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FINAL REPORT

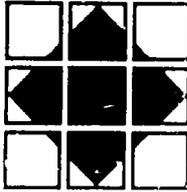
Family Welfare Workshops
with
The Girls' and Boys' Guides
in Sana'a and
The Local Councils for
Cooperative Development in Taiz

JULY, 1987

Prepared by:

Dr. Soheir Sukkary-Stolba

Yemen Arab Republic
Regional Population
Project Number (398-0048)



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SUMMARY AND RECOMMENDATIONS

The Pragma Corporation under contract with the Agency for International Development provided technical services to the Girls' and Boys' Guides in Sana'a, and the Councils for Cooperative Development at Taiz. Two workshops were conducted at the "Hadda" camp facility in Sana'a and the "Muntaza" Park at Taiz. Each workshop lasted six days.

Pragma's Senior Associate, Dr. Soneir Sukkary-Stolba, designed and implemented the two workshops in cooperation with AID's Health and Population personnel in Sana'a.

The first workshop was attended by 30 participants. Twenty-five Girl Guides and five Boy Guides attended the workshop. Lecturers were hired from the Ministry of Health's Maternal/Child Care and Nutrition Department. The participants were mostly young University students or government employees. As Girls and Boys Guides, the participants often engage in social activities in their communities. This short course offered the participants an opportunity to learn some of the basic health concepts related to contraceptive use, human lactation, nutrition education, and public health and hygiene.

Dr. Stolba presented three core lectures on Yemeni demographics, social marketing, and contraceptives. Several exercises were practiced in class with small groups of participants. Participants were tested daily on the information they learned during the lectures. Also a pre- and post-test was administered showing an average increase of five points per participant.

Local health professionals were hired to lecture on topics ranging from oral rehydration therapy to nutrition education. The quality of the lectures was outstanding and participants rated the workshop as "excellent" in both content and organization.

The Taiz workshop was attended by 29 participants, all members of the Yemeni Women's Association at Taiz. Most of the participants were either elementary school teachers or seniors at the Educational Institute at Taiz. One participant was a third year medical student. Dr. Abdel Wahab al-Gurbany, the Head of the Red Crescent at Taiz, played an important role in suggesting lecturers and providing the secretarial staff for the workshop.

In Taiz, the opening ceremony was attended by the governor of Taiz, Dr. Robert Mitchell, Mrs. Hamdani of USAID Sana'a, local council members and the executive staff of the Yemeni Women's Association. The governor and many local council members attended the closing ceremony.

The workshops were covered by the media. Several newspaper articles were written about the workshop's content. Sana'a television station covered the first workshop. In Sana'a, the Minister of Youth, the AID Mission Director, and the Head of Development Office attended the opening ceremony. A very festive closing ceremony was implemented by both the Girls' and Boys' Guides. Songs, dances, and a musical band concluded the workshop activities.

The evaluation forms filled by participants indicate that the workshops are extremely useful to them as individuals and as members of their communities. Many of the participants expressed their interest in acting as health educators in their communities. They also asked for more workshops of a similar nature.

The two workshops were well organized and no participants were absent for any of the workshops. The Taiz workshop suffered slightly because the lecture hall had been booked for two events on the third day of the workshop. However, the situation was quickly corrected and all logistic arrangements proceeded smoothly.

Recommendations

1. Some of the workshop participants could be utilized as health educators in their communities or in rural areas.
2. There is a great deal of interest among Local Council members, Director of the Red Crescent at Taiz, and the Nutrition Unit in the Ministry of Health in developing video cassettes which could be used in waiting rooms in clinics. The Local Councils have equipped some of their clinics with VCR's.
3. Participants asked for similar workshops to be conducted for men. As males tend to make major decisions within the context of the Yemeni family, it is important to involve men in Family Welfare training.

Part I. The Girls' and Boys' Guides Workshop

Preliminary Activities

The Pragma Corporation, under contract with the Agency for International Development, implemented a six-day workshop in Sana'a for the Girls' and Boys' Guides. Pragma's Senior Associate, Dr. Soheir Sukkary-Stolba, arrived in Sana'a on July 7, 1987. On July 8th, 1987, several meetings were held at the

Ministry of Health to confirm lecturers' schedules and arrange for individual meetings with some of the lecturers to discuss outlines, audio-visual aids, etc. Ms. Lee Feller, Mrs. Rashida Hamdani, and Dr. Stolba met with Dr. Zabara, Director of Primary Health Care Services, Dr. Kalid Gilan, Director of Maternal/Child Health, and Mr. Mohammed Abdel Kalik Hanash, an LCCD official.

Moreover, prior to the consultant's arrival, Mrs. Hamdani held several meetings to work out all the logistic and financial arrangements for the two workshops. On July 9th, Dr. Stolba met with Ms. Faiza Issa, Director of the Girls' Guides, Ms. Fatin Issa, and Ms. Nagat AL-Kalaki of the Girls' Guides to discuss organizational issues and determine the nature of the training materials, audio-visual aids, lecture hall preparation, etc. It was decided to assign all financial and logistic matters to both Ms. Issa and Ms. AL-Kalaki. The "Hadda" Permanent Camp was chosen to be the training site. Cash was given to the two administrators to start the process of procurement of training materials.

The Work Committee

The Work Committee consisted of the following individuals:

Dr. Soheir Stolba, Consultant
 Mrs. Rashida Hamdani, USAID Sana'a
 Ms. Faiza Issa, Director of Girls' Guides, Sana'a
 Ms. Fatin Issa, Girls' Guides Coordinator
 Ms. Nagat AL-Kalaki, Girls' Guides Coordinator

The workshop arrangements were also discussed with Mr. Ahmed AL-Snabey of the Boys' Guides.

Workshop Duration

Six days, starting July 11, 1987, to July 16, 1987.

Cooperating Institutions

The Girls' Guides, Youth Authority
 The Boys' Guides, Youth Authority
 Ministry of Health Lecturers

It should be mentioned that although the Workshop was intended for the participation of both the Girls' and Boys' Guides, the Girls' Guides insisted on hosting the complete program with minimum participation of the Boys' Guides. In fact, only five Boys' Guides attended the Workshop.

The Opening Ceremony

The opening ceremony was attended by the Minister of Youth, the AID Sana'a Mission Director, Dr. Robert Mitchell, General Development Officer, and Mrs. Rashida Hamdani of USAID Sana'a. The speakers praised the participants for making the effort to learn about family welfare and health issues, and wished the Guides a productive workshop. The Minister of Youth expressed his gratitude for AID's role in funding the workshops, and hoped for further future cooperation.

Workshop Objectives

The workshop was designed to achieve the following objectives:

1. To create an awareness of major health and family planning issues.
2. To create demand for family planning services.
3. To explain the health benefits of "child spacing" to participants.
4. To encourage participants to disseminate the knowledge they learn in the workshop to their communities.

The Philosophy of Training

The training program was designed on the basis of a clearly defined set of ideas that constitute the basis for all the technical aspects of the program. The workshop was designed to reflect the following training ideologies:

1. Participatory approach: Learning best occurs in a participatory environment where trainers and trainees interact with one another, and exchange views through active participation rather than passive operation. From the outset, participants expressed a desire to take an active role in the discussions. The consultant worked with several of the lecturers to prepare a summary/outline of the training materials and incorporate the family planning training component. The consultant offered assistance, references, and suggestions on the use of audio-visual materials.

In participatory training, the trainee acts at the two levels of learning, namely recognition and production of materials. The training provided trainees with the opportunity to internalize basic concepts. Rather than passively listening to a lecture on family planning, the participants were encouraged to discuss, ask questions freely, and produce materials.

2. Individual instruction: In the informal setting of the coffee break the trainees talked, discussed issues, and asked questions of the technical consultant and the guest lecturers.
3. Homework assignments: Participants were asked to bring to the consultant five homework assignments that involved preparing summaries of all printed materials distributed at the sessions. Also, daily tests were administered.

Lecture Topics

The Family Welfare Workshop included thirteen lectures and eight discussion sessions. The lecture topics included the following:

- Yemeni Demographics: A Comparative Analysis
- Islam and Family Welfare
- Contraceptives Pros and Cons
- Child Spacing and Maternal Health
- Child Spacing and Child Health
- Diarrheal Diseases and ORT
- Immunization
- Girls' Guides Social Role in Yemen
- Social Marketing and Group Dynamics
- Human Lactation and Child Spacing
- Toddlers' Nutrition
- Public Health
- Health Education and Primary Health Care

Profile of Participants

Thirty-one participants, five Boys' Guides and twenty-six Girls' Guides, attended the workshop. The majority of participants were in their early twenties, single, and active Guides. They consisted of school teachers, students, government employees, or researchers. The following chart shows the distribution of participants by profession:

Table 1 Participants' Profession

<u>Profession</u>	<u>Number</u>
Teacher	8
Gov. Employee	3
Student	19
<u>Researcher</u>	<u>1</u>
Total	31

The workshop recruited its participants from the four major cities of the Yemen Arab Republic - Sana'a, Ibb, Taiz, and Hodeida. The following chart shows the regional distribution of participants:

Table 2 Regional Origin of Participants

<u>Region</u>	<u>Number</u>
Sana'a	12
Ibb	8
Hodeida	5
<u>Taiz</u>	<u>5</u>
Total	<u>31</u>

The majority of participants had completed or were finishing their senior year of high school. The Guides were an extremely competitive and energetic group. Many lively discussions about the lecture topics and Yemeni family relations took place between male and female participants. The participation of the five Boys' Guides enhanced group dynamics and provided a proper interactive context for the workshop.

The Guides participate in all ceremonial activities, host foreign guests, attend youth camps, and engage in social activities that benefit their communities.

Lectures

Dr. Soheir Stolba gave three core lectures on the topics of Yemeni Demographics, Contraceptives, and Social Marketing (see Annexes G, K, and I for outline). Each lecture lasted for an hour and was followed by a half hour discussion session. Participants were divided into groups to work on case exercises about contraceptive use. Each group presented its paper and symbolic gifts were given to the winning group.

A lecture on Islam and Family Welfare was given by Mr. Mohammed AL-Faran (see Annex L). The lecture focused primarily on human lactation as a means of child spacing. For all six project workshops, this lecture topic has been the most problematic. In Yemen, religious leaders tend to lack an understanding of and sometimes do not support family planning ideas. Mr. AL-Faran was supportive of "child spacing" in his lecture, but did not elaborate on the topic during further discussion.

Dr. Kalid Gilan, the Director of Maternal/Child Health Care Services in the Ministry of Health, delivered two well-organized lectures on the topics of "Child Spacing" and Maternal Health and "Child Spacing" and Child Health (Annex J), using the overhead projector to show statistics on maternal/child mortality in Yemen. He also provided information on immunization schedules.

Two lectures, one on the topic of Human Lactation (Annex H) and one on Oral Rehydration Salts (ORS) (Annex P), were given by Dr. Adel Barakat, Director of the Nutrition Unit in the Ministry of

Health. He illustrated the use of ORS and gave instructions for an easy home preparation of the salts. He also discussed the various types of childhood gastrointestinal problems and their environmental causes.

In addition, Dr. Barakat gave a lecture on the topic of Toddlers' Nutrition (Annex M) in which he outlined the importance of both breastfeeding and supplementary foods for six month to two year olds. He also stressed that mothers need to understand the importance of food groups and growth monitoring of the young.

Ms. Faiza Issa, Director of the Girls' Guides, gave an excellent lecture on the "Role of the Girls' Guides in Social Services". She engaged the participants in discussions about the role of a successful Guide. Groups then developed outlines for social projects and presented them to the class.

Dr. Nabih Nagy, a Public Health Specialist, talked about public health concerns (Annex O). After discussing specific environmental health problems in Yemen, Dr. Nagy suggested various ways in which individuals could make a difference in their communities and urged participants to work on community projects. He also presented the group with an analysis of refuse in Yemen based on research which was conducted in 1976 and 1983. It was obvious that in 1983, Yemen's refuse included more plastic containers, clothing, cans, etc. than in 1976.

Dr. Zabara did not show up for his lecture on Primary Health Care Services, and Dr. Stolba covered the topic briefly.

Discussion Group Dynamics

A question and answer period usually followed each lecture, however it should be noted that there was a great deal of diversity in lecture styles. Some lecturers preferred an end-of-lecture "discussion", others asked participants to ask questions during lecture time.

Groups were asked to find answers to family planning, health, and sanitation problems. One exercise dealt with how to convince women to "space their children". Another exercise was about sanitation problems in Yemen. Students were asked to "create a social situation" and define the "social constraints" to their proposal.

The participants showed a positive spirit of competition, and had a good time "acting out" social situations and developing the context of problems.

Daily Tests

The first 15 minutes of each training day included a quiz of an objective nature. On the following day, participants were handed back their corrected tests with comments from Dr. Stolba. Participants were given symbolic rewards for excelling in studying and good test performance.

Pre- and Post-Test

A short pre- and post-test with true/false and multiple choice questions was administered to the participants (see Annex F). There was an average increase of five points per test between the pre- and post-test scores.

Evaluation Forms

Participants were asked to fill out an evaluation form at the end of the session (for results see Annex S). The participants rated the workshop as "excellent" in both content and organization. Participants liked the lecture on "Demographics of Yemen" the most, followed by the lecture on contraceptives. All thirty one participants stated that they benefited from the workshop and hoped to share their knowledge with friends and relatives.

Participants' Recommendations

For future workshops, the participants made the following suggestions:

1. A workshop should last at least ten days to allow for longer discussion time.
2. More workshops should be given in other regions of Yemen.
3. Increase the use of audio-visual materials, especially videos.
4. Allow more participants per workshop in order to give opportunities to a larger number of Girls' Guides to informed about family welfare.

Media Coverage

The Sana'a television station covered both the opening and the closing ceremonies. Al Thawra newspaper interviewed Dr. Stolba and a few of the Girls' Guides, and wrote a one page story on the workshop. Sana'a radio taped an hour program with Dr. Stolba and some of the workshop participants.

The Closing Ceremony

A very elaborate musical closing show was featured after the evaluation session ended. Both Girls' and Boys' Guides sang national songs and young Guides danced in their uniforms. Dr. Robert Mitchell attended the closing ceremony. Brief speeches were given by the leaders of the Girls' and Boys' Guides.

Audio-Visual Materials

A number of different audio-visual aids were used in the workshop, including:

- an overhead projector presentation on maternal/child health and child spacing
- examples of contraceptives were shown to participants to illustrate the contraceptive lecture
- printed copies of each lecture were distributed to participants
- slides were used to illustrate the nutrition lecture

The Workshop Budget

The Workshop budget is presented in Annex T. The total amount spent on the workshop was 31,700 Rials. This is equivalent to \$3,202. At the time of the workshop, the exchange rate was 9.9 Rials to the dollar. Both Ms. Fatin and Ms. Nagat are to be commended for successfully keeping the workshop within the budget.

Consultant's Comments

The Girls' Guides cooperation, enthusiasm, and dedication to their roles as forces of change in their communities helped the workshop succeed. The quality of lectures was excellent and there was sufficient time devoted to group dynamics. The five Boys' Guides who participated in the workshop kept the discussions lively and dynamic, and offered the Yemeni male's views on family relations.

Part II. Family Welfare Workshops for Local Councils for Cooperative Development at Taiz

Introduction

On Thursday, July 16, 1987, Dr. Stolba and Mrs. Hamdani flew to Taiz to prepare for the LCCD Workshop. Mrs. Hamdani had made all logistical arrangements, and procured all official approvals prior to the consultant's arrival. Mr. Abdulla AL-Khlany accompanied the consultant and supervised the financial part of the workshop. Dr. Abdel Wahab AL-Guhrbany, the Director of the Swedish Health Center, played a focal role in selecting lecturers and providing the logistical support for the workshop.

Also, Mrs. Soad AL-Atassy, Director of the Yemeni Women's Association at Taiz, was instrumental in notifying the participants. It should be noted that although the LCCD hosted the workshop, all participants were members of the Yemeni Women's Association at Taiz.

Duration of the Workshop

Six days starting July 18, 1987, to July 23, 1987.

The Work Committee

Dr. Stolba was assisted by both Mrs. Rashida Hamdani and Mr. Abdulla AL- Khlany.

Background Information on the Role of the LCCD in Health Care

In 1985, Local Government Law No. 12 was issued and assigned to the Local Councils, the following tasks:

- Engage in economic projects
- Build Mosques
- Construct and operate health clinics
- Contribute to public work projects like road paving, parks
- Conduct social surveys
- Help in providing aid during emergency situations
- Plan for sports activities and national celebrations
- Cooperate with the Ministry of Agriculture in rural areas

A Profile of the LCCD Clinics in Sana'a and Taiz

1. Sana'a

- There are 12 LCCD clinics in Sana'a
- Medical staff consists of both Yemeni and expatriate doctors

- Al-Zanrawy clinic receives on the average 110 people daily. Most of the patients are children.
- A fee of 15 rials is charged per patient.
- The clinic offers the following services: immunization, x-rays, lab work, dentistry, maternal/child care services, oral rehydration therapy, internal medicine, family planning services, and sale of pharmaceuticals.
- Contraceptives are procured from the Yemeni Family Planning Association
- IUD's and pills are the only available contraceptives and husband's permission is required for use of contraceptives
- Financial sources include the following: a) allocation from the national budget; b) a percentage of taxes levied on electric, water, phone bills; c) municipal and construction fees include a percentage for the LCCD; d) movie tickets, passports, and car licenses carry a small fee to finance LCCD operations; e) fees collected at the clinics.
- Clinics operate only in the afternoons and evenings

2. Taiz

- There are 3 LCCD clinics in Taiz
- Clinics charge 25 rials per patient
- The operations seem to be fairly new and not too many patients were observed in the clinics.

The above mentioned data was collected by Dr. Stolba after visiting 5 LCCD clinics in Sana'a and Taiz.

The Opening Ceremony

The opening ceremony was attended by Mr. Mohssein AL-Ussufy, the Governor of Taiz, Dr. Robert Mitchell, the General Development Officer, Mrs. Rashida Hamdani of USAID Sana'a, Dr. Abdel Wahab AL-Gunrbany, Director of the Swedish Health Center, Mr. Hanash of the Sana'a LCCD, and many dignitaries from Taiz. Also Mrs. AL-Abassy, Director of the Yemeni Women Association, and many key administrative staff of the Yemeni Women Association attended the opening ceremony.

The Governor expressed his gratitude for AID's financial support and he praised both the LCCDs and the Yemeni Women Association for hosting the Taiz workshop.

Profile of Participants

Twenty-nine women attended the Taiz workshop. All participants were members of the Yemeni Women's Association. The average age of the participants was twenty-one years old. Most were either teachers or students of the Teaching Institute at Taiz.

The trainees tended to be extremely active in their communities, and were outspoken about social issues. Women in Taiz seem to enjoy more freedom than in other parts of the country. Because the participants shared a high educational level, the discussions were well organized and more focused on the technical aspects of health.

The Lecturers

All lecturers were practicing physicians working for the Swedish Health Center. The technical quality of the lectures was excellent. Dr. AL-Guhrbany selected the lecturers and they were briefed about the lecture topics by Dr. Stolba. Three core lectures were delivered by Dr. Stolba: "Yemeni Demographics", "Contraceptives", and "Social Marketing". Dr. AL-Sakaf gave the lecture on "Maternal/Child Health and Family Spacing". The lecture included interesting statistics about Yemeni maternal and child mortality figures.

Dr. AL-Galy discussed the use of ORT and home preparation of ORS. He also explained the reasons for diarrheal diseases in Yemeni children.

Dr. Abdel Kareem Ahmed talked about the importance of immunization for infants and young children, and explained to the participants the symptoms of childhood diseases. He also stated the Yemeni Ministry of Health's schedule of vaccination.

Dr. Hameed Zaied drove from Sana'a where he heads of the LCCD's clinics of Sana'a to Taiz to give a lecture on the "Role of the LCCD Clinics in Health Care". Dr. Zaied discussed the topic of health services for women and children, and he pointed out the number of active LCCD health clinics in Yemen and in Taiz.

Mr. Nasser AL-Shebany gave the lecture on "Islam and Family Welfare". He was supportive of the idea of "Child Spacing". Dr. Abdulla Badr gave a lecture on "Human Lactation" where he showed slides about lactation within a cross-cultural context.

Dr. Abdel Kareem Ahmed lectured on "Nutrition for the Child". The lecture covered the basic principles of proper nutrition for infants and toddlers.

Dr. Guhrbany's lecture on public health was well presented. He used an interesting interactive method to deliver his lecture. Participants enjoyed his informative lecture.

Mr. Abdullah Badr talked about health education. He shared his experiences as a health educator and used interesting slides to illustrate his points.

Media Coverage

The Taiz workshop was featured as news item in the Thawra Newspaper. A video tape was made of the closing ceremony to be saved in the documentation center of the Swedish Health Center.

Daily Tests

Participants were tested daily on the lectures of the previous day. The first fifteen minutes of each training day was devoted to administering an objective quiz.

Evaluation Form

All students were asked to complete an evaluation form (Annex S). Because of the absence of one of the participants, only twenty-eight forms were completed. Twenty-seven trainees rated the session as "excellent" in content and organization, and one rated it "very good". The best rated lectures were "Contraceptives", "Social Marketing", and "Public Health". Trainees mentioned that these sessions were particularly useful to them as young women who will be mothers one day. They also expressed their desire to share the information they learned with friends and neighbors.

It was interesting to note that many of the "teacher" trainees stated that they would like to include various segments of the lectures they learned in the workshop in their regular teaching programs.

Again, trainees wrote about the importance of using more audio-visual aids in the session. Although the consultant is in full agreement about the value of audio-visual aid use, procuring equipment and power outages are two problematic areas in Yemen.

Participants' Recommendations

1. Involve women in health education, especially in rural areas.
2. Increase use of audio-visual aids.
3. Offer more workshops.
4. Increase the number of days for the workshop.

Consultant's Comments

The workshop was a success because of the dynamic nature of the participants. The Taiz branch of the Yemeni Women Association is extremely active in offering literacy, handicrafts, sewing, and typing programs to women at Taiz and in surrounding rural areas.

I was taken on a field trip to visit rural programs and was very impressed with the dedication of teachers and all women leaders of the YWA at Taiz.

The Closing Ceremony

The Governor of Taiz, Dr. Abdel Wahab AL-Guhrbany, Dr. Hamid Zeid, many local Council members, and the leadership of the Yemeni Women's Association at Taiz attended the closing ceremony of the workshop. Speeches emphasized the benefits the participants gained from participating in the workshop. Certificates were handed to the trainees by the Governor of Taiz.

The Workshop Budget

This workshop cost 46,605 Rials or \$4,707. The exchange rate was 9.9 Rials to the dollar. For a more detailed budget see Annex U.

ANNEX A
Training Schedule for the Girls'
and Boys' Guides Workshops in Sana'a

	8:30 - 9:30 am	9:30 - 10:30 am	10:30 - 11:00 am	11:00 - 12:00 pm	12:00 - 1:00 pm
Saturday /11/87	Opening Session	Yemeni Demographics A Comparison with Other Countries Dr. S. Stolba	COFFEE BREAK	Family Planning: A Religious Point of View Sheik Mohammed AL-Faran	Discussion Groups on Family Planning and Islam
Sunday /12/87	Contraceptives Pros & Cons Dr. S. Stolba	Discussion Groups on Contraceptives	COFFEE BREAK	"Child Spacing" and Maternal Health Dr. Kalid Gilan	Discussion Groups on "Child Spacing"
Monday /13/87	"Child Spacing" and Childrens' Health Dr. Kalid Gilan	Discussion and Overhead Presentation	COFFEE BREAK	Oral Rehydration Therapy Dr. Adel Barakat	Immunization Dr. Kalid Gilan
Tuesday /14/87	The Role of the Girls Guides in Social Services Ms. Faiza Issa	Group Dynamics	COFFEE BREAK	Social Marketing Dr. S. Stolba	Group Dynamics
Wednesday /15/87	Human Lactation Dr. Adel Barakat	Toddlers' Nutrition Dr. Adel Barakat	COFFEE BREAK	Public Health Issues in Yemen Dr. N. Nagy	Discussion Groups
Thursday /16/87	Primary Health Care Services	Post Test	Evaluation Forms	Tea Party	

ANNEX B
Training Schedules for the Local Councils for
Cooperative Development Workshops at Taiz

	8:30 - 9:30 am	9:30 - 10:30 am	10:30 - 11:00 am	11:00 - 12:00 pm	12:00 - 1:00 pm
Saturday /18/87	Opening Session	Yemeni Demographics A Comparison with Other Countries Dr. S. Stolba	COFFEE BREAK	Contraceptives Dr. S. Stolba	Discussion Groups on Family Planning and Islam
Sunday /19/87	Contraceptives Pros and Cons Dr. S. Stolba	Discussion Groups on Contraceptives	COFFEE BREAK	"Child Spacing" and Maternal Health Dr. AL-Sakaf	Discussion Groups
Sunday /20/87	"Child Spacing" and Childrens' Health Dr. AL-Sakaf	Slide Presentation	COFFEE BREAK	Oral Rehydration Therapy Dr. Abdel Rahman AL-Galy	Immunizations Dr. Abdel Kareem Ahmed
Tuesday /21/87	The Role of LCCD in Health Care Dr. Hameed Zaied	Social Marketing Dr. S. Stolba	COFFEE BREAK	Islam and Family Planning Sheik N. AL-Shebany	Discussion Groups
Wednesday /22/87	Human Lactation Dr. Abdullah Badr	Discussion Groups	COFFEE BREAK	Public Health Issues in Yemen Dr. Abdel Wahab El Guhrbany	Discussion Groups
Thursday /22/87	Health Education Dr. Badr	Closing Statements & Distribution of Certificates	Tea Party		

ANNEX C
Participants of the Sana'a Workshop
Girls' and Boys' Guides

1. Hakima Y. Ameka
2. Izeya A. Abdou
3. Radia M. AL-Arishni
4. Noor A. AL-Hibaby
5. Alhan AL-Harazy
6. Kairya M. Sani'a
7. Montaha AL-Shargaby
8. Nasrah Moustafa
9. Iman Hassan Mohamed
10. Habiba M. AL-Damary
11. Waniba Ali AL-Hadad
12. Nagat M. AL-Ma'amoury
13. Faiza Hassan Ahmed
14. Intissar Abdulla Shams AL-Dean
15. Hudda Yehiga Ahmed
16. Kifah Abdul Qader Saed
17. Samira Abdu Qushima
18. Gamila M. AL-Harawy
19. Amal Abdullah Atshan
20. Rukya Nasser
21. Ilham M. Wazi'a
22. Umma Ghaff
23. Afrah AL-Miny
24. Zeinab AL-Hamdani
25. Bushra AL-Kamissy
26. Abdou Abou Zeid
27. Ahmed AL-Kua'a
28. Mohamed Hussein Abeed
29. Monsen AL-Habashy
30. Amal Itshan
31. Zeinab A. Saleh

ANNEX D
Participants at Taiz Workshop

1. Bilkess Abdul Rahman
2. Adila AL-Garbany
3. Mona AL-Dagish
4. Lubna AL-Dagish
5. Fatnia AL-Dagish
6. Badria Kaid
7. Sherifas Mohamed
8. Sabah Mahboub
9. Amira Nasser Ali
10. Basima Abdou Said
11. Fardous Nasser Abdulla
12. Nabila Abdulla Kaid
13. Raga Mougan AL-Sharmany
14. Nouriya Ali Osman
15. Adila Mohamed Ali
16. Katiba Yehia
17. Faiza Ahmed Galib
18. Diaa Amr Ali
19. Bikess Ahmed Mohamed
20. Hanna Said AL-Shargaby
21. Aida Abdou Said
22. Nagwa Abdulla
23. Fawzia Sharaf AL-Youssoufy
24. Katiba Abdullah Kaid
25. Faizah A. Nagy
26. Azzeya Kassem Mahboub
27. Waffa Abdou Saeyd
28. Montaha Ali Morshid Ahmed
29. Soumeya Abdou Saeyd

ANNEX EMain Points Given in the Opening Speeches

The Minister of Youth, AID Mission Director, Sana'a

1. The Workshop is an example of US/Yemen Cooperative efforts to improve the health status of Yemeni women and children.
2. Importance of the role of the family in raising healthy children.
3. Focus on preventive health care.
4. Hope to see more workshops which focus on mothers and infants.

ANNEX F

Post Assessment Test

1. According to the 1981 Census, the Yemen Arab Republic's population is estimated at?
 - a) 4 million
 - b) 8.2 million
 - c) 5.3 million
2. The first census ever conducted in YAR was in the year?
 - a) 1960
 - b) 1975
 - c) 1980
3. The preferred contraceptive method in YAR is?
 - a) the pill
 - b) IUD
 - c) diaphragm
4. What is the best time for inserting the IUD?
 - a) before the monthly period
 - b) immediately after or during the monthly period
 - c) two weeks before the monthly period
5. Lactation...
 - a) guards against pregnancy
 - b) might guard against pregnancy in some women
 - c) does not guard against pregnancy at all
6. The average life expectancy for males in Yemen is?
 - a) 60 years
 - b) 42 years
 - c) 33 years
7. The health hazards for a pregnant women increase...
 - a) if she is past her early thirties
 - b) if she is in her twenties
 - c) there is no relationship between a pregnant woman's age and health risks
8. "Birth Spacing" means
 - a) Having a child every year
 - b) Having a child every few years
 - c) Planning a family with adequate time to allow a mother to recover from a delivery and care for the child

9. Forty-five percent of the population of the YAR is
- a) under 15 years old
 - b) older than 25
 - c) under five years old
10. Family Planning means
- a) having no children
 - b) planning each child, so the family consists of the desired number of children
 - c) a woman should have a child every year
11. Birth Control Pills cause cancer of the uterus.
- True or False
12. Birth Control Pills are associated with breast cancer.
- True or False
13. One of the benefits of using an IUD is that it does not affect human lactation.
- True or False
14. A woman who suffers from severe cramps and heavy periods should not use the IUD.
- True or False
15. Depo-Provera is the name of the contraceptive injections used by women.
- True or False
16. It is recommended that another contraceptive method should be used with condoms.
- True or False
17. The Birth Control Pills are the most effective form of contraceptives.
- True or False

18. The more choices of available contraceptive methods, the better the chances of acceptability.

True or False

19. Scientific research indicates that women who use birth control pills are less likely to suffer from breast cancer.

True or False

20. T.V. and Radio are the best ways of communicating ideas to the masses.

True or False

21. In every corner of Yemen, contraceptives can be found.

True or False

22. Education is a main factor in accepting Family Planning and might lead to a reduced number of children.

True or False

ANNEX G

LECTURE OUTLINE
 Yemeni Demographics
 By: Dr. Soheir Sukkary-Stolba

- Difficulty in procuring accurate statistical figures from Yemen
- In 1987, Yemen's population was estimated to be 8.2 million
- Annual population increase averaging 2.6 - 3.1
- Average life expectancy 42 years
- More than 45% of population less than 17 years old
- Births per 1000 is ... 54-55
- Infant mortality per 1000 is ... 154-171
- Comparison to Egypt's population
 - 52 million
 - Annual increase 2.7%
 - Life expectancy 55 years

Jordan:

- Role of migration in tripling population
- Population estimated to be 3.7 million
- Average number of children per family 8

Average World Population:

	<u>Millions</u>
1950	72.2
1965	106.2
1975	137.1
2000	328.0

- Compare population size with natural resources

ANNEX G (continued)Demographics of Yemen - A Comparative
Study with Other Countries

Dr. Soheir Sukkary-Stolba

1.	Enumerated population, census of <u>Jan. 31 - Feb. 1, 1975</u>	<u>4,540,249</u>
2.	Adjusted population, census <u>Jan. 31 - Feb. 1, 1976</u>	<u>4,727,000</u>
3.	Births per 1,000 population <u>1975 - 1979</u>	<u>54 - 55</u>
4.	Deaths per 1,000 population <u>1975 - 1979</u>	<u>21 - 23</u>
5.	Annual rate of growth <u>1975 - 1979</u>	<u>2.5 - 2.8%</u>
6.	Life expectancy at birth, <u>1976-77</u> a) Male b) Female	<u>42 - 45</u>
7.	Infant deaths per 1,000 live births <u>1976 - 1977</u>	<u>154 - 171</u>
8.	Percent urban, <u>1975</u>	<u>11%</u>
9.	Percent of labor force in agriculture <u>1975</u> a) Male b) Female	<u>34%</u> <u>30%, 62%</u>
10.	Percent Literate, <u>1975</u> a) Male b) Female	<u>12%</u> <u>24%, 2%</u>

ANNEX H

Lecture Outline

Human Lactation and Family Planning

- Human lactation vs. bottle feeding.
- Infants' nutritional requirements.
- Physiological description of glands and the process of lactation.
- Immunity and human lactation.
- Factors impacting duration of human lactation.
- Comparison between the duration of lactation in Yemen and in other countries.
- Nutritional needs of lactating mothers.
- Lactation as a contraceptive.
- Impact of contraceptives on human lactation.
- Infant mortality and bottle feeding.
- Reasons for cessation of lactation in Yemen.
- Breastfeeding on demand vs. scheduled time.

ANNEX I

Lecture Outline

Social Marketing and Family Planning

By: Dr. Soheir Sukkary-Stolba

- The nature of Family Planning messages and cross-cultural sensitivity.
- Group work on Family Planning messages.
- Written work on the diffusion of Family Planning ideas using social marketing strategies.
- The use of "social marketing" strategies to promote sanitation.
- The "indirect approach" and its effectiveness.
- Community organization.
- Identifying goals and objectives.
- The cultural context of social services.

ANNEX J

Lecture Outline

"Child Spacing" & Maternal Health

- .. Statistics: Maternal Mortality in Yemen vs. other countries.
- Maternal mortality and birth intervals.
- Gynecological problems.
- Limiting the number of children vs. family planning.
- Women's roles in family planning.
- MOH role in training jidahs, elderly female midwives.
- Physiology of birth and birth intervals.

ANNEX KContraceptives & Health Issues

Dr. Soheir Sukkary-Stolba

These are meant to be points to initiate discussion and not an exhaustive list of all pros and cons.

1. WITHDRAWAL (coitus interruptus)

- | | |
|------------------------------------------------------------------|-----------------------------------------------|
| 1. No medical procedures. | 1. Not reliable. |
| 2. Good for areas where modern contraceptives are not available. | 2. Timing is difficult for some men. |
| 3. Acceptable to some men. | 3. Not acceptable to some men. |
| 4. Does not interfere with lactation. | 4. Interferes with the total enjoyment of sex |
| 5. Does not threaten mother's health. | |
| 6. No cost. | |

2. RHYTHM

- | | |
|-----------------------------------------|-----------------------------------------------------------------------------------------------------------------------|
| 1. Does not require medical procedures. | 1. Not acceptable to some husbands who object to abstinence for 10 days per month. |
| 2. Not costly. | 2. Proper application requires taking body temperatures or observing increase in mucus production which is difficult. |
| 3. No religious objections. | 3. Not very reliable. |
| | 4. Interferes with spontaneity of the sex act. |

28/11

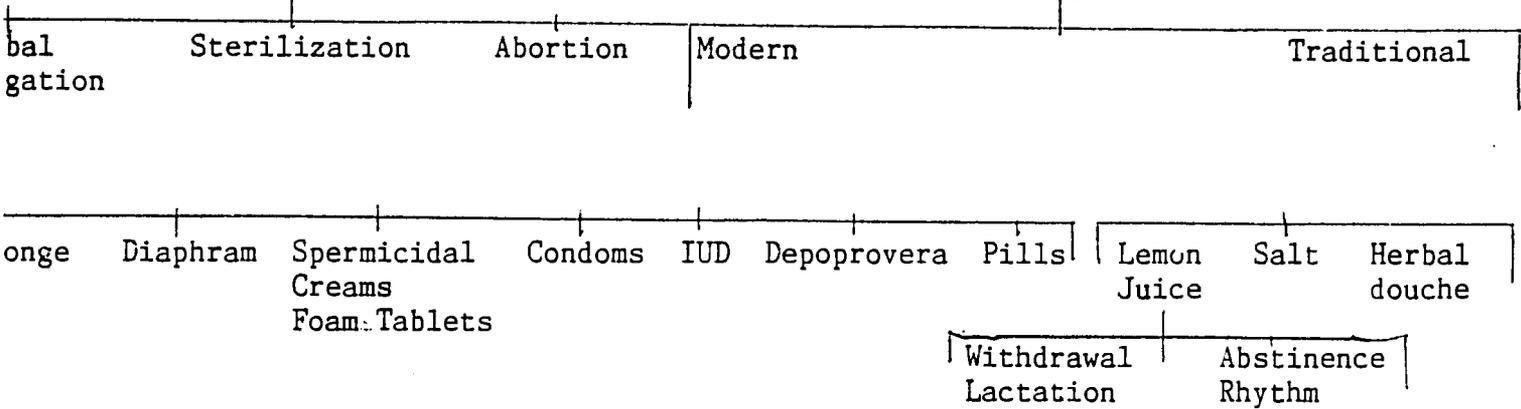
Lecture Outline

Contraceptives and Health Issues

By: Dr. Soheir Stolba

Surgical Method

Non-Surgical Methods



Requirements for contraceptives' selection:

- Reliability
- Acceptability (personal and cultural)
- Effect on enjoyment of sex
- Health effects
- Easy to use
- Economical
- Reversibility
- Availability in market

ANNEX L

Lecture Outline

Islam and Family Planning: A Religious Point of View

- In Islam there is a strong emphasis on the family as the pillar of society. Show supportive Quranic statements and prophet's sayings.
- Islam is concerned that procreation remain the right of individuals and not a societal mandate.
- Islam is concerned about the number of Muslims.
- Islam is concerned with cleanliness and sanitation.
- Comments on abortion and Islam.
- Women and Islam.
- Conditions for accepting family planning ideas.

ANNEX M

Lecture Outline

Toddlers' Nutrition

By: Dr. AL-Gahrbany

- Food groups.
- Caloric values of food.
- Caloric needs of infants and toddlers.
- Caloric needs of children.
- Vitamins.
- Minerals.
- Fats.
- Proteins.
- Carbohydrates.
- Food supplements in Yemen.

ANNEX N

Lecture Outline

Immunization

- Preventive medicine vs. curative medicine.
- How do vaccines work?
- Childhood diseases and their symptoms.
- Mistaken attitudes about childhood diseases.
- The Yemeni Ministry of Health's immunization schedule for infants and young children.
- Physical reactions to vaccines.

ANNEX O

Lecture Outline

Public Health Issues in Yemen

- Environmental issues and refuse in Sana'a and other parts of Yemen.
- Water Quality.
- Human waste.
- Diseases and personal hygiene.
- Health education and the role of educated women.

ANNEX P

Lecture Outline

Oral Rehydration Therapy

- Diarrheal diseases in Yemen.
- Types of Diarrhea.
- Reasons for diarrhea among children 0 - 2 yrs.
- Use of ORT.
- Home preparation of method vs. already diluted salts.
- The diet of a child suffering from diarrhea.
- Malnutrition and diarrhea.

ANNEX Q

Lecture Outline

Health Education

- The importance of preventive health measures.
- Number of qualified Yemeni health educators.
- School programs.
- Community programs.
- Individuals' involvement in health education.

ANNEX R

Lecture Outline

"Child Spacing" and Childrens' Health & Welfare

- Child care and family size.
- Child psychology and sibling rivalry.
- "The quality child".
- Child's health needs.
- Child's educational needs.

ANNEX S

Evaluation Form for Sana'a and Taiz Workshops

1. Do you think the training session is successful?

	<u>Yes</u>	<u>No</u>
<u>Sana'a</u>	100%	0%
<u>Taiz</u>	100%	0%

2. List the lectures you liked the most.

<u>Sana'a</u>	<u>Taiz</u>
a. Demographics of Yemen	a. Contraceptives
b. Social Marketing	b. Social Marketing
	c. Public Health

3. Did you learn or benefit particularly from the discussion groups?

	<u>Yes</u>	<u>No</u>
<u>Sana'a</u>	100%	0%
<u>Taiz</u>	100%	0%

4. Name the lecture which is most important to the type of work you do?

- a. Social Marketing
- b. Contraceptive Pros and Cons
- c. Vaccination
- d. Oral Rehydration
- e. Public Health

5. What are some of the weak points in the session?

- a. Short duration.
- b. Need more audio-visual aids.

6. What are your recommendations for future training?

- a. More worksnops should be held in regional areas of Yemen.
- b. Increase the workshop length to two weeks.
- c. Hold similar workshops for men as they are important decision makers too.
- d. Show video tapes.

ANNEX TBudget for the LCCD's Workshop

<u>Line Item</u>	<u>US Dollars</u>	<u>Yemeni Rials</u>
1. per diem for participants (18 persons x 6 days x 70 Rials)	\$763.64	Yr7,560
2. Lecturers Honorarium	\$303.03	Yr3,000
3. Training Materials	\$323.53	Yr3,203
4. Secretarial Support	\$121.21	Yr1,200
5. Administrative Costs	\$601.21	Yr5,952
6. Travel and Transportation	\$1011.31	Yr10,012
7. Miscellaneous Costs	\$78.08	Yr773
<u>GRAND TOTAL</u>	<u>\$3,202.01</u>	<u>Yr31,700</u>

The above budget was calculated using an exchange rate of 9.9 Rials to the dollar.

ANNEX UBudget for Taiz Workshop

<u>Line Item</u>	<u>US Dollars</u>	<u>Yemeni Rials</u>
1. Transportation	\$1,868.38	YR18,497
2. Miscellaneous Costs	\$600.70	YR5,947
3. Lecturers	\$555.55	YR5,500
4. Secretarial Support	\$143.93	YR1,425
5. Duplicating	\$148.48	YR1,470
6. Administrative Costs	\$1,068.13	YR10,574.50
7. Training Supplies	\$322.37	YR3,191.50
<u>GRAND TOTAL</u>	<u>\$4,707.54</u>	<u>YR46,605.00</u>

The above budget was calculated using an exchange rate of 9.9 Rials to the dollar.