



## **Cambodian Red Cross**

Cambodia Healthy Ageing Pilot Project

### **Note of field Rapid Assessment, Kampot Province**

7<sup>th</sup> June – 8<sup>th</sup> June 2017

#### **I. Key informant interview**

##### **1.1 Provincial Red Cross Branch**

Date: 7<sup>th</sup> June 2017

Location: Kampot Red Cross Branch Office

Name of Interviewer: Ms. Mom Chanthy, Deputy Director of Health Department, CRC NHQ

Name of interviewee: Dr. Koe Sokphan , Director Of Kampot Red Cross Branch 012242666

Mrs. Lay Sopheak, Deputy Director of Kampot Red Cross Branch 012452 086

Mr. Mom Kroeng, Branch Officer 012 394 626

Mr. Houg Pon, Branch Officer, 012473418

##### Note of interview:

###### **1.1.1 Health situation:**

- The most health problem are lack of hygiene and water sanitation make people high risk on NCD because they don't know how to prevent themselves by NCD.

###### **1.1.2 Policy of Healthy Ageing:**

- Regarding Healthy Ageing in Cambodia is not available.

###### **1.1.2 Recommendation:**

- CRC RCV should work closely with health center staff to conduct community education focus on healthy ageing in community.
- Build capacity for RCV and health staff.
- Should develop and distribute IEC for healthy ageing for red cross staff and volunteers.
- Promote Healthy ageing in community through IEC material and home visit.

##### **1.2 Provincial Health Department:**

Date: 7<sup>th</sup> June 2017

Location: Kampot Provincial Health Department Office

Name of Interviewer: Ms. Mom Chanthy, Deputy Director of Health Department, Cambodian Red Cross.

Name of interviewee: Dr. Tan Chheng, Deputy Director of Kampot Provincial Health Department.

##### Note Interview

###### **1.2.1 Health situation:**

- Most of people in Kampot are problem with NCD, such as joint pain, stomach and intestines (cause of food and water), high blood pressure, diabetes, and chronic respiratory diseases.
- Trapang Pring commune no Health Center in that area and people access to Kounsat Health Center.
- Regarding to health ageing Ministry of Health does not have any guideline or IEC material to provide information for people in community or health staff.
- Focus on NCD provincial health department conduct some activities on Diabetes, in Angkor Cheay District by using peer to peer education model. And GIZ organization plan to support activities on Diabetes in whole Kampot Province.
- Biddish for Health organization is working with elderly people collaboration provincial health department but now is more quiet do not have much activities in community, only one staff join office with provincial health department.

#### 1.2.2 Policy of Healthy Ageing:

- There is no any specific policy on Healthy Ageing.

#### 1.2.3 Recommendation:

- Cambodian Red Cross should develop IEC focus on healthy ageing to training red cross volunteers and health center staff working together because all health staff do not have experience working specific care of elderly and they need to learn more from CRC.

### 1.3 Provincial of Social Affairs Veteran and Youth Rehabilitation:

Date: 7th June 2017

Location: Provincial of Social Affairs Veteran and Youth Rehabilitation office

Name of Interviewer: Ms. Mom Chanthy, Deputy Director of Health Department, Cambodian Red Cross.

Name of interviewee: Ms. Dy Sokhom, Manager of Elderly Unit Kampot province , 012 474021.

Miss. Ueng Maliza, Elderly Unit Officer, 012240163

#### Note of interview:

##### 1.3.1 Health situation:

- The problem of Healthy Ageing in community are NCD and food, because some of food and vegetable are add chemical in market to keep them sell for long time. when people eat those food or vegetable make them get the problem in stomach and intestinal.

##### 1.3.2 Policy of Healthy Ageing:

- The Provincial Social Affairs Veteran and Youth Rehabilitation Department do not have specific policy of elderly people.
- The provincial Social Affairs Veteran and Youth Rehabilitation Department follow government guideline and criteria to establish the elderly association structure in all districts. the purpose to do fund raising for people who are poor and get sick that they can support this money to access health care or funeral. The elderly association member can apply from 45+ years old and the more active district is only one is Kampong Trach district.

##### 1.3.3 Suggestion/Recommendation:

- The healthy ageing is important to support people in Cambodia. The provincial Social Affairs Veteran and Youth Rehabilitation Department happy to support and collaboration with red cross branch to make more success of project in future.
- The healthy ageing training should invite provincial Social Affairs Veteran and Youth Rehabilitation staff to participate with red cross volunteers and staff.
- Promote healthy ageing through IEC material.

## 1.4 Provincial of Women Affairs:

Date: 8th June 2017

Location: Kampot Provincial of Women Affairs office.

Name of Interviewer: Ms. Mom Chanthy, Deputy Director of Health Department, Cambodian Red Cross.

Name of interviewee: Ms. Hout Ry, Deputy Director of Provincial of Women Affaire, 012 222 493

### Note of interview:

#### 1.4.1 Health situation:

- Most of them have NCD but they don't know what is NCDs and some of them they have eyes problem.

#### 1.4.2 Policy of Healthy Ageing:

- The Health Unit of Provincial Women Affairs Department has main programs to support the needs of the women comprises: Domestic Violence, Human Trafficking, Gender Diversity, Sexual Reproductive Health, and provide training skill for women that they can make income for their family such as do handcraft for selling. all program follow policy Ministry of women affair.

#### 1.4.3 Recommendation:

- Should more involvement in healthy ageing activities because most of women are home care person. They look after baby and elderly at home and most of men working away from home.
- RCR should give provide training for all key stakeholder who are working with elderly because this is the new activities in Kampot province.

## 1.5 District governor:

Date: 7th June 2017

Location: Toek Chhu District Office

Name of Interviewer: Ms. Mom Chanthy, Deputy Director of Health Department, Cambodian Red Cross.

Name of interviewee:

- Mr. Neak Sovannary, Toek Chhu District governor, 012820446.
- Mrs. So Seirng, Deputy Toek Chhu District governor, 012597216.

### Note of interview:

#### 1.5.1 Health situation:

- Trapang Pring commune no health center and the problem of people have to travel to Koun Sat commune or private clinic when they get sick.
- The total number of commune and villages in Toek Chhu district: 16 commune and 66 villages and we need more support infuture.

#### 1.5.2 Policy of Healthy Ageing:

- There is no any policy related Healthy Ageing in place.

#### 1.5.3 Recommendation:

- Healthy Ageing project should target for all 66 villages in 16 commune.
- Good collaboration with local authority for effective project implementation.

## 1.6 Commune Leader:

Date: 7<sup>th</sup> June 2017

Location: Trapang Pring Commune Office

Name of Interviewer: Ms. Mom Chanthy, Deputy Director of Health Department, CRC NHQ  
Name of interviewee: Mr. Sam Pech, Trapang Pring Commune Leader, Contact Number 012 739 651.

Note of interview: about 30% in this commune are old people (55+ Years Old)

1.1.1 Health situation:

- Though observation and mention by themselves that they are get muscles and joints pain, high blood presser, and chronic respiratory diseases.
- Most of people in this community are poor and low education. All both cause to make them do not care about their own health such as healthy food, hygiene.
- No health center in this commune, when people sick they go to private clinic or travel to health center outside of this location and it take at least 3Km from this commune.

1.1.2 Policy of Healthy Ageing:

- Regarding Healthy Ageing in Trapang Pring Commune does not has specific this policy and most of elderly people are living with family, when they get sick their children take care all of them, for who are living lonely Cambodian Red Cross or Local authority conduct home visit or province referral service to health care system by using equity fund form committee in Pagoda base on criteria.
- Provincial Social Affair has established elderly association long time ago and some villages are keep continue the activities as fund raising to support people when they are sick they can get this fund support for transportation.
- PADDE Organization is working on agriculture and microloan or revolving fund such as grow vegetable (do not put more chemical or insect poisoning chemical spry on vegetable) and pig raising. The microloan organize as a group of people one village one or two group follow the structure and criteria of PADEE, this organization funded by IFAD through Cambodian Government.
- The second partner is CRC that we are working closely with red cross volunteers, sub-branch and Branch.

1.1.2 Recommendation:

- The healthy ageing project is important to provide education for people in community to make them understand on how to care themselves and save money for medical treatment.
- The activities should conduct in Pagoda because old people are regular go to pagoda Blessing Buddha to make them healthy and long life.

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## 2 Focus group discussion

**Name of Village: Trapang Pring Khang Tbound.**

Date: 7<sup>th</sup> June 2017

Location: Trapang Pring Khang Tbound village, Trapang Pring Commune.

Focus Group: **Men**

Name of Interviewer:

- Mr. Mom Kroeng, Branch Officer
- Mr. Houg Pon, Branch Officer

Participants:

No	Name	age	sex	professional	PWD	contact
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1	Gnet Nov	49	M	Village leader		
2	Hy Cheng	76	M	Deputy Village Leader		
3	Set Savouen	37	M	Farmer		0979974500
4	Chan Hourn	72	M	Farmer		
5	Beng Vich	78	M	Farmer		
6	Nob Phon	64	M	Farmer		
7	Khoun Chor	60	M	Farmer		
8	Kkhoun Cheav	57	M	Farmer		
9	Sorn Proung	55	M	Farmer		
10	Long Khmao	40	M	Farmer		0962625722

**Note of interview:**

1. Identify Health problem
  - Lung disease, flue, hip rheumatism, joint pain, dizzy, cough, malnutrition, high blood pressure, headache.
2. Discrimination among elderly and Gender
  - No discrimination among elderly.
3. Health care service
  - No specific health care service provided for old people. In Cambodian culture parents living with children in family when they are sick children have to take care of them. Most of them like to go to health center when they get sick.
4. Daily dietary
  - Very day eat mixed food. When busy with work always have late dinner or lunch.
5. Physical exercise
  - Never do exercise.
6. Excessive alcohol and cigarette
  - We know that alcohol and cigarette are affecting health but we can't stop them.
7. Healthy practice and long life learning
  - Suggest organizing club for exercise, and providing health education for people in community.
8. Mapping (identify high risk areas, access service and network)

Village map: Trapang Pring Khang Tboung.



**Name of Village: Trapang Pring Khang Tboung**

Date: 7th June 2017

Location: Trapang Pring Khang Tboung

Focus Group: **Women**

Name of Interviewer:

- Mrs. Lay Sopheak, Deputy Director of Kampot Red Cross Branch

Participants:

No	Name	age	sex	Professional	PWD	contact
1	Sim Sokhi	38	F	Famer		

2	Gnov Chhoun	43	F	Famer		0887116226
3	Teav Gnim	30	F	Famer		
4	Phal Sophorn	38	F	Famer		08855443399
5	Dam Chhoun	60	F	Famer		
7	Kan Leam	68	F	Famer		
8	Lang Srey	46	F	Famer		0977429043

**Note of interview:**

1. Identify Health problem
  - Join pain and high blood presser.
2. Discrimination among elderly and Gender.
  - Sometime happened domestic violence and call police or friends for help.
3. Health care service
  - When get sick go to health center, sometime by medicine in private shop.
4. Daily dietary
  - Most of time eats rice and meat. We grow vegetable for sell.
5. Physical exercise
  - Watching TV and have a good rest and carry the water for growing vegetable.
6. Excessive alcohol and cigarette
  - Alcohol make people sick and most of women do not use it.
7. Healthy practice and long life learning
  - Reduce chemical food, eat meat and vegetable, drink more water and do exercise.

**Name of Village: Ang**

Date: 8th June 2017

Location: Ang Village

Focus Group: **Men**

Name of Interviewer:

- Ms. Mom Chanthy, Deputy Director of Health Department, NHQ

**Participants:**

No	Name	age	sex	Professional	PWD	contact
1	Sory Sambat	43	M	Famer		
2	Touch Khin	77	M	Famer		
3	Proud Sak	69	M	Famer		
4	Pan Pon	32	M	Famer		
5	Norm Tat	70	M	Famer		0974564554
6	Ming Nak	47	M	Famer		
7	Moeng Khorn	77	M	Famer		
8	Meas Koy	57	M	Famer		
9	Lay Kean	70	M	Famer		
10	Sen Nong	62	M	Famer		
11	Por Pen		M	village leader		097863178

**Note of interview:**

1. Identify Health problem
  - Join pain, eyes problem, malaria, hepatitis, and high blood presser.
2. Discrimination among elderly and Gender
  - There is not any cases related stigmatization and discrimination in place.
3. Health care service

- when they get sick go to Trapang Sankai health center or private clinic because health center lack of medical equipment. Most of them mention that private clinic is better than in health center.

4. Daily dietary

-Rice, chicken, meat and vegetable.

5. Physical exercise

-Walking regular and carry the water replace exercise.

6. Excessive alcohol and cigarette

-Alcohol product in local district, men drink alcohol when we have free time or party.

7. Healthy practice and long life learning

- Don't smoke, drink too much alcohol and eat organic food.

8. Mapping (identifies high risk areas, access service and network)



**Name of Village: Ang**

Date: 8th June 2017

Location: Ang Village

Focus Group: **Women**

Name of Interviewer:

- Mrs. Phorn Kim Houeng

Participants:

No	Name	age	sex	Professional	PWD	contact
1	Krip Hor	50	F	Famer		
2	Krip Houen	55	F	Famer		
3	Ming Chin	72	F	Famer		
4	Morm Vy	63	F	Famer		
5	Koy Nov	28	F	Famer		
6	Koe Houeng	68	F	Famer		
7	Doung Oun	59	F	Famer		
8	Chhea Tean	34	F	Famer		

**Note of interview:**

1. Identify Health problem

- Problem on women reproductive health because working hard and carry heavy thing, high blood presser, Heart problem.

2. Discrimination among elderly and Gender

- There is not any cases related stigmatization and discrimination in place.

3. Health care service

- when sick go to private clinic and Trapang Sanke Health Center.

4. Daily dietary

- Fish, vegetable, chicken.

5. Physical exercise

-Walk to field rice, carry water, no exercise.

6. Excessive alcohol and cigarette

- Excessive alcohol makes people die, in this village some people die because drink too much alcohol.
7. Healthy practice and long life learning
- Use traditional medicine, eat organic fruit and vegetable that growing by themselves.

**Name of Village: Bos Trabeak Village**

Date: 8th June 2017

Location: Bos Trabeak village

Focus Group: **Men**

Name of Interviewer:

- Mr. Mom Kroeng, Kampot Branch officer
- Mr. Houg Pon, Kampot Branch officer

**Participants:**

No	Name	age	sex	Professional	PWD	contact
1	Gnan Sim	65	M	Famer		
2	Kao An	60	M	Famer		
3	Chhuk Sou	67	M	Famer		
4	Oeng Up	58	M	Famer		
5	Meas Korb	58	M	Famer		
6	Kim Pic	60	M	Village Leader		089846230
7	Keng Do	55	M	Deputy Village Leader		0978631503
8	Tork Man	58	M	Famer		
9	Norng Sam Ol	41	M	Famer		
10	Ton Im	28	M	Famer		
11	Hong Tim	39	M	volunteer		

**Note of interview:**

1. Identify Health problem
  - Join pain, diabetes, intestinal and stomach, blood pressure.
2. Discrimination among elderly and Gender
  - There is not any cases related stigmatization and discrimination in place.
3. Health care service
  - They access to Trapang Sanke health center and buy medicine in private shop.
4. Daily dietary
  - Fish, crab, vegetable some time eat meat.
5. Physical exercise
  - Never do exercise, when free time listen radio, watching TV.
6. Excessive alcohol and cigarette
  - Affect to branch when we use to much alcohol, stomach problem, domestic violence.
7. Healthy practice and long life learning
  - Do not use alcohol, eat good food and think about hygiene and water sanitation.
8. Mapping (identify high risk areas, access service and network)





**Name of Village: Bos Trabeak**

Date: 8th June 2017

Location: Bos Trabeak village

Focus Group: **Women**

Name of Interviewer:

- Mrs. Lay Sopheak, Deputy Director of Kampot Red Cross Branch.

**Participants:**

No	Name	age	sex	Professional	PWD	contact
1	Thuk Lin	59	F	Famer		
2	Prach Hean	60	F	Famer		
3	Bouy leang	57	F	Famer		
4	Dos Ly	65	F	Famer		
5	Mang Hay	60	F	Famer		

**Note of interview:**

1. Identify Health problem
  - Dizzy, diabetes, stomach and intestinal problem, and blood pressure, join pain, and teeth paint full.
2. Discrimination among elderly and Gender
  - No discriminating among old people.
3. Health care service
  - Access to trapang Sanke Health Center
4. Daily dietary
  - vegetable, fish, pork, and fruit.
5. Physical exercise
  - Do exercise walking around the house.
6. Excessive alcohol and cigarette
  - Excessive alcohol make heart attack, and coug
7. Healthy practice and long life learning
  - do not use too much alcohol, no smoking cigarette, and eat good food.