 - Edition 2 - November 2015. Editor: PRID Paul Knyff, Secretary RAG HP/HC

**The Rotarian Action Group Healthy Pregnancies / Healthy Children provides information, expertise and encouragement to Rotarians and Clubs/Districts to stimulate them to participate in projects that lead to safe motherhood and the birth of healthy children including the prevention of congenital anomalies.**

### Pre-conception care, Rotary's role

The pre-conception phase is crucial for the benefit of a safe motherhood and the birth of healthy children. For a healthy pregnancy and a healthy child we know well the set of pre-conceptive recommendations regarding environment, lifestyle, nutrition and health to gain that goal.

These recommendations may differ geographically and may be prioritized depending on political, social and economic circumstances and the state of public health. We also realize that these recommendations should be cohesive and lead to effective interventions with broad public and professional support.



But pre-conception care is far more than medical issues as nutrition, chronic diseases, medication, folic acid, intoxication and genetics. Pre-conception care is in the first place about awareness and responsibility. Indeed, ideally, future parents are aware of their responsibility for the next generation.

Amplify before conception of their child, they should be properly informed and counseled; they should create a safe and stable home; and they should take proper measures concerning their own health.

Pre-conception care starts with a safe environment, with hygiene, with lack of poverty and with education: basic education and education in life-style and feeding.

In that broad field Rotary can and should play an important role through its combined knowledge, world-wide fellowship, network and the Rotary Foundation with its areas of focus.

## Rotary speech in Dar es Salaam



In Dar es Salaam, during ICBD7 (7th International Conference on Birth Defects and Disabilities in the Developing World, September 22), IPDG Harish Bhatt (D9211, Tanzania and Uganda, ICT and banking expert) spoke on behalf of the RAG HP/HC chair and pediatrician PDG Jan Lucas Ket (D1580, The Netherlands) about the role of Rotary in preconception care. This joined presentation is an example of international cooperation and fellowship, typically Rotary.

The speech, most valuable to inform Rotarians and non-Rotarians about pre-conception care and Rotary, can be [downloaded from our website](#).

## Preparing for Life

Join leaders, exchange ideas, take action: we offer you a short roadmap to organize a multi-stakeholder round table conference 'Preparing for Life'.

[Download this roadmap here](#) and contact the Rotarian Action Group Healthy Pregnancies / Healthy Children for further information, advice and references via the [website](#).

## Projects in Rotary asking for help

Follow [this link](#) to Rotary Showcase and have a look.

# What's up?

Uppsala, 3rd European Congress on Preconception Health and Care, February 17-19, 2016

Cannes, Rotary Presidential Conference, Disease Prevention & Treatment, February 19-21, 2016

Seoul, Rotary International Convention, May 28-June 1, 2016

## Join us! Participate...

Please feed us with ideas and suggestions to share with other members. Do you have requirements, convey them as well to exchange in our action group. Only after exchanging ideas and by aligning supply on demand we can take effective action.

**[Mail us!](#)**

## Join us! Donate...

**Please visit our website [www.raghphc.org](http://www.raghphc.org). Read more about us. Find the '[Join us! Donate...](#)' link.**

The site offers possibilities to contribute financially via PayPal and Credit Card payments. For the time being RAG HP/HC needs financial support for the operational costs of the RAG.

**We count on you!**

### **MEMBERSHIP:**

- US\$ or € 25 for a 1-year membership (starting 1 July 2015)
- US\$ or € 100 for a 5-years membership (starting 1 July 2015)
- a member whose payment reaches us in 2015, will be given the status of Founding Member

### **DONATIONS** (more than US\$ or € 25):

- Incidental financial support or sponsoring.

**Please, follow Clubs and Districts that contributed US\$ or € 250.**