

International Federation of Red Cross & Red Crescent Societies
Mission Report
IFRC CCST Bangkok

Location of Mission:	Chantrea District, Svay Rieng Province, Cambodia
Date(s):	20 -24 Feb 2018
Purpose of mission:	<ul style="list-style-type: none"> • 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:	<p>Cambodian RC</p> <ul style="list-style-type: none"> • 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 <p>Participants from the sub -district branches</p> <ul style="list-style-type: none"> • 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 activities/key points and outcomes	<p>Training on Healthy Ageing for RCVs in Chantrea District</p> <ul style="list-style-type: none"> • 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.

	<ul style="list-style-type: none">• The digital automatic blood pressure monitor has been requested from health care center to use during the community outreach activities.
Key follow up actions	IFRC BKK CCST <ul style="list-style-type: none">• 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













