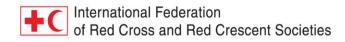


International Federation of Red Cross & Red Crescent Societies Mission Report

IFRC CCST Bangkok

Location of	Chantrea District, Svay Rieng Province, Cambodia
Mission:	
Date(s):	20 -24 Feb 2018
Purpose of mission:	 Community outreach activities in promoting "Healthy Ageing" in temple for elderly people in villages. The training on Healthy Ageing for Red Cross Volunteers in Chantrea District, Svay Rieng Province
Person travelling / completing report:	PK -Pornsak Khortwong, IFRC Health Officer
Key people Met:	Cambodian RC
	 Dr Va Sopheak, Head of Non Communicable Diseases and HIV/TB sub-Division, CRC HQ Director of Svay Rieng Provincial RC Branch Director of Chantrea Health Center RC staff from Svay Rieng Provincial RC Branch
	Participants from the sub -district branches
	 22 RCV participants from sub- district level (Male =10, Female=12) 68 elderly people (Male 25, Female 32) from 5 villages took part in the outreach activities in temple
Summary of training	Training on Healthy Ageing for RCVs in Chantrea District
activities/key points and outcomes	 For the contents of trainings, the nine key topics/ chapters have been addressed and pinpointed for Cambodian RCVs in encouraging them to promote more on Healthy Ageing and Healthy Lifestyles. Regular physical exercises, healthy eating and health assessment have been the crucial key activities to discuss with beneficiaries and villagers. Group discussion and preparation of a mid-term evaluation with RCVs have been conducted in Chantrea district. The concept and the framework of a mid -term evaluation have been addressed with RCVs have been conducted in Chantrea district. Some good practices and some challenges and the needs of communities have been raised in order to improve this healthy ageing project in the long term plan. Community outreach activities have been providing "health assessment / check up screening for hypertension, diabetes, and obesity" for elderly people including providing health education session and health promotion on Non-Communicable Diseases Prevention, healthy eating and physical activities and counselling for referral to health care centers.



Country Cluster Support Team, Bangkok	
	The digital automatic blood pressure monitor has been requested from health care center to use during the community outreach activities.
Key follow up	IFRC BKK CCST
actions	
	 Development of the tools for mid term evaluation of healthy ageing project in Cambodia 2018 in three targeted provinces- Svay Rieng, Prey Vieng and Kampot. Preparing for the two RCV trainings on Healthy Ageing in Prey Vieng and Kampot. Organizing outreach activities for elderly people as planned. Conducting a mid- term evaluation according to the planning in April-May 2018 in three targeted provinces- Svay Rieng, Prey Vieng and Kampot with IFRC CCST BKK and Geneva Team .

Photos- Healthy Ageing training for Red Cross Volunteers and Community Outreach activities for elderly people, 20-24 Feb 2018



















