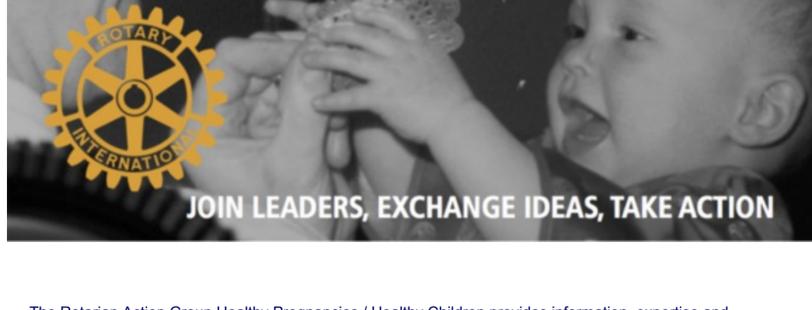


NEWSBULLETIN 'RAGtime'

Rotarian Action Group Healthy Pregnancies / Healthy Children
Year 4 - Edition 1 -
Augustus 2018. Editor: Peter Stulp, Communications Officer 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.

Educational program in Suriname



Funded by Rotary, TNO and Perisur developed an interactive educational program for teenagers focusing on a healthy start for babies including planning a pregnancy or postponing a pregnancy to increase the chances of a healthy start. This program has been implemented in one of the main secondary schools in Paramaribo, the capital city of Suriname. The program promotes the making of well-considered reproductive choices by secondary school students.

Teenage mothers

Suriname has a multi-ethnic population with an average number of 10,000 annual births. One out of five babies is born with complications such as preterm birth, low birth weight or stillbirth. The proportion of women delivering before the age of 20 is high (18% are teenagers). Teenage pregnancies are often unplanned and unintended with an increased risk of adverse birth outcomes. For the first time seeing and holding your child is a very beautiful and special moment. The joy can only increase if the child is also healthy and has good development opportunities. That is why parenting also brings a lot of responsibilities. All kinds of risks are still present before, during and after the pregnancy. Issues such as - how does your life look like at that moment and how it could change, are you ready for parenthood, have you found the right partner, do you have sufficient financial resources for the care of a child, shelter - all of them affect a conscious pregnancy.

Improving healthy start for a child

The interactive educational program therefore focuses on a healthy start for babies by pregnant, planning a healthy pregnancy or postponing a pregnancy to increase the chances of a healthy start. This program has been implemented in 15 classes of the Mr. Dr. J.C. de Miranda College, one of the main secondary schools in Paramaribo (393 students; 62% were girls; mean age 17 years). The program included two lessons of 45 minutes. The first lesson focused on teenage pregnancies and teenage motherhood as well as pregnancy planning, fetal development and folic acid use. The lesson was positively evaluated (369 students); mean scores for the lesson and educators were 8.4 and 8.6, respectively. Students were most impressed by the topic teenage pregnancy and teenage motherhood (26%). The second lesson focused on sexual resilience using illustrative cases for group discussions. This lesson was also positively evaluated (365 students); mean scores for the second lesson and educators were 8.6 and 8.8, respectively. Over 95% of the students liked the interactive discussions.

The project started in March 2017 and will last until December 2018 and is executed with funds from The Rotary Foundation, Dutch Rotary Clubs Leiden, Purmerend, Ede and Utrecht and Rotary Club Paramaribo Residence. Partners are TNO Healthy Living, Leiden University Medical Center, and the Royal Dutch College of Midwives (from the Netherlands) and from Suriname the Perisur Foundation and Lobi Foundation Health Center.

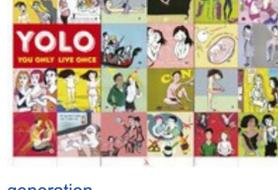
DEAR DAUGHTER, DEAR SON

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 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 through 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.

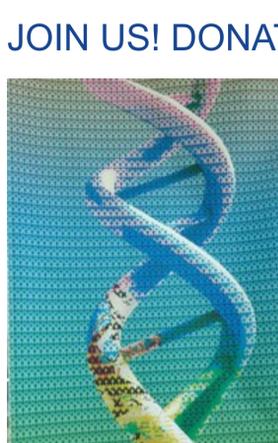
Preconception care is the ultimate prevention: relevant, sustainable, not expensive, and in details easy to incorporate in your Rotary projects.

[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