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TRIP REPORT:
VISIT TO MAURITIUS TO ATTEND NFP WORKSHOP
AND
INTRAH FP VISUAL COMMUNICATION WORKSHOP

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Dates of In-Country Work:
July 25 - August 9, 1985

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TABLE OF CONTENTS

	<u>PAGE</u>
Executive Summary	i
Acronyms and Abbreviations	iv
Introduction.	1
Section A - Pan-African NFP Workshop.	1
Overview.	1
Africa Zonal Meeting.	2
NFP Tutor's Training Workshop	3
Summary and Conclusion.	15
Section B - Other Activities.	16
INTRAH Workshop.	16
Agencies Visited.	19
Section C - Recommendations	23

Appendices

- A - NFP Workshop Program
- B - INTRAH FP Visual Communication Workshop
- C - List of Contacts

EXECUTIVE SUMMARY

The Johns Hopkins University/Population Communication Services (JHU/PCS) Regional Program Coordinator, Dr. Maxwell S. Senior, visited Mauritius July 25 - August 9, 1985. The purposes of the visit were:

1. To attend as observer, the Pan-African Natural Family Planning Workshops for tutors and leaders, July 26 - August 2, 1985.
2. To participate in the first week of the International Training in Health (INTRAH) Family Planning Visual Communication Workshop August 5-23, 1985.
3. To meet with the Director of the Family Life Promotion Program (FLPP), to review plans to develop a booklet on Natural Family Planning (NFP) in Liberia.

Highlights of the NFP workshops included speeches by officials of the International Federation for Family Life Promotion (IFFLP) and other dignitaries, the inaugural address by the Mauritius Minister of Health, general discussions, small group meetings, a review of NFP activities in various countries and an assessment of country needs. Most pressing among these needs were: training for NFP teachers and administrators, support for print materials and technical and financial support. There was also a display of print materials developed by NFP organizations from several countries. JHU/PCS displayed samples of print materials from several NFP organizations worldwide and distributed a wide assortment of sample booklets on NFP Family Life Education (FLE) curricula.

Dr. Senior met individually with Liberian and Zambian delegations. They requested assistance in identifying ways to strengthen their organization's outreach programs and to make use of the media in their respective countries. An outline of possible ways to use the media was developed for each country.

Zambia further requested that JHU/PCS send an Information, Education and Communication (IEC) expert to work with the Family Life Movement of Zambia (FLMZ) in three areas: 1) the development of criteria, guidelines, and an outline of the scope of work for an IEC coordinator; 2) the provision of short-term

training in program management and materials development for the IEC coordinator; and 3) the provision of technical assistance for an outreach strategy to attract new clients, to provide information for wider population on NFP and to increase visibility of the FLMZ.

At the meeting with the Liberian delegation, the plan to develop a booklet on NFP with the FLPP was reviewed. JHU/PCS is scheduled to send a consultant to Liberia in October 1985.

Because of a breakdown in communication among agencies, the JHU/PCS representative did not attend the INTRAH FP Visual Communication Workshop. However, he met and held discussions with participants to the workshop; from Ghana, Liberia, Sierra Leone and Somalia. The participants represented a wide range of occupations: trainers, IEC coordinators, Ministry of Health field workers, graphic artists, directors of training institutions, and a medical doctor.

Visits were also made to several organizations in Mauritius, including the Ministry of Health (MOH), Mauritius College of the Air, Mauritius Family Planning Association (MFPA), and the World Health Organization Regional Training Centre. Finally, a debriefing was held with Mr. Donald Steinberg, Chargé d'affaires of the United States Embassy. Also present was Ms. Clare Cavoli, Economic and Commercial Coordinator at the Embassy.

RECOMMENDATIONS

1. JHU/PCS should respond to Zambia's request for assistance to develop an IEC strategy and to train its IEC coordinator. However, this request should be considered within a broader context that should include other agencies in Zambia, such as the Planned Parenthood Association and the MOH.
2. JHU/PCS should favorably consider the MFPA's request for training in broadcast media content development. Given the fact that Mauritius has effectively reduced its population growth rate over the years, the percentage of youth between 15-20 years is high, and it is in this area that the need for IEC seems the greatest. A small workshop could be developed and conducted within the time frame of other scheduled visits to the region.

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3. JHU/PCS should continue to strive to cooperate and collaborate with other agencies such as INTRAH, in conducting IEC training. This collective approach to training is particularly important in the selection of appropriate participants and in workshop content development.

ACRONYMS AND ABBREVIATIONS

- AID - Agency for International Development
- CAFS - Centre for African Family Studies
- FHS - Family Health Services
- FLE - Family Life Education
- FLMZ - Family Life Movement of Zambia
- FLPP - Family Life Promotion Program
- FPAL - Family Planning Association of Liberia
- FPA - Family Planning Association
- FP - Family Planning
- IEC - Information, Education and Communication
- IFFLP - International Federation for Family Life Promotion
- INTRAH - International Training in Health
- JHPIEGO - Johns Hopkins Program for International Education in Gynecology and Obstetrics
- JHU/PCS - Johns Hopkins University/Population Communication Services
- MCA - Mauritius College of the Air
- MCH - Maternal and Child Health
- MFPA - Mauritius Family Planning Association
- MOE - Ministry of Education
- MOH - Ministry of Health

Acronyms and Abbreviations .
Continued

- NFP - Natural Family Planning
- UNFPA - United Nations Fund for Population Activities
- URTNA - Union of National Radio and Television Organizations of Africa
- WHO - World Health Organization

INTRODUCTION

This report is divided into three sections. The first reviews the Pan Africa NFP Workshop in Mauritius July 22 - August 2, 1985 and identifies the five complementary events. The JHU/PCS representative attended two of the five events: The Africa Zonal Meeting, July 26-27, 1985 and the NFP Tutor's Training Workshops, July 28 - August 2, 1985. The report is therefore confined to these two events, since the other three events were closed to observers. The second section reviews the other activities during the visit, namely: the meetings with some participants at the INTRAH FP Visual Communication Workshop during its first two days and meetings with several other agencies in Mauritius such as the Ministry of Health, and the U.S. Embassy. The third section is recommendations.

SECTION A: Pan African NFP Workshop

Overview

The Pan African NFP Workshop was organized by the IFFLP, a non-profit association devoted to family life promotion with special emphasis on Natural Family Planning. Internationally, the association is divided into four geographical zones: Africa, the Americas, Asia/Oceania and Europe.

The Workshop was hosted by the Africa Zone and was planned and implemented by Mauritius l'Action Familiale, a non-profit organization that promotes NFP. Five complementary events took place over the period:

- NFP Demonstrated/Evaluation Invitational Workshop - a four-day closed session for delegates from IFFLP and its three pilot programs, in Liberia, Mauritius, and Zambia.
- Africa Zonal Meeting - a two-day open session for all member states of Africa as well as for observers from other countries.
- NFP Tutor's Training Workshops - five-day workshops which were opened to all participants.
- IFFLP Board Meetings - held over several days to Board members from all four zones.

- African Zonal Council - held for Zone Council members and representatives from selected African countries.

AFRICA ZONAL MEETING

Friday and Saturday, July 26 and 27, 1985, the Africa Zonal Meeting was held at the Mahatma Gandhi Institute in Moka, Mauritius. Approximately 130 participants from 36 African countries attended and observers from Canada, France, Germany, Colombia, Ireland, Japan and the USA were also present. The morning of the first day was devoted to ceremonial activities. These included short addresses by IFFLP board members and other distinguished visitors. The Bishop of Port Louis, Mgr. Jean Margéot gave the keynote address and the Honorable Mr. Kailash Purryag, Minister of Health and Population Control for Mauritius, gave the inaugural address. The key point of the Minister's address was the need for people to be open to all family planning methods; the ones they choose should depend on contextual limitations, cultural sensitivities, availability and other considerations.

The highlights of the meeting included short presentations from 32 countries on NFP activities, an assessment of development assistance for NFP programs in Africa, and an analysis of the existing needs for specialized regional training for NFP teachers and administrators. Father Richard Cremins SJ. of the Family Life Movement of Zambia gave a critical assessment of family life education curriculum in many schools and of teachers who teach that the youth has a right to FP information. According to Father Cremins, these teachers define FLE as introduction to contraceptive methods.

There was a wide range of printed materials on display at the two-day meeting. These materials from different countries included booklets, posters, brochures, charts, banners, and logos. These materials were encouraging, but they reflected a need for training in material development.

JHU/PCS exhibited printed sample materials on NFP that were developed worldwide, some from its own projects in Latin America and others developed by other agencies. Also on display were JHU/PCS brochures, Population Reports, posters, and FLE curricula. The participants response to the JHU/PCS display indicated that the materials were appreciated; over 100 pieces were distributed.

Approximately 30 requests were received for additional materials, such as FLE curricula, teachers' guide, instructions on ovulation and Sympto-Thermal methods and Population Reports.

Some important conclusions may be drawn from the two-day meeting. First, that NFP programs are small, with little resources and lacking any broad based support. Based on the presentations, it seems that organizations that promote NFP range from well established ones, e.g. Kenya, that are recognized and supported by the Government, to others that are only shadow organizations carried on by a few workers within the Catholic Church. Secondly, that virtually all NFP programs are conceived within the Catholic Church and ideologically influenced by religious views. As a result of this ecumenical inclination, emotions seem to guide discussions instead of clear scientific facts. Finally, there is a need for education and training in NFP methods and also to dispel the many misconceptions held by some promoters of NFP about other contraceptive methods.

The two-day meeting ended with an invitation from IFFLP to the Africa Zone to host the Fifth International Congress in 1989.

NFP TUTOR'S TRAINING WORKSHOPS

Workshops were conducted for five days, July 29 - August 2, 1985. There were six major topics, each separately conducted in French and English. Each participant selected two topics of interest and attended the sessions for the entire five days--one in the morning and the other in the afternoon.

The six topics were:

1. Expanding and strengthening NFP Programs
2. Family Life Education/Youth Programs
3. Conjugal Education for Couples
4. Teacher Supervision

New NFP Programs

6. Working with Governments

Dr. Senior actively participated in the following sessions:

- a) "Expanding and Strengthening NFP Programs" coordinated by Bob Kambic from JHU/Population Dynamics; and
- b) "Family Life Education/Youth Programs" coordinated by Father Richard Cremins, S.J. of FLMZ.

a) Establishing and Expanding NFP Programs: This session was held for five mornings and was attended by representatives from nine countries, namely:

Ghana	Nigeria
Kenya	South Africa
Liberia	Zimbabwe
Malawi	Ethiopia
Mauritius	

Among the issues covered were:

- The need to establish realistic goals and objectives for NFP programs
- The role of the Catholic Church in NFP both present and future
- The need to develop an outreach strategy to motivate users, to recruit potential users and to inform the general public
- Development of local fund-raising activities
- The need for good record-keeping
- The role of men in FP
- The importance of legitimizing NFP
- The need for program planning
- The role of UNFPA in FP/POP activities.

Each country's representative provided an overview of its NFP/FLE activities. Six countries had ongoing organized activities. Ethiopia, Malawi and Zimbabwe had no established organization; however, a few people within the Catholic Church taught NFP and expressed interest in expanding their programs. Kenya's two programs appeared to be the most advanced and are supported by the National Government. The Kenyan representatives saw their organizations as providing NFP as an alternative to other FP methods and, as a result, cooperated with the FPA.

The format of this workshop session included discussions, presentations of country projects, brainstorming, a talk by the UNFPA Director in Mauritius. In one overnight assignment, participants were asked to expand their NFP programs for the next 10 years assuming that funds were available. The result of this activity demonstrated that with two or three exceptions, most participants had difficulty outlining any plan. Most participants emphasized developing and staffing national secretariats with little focus on field workers or village-level activities.

Most topics were general discussions and there seemed to be a need for some concrete concepts which participants could assimilate and thus leave the training sessions with specific suggestions which they could implement when they returned to their respective countries. One topic in which many participants expressed a keen interest was developing an outreach strategy for their organizations. The following activities were identified:

- 1) Develop a positive attitude towards the media and invite journalists to special events;
- 2) Request broadcast time from Ministries of Health, Education and Information to present accurate information on NFP/FLE;
- 3) Seek out radio and TV hosts for specific programs such as women's affairs and youth programs and request time on their shows;
- 4) Develop a speaker's forum of informed people who may have public discussions on NFP/FLE;
- 5) Provide frequent and regular activities for users and request that they invite friends;

- 6) Take photographs of training sessions and forward them to the local newspapers with a short article;
- 7) Cooperate with the local FPA and develop a referral arrangement and request that they include NFP as a recommended method; and
- 8) Develop a list of positive characteristics of NFP and use this as the basis for talk and media exposure instead of a confrontational approach to the other methods of FP.

The following checklist of positive characteristics of NFP was developed through a brainstorm session. This list was made available to all participants at the workshop.

Benefits of NFP

1. No medical supervision
2. Low cost to the user
3. No health hazard
4. Improves communication between couples
5. Both partners are equally involved
6. Promotes discipline
7. Promotes faithfulness
8. It's natural
9. Enhances breast-feeding
10. Promotes mother, child and family health
11. Promotes self-awareness
12. Assists parent/child communication
13. Immediately reversible
14. Can be taught to anyone
15. Concept culturally acceptable
16. Acceptable to diverse religions
17. Helps to promote fertility
18. Helps couples to achieve or avoid pregnancy
19. Enhances mutual respect and consideration between couples
20. Improves sexual relationships
21. Raises the dignity of women

A second topic that provided concrete suggestions for the participants was local fund-raising activities. Presently, most NFP programs seem to derive their funds from the local Catholic secretariats and from Misereor and no mention was made of other local fund-raising activities as sources of revenue. However, when the concept was introduced, everyone expressed a keen interest and brainstormed a comprehensive list of possible activities that could generate funds that would be more than adequate to support present activities.

Some suggestions were: to hold concerts, collect a special offering at churches, appoint a fund-raising person, raffle specific items, have bazaars, luncheon and dinners, collect a membership fee and sponsor walk-a-thons, sporting events, and an annual fund-raising campaign.

From country to country, the problems seem to be common among NFP organizations, namely:

- The lack of cooperation by men. Many men see FP as an infringement of their so-called "right to liberty."
- The difficulty to attracting the youth.
- The difficulty with NFP methods, i.e., the amount of record keeping that is necessary until the users become fully acquainted with their method.
- The lack of financial and broad based support.
- The lack of cooperation by Ministries of Health.
- The common tendency for NFP to be associated with the Catholic Church. In many cases, this curtailed possible expansion since many people describe NFP as the "Catholic Method."

On the issue of male involvement in FP, the following were presented as possible ways to get them actively involved:

- Have men meet alone as a group
- Invite men to teach
- Meet men in their own environments
- Give men important activities to perform
- Motivate unmarried men
- Introduce NFP to men just before marriage

The topic of Establishing and Expanding NFP programs created interesting and positive discussions. It also motivated participants by demonstrating that others share similar problems in their efforts to promote NFP. Among the materials distributed were checklists of issues to be considered in developing and expanding NFP programs.

b. Family Life Education/Youth Programs: These topics were addressed in five afternoon sessions and were attended by approximately 25 participants from 12 countries. Discussion was the only format employed and the issues addressed were derived from a brainstorming exercise the first afternoon.

Among the issues were:

- Definition of youths
- Needs of youths
- How can educated youths assist each other?
- Against contraceptives for the youth
- Definition of FLE
- Development of an outline of a FLE syllabus for secondary schools
- What age and by whom should FLE be taught to the youth?
- Coordination of what is taught at home, schools and churches
- Use of media in promoting FLE
- Sex education and population education
- Reaction to agencies when they request that NFP be taught to youths
- What part should discipline play and how should it be applied?

A greater part of the time was allotted to FLE and the relationship to school, church and home. One topic that had widespread agreement was that what is taught at church in terms of FLE should be reflected in the school curriculum and should be re-enforced at home. It was recommended that parents get involved in local schools so as to help decide what is included in the curriculum. This approach would help to change the present direction of FLE, which some participants felt was focused on sex education with emphasis on promoting the use of contraceptives.

A second point that had widespread agreement was that parents should be the primary source of sex education. However, it was also noted that in many cases parents were unable to adequately teach their children this subject since traditional values sometimes got in the way. The following conclusions were reached.

- (1) Inform NFP/FLE promoters so as to counteract the arguments presented by promoters of other contraceptive methods

- (2) Develop collaboration with local governments, schools and church officials in order to influence decisions
- (3) Get parents involved in the development of the school curriculum and to influence decisions on school policies
- (4) Get active in women's organizations and service clubs and take the opportunity to promote NFP/FLE
- (5) Develop criteria for teachers of FLE and a core of training materials
- (6) Develop a FLE curriculum which may be adopted for grade levels, lengths of study periods, with emphasis on specific topic areas.

The discussions on youth programs were less successful and did not produce concrete recommendations. The needs of the youths were not adequately addressed, and the focus of discussions emphasized strong discipline for the youths namely, sexual needs must be controlled, and FLE must be given in a context of abstinence until marriage. Issues such as teenage pregnancies were not addressed and providing educational opportunities and outlets for creativity and self-expansion were not the focus of the discussions. Providing the youth with information on contraceptives was considered to be promoting promiscuity and sexual experimentation.

JHU/PCS Role: JHU/PCS was represented at the workshops with observer status. However, during the workshop sessions the JHU/PCS representative was requested to participate actively and was asked to recommend strategies that may be used by NFP programs for outreach, public relations and how to make better use of the media. Below is a summary of those recommendations.

- Seek out local journalists and invite them to special events.
- Use the available space in local newspapers to announce meetings, etc.
- Write articles for the women's and youth pages in local newspapers.
- Take photographs of training sessions and special events, write a short article to accompany photos and send them to the local newspapers.

- Seek out local radio and TV program host and inform them about your program. They may invite someone from your organization to appear on one of their programs.
- Solicit broadcast time from Ministries of Governments that use the media.
- Use the time on radio and TV for public service announcements.
- Produce short radio programs - 5, 10, 15 minutes, and make them available to broadcast stations to fill time.
- Develop a team of informed people who may give talks on radio, TV and to groups.
- Develop brochures, posters, bumper stickers, and calendars with concise, accurate information.
- Develop good working relationships with MOH, MOE, FPAs, community groups, and service organizations.

Two country delegations, Liberia and Zambia, further requested a meeting to identify strategies for their specific countries. The following is an overview of those meetings and recommendations.

Zambia

JHU/PCS representatives met with the six-person Zambian FLMZ delegation to discuss strategies that may be employed to inform people of its activities. Among the delegation were Dr. R.S. Patel, Deputy Chief of Primary Health Care, and Ms. Helen K. Malanda, Chief Nursing Officer, Ministry of Health.

The Family Life Movement of Zambia provides counseling and training in NFP/FLE. It is one of three pilot programs in NFP/FLE funded by the IFFLP and has completed the second year of a five-year project. FLMZ also aims to document the program with the hope that it will provide useful information to other programs in the future. Presently, there are 400 registered NFP clients, and 100 are unregistered. These clients are served by 100 teachers from a total of 150 who were trained over the past 18 months. Forty have subsequently withdrawn. The leader of the delegation, Father Richard Cremins, S.J., feels that FLMZ is presently able to expand its activities and increase its number of clients.

FLMZ requested JHU/PCS' assistance in three areas: 1) the development of criteria, guidelines, and an outline of the scope of work for an IEC coordinator;

2) the provision of short-term training in program management and materials development for the IEC coordinator; and 3) the provision of technical assistance to develop an outreach strategy to motivate new clients, to provide information to the wider population on NFP and to increase the visibility of the FLMZ.

The strategy emphasized during the meeting was to use the mass media as much as possible with the limited funds available. The following are suggested activities:

The Print Media:

1. Invite local journalists to special events. Request that they publish positive articles about NFP/FLE. Develop a positive attitude toward the press.
2. Utilize the available space in newspapers for announcements. Having the organization's name and special meetings and events announced is useful to sensitize the public.
3. Write articles for the women's page. Many newspapers have space for women's affairs and other related activities.
4. Take photographs of NFP/FLE training sessions, write an article describing its activities and send them to the newspaper. Local newspapers are generally in need of local news and information.

Radio and Television:

1. Use every opportunity to get on local radio and TV talk shows. Hosts of local talkshows are generally in need of news and new information. Seek out those hosts and introduce your program to them and many will be delighted with the concept of NFP.
2. Investigate the use of radio time from local ministries of government, e.g., the Ministries of Health and Information. Many Ministries have specific times per week for broadcast and in many cases they are in need of new information. The Ministry of Health generally divides its broadcast time among agencies, e.g. the Family Planning Association, Public Health.

Introduce NFP and request that the FPA include it as one method of family planning.

3. Use the time on local radio and television that is allotted to "youth programs." Meet with producers of the programs and demonstrate that NFP/FLE is also for the youth and request time during their program to talk about the program.
4. Use the time on radio and TV for public service announcements. Many stations have specific times per day for announcing events. Inform them of meetings, workshops and special events.
5. Arrange with a local radio producer to develop 5, 10, and 15 minute NFP programs on audio cassettes to be made available to radio stations whenever the opportunities arise. Broadcast stations are generally in need of new information.

Speaker's Forum:

Develop a team of informed people on NFP/FLE who could give talks at service groups, e.g. The Lions Club. The resource group would also be available to provide accurate information to schools, especially when the FLE curriculum is being developed. Include in the resource team people with credibility such as medical doctors. Include representatives of the various religious and ethnic groups. Have speaker's forums and invite the public. Encourage participation through question and answer sessions.

Print Materials:

Develop brochures, posters and booklets with concise and accurate information on NFP. Make sure to include locations where services are available. Get professional help to develop the materials so that they are visually attractive. These materials may be mailed, or distributed to potential users of NFP at fairs and other public gatherings.

Other Media:

Take photographs of events such as training sessions, counseling sessions and special programs and develop a display area for them. This may be located in hallways or in a reception area so that visitors and workers may see some of the organization's activities. Clip published articles from newspapers that mention the organization, its activities or other NFP/FLE information.

Other Organizations:

Develop positive working relationships with other organizations such as the FPAs. Meet with them and request that they invite FLMZ on their radio and TV programs. Request that they place NFP among the other available FP methods and develop a referral arrangement with them. Cooperate with the FPA instead of attacking the FP methods that it promotes.

Liberia

Dr. Senior met with Mrs. Roselind Wesley, Director for the Family Life Promotion Program in Liberia and three other members of the delegation.

FLPP already has an outreach strategy planned which includes the following:

1. Press releases of special events, workshops and meetings
2. Short radio announcements
3. A series of radio talks on abstinence
4. A series of visits to schools, the Young Men's Christian Association and churches
5. The formation of a speaker's bureau to give accurate information NFP/FLE. The speaker's bureau is composed of a lawyer, a doctor, a plumber, an insurance agent, a sociologist, an engineer and a radio personality.
6. Users and teachers of NFP meet monthly (users evening) to have discussions, and to be up-dated on new developments.

During the discussions, other IEC activities were further identified:

1. Develop 5, 10, and 15 minute programs on NFP to be made available to radio stations when there is need for material to fill broadcast time.
2. Invite the press to special events and develop a positive relationship with journalists and the press.
3. Use the time allotted for public service announcements on radio, television and in newspapers for announcing meetings, training sessions and other activities.
4. Solicit time from agencies that have scheduled broadcast programs such as the Ministries of Health and Information.
5. Request to be interviewed by producers of radio and TV programs such as Women's program and Youth programs.
6. Write articles to the press and accompany them with photographs of training and counseling sessions.
7. Strengthen the FLPP's working relationship with the FPAL and request that they invite FLPP on its radio and television programs.

On a second occasion, Dr. Senior met with Mrs. Wesley to review JHU/PCS plans to develop a booklet on NFP with FLPP. An important concern was the extent to which the proposed booklet would fit within the broad outreach activities laid out earlier by the FLPP. Mrs. Wesley emphasized that JHU/PCS's participation was taken into consideration when the broad outreach program was developed. Secondly, there is a need in their IEC strategy for the type of materials that JHU/PCS offered to develop.

FLPP requested assistance in the development of two booklets on NFP. One booklet would be for non-readers, with 4-8 pages of illustrations focusing on the Mucus Method. The second booklet would be for literate users and would focus on Sympto-Thermal, Ovulation and Calendar methods, with illustrations and typewritten information; it would also serve as a reference guide for teachers of the three methods. Presently, 80 percent of the users are literate. JHU/PCS has scheduled a consultant to visit FLPP October 9-20, 1985 to begin to develop the booklets. (This trip was later cancelled by the AID Mission.)

Mrs. Wesley was given an overview of some of the requirements for developing the project. The proposal guidelines, reporting procedures and financial statements were reviewed. By the time the consultant arrives in Liberia, Mrs. Wesley is expected to have gathered the basic information for the proposal. A project coordinator and participants for the pretesting and focus group sessions will also be identified, and the quantity needed of each booklet will also be determined. The search for a graphic artist was initiated, and there is some possibility that a participant to the INTRAH workshop from Liberia may be engaged in the activities.

Summary and Conclusions:

The NFP workshops served:

1. To bring supporters from across Africa together, and this provided motivation for the participants.
2. To demonstrate that although each representative group was small, each was part of a bigger organization, the IFFLP. This organization provides direction, coordination, useful information and technical assistance in training, materials development and information dissemination.
3. To provide the forum for the exchange of useful information, such as charts, booklets, teachers manuals and the sharing of ideas and strategies for better training techniques and for wider promotion of NFP.
4. To provide a forum for the exchange of knowledge by many internationally recognized experts.
5. To demonstrate that NFP is not as simple and easy as it is generally made out to be. In fact, it is complex and unable to be standardized. Evidence of its complexity was seen in the many colors, codes and symbols used by the many delegations to chart the process of NFP.
6. To highlight the role of the Catholic Church in promoting NFP. NFP programs are started and supported by the Church. NFP is seen as the "Catholic Method" of which many do not want to be a part.

Probably, the most important outcome from the workshop is the recognition of the need for training, useful information and for educational programs for NFP promoters. Many participants saw NFP as the only rational method of FP, failing to recognize the usefulness, reliability and safety of other methods. Many only spoke about the side-effects by describing them in catastrophic terms, coupled with misconceptions and misinformation. There was a need for a greater scientific input into the workshop discussions. In many cases, clear and simple statistics could be useful to dispel misinformation, especially about other FP methods.

The need for carefully developed and produced educational materials was also evident. It was encouraging to see the display of print materials developed by groups from various countries. The quality of their content left much to be desired however, the basic weaknesses in the materials were: excessive information in a limited space; over-emphasis on print materials, given the fact that a high percentage of the audience is illiterate; lack of step-by-step instructions on "how to"; and lack of carefully developed illustrations and graphics. Pretesting seemed to be a missing component in the development of materials.

Based on the reports given by country delegations, one might conclude that most NFP programs seem to be small-scale, developed within the Catholic Church, in need of funds and presently meeting a very small part of the needs for FP.

SECTION B. Other Activities

INTRAH WORKSHOP

After attending the NFP training workshops July 26 - August 2, 1985, the JHU/PCS representative was expected to participate in the INTRAH Regional Workshop on "FP Visual Communication," August 5-22, 1985. However, due to a breakdown in communication among agencies, this participation was not realized. The only session that the JHU/PCS representative attended, in addition to the opening ceremony, had to do with "tracing diagrams using different light sources" and "detailing the six teaching questions."

The countries represented were:

Botswana	Mauritius
Cameroon	Sierra Leone
Ghana	Somalia
Liberia	Philippine
Malawi	Zimbabwe

Participants from Nigeria and Uganda did not arrive.

Before departing from Mauritius, the JHU/PCS representative met with participants from the following countries:

Somalia

Two participants from Somalia provided a concise yet interesting overview of the Family Health Service now developing in that country. The participants, Mr. Dahir Elmi Abdi and Ms. Amina Hersi Adan, work for the Ministry of Education. The latter is further affiliated with the Somalia Family Health Care Association as IEC trainer. One of the co-trainers at the workshop was also from Somalia. She was Ms. Halima Abdi Sheirh, the IEC Coordinator in the Family Health Division/MOH. She was also a co-trainer in the July 1985 one-week workshop in Somalia focusing on Family Health and an overview of IEC concepts. She spoke highly of the cooperative effort by the five agencies involved in the FHS, and she considered the work done by JHU/PCS consultants in the past as the framework for the present IEC activities. She anticipates greater collaboration with JHU/PCS in the future, especially in the area of training in IEC.

Ghana

Discussions were also held with two representatives from Ghana, Mrs. Beatrice F. Amoah, Principal Nursing Officer, Midwifery Training School and Ms. Victoria Violet Assan from the MCH/FP Division of the MOH. Both participants were enthused by the possibility that JHU/PCS would be visiting Ghana in the near future and would probably be able to support IEC activities.

Sierra Leone

Participating in the workshop were Mr. Mohamed B. Jalloh, District Health Officer, MOH, and Mr. Mohamed M. Lamin, IEC Coordinator for the Planned Parenthood Association of Sierra Leone.

Liberia

Two participants from Liberia were in attendance. Mr. William Gibson, Graphic Artist in the Health Education Division, Ministry of Health and Social Welfare, and Mr. Raymond Nigba, Graphic Artist for FPAL. They were particularly enthused about this workshop since it was their first opportunity for any training in their field of work. Since they are both self-taught artists, this workshop, it was hoped, would open a whole new dimension for them and they were also enthusiastic about transferring what they learned to their present activities in their respective departments.

Mr. Nigba was pleased that JHU/PCS had taken the artwork that he had developed and printed booklets for FPAL. He would like to develop other materials as well. He is quite attuned to his need for improving his artistic skills and has expressed a desire to participate in other relevant short-term training programs. He was assured that when other training opportunities arise that suit his needs, he would certainly be considered.

Conclusions

All the participants expressed great interest in the workshop and anticipated that they will be able to transfer what they learned to their respective activities. An interesting observation was the wide representation of people who attended the workshop. Most were involved in some aspect of training, some in IEC, and two were graphic artists. How closely the content of the workshop was aligned with the participants' everyday occupation was unclear. It was difficult to assess accurately the impact of this INTRAH workshop on the participants' present and future daily activities. However, the lessons to be learned from this are the importance of establishing clear criteria for workshop participation, and the need to have the training needs assessment done before designing a training program, especially one that involves many countries that are at different stages of development and which require several levels of trained personnel.

Agencies Visited

WHO Regional Training Centre:

Dr. Robert Johnson, Director of the World Health Organization (WHO) Training Centre, gave the JHU/PCS representative a guided tour and reviewed some of the activities being done presently.

The Centre is a five year project (1982-87) developed by WHO and is presently supported by WHO in cooperation with UNFPA and the Ministry of Health, Mauritius. Presently, there are two regional training sessions each year--one in French and the other in English and it is intended to add a third over the next two years. JHPIEGO also has two training sessions per year for local doctors and other medical personnel. Other training sessions are sometimes conducted off-site.

The Centre can accommodate 25 participants and 5 trainers. The facility includes:

- One large classroom
- Four small group meeting rooms
- A small dining room with limited cooking facilities (which may be strengthened in the future)
- A resource center with books, journals, periodicals, and audio-visual equipment and supplies
- A mini-bus for field trips and off-site visits

There is a national training coordinator who is responsible for training in Mauritius, and the position for international training coordinator is still vacant. The Centre also has other support staff.

An important limitation is the unavailability of adequate housing for training participants. The hotels nearest to the Centre are expensive and out of the range of standard per diems. Affordable ones are 20-30 minutes away and the mini-bus has to be used to transport participants.

Although the Center does not presently offer training in FP communication, the Director recognizes the need for this component in the program. Possible

future collaboration with the Centre for African Family Studies (CAFS) was discussed, and the following conditions seem to make it favorable: 1) CAFS is strengthening its FP communication capabilities with the assistance of JHU/PCS; 2) It is a regional training institution with French and English capabilities; and 3) It is geographically located near Mauritius. The JHU/PCS representative informed the Centre's Director that JHU/PCS views this possible collaboration favorably and would do what it can to foster it in the future. Dr. Johnson expressed the Center's need for films. (A JHU/PCS film list was later provided.)

Mauritius College of the Air

The JHU/PCS representative visited the Material Development Centre of the Mauritius College of the Air (MCA). The Director, Mrs. Seetulsingh, was unavailable the day of the visit, but the supervisor, Mr. Ronald Raimbert gave a tour of the facilities which included a TV/radio studio with editing capabilities for 3/4" video, printing and graphic arts.

MCA broadcasts educational programs supported by print materials for adults and high school students. These programs are done for departments and Ministries of Governments e.g., Ministries of Health, Education, the census department and the MFPA. Programs for high school students are developed in conjunction with the school curriculum. Many of the posters and books developed by the Centre were displayed. The posters were multi-colored and were apparently well designed by three graphic artists on staff.

During the tour, two television programs were shown. One was a promotion for premarital counselling services by the MFPA and the other was a 15-minute program on MCH. Both programs were apparently well produced given the limited production facilities. Copies of these two television programs were requested for JHU/PCS, and a 3/4" videotape was later provided for the programs.

A union is being considered between the MCA and the Audio Visual Centre at the Ministry of Education which provides the major funding for the MCA. The implications of this union are unclear.

Mauritius Family Planning Association

The JHU/PCS representative met three executive members of the MFPA: Mr. R.T. Naik, Chairman of the Board; Mr. Banda Ramenah, Secretary/Manager, and Ms. Geeta Oodit, Deputy Secretary Manager. They expressed a need for training in IEC especially in production planning and content development. There are plans to expand FP radio programming to Rodrigues Island and it is felt that in this area assistance is needed.

Presently, there is a 15-minute weekly FP radio program for Mauritius and a 10-minute broadcast on Sunday mornings for Rodrigues Island. According to a recent survey, the Rodrigues Island program directed at the youth, is appropriately timed. However, the one for Mauritius, according to the survey, could be broadcast at a better time of day.

For television, on the other hand, the problem is somewhat different. The 10 or 15-minute TV program is broadcast monthly at 6:30 p.m. It is rotated with educational programs from other agencies such as the Ministry of Health, l'Action Familiale. Recent evaluation revealed that 90% of the viewing population is aware of the TV program, but the majority thought that it would be better broadcast at 8 p.m. According to the survey, it is the educated who watch the programs most often.

MFPA produced two TV promotional spots--a 90-second one informing men of their responsibilities as fathers, and a 60-second one for premarital counselling services. MFPA also started a telephone call-in service directed at teenagers and is presently responding to approximately 10 calls per day. MFPA operates two clinics, with over 5,000 registered active clients. One clinic provides all family planning methods, while the other provides sterilization. MFPA also has activities on Rodrigues Island with a population of approximately 35,000 and a growth rate of 3.5%.

The JHU/PCS representative was given a tour of the MFPA headquarters by Mr. Ramenah and the automatic dispensing machine for condoms was demonstrated. One of these machines provides 24-hour service at the MFPA headquarters and approximately 60 others are located throughout Port Louis, the Capital.

Ms. Oodit expressed her desire to start a women's resource centre that would serve as a regional clearinghouse on women's issues. This idea, although only in its conceptual stage, emerged from the URTNA workshop in Nairobi in November 1984. She is also anxious to see the development of the Audio Visual Association to be situated in Bamako, Togo. The objective is to exchange print, audio and video materials among FPAs in Francophone Africa. So far, no particular source for funding has been identified. (JHU/PCS has been approached, but is unable to commit funds at this time.)

MFPA was the local host agency for the INTRAH workshop on "FP Visual Communication" held August 5-21, 1985.

Ministry of Health

The JHU/PCS representative made a brief visit to the Ministry of Health after an invitation by Dr. Zarina Mosaheb, Medical Coordinator for the FP/MCH Division. Both departments recently merged and the Coordinator sees the most pressing problem as a need for training for the staff so as to effectively integrate the two programs. Field workers for the FP unit numbered about 200, while the MCH unit had about 200 non-clinical workers.

U.S. Embassy:

The JHU/PCS representative met to debrief with Mr. Donald Steinberg, Chargé d'affaires of the U.S. Embassy, and Ms. Clare M. Cavoli, Economic and Commercial Officer. During the meeting, the points highlighted were: the NFP workshop, the INTRAH workshop, a request for training made by the MFPA and an overview of the other agencies visited.

In respect to the MFPA request for training in broadcast media content development, Mr. Steinberg supported it and expressed the thought that some lobbying would have to be done at AID/W, since it is the common feeling that Mauritius is advanced in terms of FP and as a result, is a lesser priority than many other countries. He felt that emphasis must continue to be placed on the media in order to present accurate information and useful messages on FP, especially to the youth, since they make up a large percentage of the population. Mr. Steinberg also made it clear that in Mauritius one sees satisfying results of one's efforts and resources, and that it was therefore an encouraging place in which to work and to provide support.

There are presently no AID bilateral programs. In terms of health programs, approximately \$450,000 is spent for commodities and other services. The U.S. also supports industrial development, especially for export trade.

SECTION C. Recommendations

1. JHU/PCS should respond to Zambia's request for assistance to develop an IEC strategy and to train its IEC coordinator. However, this request should be considered within a broader context that should include other agencies in Zambia, such as the Planned Parenthood Association and the MOH.
2. JHU/PCS should favorably consider the MFPA request for training in broadcast media content development. The percentage of youths between 15-20 years is high, and it is in this area that the need for IEC seems the greatest. A small workshop could be developed and conducted within the time frame of other scheduled visits to the region.
3. JHU/PCS should continue to strive to cooperate and collaborate in conducting IEC training with other agencies such as INTRAH. This collective approach to training is particularly important in the selection of appropriate participants and in workshop content development.