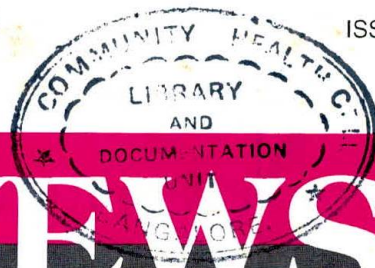


JOICFP NEWS



Quality Care for Community-based FP/MCH

Asian regional workshop focuses on providing quality services at the community level

The experiences of the Family Planning Association of Nepal (FPAN) fueled discussion and helped participants identify key factors on quality care for community-based family planning/maternal and child health (FP/MCH) at an Asian regional workshop. The non-governmental organization (NGO), which operates an outreach system of health-care units, offered insights into the effectiveness of providing quality services in rural communities where clinic-based services are not available.

The Regional Workshop on Quality Care for Community-based FP/MCH in Asia was held in Kathmandu, Nepal, from December 4 - 9. Organized by FPAN in cooperation with JOICFP, the workshop was attended by representatives of counterpart organizations in

experience. The event also provided an opportunity for participants to share experiences and to develop strategies for project sustainability and to identify strategies and action plans suitable for their particular country situations.

The participants were introduced to the Japanese experience in community-based FP/MCH by JOICFP Deputy Executive Director Yasuo Kon. Highlighting the importance of quality care, Kon offered practical strategies for raising quality and achieving self-reliant services.

To complement the presentations, the workshop included field trips to the three areas of Panchkhal, Sunsari and Morang where the project is being implemented in 26 villages. During the field trip, participants noted the strong community involvement and support of the village leaders. They were also impressed by the community people's awareness of services provided under the project.

Commenting on the project, a Philippine participant said that despite the geographical and cultural difficulties, FPAN had succeeded in promoting fee-charged services towards project sustainability.

A Vietnamese participant welcomed the opportunity to learn about FPAN's cost-recovery scheme and said that he would like to institutionalize a similar system in his country. He also praised the high-quality training for midwives and nurses under the project.

The NGO-government collaboration and high quality of services provided at outreach clinics in Nepal impressed representatives from



A participant talks to local women.

Laos, while a participant from China commented on the high motivation of the villages to contribute to the cost-recovery scheme. He added that by paying nominal fees, the villagers had access to drugs and services that may not be available through the government free of charge.

In recommendations made at the end of the workshop, participants outlined various steps necessary for achieving quality care in a community-based FP/MCH project. In particular, they called for specific indicators to be identified for monitoring services and activities and urged the development of community-based monitoring systems for services and activities, and income-generating programs. Training and orientation was recommended for all levels to improve the skills and attitudes of health-care workers and to emphasize the client-oriented approach.

The participants also called for the development of potential income-generating activities to ensure sustainability such as the implementation of cost-sharing, service fees and revolving funds. The equal involvement and participation of both men and women at the policy and implementation levels was stressed by the group, which also recommended that essential FP/MCH equipment and training on its use be provided.



Participants discuss quality care.

the four countries of Bangladesh, Laos, Nepal and the Philippines implementing the UNFPA-supported Sustainable Community-based FP/MCH Project with Special Focus on Women. Representatives of China and Vietnam and resource persons from Mexico and Japan also attended the event. The workshop drew a total of 40 participants.

The workshop was aimed at providing participants with effective strategies for promoting quality care for community-based FP/MCH activities based on the Nepalese

Nepal Project on Track

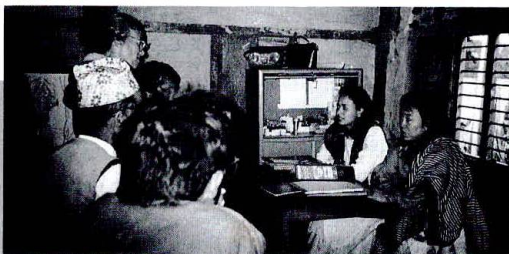


Participants prepare reports.

Community representatives of 26 villages of Nepal compared achievements made in the promotion of family planning/maternal and child health (FP/MCH) and exchanged experiences at the Second National Workshop on Sustainable Community-based FP/MCH Project with Special Focus on Women. At the workshop, held in Sunsari District from

mortality. None of the pregnancies in project areas monitored under the project had resulted in maternal mortality. However, project staff noted that there were maternal deaths in the project areas among women who were not covered by services. The participants discussed causes and ways to better reach women in all the villages with ante-natal services.

A Kunii Award of US\$1,000 was also presented for promotion of women's status and health care in Panchkhal. The workshop also included a trip to Bhaluwa village in Sunsari for firsthand observation of project activities. The field trip complemented the very practical approach of the workshop which served to highlight the need to include women more directly in project planning. The event was closed by Ganesh M. Shrestha, chairman of the local project steering committee.



Sunsari staff explain their service implementation to Panchkhal staff.

December 12 - 14, the representatives presented firsthand reports on project progress including FP/MCH statistics. The event was opened by the chairman of district development committee, Ram Bahadur Basnet and insights into quality of care were provided by Dr. K. K. Misra, officer, UNFPA East Region.

The event was attended by 80 people from the six project villages in Sunsari and five recently developed project villages in Morang. Representatives of the 15 project villages in Panchkhal also attended. The participants included the chairperson of the village health committee, mothers' club representatives and members of the local steering committees.

The reports were presented by the health committee chairperson of each village and included such statistics as infant and maternal

mortality rates and numbers of reproductive couples. The set format inspired active discussions on ways to improve service provision. The reports indicated progress made in project villages over the last year. For the new project area of Morang, the reports covered progress made since May 1994, when the project was launched.

One of the most lively topics was that of maternal

South-to-South Exchanges

The sharing of applicable exchanges among developing countries is catching on as a practical means to promote mutual development. One recent example of this South-to-South cooperation is the visit of Subarna Shrestha, project coordinator, Family Planning Association of Nepal (FPAN) to Indonesia. Shrestha, who serves as project coordinator of the Sustainable Community-based Family Planning/Maternal and Child Health (FP/MCH) Project with Special Focus on Women, learned insights into the self-sustaining activities of Yayasan Kusuma Buana (YKB) in Jakarta while in Indonesia from November 10 - 12.

Shrestha was particularly interested in the keys of YKB's successful school health project under which its MCH clinics are providing parasite control (PC) services on a fee-charged basis along with health education activities to school students. Shrestha observed the mass PC activities and learned how the activities not only contribute to self-reliance of YKB's activities, but serve as an entry point to the promotion of other health-care activities such as FP and MCH.

Meanwhile, James Chipipa, acting head, Parasitology Unit, Tropical Diseases Research Center, Zambia, also benefited from YKB's experiences during a visit from November 28 - 30. Chipipa, is a member of the National Steering Committee of JOICFP's Integrated Project in Zambia and is responsible for the parasitology aspect of the project. Prior to visiting Indonesia, Chipipa attended the 18th APCO Regional Training Course, held in Bangkok, Thailand.

The Asian experience was particularly appropriate for the IP in Zambia. Launched 10 years ago, the project is now gearing towards self-reliance. The 1995 work plan for the IP incorporates a school health program targeting 3,000 students. Funds raised by the activities will be used to create a revolving fund, while the school health program will serve as a springboard to broaden FP/MCH education among teachers and parents.

Following creation of the work plan, Chipipa expressed confidence that the Asian experience will work in Africa. Once the Zambian activities yield results, similar school health projects will be set up in other African countries under the IP.

Japanese share know-how

A team of 18 Japanese visited Panchkhal on December 18. The group, a mixture of individuals concerned with social improvement programs, included experts on alternative energy sources and environmental pollution. The team provided advice on wind generation and conducted water analysis. They also participated a seminar on prevention of environmental pollution and application of appropriate energy technologies in Kathmandu on December 19.

Bangladesh's Silent Revolution

A movement called the "silent revolution" is spreading among rural women in Bangladesh living in or near the areas where the Integrated Family Development Program is being implemented. Emboldened by the success of collective action encouraged under the program, women are coming out of their homes to join hands with other women in economic



A woman spins to earn income.

and health-care related activities. As word of the program spreads among the rural women, the silent revolution is moving from out of the program areas to embrace women in



Delegates of IPPF, the Family Planning Association of Bangladesh (FPAB) and JOICFP discussed the role that non-governmental organizations can play in women's empowerment following the International Conference on Population and Development (ICPD) in Cairo in 1994 at a meeting in Dhaka, Bangladesh, on November 26. (From left, front), Pramila Senanayake, assistant secretary general, IPPF; Dr. Indira Kapoor, director, South Asian Division, IPPF; Kazi Anisur Rahman, honorary secretary general, FPAB; Dr. Fred Sai, president, IPPF; Alamgir Kabir, president, FPAB; and Yasuo Kon, deputy executive director, JOICFP.

surrounding areas.

The program inspiring these women is being implemented by the Family Planning Association of Bangladesh (FPAB) through JOICFP under the UNFPA-supported regional Sustainable Community-based Family Planning/Maternal and Child Health (FP/MCH) Project with Special Focus on Women. Achievements of the program were highlighted at the Workshop on Sustainability of Integrated Family Development Program, organized by the FPAB in Comilla from November 30 - December 1.

The workshop was attended by 70 representatives of the two project areas of Feni District and Narsingdi District. Most of the participants were women who work at the grassroots as field coordinators, medical officers, supervisors, family development volunteers, and members of the steering committees and advisory committees.

Bangladesh, a densely populated country with a low GNP, has achieved considerable success in its FP programs. In 20 years, the population growth rate has dropped to 2% from 3%; the total fertility rate has dropped to 4 from 7; and the contraceptive prevalence rate has increased from 7% to 45%. These achievements reflect the efforts of government, non-governmental organizations (NGOs) and international organizations. Despite the gains, however, the population of the country continues to grow. If the current growth rate is maintained, the country's population will double in 35 years.

JOICFP's program, which was launched in 1993, aims to increase FP acceptance in rural communities by promoting it in concert with other activities that benefit the grassroots people, particularly rural women. Women are being encouraged to take a more active role in economic activities under the project which involves FP/MCH, parasite control, income-generating activities and non-formal education.



Young girls sing a health education song.

In just two years, the program has won the endorsement of the men in the communities, which traditionally hold the power in rural areas. Men serving in the advisory committees are cooperating with the 48 mothers' clubs actively involved in program activities such as health education and income generation. Through the program, men have come to recognize the benefits that women's empowerment brings to the family and community at large. The program's success in gaining male support for women's empowerment continues to give women the confidence to come out of their homes and join the silent revolution that is spreading throughout the country.



Hirofumi Ando

Dr. Hirofumi Ando, deputy executive director, UNFPA, spoke about the achievements of the International Conference on Population and Development (ICPD), held in Cairo in 1994, at a meeting held at JOICFP on December 19. In the talks with JOICFP staff, Ando provided an outline of the efforts required of UN organizations, governments and non-governmental organizations to implement the Program of Action. He also spoke about the future perspectives in the field of population and the role of UNFPA.

Speaking the Language of Adolescents

Adolescent health was high on the agenda of the National Seminar on Communication for Adolescents, held in Quito, Ecuador, on January 11. Noting that unwanted pregnancy and HIV/AIDS infection among young people are major health concerns of Ecuador, the participants sought ways to communicate with this high-risk group. The seminar focused on developing an integrated approach to adolescent health education using the films jointly produced by the Mexican Foundation for Family Planning (MEXFAM) and JOICFP.

Organized by UNFPA, the Ecuadorian Association of Family Welfare (APROFE) and JOICFP, the seminar attracted 140 representatives of over 40 public and non-governmental organizations (NGOs). Most participants were those directly working with young people including young peer counselors.

In opening remarks, Dr. Paolo Marangoni, executive director, APROFE, and Dr. Mario Vergara, national program officer, UNFPA, both stressed that it is necessary to promote adolescent health education at the community level to tackle the problems of this group.

The seminar included presentations from several resource persons including a representative of the U.S. Centers for Disease Control who provided data on adolescent sexual behavior gained through surveys taken in Latin American countries including Ecuador. She commented that while teenagers are sexually active, adequate information and services are not available.

The effectiveness of involving adolescents in production of IEC materials was emphasized by a UNFPA consultant who explained about the production of an innovative poster developed with young people. Participants were then introduced to a pilot adolescent health program of APROFE which has been utilizing peer counselors since 1990 to convey messages on a range of issues. Insights into a communication program that is tailored to meet the needs of an ethnically diverse audience were also provided by a representative of the Family Planning Association of Guatemala (APROFAM).



Resource persons (front) exchange information with participants.

The seminar wound up with a presentation by a MEXFAM representative on the NGO's "Gente Joven" adolescent health program under which educators or promoters are sent to places where young people gather such as schools and enterprises. Participants learned about the role played by the MEXFAM/JOICFP films to facilitate communication. The participants, who saw two of the films, commented that they were effective communication tools for Ecuador.

To follow up on the seminar, APROFE will be organizing workshops for people working in the area of adolescent health education to assist them to use the films effectively.

A Reputation for Quality Care

Since APROFE was established over 30 years ago, the organization has earned a reputation for quality services. Under the guidance of Dr. Paolo Marangoni, executive director, the IPPF affiliate has done much to make FP and reproductive health services available to the women of Ecuador with an innovative community-based approach that integrates education and activities to empower women. APROFE's services are both clinic-based and outreach. It operates 20 clinics, three pap smear laboratories, 12 clinic laboratories and one mobile clinic. This NGO also uses a boat to reach some groups.

The most popular contraceptive methods in Ecuador are female sterilization, the IUD and the oral contraceptive pill. To obtain the pill, women need only go to a pharmacy where they can receive it without prescription or medical attention. At APROFE's clinics, however, the most popular method among family planning

(FP) acceptors is the IUD. According to APROFE, since this method requires the services of medical personnel, the clients feel reassured that they are receiving medical attention and quality services. APROFE further earns its reputation for quality of care by providing clients with information and counseling on all contraceptive methods.

APROFE has one of the oldest programs in Latin America dedicated to women. Based in a marginal area of the most populated city of Ecuador, Guayaquil, the program is aimed at raising the status of women. It involves training in traditional crafts to assist women to earn income and more recently incorporates self-esteem workshops, education on gender and rights, and the provision of FP information and services. The program covers about 1,000 women annually.

Through its efforts to provide quality of



Dr. Paolo Marangoni (left) introduces the outreach services provided by the mobile clinic.

care and to serve women at the community level, APROFE has earned the distinction of being the most prominent NGO providing FP services. According to the 1994 survey by the Center for Development and Population Activities (CEDPA), the national contraceptive prevalence rate of Ecuador is 56.4% (1994). Of these acceptors, 37.8% are served by the Ministry of Public Health; 26.3% by private doctors; 16.4% by pharmacies; and 13.2% by APROFE.

Women Look Towards Beijing

A remarkably large number of people turned out for the last international event held by Japan's Network for Women's Health, Cairo '94, which was scheduled to disband in January 1995. Despite the Monday afternoon timing of the symposium at the busy year-end on December 19, some 500 people attended the event including officials of the Ministry of Foreign Affairs and UNFPA.

The International Symposium on Environment, Population and Reproductive Rights was held in cooperation with JOICFP and related organizations under the theme of "Voice from Cairo to Beijing." It was aimed at building on the momentum of the International Conference on Population and Development (ICPD) held in Cairo in 1994 toward this year's UN Fourth World Conference on Women in Beijing, China. Opening remarks were provided by Japanese family planning pioneer and women's rights advocate, Shidzue Kato, president, Family Planning Federation of Japan, and vice president, JOICFP.

A notable feature of the meeting was the shared understanding of the main achievements of Cairo, namely the recognition of

reproductive health and rights. The symposium focused on a much broader approach to reproductive rights, going beyond fertility regulation to embrace all the aspects of a woman's life connected to population and environment issues.

The network, a Japanese non-governmental organization (NGO), was set up with a one-year time limit ahead of the ICPD. The members agreed to disband the network after it fulfilled its objectives of creating solidarity among women of the North and South; playing an advocacy role for Cairo; and for promoting the roles of NGOs and women in official development assistance (ODA). The network, however, may reorganize to continue activities in the future.

The symposium served to smooth the ongoing dialog on the essence of the Program of Action of Cairo — reproductive health and rights — towards the conference in Beijing. The panel discussion featured representatives of five NGOs, three of which were from overseas. The situations of women in the Philippines,



A view of the panelists.

Egypt and Singapore were highlighted by the panelists who discussed common problems and sought solutions related to the empowerment of women and reproductive rights. Another topic of discussion was the need to improve ODA to ensure that benefits reach the grassroots. Panelists ended their discussion with a call for more solidarity among women.

During the free discussion time, members of the audience expressed concern about the situation of women in Japan and urged revision of the Eugenic Protection Law and authorization of the low-dose oral contraceptive pill, especially to answer needs of adolescents.

NGOs in Touch with GII Progress

The Japanese Ministry of Foreign Affairs (MOFA) held its second meeting with representatives of Japanese non-governmental organizations (NGOs) concerning the Global Issues Initiative (GII) on Population and AIDS



Ministry of Foreign Affairs officials discuss the GII.

on December 20 at its office in Tokyo. The meeting served as a forum for sharing information on the government's activities under the GII, specifically the two project

formulation missions that were sent to the Philippines and Indonesia, and to Egypt at the end of last year. It was attended by some 30 NGO representatives.

The meeting began with reports of the two missions. These were followed by a question and answer session on the missions and on NGO involvement in official development assistance (ODA) under the GII.

A report on the meetings held with NGOs in the Philippines and Indonesia was provided by JOICFP Program Officer Kiyoko Ikegami, who took part in the mission. These meetings, she noted, were effective for gaining a fuller understanding of the local situations and the grassroots needs in the two countries.

An outline of possible projects for the two countries was provided by Masafumi Kuroki, director, Research and Programming Division, Economic Cooperation Bureau, MOFA.

Objecting to the lack of projects specifically targeting women, the NGO

representatives also noted that all members of the Egypt mission were men.

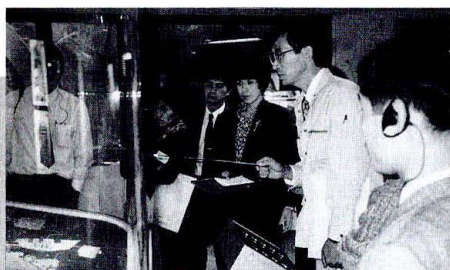
The representatives agreed on the importance of bringing women's perspectives to project formulation by including them in missions, especially in Islamic countries such as Egypt where women feel freer to discuss family planning needs with other women.

To further the process of NGO-government dialog on GII, the participants recommended that such meetings be held on a regular basis in the future and include officials of the Ministry of Health and Welfare, a ministry that is directly involved in AIDS and population issues. The representatives also urged that an integrated approach directly involving NGOs be pursued by the government to tackle the issues population and AIDS to enhance effectiveness of Japanese ODA.

The ministry is planning to send project formulation missions to Pakistan, Bangladesh and India after April. The MOFA officials also announced that project formulation for Kenya was also being conducted locally through the Japanese Embassy in Nairobi.

A Balanced View of Urbanization in Asia

Administrators from four Asian countries taking part in an urban policy course in Kobe, Japan, were reminded of both the negative and positive aspects of the rapidly expanding phenomenon of urbanization in Asia. This approach to urbanization echoed the balanced view taken by the Program of Action, adopted



The visitors listen to an explanation of city planning.

at the International Conference on Population and Development in Cairo in 1994.

The First Group Training Course on Integrated Urban Policy was held from November 14 - December 15 at the Asian Urban Information Center of Kobe (AUICK).

It was attended by seven participants from Indonesia, the Philippines, Thailand and Vietnam. The program, the first of its kind funded jointly by AUICK and UNFPA, was aimed at introducing participants to the experience of Japanese cities such as Kobe to assist them to solve a wide scope of urban problems. The event also fostered network building among medium-sized Asian cities including Kobe and UNFPA.

Founded with UNFPA support in 1989, AUICK has been engaged in the study and research of urban problems facing Asian cities.

The training focused on middle-ranking city administrators actively involved in urban problem-solving. The course provided an understanding of policies, statistics, family planning and citizen participation in Japanese cities and offered insights into Kobe's problems and their solutions. The training served to stimulate participants to seek solutions for their own cities and provided analytical resources for problem solving.

The course included input from UNFPA with the contributions from Ian Howie, country



Participants observe garbage collection.

director, China, Mongolia and the Democratic People's Republic of Korea; Jyoti Shankar Singh, director, Technical and Evaluation Division; and Dr. Hirofumi Ando, deputy executive director.

To complement the East and Southeast Asian focus of the 1994 training, another course is planned to be held this year focusing on South Asia.

Condolences for Kobe

JOICFP expresses its condolences to the people of Kobe following the major earthquake on January 17, 1995.

Mega-cities of the 21st Century

Jyoti Shankar Singh, director, Technical and Evaluation Division, UNFPA, spoke at the First Group Training Course on Integrated Urban Policy in Kobe on November 23. Below are highlights of his statement.

The last decade of the 20th century will go down in history as the decade in which the world experienced the largest absolute increase in its population. Altogether, the world's population will increase by some 2.6 billion people over these 30 years.

Most of the increase will be in the cities and towns. In Asia (excluding Japan), for example, in the late 1960s urban growth stood at over 3% per annum, with rural growth about a percentage point lower. Currently, the urban rate has increased to around 4% annual growth, but net growth in rural areas has lessened to only about 1% annually.

The world as a whole is growing inexorably

more urban. Sometime before the year 2005, around 10 years from today, the world's population will pass the 50% level of urbanization and after another 10 years the developing countries as a group will pass this milestone. Asia, along with Africa, remain the two least urbanized regions. Only one out of every three Asians today lives in a city, so the inevitable growth in urbanization will likely continue at an even higher pace in Asia than is true for the developing world as a whole.

One result of urban concentration is the rise of mega-cities. The UN estimates that in the year 2010 there will be 21 mega-cities in the Third World with populations above 10 million, 14 of them in Asia.

The ICPD adopted the Program of Action which gives us guidance for future programmatic action in many areas related to population and development.



Jyoti Singh (left) at the training course.

Compared to previous documents, the Program of Action contains a more balanced treatment of urbanization, emphasizing its positive aspects as well as its negative consequences.

The Program of Action also demonstrates a global concern for how urban settlements impact on the environment. One of the principal recommendations urges countries to assure that mechanisms for urban management are opened to wider participation by all population groups.

which should be sufficient to allow those readers interested to be able to pursue the matter further with OMNI at ILSI Research Foundation, 1126 Sixteenth Street, N.W., Washington, D.C. 20036 (fone 202 659 0074 fax 202 659 8654). It should be pointed out that the deadlines for receipt of proposals may have passed by the time this *Bulletin* is published and received, but it is always possible that these deadlines may have been extended. It is perhaps appropriate to point out that the notices were received only a short time before the deadlines and that in the case of research that is of worldwide interest it is important for sufficient time to be allowed for workers in distant places, where the problems exist, to be able to respond.

QUALITY ASSURANCE AND CONTROL SYSTEM FOR VITAMIN A, IRON, OR IODINE FORTIFIED FOOD

Specific Research Questions

OMNI Research seeks to determine the necessary components for a simple, economical, practical, yet effective quality assurance system for micronutrient fortification programs. Beginning with fortification programs currently in operation, OMNI Research is seeking proposals that will document the crucial components of quality assurance and control systems and test improvements in such systems. The goal is the development of a set of minimum requirements for an effective QAC system. Examples of questions to be addressed in response to this request for proposals include:

1. What are the components of successful existing micronutrient fortification programs in developing countries?
 - What are appropriate cost control steps that can be implemented efficiently and safely without jeopardizing the effectiveness of the QAC system?
 - What are the critical control points that might adversely affect the fortified product? How can these points best be monitored? What are appropriate sampling methods?
2. What modifications can be implemented that will improve the effectiveness of the QAC system within the necessary cost constraints?
3. What then are the minimum requirements for an effective yet economical QAC system?

Award Criteria

OMNI Research will fund 1-2 grants in response to this request for proposals, based on the following criteria:

- Successful proposal must demonstrate knowledge of the necessary successful

components of food fortification programs in a developing country, including government regulatory requirements, if any.

- Successful proposal must develop criteria for a quality assurance control system for a fortification program that is effective in improving micronutrient status. The impact of the fortification program must be addressed.
- The micronutrients to be addressed through fortification are vitamin A, iron or iodine.
- Successful applicant should address the cost benefit for the whole distribution chain from the food production facility to the consumer.
- Collaboration with food manufacturers and appropriate government agencies is desirable.
- Successful applicant must propose a project that can realistically be completed within 18 months of receiving the award. Proposal budget, including indirect costs, should not exceed US \$75,000

DEVELOPMENT AND VALIDATION OF METHODS FOR MICRONUTRIENT (IODINE, IRON, VITAMIN A) ASSESSMENT OF COMMUNITIES

Specific Research Questions

Proposals should be designed to *develop and/or validate a method of micronutrient assessment* that can answer one or more of the following questions:

1. Is there a vitamin A, iron, or iodine deficiency problem within specified areas or population groups? If so, what is the magnitude, severity, and distribution of the deficiency and which areas or population groups are at greatest risk? How reliable are the assessment data generated using the proposed method?
2. What are the causes of the deficiency?
3. What kind of intervention is needed and how can an appropriate intervention be designed?
4. What assessment indices can be used to monitor and evaluate the progress and impact of an intervention? How precise are these indices?
5. How does the proposed method agree with the existing reference indices?

Award Criteria

OMNI Research will fund 1-2 grants in response to this request for proposals, based on the following criteria:

- The successful proposal should emphasize the potential innovative impact of its findings on global micronutrient malnutrition.

project and gave the women an economical service and incentive. Groups of women form savings groups and have access to micro credit; providing they produce gardens. The programme is concluding and we are handing both the equipment and creditline over to the women.

Children from weaning age to 5-6 yrs old are eating the daily requirement as beta-carotene with no fuss in the form of Leaf Nutrient Concentrate produced by their mothers. Most are of the opinion that it tastes terrible, but we camouflage the taste in a porridge with natural brown sugar. "Find Your Feet", 37-39 Great Guildford Street, London SE1 0ES, UK have excellent information packs on the process.

NOTES AND NEWS

Sight and Life, Annual Report 1993 and vol 9, no. 2, June 1994 (Task Force Sight and Life, F. Hoffmann-La Roche Ltd, CH-4002 Basel, Switzerland). The annual report describes support for research in Nepal and Indonesia, intervention programmes in Ghana, Kenya, India and Niger and for training and education in Indonesia and Guatemala. The latest issue of Sight and Life gives an account of the Fifth General Assembly of the IAPB held in Berlin, May 1994 and an elective period by an Aberdeen medical student spent in a small town in India.

Carotenoid News, vol 4, no. 2, August 1994 (from CARIG, department of Human Nutrition & Dietetics, University of Illinois at Chicago, 1919 W. Taylor St., M/C 517, Chicago, IL 60612, USA). (Ed. *This newsletter, full of information on meetings on carotenoids and titles of recent papers on the subject was kindly sent to me by my friend Michael Meguid, Professor of Surgery and Head of the Nutrition Support Service at the Medical Sciences Center, 750 East Adams Street, Syracuse, NY 13210, USA. Incidentally, he is editor of an excellent bimonthly journal "Nutrition" which some of you may wish to obtain.*)

AOV Antioxidant Vitamins Newsletter – a quarterly update on beta-carotene, vitamin C and vitamin E (from F. Hoffmann-La Roche, contact Dr Lillian Langseth, FACN, Lyda Associates Inc., P.O. Box 700, Palisades, NY 10964, USA).

Community Eye Health, vol 6, issue no. 12, 1993 (ICEH, Institute of Ophthalmology, Bath Street, London EC1V 9EL, UK). Of special interest in this issue are articles on health education and on the causes of blindness in western province of Cameroon. ICEH runs courses of differing length and level throughout the year and the most up-to-date details of these are given with this *Bulletin*. Full particulars may be obtained from the Courses Promotions Officer at ICEH (tel: 44 71 608 6898, fax: 44 71 250 3207).

SCN News, no. 11, mid 1994 (Dr John B. Mason, Technical Secretary, ACC/SCN, c/o WHO Headquarters, Avenue Appia, 20, CH-1211 Geneva 27, Switzerland). This latest 70 page issue is a mine of useful information of all kinds in the field of international nutrition. The theme of "Maternal and Child Nutrition" is covered in a series of ten articles, including "Vitamin A Deficiency in the Mother-Infant Dyad" by Rebecca J. Stolfus.

Dietary Fiber, bibliography and reviews, an international newsletter on carbohydrates, fiber and health (Dr A. R. Leeds, Department of Nutrition, King's College, London W8 7AH, UK). Vol 1, no. 3, 1993.

Dialogue on Diarrhoea, issues 56, 57, March-May, June-August 1994. (AHRTAG, 1 London Bridge Street, London SE1 9SG, UK). Topics of special interest are food hygiene, improved cookstoves, urban families' nutrition, and zinc-diarrhoea link.

Contact, a bimonthly publication of the World Council of Churches (150 rue de Ferney, 1211 Geneva 2, Switzerland). Issues no. 136 (writing about health), no. 137 (coordinating agencies) and no. 138 (community action for health).

Health Action, issue 8, March-May 1994 (AHRTAG see above). Continuing education for primary health care is the topic and in issue 9, June-August it is paying for health care.

NCP Bulletin, July-December 1993 (Nutrition Center of the Philippines, P.O. Box 1858, MCPO, Makati, Metro Manila, Philippines). Two articles in this issue are of special interest to readers; an account of a meeting focussing on Strategies for Vitamin A Deficiency Control held in Ottawa in July 1993 and a report on micronutrient deficiencies including vitamin A deficiency in the Philippines. The editorial, commenting on a regional meeting of WHO-UNEP on education for promotion for supportive environment for health held in November 1993 epitomised the thoughts of most health workers – "In the Philippines we certainly have to work harder. The prevailing high rate of population growth, with its concomitant blights of poverty, disease, congestion, and filth, especially in urban areas, continues to stress the need for safe water, sanitation, efficient garbage collection and disposal and easing of industrial and traffic pollution".

Nutrition News, vol 15, no. 3, July 1994 (National Institute of Nutrition, Tarnaka, Hyderabad 500 007, India). The current topic is 'nitrate and N-nitrosamines as plausible factors in cancer'; research highlights are also included.

NFI Bulletin, vol 15, no. 3, July 1994 (Nutrition Foundation of India, B-37 Gulmohar Park, New Delhi, India). Contains articles on micronutrient deficiencies and lathyrism.

Effective IEC Approaches for Asia

Workshop participants view innovative IEC materials made from prototypes

Participants of an IEC workshop held in Katmandu on December 9 were introduced to three innovative IEC materials developed for China with funds from UNFPA/JOICFP. The workshop served as a follow-up to the first such event held in Kuala Lumpur in February 1993 and the second in Tokyo in November 1993. The first workshop focused on printed educational materials for pre-adolescent girls and the second was aimed at the production of audio scripts for women's health.

Two materials developed by the Shanghai



JOICFP staff demonstrate the Magnel apron prototype to the audience.

International Center for Population Communication, China (SICPC) under the guidance of the State Family Planning Commission of China were presented at the workshop. Wang Zhong, deputy director and secretary general, SICPC, introduced the participants to the eight different types of "Rose Cards" (menstrual record cards) produced for pre-adolescent girls and two videos, one for STD prevention and the other for AIDS prevention. Prior to the workshop, the STD video was broadcast nationwide on China Central TV, while the AIDS video was broadcast on World AIDS Day on December 1 in Shanghai and Yunnan.

Aimed at encouraging girls to accept and better understand their reproductive cycles, the menstrual record cards have been distributed to young girls in Shanghai who have provided feedback that is being used to finalize the

materials. The cards were produced from several prototypes created at the Kuala Lumpur workshop and with information from a knowledge, attitude and practice survey conducted on school girls in Shanghai.

To highlight the important part that menstruation plays in a woman's life, Wang commented that Chinese women experience menstrual cycles for an average of 36.5 years. This figure means that each woman menstruates for an average of 2,500 - 3,500 days or for seven to eight years, he said. Since menstruation is such a major factor in a woman's life, she should understand how to protect her health during this time, he added.

Wang compared the level of understanding of menstruation among young women in Japan and China, noting that the more information women had, the more likely they were to have a positive attitude about their reproductive cycles. He added that the cards were designed to make young women more aware and thus encourage them to accept menstruation as a natural and not negative phenomenon. The SICPC will be mass-producing modified cards this year for sale after the initial card distribution received a very positive response from parents, he said.

Wang also introduced the two videos developed by the SICPC. The STD prevention video went on sale in September 1994 and sold 600 copies in three months. Commenting on the success of the video, Wang said that such materials were badly needed to prevent STDs. "It is a good investment in women's reproductive health," he said.

The second part of the workshop focused on the experiences of the Mexican Foundation for Family Planning (MEXFAM), which has been promoting an adolescent health program entitled "Gente Joven." The outline was presented by MEXFAM Executive Director Alfonso López.

The Latin American experiences were welcomed by the participants from Asia where adolescent health problems are a serious, yet not prioritized issue. MEXFAM, having recognized the impact that adolescent health



Alfonso López explains the Gente Joven program for adolescents in Mexico.

education has on women's health has developed a variety of effective strategies and IEC materials for tackling issues related to the health education of young people.

During his presentation, López emphasized the effectiveness of peer counseling, commenting that adolescents find it easier to talk with someone their own age. López also used role plays to assist participants to understand the approach of the Gente Joven program for young people.

In the third part of the workshop, JOICFP presented a video developed under the IEC project by a Vietnamese non-governmental organization. Entitled *Drops of Rain*, the video seeks to raise women's self-esteem. Another recent JOICFP-produced entitled *A New Profile*



Wang Zhong displays the menstruation record cards for pre-adolescent girls.

of Asia was also presented.

Participants were also given a demonstration of a prototype for a new version of the educational Magnel Kit. Participants were asked to comment on the material, which consists of an apron and parts for reproductive health education. The apron, if developed will be simpler, cheaper and more easy to carry than the Magnel Kit.

VOICE OF VOICES

By Chojiro Kunii

Inspiration from Desperation

When World War II came to an end, I had no money, no skills and no job. The only thing that I felt I had a flair for was literature, but I doubted that this would be a practical way to make a living.

By chance I happened to visit Dr. Makoto Koizumi. He was a professor of the Medical faculty of Keio University and was an expert in parasitology. He was also famous for having introduced the theory of evolution to Japan.

Dr. Koizumi was an interesting person to talk to. He was well-read, having studied the *Manyoshu*, Japan's oldest collection of poems, and the works of Ueda Shusei, a writer of the

18th century. The doctor was also a writer himself, having contributed many essays on Japan's mythical water sprite, the *kappa*, to various publications.

During my visit, we discussed many things, from the rural poverty of Japan, to China's nation-building efforts under Mao Tse Tung who had led a revolution to liberate farmers after centuries of hardship. We also talked about rural environments and the health of farming populations.

At that time in Japan's history, about 80% of the population were suffering from parasite infection. It was seriously affecting the way they conducted their lives. I spoke about the need for parasite control in Japan to Dr. Koizumi. He gave me an encouraging laugh, which inspired me to do something about it.

I was not trained as a medical professional and was not cut out for medical work. My inclination was to get involved in literature.

However, the meeting with Dr. Koizumi changed my outlook. Since so many Japanese were suffering from parasite infection, I decided to put preventive health measures into practice in the field.

This is how I began my parasite examination and treatment activities with the students of Kyobashi Elementary School in Tokyo. The response from students amazed me. They were delighted to be rid of *Ascaris* and hookworm infections.

Their enthusiasm gave me confidence to begin my career in parasite prevention. With the fees I collected from the testing and provision of medicines, I was able to earn a living and gradually expand the activities to include a variety of preventive health-care services.

My experience taught me an invaluable lesson. When you are driven to the wall, you may find a truly innovative means to overcome your problems.

DIARY

– **Agnes Aristiarini Iswari**, journalist, *Daily Compass*, Indonesia, visited JOICFP to interview JOICFP Chairman Chojiro Kunii while in Japan from Nov. 25 - 27.

– JOICFP Program Officer Kiyoko Ikegami was in the Philippines and Indonesia as a member of a government project formulation mission under the Global Issues Initiative for Population and AIDS from Nov. 20 - Dec. 3.

– Dr. **Andrew Mason**, director, East-West Center, visited JOICFP on Dec. 9 to exchange information. He was accompanied by **Yoshiaki Okunishi**, population program researcher.

– **Alfonso López**, executive director, Mexican Foundation for Family Planning (MEXFAM), was in Japan Dec. 11 - 15 to exchange information with government officials, preventive health and medical institutions, and a MCCOBA member city.

– Dr. **Hirofumi Ando**, deputy executive director, UNFPA, visited JOICFP to exchange information on Dec. 19.

– JOICFP Deputy Executive Director Yasuo

Kon and program officers Aiko Iijima and Ryoichi Suzuki were in Bangladesh from Nov. 25 - Dec. 2 for the National Workshop of the Integrated Family Development Program and project monitoring. They traveled to Nepal to attend the Regional Workshop on Quality Care for Community-based FP/MCH in Asia, held Dec. 4 - 8, and the IEC Seminar, held Dec. 9. They were joined by program officers Sumie Ishii, Yukio Honma and Ryoko Nishida. Nishida traveled from Thailand where she stayed from Dec. 1 - 2 to hold discussions with ESCAP on the regional project on population aging. Iijima stayed on in Nepal until Dec. 22 to attend the National Workshop. Ishii traveled to Thailand after Nepal where she stayed from Dec. 11 - 14 to exchange information with government officials, UNFPA and PDA.

– JOICFP Program Officer Hiroshi Taniguchi was in Turkey for interviews related to *Integration* magazine from Dec. 10 - 24.

New Japanese Publication

The fifth volume of JOICFP Chairman Chojiro Kunii's series of books entitled *Humanistic Family Planning* was published in December 1994. Written by Kunii, this Japanese-language edition is a collection of theses, reports and essays mainly related to the integrated approach to family planning promotion. Most of the work included in the book was written during the 1970s and 1980s.



JOICFP Women's Health and Status Series

A New Animated Film

Twin Lotus

13 min., Color/English, Chinese



A newly-wed couple is just beginning to live together in a beautiful riverside district in southern China. One day the wife collapses from illness while at work.

Women today must learn about their bodies and be intent upon maintaining their health so they can lead more self-reliant lives.

This film, from the Women's Health and Status Series, is a Japan-China joint production that uses an animation technique based on a traditional paper-cutting method.

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