

Cambodia: Practising Maternal and Child Health Improvement by Villagers

PHJ has been conducting a three year project (from July 2011 to June 2014) of Community Based Health Care for Mothers and Children in Kampong Thom province. The project encourages active involvement of villagers in improving maternal and child health and includes securing an emergency transportation method. The following is the report of Yumiko Kume on the subject matter.

Since I assumed my post in Cambodia last September, I have been asking myself how the local people can practice maternal and child healthcare improvement.

For example, in training of community care workers (CCW) for promotion of pregnancy and after-birth checks, we started with selection of candidates from 10 villages. We asked the villagers to vote for persons respected in the concerned village who would dedicate themselves for the task.

The election method is quite unique. We hoped that they would select such persons from among the health volunteers with certain level of health knowledge. It is easier to train them as CCWs. The villagers took up a different method.

Each village selected several candidates (including some health volunteers) and asked each villager to vote for one person. The voting took place not with the ballots as in Japan to prevent the people unable to read and write suffer disadvantages. So the villagers used different types of leaves to select the CCWs. They can identify which leaf comes from a mango tree and which leaf is a banana leaf. Each candidate held a different leaf. A villager who wanted to vote for person A with a mango leaf, put the mango leaf into the voting box.

As a result, active, popular, and well-reputed candidates received many votes. More than two thirds of the existing health volunteers lost and 30 new CCWs well-acknowledged by the villagers were elected. The villagers would accept advices from such trusted CCWs and would actually visit health centers to get consultations. In this way, the villagers can practice maternal and child health improvement themselves.



Photos: Left: Each candidate holding a different leaf
Right: Counting the number of leaves

Yumiko Kume, Acting Director
PHJ Cambodia Office

Starting New Rather Than Revival



**Jun Kawakami, PHJ Director
President and CEO of GE Healthcare Japan**

More than one year has passed since the East Japan Disaster hit the north east and Kanto area on March 11, 2011. In the reconstruction stage, rebuilding of medical infrastructure is a serious issue. “Not just restore the past, but creating new” is our concern. Looking at the speed of reconstruction process, we see the typical example of easier said than done. Nevertheless, I remind myself that we should not give up such effort.

Facing this disaster, I deliberated what support would be truly effective to the people in the disaster areas. Extending monetary support would not solve the practical problems. Spending such money at one time would not meet continuing requirements in the devastated areas. I wished to present a project that would bring lasting returns to the areas. At GE, we formed caravan teams to visit the disaster areas to find out thoroughly the medical requirements. We found that there is a great need of medical support for senior people who would not be able to visit temporarily constructed clinics.

Based on such findings, we came up with the doctor car concept of a four wheel light van fitted with red lights to carry a doctor for emergency and a small ultrasonic medical analyzer and other portable medical equipment. Thanks to the understanding and cooperation of concerned organizations and municipal institutions, GE Foundation, a welfare organization of GE, donated eleven doctor cars named “Menkoi (sweet or cute)” to three disaster affected prefectures. I understand that these Menkoi doctor cars are fully used now. I expect this doctor car concept would be useful in the future in extending medical services in the aging society

PHJ’s East Japan Disaster support program has been highly appreciated and acknowledged from concerned circles and many donors. It is great that PHJ has been coordinating donation from many companies to extend truly useful and effective support.

It is my sincere wish that these steady efforts will accelerate the reconstruction from the disaster and at the same time create new mechanisms in the society.

Indonesia – Nutrition Improvement and Tornado

Nutrition Improvement : Since 2004, PHJ has implemented various programs to improve nutrition condition of infants in the program site. However, the basic factors causing the nutrition issue such as poverty, inadequate infrastructures, and lack of distribution mechanism are issues that PHJ cannot solve by itself. Studying how PHJ can contribute to improve nutrition conditions of the children, we came up with the one vegetable garden for one village program. To develop and spread the program, we required a land for the vegetable garden. In stead of purchasing the land, we asked owners of vacant lot or uncultivated land to utilize it for the vegetable garden.

In September 2011, we started the vegetable garden program and prepared the land, built fences, and planted seeds. In December, we were able to harvest some of the vegetables. Main vegetables are water spinach, eggplant, Indonesian spinach, and corn. The vegetable harvest



was abundant and more than we expected and distributed to families of malnutrition children and pregnant women as shown on the left photo. These vegetables are also fully utilized in the local nutrition menus developed through PHJ contests.

Tornado: Around the noon of January 29, Tengkulack village, where PHJ is constructing the fifth clinic (Poskesdes) was hit by a tornado. The violent wind destroyed 57 houses as shown on the left photo below and 357 persons were evacuated. One infant died struck by a falling tree. PHJ delivered daily needs (blanket, soap, etc.) and bread to the victims as shown on the right photo below. The vegetables from the village gardens were offered for the meals cooked at the evacuation facilities.



By Mika Ito, Director of PHJ Indonesia Office

Thailand –Joint Program with Chiang Mai Public Health Office for HIV/AIDS Prevention Education

PHJ-Thailand has been implementing HIV/AIDS prevention education directed to university and middle school students in Chiang Mai province for more than 10years. The Public Health Office of the province recognized the successful achievements of this project and offered financial support starting from the fiscal year 2012 project.

One interesting program is implemented at the Institute of Physical Education Chiang Mai that is providing HIV/AIDS prevention education to all first year students. The Institute placed a box containing condoms at five locations on its campus. Based on the idea proposed by peer leaders upholding the concept of “be responsible and love yourself and the one you love,” each box is placed along a donation box. The Institute hopes to prevent its 2,000 students from infecting HIV by increasing their awareness and providing environment for easy access to condoms.

On the World's AIDS Day of December 1, 2011, this program opening ceremony was held at the Institute with the presence of 260 persons including the Deputy Governor of the province, Director of the Institute, representatives of the provincial Public Health Office, peer leaders and other students, as well as PHJ staffs. At the ceremony, Mr. Chaiyasit Jongrak, the Director of the Institute stated, "The condom box program is very useful for the students to protect themselves from HIV infection and undesirable pregnancy. We appreciate the good cooperation PHJ has extended to us including the support to this program" This program is the first case for universities in the province and so the provincial Health Office is paying serious attention. We are looking forward to hearing about positive development.



Condom box



The opening ceremony of the program

By Joy, PHJ-Thailand Youth HIV/AIDS Prevention Project Manager

East Japan Disaster Reconstruction Support

One year has passed since the East Japan Disaster shook Japan in March 2011 but the reconstruction process is much slower than desired. There are still heaps of debris along the roads. PHJ has been extending relief and reconstruction support in cooperation with All Japan Hospital Association (AJHA) mainly toward Kesenuma and Ishinomaki areas.

Since September 2011, Kesenuma Medical Association has been providing PHJ the information and data on the reconstruction requirements of 20 private medical facilities. In December, PHJ sent the first lot donation worth 18 million yen consisting of medical equipment purchased from local medical equipment trading company. PHJ also arranged the donation of sofa, medical books for children from Hilton in the Community Foundation to Sasaki Pediatric Clinic that was moved and reopened after the original clinic was totally destroyed by Tsunami. (The photo on the left shows Dr. Sasaki and nurses reading medical books around the sofa also donated.)



Many medical clinics and facilities that suffered tsunami expressed their requirements of office furniture and equipment that were broken and not usable any more. With the introduction of European Business Council in Japan, Ericsson Japan donated furniture of 7 carloads of four tons each to clinics and facilities.

In addition to a large amount of monetary donation, Dunhill Japan donated 200 art posters of soccer Japan Samurai Team to be used in the disaster areas. PHJ distributed these art posters and 400 PHJ 2012 calendars to the administrative offices, schools and other public facilities in Kesennuma. PHJ received many thank you letters from the recipients. (The photo on the right shows students of Shikaori Elementary School holding the art poster and PHJ calendar.)



PHJ staffs visited the disaster area more than 10 times. The private clinics and medical facilities we are supporting have suffered great damages. Many clinics and doctors' houses were destroyed but the doctors and nurses have been extending medical services to patients and visitors gently and always smiling. We are encouraged by their sincere attitude and services and are determined to do our best to support the people in the disaster areas.

We will continue our investigation of changing requirements in the disaster area and meet the needs timely. Your continued support will be appreciated.

The donation PHJ received from individuals and organizations for the East Japan Disaster emergency and reconstruction support from March 15 to December 31, 2011 are as follows:

Income: Monetary support from individuals and organizations:	56.47 million yen
Medical equipment and furniture:	165.92 million yen
Expenditure: Dispatch of medical teams, purchase of medical equipment and operation expenses:	39.03 million yen
Donation of medical equipment and furniture	165.92 million yen
Balance: (to be used for reconstruction support)	17.44 million yen

Masaru Yokoo, PHJ Disaster Support

Director Saotome's Column Vol. 6

Mitsuhiro Saotome (Japan's First Ambassador for Civil Society; former Ambassador Plenipotentiary to Zambia & Malawi; former lecturer of Waseda University, University of the Sacred Heart, etc.; one of the best essayists of Bungei Shunju; author of many books; and PHJ Director)



US Presidential Election – 100 Years Battle of Donkey vs Elephant

This year in the United States, a presidential election will be held on the Tuesday following the first Monday of November. The Republican Party has been busy with primary elections and party meetings at each state to sort out candidates. At the Democratic Party, the incumbent President Obama is planning to run for the second term, while several candidates are trying to win the nomination of the Republican Party. This year is also the Olympic year and a leap year. The US presidential election, the summer Olympic and a leap year always come together. If you know one of them, you can find other two.



The Democratic and Republican Party each has been associated with a symbol animal. The Democrats' mascot is donkey while the Republicans' one is elephant. Since the Harper's Weekly

Magazine in 1870 introduced each party's image with the animal in a political cartoon, the animal represents the party, respectively. The Democrats saw the donkey as humble, hardworking, and courageous, while the Republicans viewed the elephant as intelligent, dignified, and strong.

We often explain human relations with that of animals. For example, a person A and the person B lead a dog-and-monkey life. Are dogs and monkeys truly on so bad terms?

Once upon a time during the warriors' era, there were Tosa territory and Iyo territory in Shikoku. Both of them were always fighting. The Tosa territory was known for the Tosa-dog while the Iyo territory was associated with the Iyo-monkey. So the people used to say the two territories are on dog and monkey terms. While mankind were fighting, the dogs and monkeys may have been friendly to each other.

Similarly, the Democrats and Republicans have been fighting for more than 100 years but the donkeys and elephants may be friends.

Who would be the next US President makes a lot of impact not only to the US public but also to other peoples in the world. It is our sincere wish that the US president as well as other world leaders would be warm hearted, impressive, and sincere persons.

**This article was translated by PHJ from the Japanese original.*

Member's Voice – Visit to HOPE Partner Children in Chiang Mai, Thailand

By Junko Irie, HOPE Partner Member

From January 23, I joined my husband's alumni club (called Rokumaru-kai) trip to Cambodia to visit the school they built and the school children. On the way back we visited Thailand.

I have been a HOPE Partner Member for more than 10 years supporting a sick child in Chiang Mai. Three of the alumni club members are also HOPE Partner Members. PHJ has been providing me periodical reports but I have always wanted to meet the child.

Four of us including Mr. & Mrs. Ogiso and my husband skipped a sightseeing tour and went to Chiang Mai to meet the four children we are supporting.

On January 27 we visited Web's house located three hours from Chiang Mai by car. He is suffering from muscular dystrophy. He was lying on a mat supported by a big bear doll and cushion and was watching a TV program. His neck was not stable and his father had to come to straighten him up. A PHJ Thai staff visits his family every three months. His family was very poor and we were really shocked with Web's conditions. I wish PHJ would extend medical services for him at home and some financial support.



Next morning we visited my Partner child, 14 year old boy, Nang, at his home. He is suffering from bronchial asthma. Having known him from photos for many years, I was so happy to see him in person and clasped his hand

firmly. I was glad to know that he takes medical check every month and gets an appropriate treatment whenever he has an asthma attack.

Two other children came to our hotel with their respective families. Ms. Pang (19 years old) is a Partner child of Mr. & Mrs. Ogiso. She received a heart surgery some time ago and has grown a pretty lady. She said she visits a hospital once a month.

Another child is three year old girl named Noon and she is suffering from paralysis of left arm caused by delivery after effect. Having rehabilitation treatment once a month, her grasping power is improving.

Both mothers of the children expressed their gratitude for their daughters' receiving support from Partner members and PHJ.

I was happy to meet my Partner child and get to know his health conditions and other factors to see my donation has been useful. I extend my sincere appreciation to PHJ Tokyo and Thailand staffs for their kind arrangement.

Photo: HOPE Partner children, PHJ-Thailand staffs, and visitors (The author is on the right corner of the first row.)

The Third PHJ Study Tour to Thailand and Cambodia

Ten participants consisting of nine students and one business person joined the third PHJ study tour from March 11 to 18. The PHJ study tour features visits to medical facilities and homes of residents in cities and remote villages in Thailand and Cambodia enabling the participants to compare lives and health conditions in these different environments. The participants had a truly interesting eight day tour through interviews to the local people as shown on the left photo and presentations at the health offices. A detailed report will be published in the next issue.



Participation in Message de Messe



On February 19, PHJ participated in the exhibition organized by Musashino City Civic Collaboration Office held at Musashino Place, Musashi Sakai, Tokyo. NPOs and other organizations altogether 20 are working with the City in one way or another. As PHJ's calendar 2012 was partially funded by Musashino City, we exhibited the PHJ calendar as well as our activities in South East Asia and East Japan Disaster reconstruction efforts at our booth.

Thank You for Cambodia & Thailand Flood Donation

PHJ started the donation on October 25, 2011 and thanks to the cooperation of many individuals and corporations, we were able to clear the target of 2.5 million yen by the end of February.

In Cambodia, the donation was used for the victims of the flood in Kampong Thom in health education and delivery of sanitary goods (soap, towel, kitchen detergent, kitchen brush, big bags, skin ointment) to 5704 households as shown on the following photos. The recipients were truly pleased with the PHJ support.



In Thailand, Chiang Mai where PHJ Thailand office is located did not suffer from the flood so much as Ayutaya and Bangkok. PHJ delivered more than 200 portable toilets and 150 T-shirts in cooperation with the Chiang Mai Health Department as well as 100 sets of relief goods consisting of diapers, milk for children through YMCA.

Thank You for the 2012 Charity Calendar Donation

PHJ received more than 3.7 million yen donation from individuals and corporations during the campaign period of September 20 to the end of February 2012. The donors commented that the PHJ calendar featuring fairy tales and drawings of the children of Japan, Thailand, Cambodia, and Indonesia was truly interesting and unique. The photo on the right shows a child in Musashino City drawing for the calendar.



PHJ donated 400 sets of the calendar to the elementary and middle schools and other public facilities in Kesennuma City that suffered the East Japan Disaster.

The calendar donation will be used in the PHJ maternal and child health improvement program, midwife training, prevention of communicative diseases, reconstruction efforts in the East Japan Disaster areas. We appreciate your generous support.

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