



Cambodian Red Cross

Summary Report

Community Outreach Sessions On Healthy Ageing

Kampot, Prey Veng and Svay Rieng
July 2017



In partnership with



International Federation
of Red Cross and Red Crescent Societies

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1. Introduction:

The 3-month Cambodian Red Cross Healthy Ageing Pilot Project, May-July 2017, has been implemented in the three target provinces—Kampot, Prey Veng and Svay Rieng, with financial and technical support from the Federation.

Through the rapid assessment trip and followed by the consultative meeting held in each province, the target zone were identified and selected in participatory approach:

Kampot (KPT): Toek Chhou District, Trapang Pring Commune (Phumi Ang Village, Phumi Bostrabek Village, and Phumi Trapang Pring Khang Tbound Village).

Prey Veng (PVG): Peam Ro District, Prek Khsay Kho Commune (Phumi 1, Phumi 2, and Phumi 5)

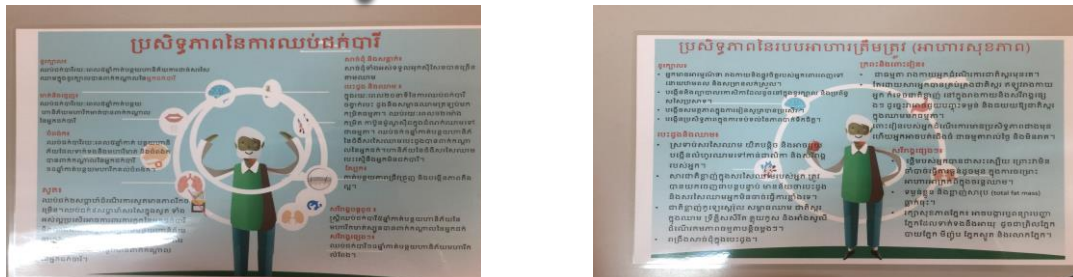
Svay Rieng (SRG): Chantrea District, Meso Thgork Commune (Phumi Svay Kuy, Phumi Tadoe, and Phumi Baray).

2. Contents:

Community Outreach Sessions is the last stage of this pilot project. There are total 18 sessions (6 sessions per province). Two outreach sessions were conducted by trained Red Cross Branch/Sub-Branch staff and Red Cross Volunteers, with close collaboration and support from local health center staff who had fully attended the Red Cross Volunteer Training on Healthy Ageing at the three target Red Cross Branches. CRC’s NHQ staff developed the programmed, with consultation during the healthy training of RCV in each Red Cross Branch, for the half day healthy ageing sessions and did the orientation to the three target Red Cross Branches staff prior to the community outreach sessions conducted.



Posters that CRC printed for this Community HA Outreach Sessions



Program layout of the HA Community Outreach Session:

Duration	Topic	Material/method	Facilitator (s)
15 mins	Registration	<ul style="list-style-type: none"> ▪ Pen, name list 	RCV
30 mins	Basic health assessment (check blood pressure, BMI, and Urine GLU test)	<ul style="list-style-type: none"> ▪ Blood pressure monitor; ▪ BMI Sheet (MOH); ▪ Weight and meter measurements; ▪ GLU test stripe and cups 	Health center staff and RC staffs
30 mins	Preventing NCDs: <ul style="list-style-type: none"> ➤ Smoking; ➤ Alcohol; ➤ Physical inactivity; ➤ Unhealthy food 	<ul style="list-style-type: none"> ▪ Brainstorming; ▪ Explaining the major root causes contributing many NCDs, using the poster of problem tree chart; ▪ Encourage healthy eating and practice. 	RC staff/RCV/HC staff
30 mins	Healthy eating	<ul style="list-style-type: none"> ▪ Brainstorming; ▪ What is healthy food? Where can you get/make healthy food? ▪ Benefits of eating healthy food. 	RC staff/RCV/HC staff
30 mins	Physical exercise	<ul style="list-style-type: none"> ▪ Brainstorming; ▪ Sharing experience from participants regarding their daily physical activity; ▪ Practice basic physical exercise; ▪ Benefit of doing regular physical activity/exercises, using the poster. 	RC staff/RCV
30 mins	Meditation	<ul style="list-style-type: none"> ▪ Brainstorming; ▪ Sharing experience from participants meditation; ▪ Benefit of meditation; ▪ Practice simple meditation. 	RC staff
		<ul style="list-style-type: none"> ▪ Benefit of eating healthy food; ▪ Booster positive behavior (reduce/quit cigarette and alcohol; increase healthy 	RC staff/ HC staff

15 mins	Wrap up	eating and drinking; and start regular physical exercise); <ul style="list-style-type: none"> Regular general health checkup (at least once a year). 	
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3. Objectives:

Main objective of the Community Healthy Outreach Sessions is to empower community people changing their negative behaviors and practice healthy eating, healthy drinking, regular physical exercise, and regular health screening.

4. Community Healthy Ageing Outreach Session Activities:

4.1 Svay Rieng:

Six half-day community healthy ageing outreach sessions were conducted in three villages of Chantrea District, Meso Thgork Commune (Phumi Svay Kuy, Phumi Tadoe, and Phumi Baray) during the 19th to the 24th of July 2017.

Date	Venue	Participant		Blood Pressure		BMI		GLU	
		M	F	Normal	Advised Referred	Normal	Advised Referred	Normal	Advised Referred
19 July 2017	Baray Village	8	35	11/31	20/31	26/29	3/29	26/28	2/28
20 July 2017	Baray Village	11	22	12/22	10/22	8/22	14/22	8/9	1/9
21 July 2017	Svay Kuy Village	12	23	16/26	10/26	6/14	8/14	7/9	2/9
22 July 2017	Svay Kuy Village	9	24	11/22	11/22	1/8	7/8	8/9	1/9
23 July 2017	Tadoe Village	19	27	28/28	0/28	18/31	13/31	13/14	1/14
24 July 2017	Tadoe Village	18	35	13/19	6/19	6/16	10/16	14/16	2/16
Total: 243 participants		77	166						



4.2 Prey Veng:

Six half-day community healthy ageing outreach sessions, two sessions per village, were conducted in three villages of Peam Ro District, Prek Khsay Kho Commune (Phumi 1, Phumi 2, and Phumi 5) during the 20th to the 25th of July 2017. Due to so many rains during that period of time, therefore the facilitator team decided to hold the six outreach sessions in Sonsom Kosal Buddhist pagoda which is located right in the center of the target community.

Date	Venue	Participant		Blood Pressure		BMI		GLU	
		M	F	Normal	Advised Referred	Normal	Advised Referred	Normal	Advised Referred
20 July 2017	Phumi 1 Village	10	31	30/41	11/41	22/41	19/41	30/41	11/41
21 July 2017	Phumi 1 Village	15	17	19/32	13/32	14/32	18/32	29/32	3/32
22 July 2017	Phumi 2 Village	12	26	23/38	15/38	20/38	8/38	28/38	10/38
23 July 2017	Phumi 2 Village	11	21	21/32	11/32	13/32	19/32	25/32	7/32
24 July 2017	Phumi 5 Village	13	31	32/44	12/44	22/44	22/44	39/44	5/44
25 July 2017	Phumi 5 Village	10	20	24/30	6/30	10/30	20/30	24/30	6/30
Total: 217 participants		71	146						





4.3 Kampot:

Six half-day community healthy ageing outreach sessions were conducted in three villages of Toek Chhou District, Trapang Pring Commune (Phumi Ang Village, Phumi Bostrabek Village, and Phumi Trapang Pring Khang Tbound Village) during the 21st to the 25th of July 2017.

Date	Venue	Participant		Blood Pressure		BMI		GLU	
		M	F	Normal	Advised Referred	Normal	Advised Referred	Normal	Advised Referred
21 July 2017	Bostrakek Village	11	21	20/32	12/32	11/32	21/32	21/32	11/32
22 July 2017	Bostrabek Village	9	21	20/30	10/30	12/30	18/30	14/30	16/30
23 July 2017	Phumi Ang Village	11	31	34/40	6/40	32/41	9/41	38/42	4/42
24 July 2017	Phumi Ang Village	6	36	29/42	13/42	26/42	16/42	32/42	10/42
24 July 2017	Trapang Pring Khang Tbound Village	13	32	31/41	10/41	28/41	13/41	37/41	4/41
25 July 2017	Trapang Pring Khang Tbound Village	10	24	25/34	9/34	22/34	12/34	28/34	6/34
Total: 225 participants		60	165						

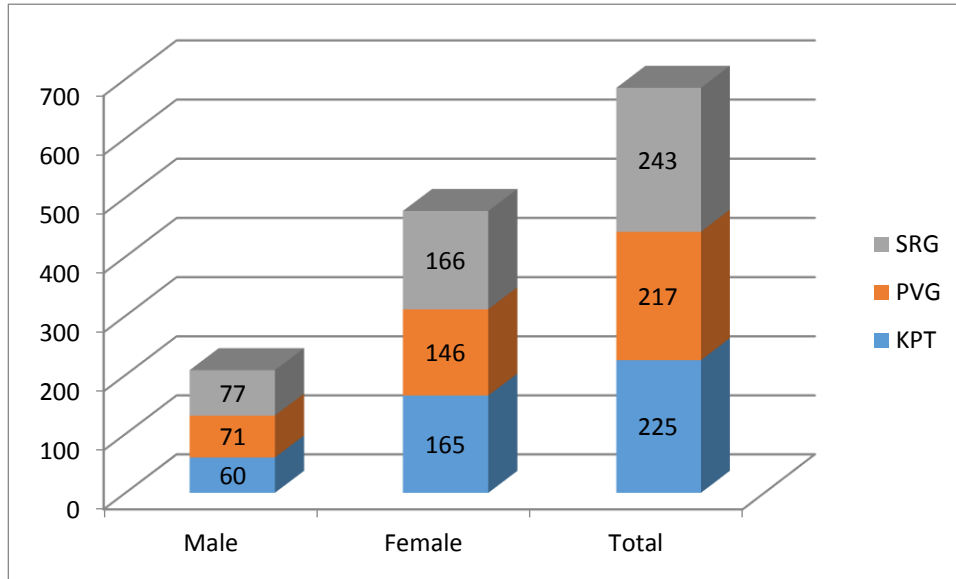


5. Results:

5.1 Direct beneficiaries

At least there are 685 (477 females) community people in the target zone of the three provinces, aged 18-60, directly educated about healthy ageing via half-day education sessions.

Chart 1: Compositions of participants of the HA Outreach Sessions



According to chart 1 above, the majority of the participants of the healthy ageing outreach sessions are women. It stands for 69.63% of the total participants. It is now a rainy season, while most men are occupied in their field work. Therefore older women are at home taking care of their house and their grandchildren while the parents of those children are seeking and/or working outside the community.

5.2 Community Health Situation

Chart 2: Prey Veng Health Screening

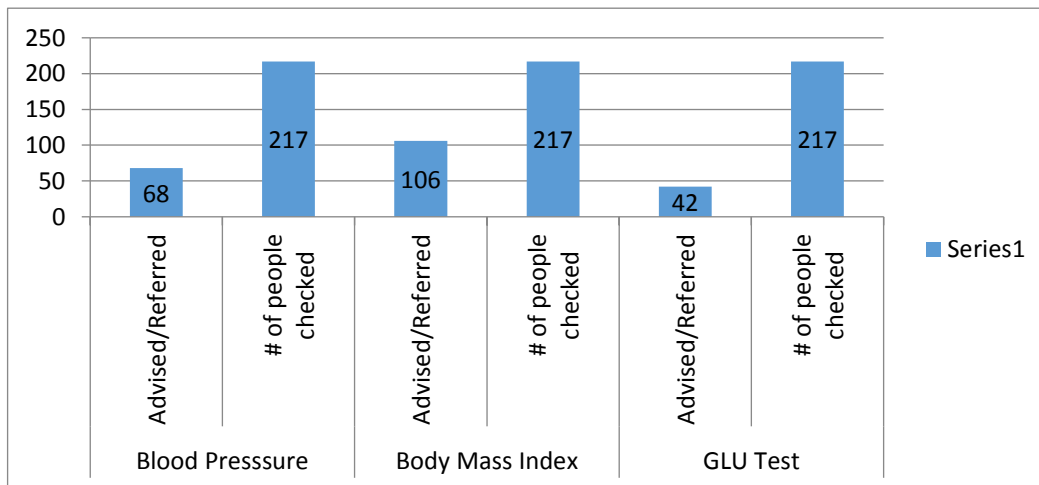


Chart 3: Svay Rieng Health Screening

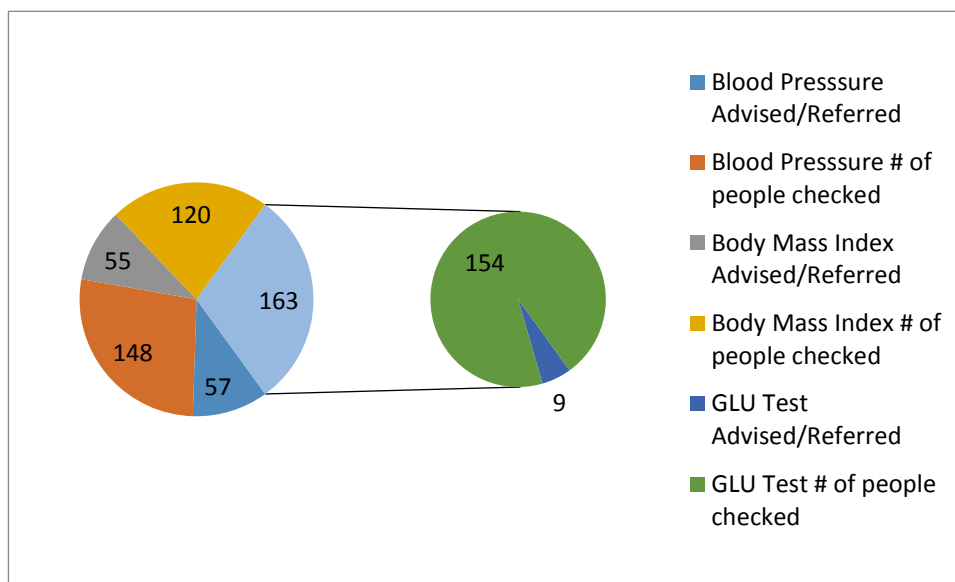
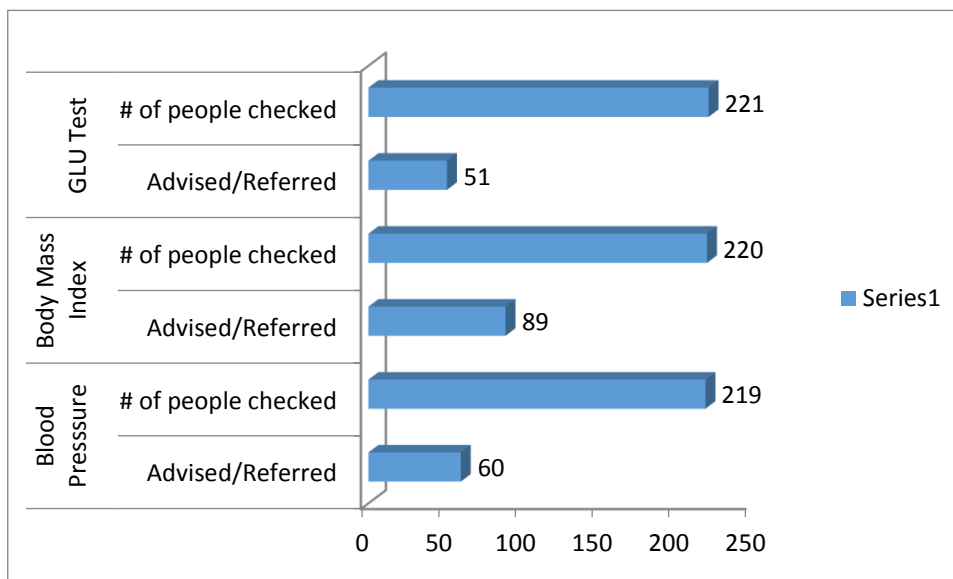


Chart 4: Kampot Health Screening



Referring to chart 2,3 and 4 above, we can conclude that community people in our target areas of the three provinces are challenging with some common health issues due to unhealthy practicing behaviors. These behaviors include the unhealthy eating diets, smoking, using excessive alcohol and insufficient physical exercise. Many people attended the healthy ageing outreach sessions said that they seldom have their health checkup—until they become sick then they seek treatment. “I have diabetes for more than 2 years. I drink Red Bull a can every day, because my daughter always buy it for me”, said an old women in Baray village of Svay Rieng Province.

Through brainstorming and questions asked for the participants of the healthy ageing outreach sessions, knowledge regarding preventing NCDs is very low. Many of the villagers do not know what and how making healthier. Peer pressure on smoking and alcohol consumption is very common in all the villages of the target zones. Local vegetable is everywhere in the villages, in particularly morning glory and other green leafy during the rainy season; but people prefer eating fermented fish and meat.

6. Challenges

Time frame of this pilot healthy ageing project is too short. The actual implementation duration of this project is one month and a half. This project is also falls on the Cambodian commune council election and rainy season while most of the target communities are on their filed work during day time.

7. Lesson Learnt:

Health screening topic is very necessary for attracting community people to the health educational sessions. However, health screening should be the last session. Otherwise, many community people would leave home after receiving their health screening result.

Community people are too busy to stay in the outreach sessions for more than three hours. Many of them are housewives, caregivers for their grandchildren, cooks and taking of care of animal at home or running small family grocery at home.

Developing posters and/or flipcharts with clear pictures and with precise key health messages are crucial to ensure the ultimate outcome in term of health message delivery to the community people. Following the nine topics of the Federation's healthy ageing manual is not possible as time is too short for each session. Selected topics such as preventing NCDs, healthy eating/drinking, basic health screening and basic physical exercise plus meditation can work.

If it is possible, RCV with health center staff conduct home visit and provide health education to a few nearby households is more feasible and workable rather than only running a session of gathering more than 30 people.

8. Recommendations:

This healthy ageing project is very interested by all stakeholders, including the community people. It is a need for both rural and urban population in Cambodia. Majority of Cambodian people do not have knowledge regarding healthy eating, root cause of NCDs and how to prevent NCDs. Most Cambodian people do not have a habit of doing regular physical exercise.

Therefore, Cambodian Red Cross would strongly appear to the Federation for ongoing support this healthy ageing project a few more years in term of capacity building, technical support and financial supports. Some Red Cross Branches have shown their leadership in continuing this healthy ageing activity in their community. But technical and financial support is still a need.