

## NEWSBULLETIN 'RAGtime'

Rotarian Action Group Healthy Pregnancies / Healthy Children  
Year 1 - Edition 3 - May 2016. Editor: PRID Paul Knyff, Secretary 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.



### Healthcare Before Life....

The period before pregnancy, the preconception phase, is crucial for a healthy pregnancy and for safe motherhood.

A healthy pregnancy diminishes the big five of neonatal mortality and morbidity: early birth, small for gestational age, delivery trauma, infections and congenital anomalies. A healthy neonatal period paves the way for good growth and development.

With a declining number of babies born per woman all over the world, we should focus on quality of life.

Preconception care is based on a set of worldwide and scientifically sound recommendations regarding environment, lifestyle, nutrition and health. These recommendations may differ geographically and may be prioritized depending on political, social and economic circumstances and on the state of public health. They should be cohesive and lead to effective interventions with broad public and professional support.

Preconception care starts with awareness to take responsibility for the next generation and is not only about nutrition, chronic diseases, medication, folic acid, intoxication and genetics, but even more dependent on safety and protection, hygiene, life-style, socio-economic circumstances and education, items too that influence one another and further health and well-being later on.

### Preconception in Rotary

The important factors in preconception care coincide with the focus areas of the Rotary Foundation: peace, health care for mother and child, disease prevention, hygiene, education and economic development. Actually, most projects of the Foundation have an impact on preconception care.

Rotary is characterized by leadership in a great diversity of vocations all over the world. In Rotary we have the knowledge and skills for the various measures in preconception care and with our fellowship we can easily bring them together.

We have the leadership quality and the skills to organize the local set of recommendations needed for preconception care in a community if local or national authorities fail in doing so.

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

It is all according to the new sustainable development goals of the United Nations.

### RAG HP/HC in Seoul



Find us in **Booth 3235** in the House of Friendship.

Our **Annual Business Meeting** is Monday, May 30, 14:30, Business Lounge 2B, Kintex 1.

The **Breakout Session** is Tuesday, May 31, 16:00, Room 306 (Kintex 2).



### BREAKOUT SESSION

**TUESDAY MAY 31, 16:00-17:00, ROOM 306 (KINTEX 2)**

co-chair: Ja Young Kwon MD PhD, Yonsei University, Seoul, Korea

#### PRECONCEPTION CARE: THE ULTIMATE PREVENTION

##### INTRODUCTION

**PDG Jan Lucas Ket**

RC Purmerend, District 1580, The Netherlands  
Pediatrician (retired) and chair RAG HP/HC, ARRFC zone 13A, member CADRE

##### PREVENTION OF CLEFT LIPS AND PALATES: FOLIC ACID AND EDUCATION

**Mystic X.P. Rosa**

RC Pasadena After Hours, District 5300, California, USA  
Executive Director, The Cleft Foundation

##### PREVENTION PROGRAMS IN A SAFE-BIRTH CLINIC IN PAKISTAN

**PDG Saeed Shamsi**

RC Lahore Sharqi, District 3272, Pakistan  
Chairman Medicare Health Foundation, Lahore

##### PRECONCEPTION CARE IN KOREA

**Professor Ja Young Kwon MD PhD,**

Division of Maternal and Fetal Medicine, Department of Obstetrics and Gynecology, Yonsei University College of Medicine, Seoul, Korea

##### CREATING AWARENESS IN THE NETHERLANDS: IN SCHOOL

**PDG Jan Lucas Ket**

##### EXCHANGING IDEAS

##### ACTION ?



### And You?

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.

### Projects in Rotary Asking Your Help

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

### In Recent Past



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.](#)

### Join us! Donate...

Please visit our website [www.raghphc.org](http://www.raghphc.org). Read more about us.

[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.**

This RAGtime of the Rotarian Action Group Healthy Pregnancies / Healthy Children was sent to [{{email}}](#).

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