

NEWSBULLETIN 'RAGtime'

Rotarian Action Group Healthy Pregnancies / Healthy Children
Year 2 - Edition 2 - May 2017. Editor: PDG Jan Lucas Ket MD, Chair RAG HP/HC



The Rotarian Action Group Healthy Pregnancies / Healthy Children provides information, expertise and encouragement to Rotarians, Rotaractors, Clubs and Districts to stimulate them in reducing child and maternal mortality and morbidity and to enhance disease prevention and treatment. The RAG HP/HC is particularly focused on prevention during the period before pregnancy: Preconception Care.

THE ATLANTA CONVENTION



Going to the Rotary Convention in Atlanta? I hope to see you there. Our Action Group refreshed the website (www.raghphc.org) and took two new and very useful projects on the shelf: creating awareness in your own family and providing comprehensive reproductive health education for schools in your community.

Let us meet in the House of Friendship in the **Calmed booth 2621** and during the **Workshop 'Stop Mothers Dying' on Wednesday, June 14, 08:30 - 10:00, Room A 408.**

RAG HP/HC's annual business meeting: Monday, June 12, 12:30, Room A 406 with a demonstration of the Yolo game.

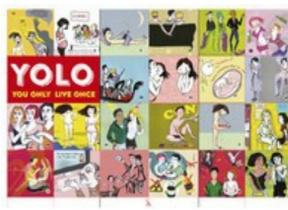
DEAR DAUGHTER, DEAR SON

DEAR DAUGHTER, DEAR SON!

Create awareness about preconception care in your own family: **spread the letter "To my dear daughter, dear son"**. A father or mother, or any close relative, may vary the text according to his or her needs and wishes as long as the core-info stays intact. Texts in French and Spanish are in preparation.

For the various letters in pdf and as Wordfile: [click](#). And here for [the letter as pdf](#) in English.

YOLO: A GAME



The memory game YOLO (You only live once) enhances health, safety and well-being of youngsters during the turbulent phase of life on the eve of adolescence: puberty.

YOLO is a tool for teachers to provide comprehensive sexual and reproductive health education in an open-minded and joyful atmosphere, leading to a respectful handling of each other's values and standards. It encourages students to take responsibility for themselves, their partners and the next

generation.

The illustrations give rise to questions, discussion and informative talks about physical, psychological, emotional and social items during puberty. The game can be used in lessons Biology and Social Studies or Human Rights.

More information and instructions: [click](#) and [click also here](#).

ONGOING PROJECTS



Reproductive health education program at secondary schools and hospitals:

TRF Global Grant between Paramaribo Residence (D-7030) and RC Leiden (D-1600)

To provide a reproductive health education program at secondary schools through trained midwives and other health care professionals and to provide a healthy pregnancy education program for women visiting hospitals and primary health care clinics in Paramaribo, Suriname The ultimate aim is a decrease in maternal and child deaths and an increase in their health.

A preventive child health care clinic by Skype:

To establish a preventive child health care clinic and to coach and guide health care workers in the Medicare Trust Hospital for safe birth in Lahore, Pakistan. By a Dutch pediatrician (with knowledge of the Pakistani and Dutch health care systems and languages) on site and later through a weekly Skype session between the Netherlands and Pakistan. To establish a new function of the Medicare Hospital

Starting folic acid weeks before conception instead of in early pregnancy:

Creating awareness that the use of extra folic acid to prevent neural tube defects and cleft lips and palate is of no use after the first six weeks of pregnancy and should be started more than four weeks before conception. Folic acid should be placed on another shelf in the drugstore and attention should be asked for complementary preconception care and measures.

This banner 'Enhancing mother and child health' was made by Young-Bai, Cho for the RI Convention in Seoul

HOW YOU CAN HELP



Our RAG HP/HC would like to benefit from your views, expertise and local networks in implementing actions and seeking resources for campaigns, demonstration projects, feasibility and pilot studies in your area.

How you can help:

- Join as a member of RAG HP/HC.
- Create awareness in your community: 'Letter to my dear daughter, dear son', Yolo game.
- Contribute financially.
- Initiate an activity for your club or district: 'Multi-stakeholder conference'.

This banner 'Vitae Humanae Observantia' was created by Dong-Me, Lee for the RI Convention Seoul

BEFORE LIFE...ROTARY'S ROLE

The period before pregnancy, the preconception phase, is crucial for a healthy pregnancy and for safe motherhood, paves the way for good growth and development and good health and well-being later-on.

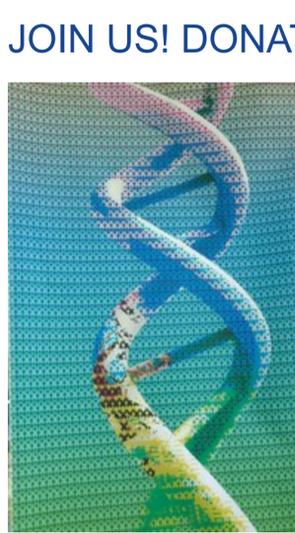
Preconception care is the ultimate prevention: relevant, sustainable, not expensive, and in details easy to incorporate in your Rotary projects.

[Read more](#)

PROJECTS IN ROTARY...

There are projects in Rotary asking your help. Follow [this link](#) to Rotary Showcase and have a look.

JOIN US! DONATE...



[Click here](#) to find the 'Join us! Donate...' links.

The site offers possibilities to contribute financially via PayPal and Credit Card, banktransfers can be done in Euro.

For the time being RAG HP/HC needs financial support for the operational costs of the RAG.

We count on you!

MEMBERSHIP:

- US\$ (or €) 100 for a 5-years membership
- US\$ (or €) 25 for a 1-year membership

DONATIONS (more than USD 25):

- Incidental financial support or sponsoring.

Please, follow Clubs and Districts that already contributed US\$ 250.

The banner 'Preventing diseases' (detail) was created by Ki-Seo, Um for RI Convention Seoul