

NEWSBULLETIN 'RAGtime'

Rotarian Action Group Healthy Pregnancies / Healthy Children
Year 2 - Edition 1 - September 2016. Editor: PDG Jan Lucas Ket, Chair RAG HP/HC



The Rotarian Action Group Healthy Pregnancies / Healthy Children provides information, expertise and encouragement to Rotarians, 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.

RAGtime in this second year, how about you?



During the Rotary Convention in Seoul I enjoyed informing hundreds of visitors about preconception care, exchanging ideas with many of them and having organized an interesting, varied and joyful seminar for more than fifty attendants. Many Rotarians, Rotaractors and their partners showed interest and opted for membership of our action group.

The most important duty for a member is to share his or her vocational skills, knowledge and network to broaden the scope of our action group. We also hope you will share your ideas and initiatives with us to favour your projects and the work of other members.

We expect that members inform their club members and other Rotarians and Rotaractors about our action group. You will find information on our [website](#) and via this issue of our newsletter RAGtime.

Indispensable is your membership fee to cover the costs of our modest organization, to secure continuity of our RAG HP/HC and to develop further initiatives in enhancing awareness for preconception care.

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

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.

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.
- Contribute financially.
- Initiate an activity for your club or district.

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

Healthcare 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 asking your attention

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

In our RAG HP/HC's first year



Chair Jan Lucas Ket presented the poster 'The role of Rotary in Preconception Care' during the Congress on Preconception Health and Care in **Uppsala**, Sweden. Some scientists opted for Rotary membership and were directed to relevant district governors. [The poster.](#)

The Chair also addressed the plenary session of the RI Presidential Conference on Disease Prevention and Treatment in **Cannes**, France, February 20, 2016. [The speech.](#)

IPDG Harish Bhatt presented 'Rotary's role in preconception care' during the 7th International Conference on Birth Defects and Disabilities in the Developing World in **Dar Es Salaam**, Tanzania.

Here [the speech](#). He presented an outline for a Rotary hosted [multistakeholder conference](#).



The breakout session during the RI Convention in **Seoul** 2016 was attended by more than fifty Rotarians from Pakistan, The Netherlands, USA, Australia, Nigeria, Uganda, Kenya, India, Philippines, China, India, Dominican Republic, Korea.

The [program](#) showed depth with respect to content, variety in subject and in background and geographical origin of the speakers. Most interesting was, at the end of the meeting, the joyful and stimulating general discussion about the need for relevant and effective sexual education with respect to the diversity of communities involved in the session. The attendants praised speakers and chairs of this mini-symposium.

An annual breakout session of this kind should be a major goal of our action group, we opt for a session in Atlanta 2017.



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

This RAGtime of the Rotarian Action Group Healthy Pregnancies / Healthy Children was sent to [{{email}}](#). If you prefer not to receive next issues, please let us know and unsubscribe [here](#).