



Health Education and Wellness Rotarian Action Group (HEWRAG)

*Rotarians Working Together To Improve World Health*

## Volume 5, Issue 3 – Fall 2019

[www.hewrag.org](http://www.hewrag.org) [hewrag@gmail.com](mailto:hewrag@gmail.com) [facebook.com/HEWRAG](https://facebook.com/HEWRAG)

Newsletter Editors and HEWRAG Co-Chairs: Jane Little and Sheila Hurst

### Greetings!

Rotary International President Mark Daniel Maloney's theme for 2019-20 is ***Rotary Connects the World***. Members of the Health Education and Wellness Rotarian Action Group continue to demonstrate their commitment to this theme as exemplified by HEWRAG's events and activities at the Rotary International Convention in Hamburg and as illustrated by recent events and activities of HEWRAG leaders around the world described in this Newsletter.



**HEWRAG convened its Annual General Meeting, hosted a Forum and two Special Sessions, staffed a Booth in the House of Friendship, and participated in a Breakout Session at the Rotary International Convention in Hamburg, Germany**

### The Annual General Meeting

Directors and colleagues provided reports and updates about recent achievements and future plans for HEWRAG's five areas of emphasis:



**PRIP Rajendra Saboo**

**Past Rotary International President, HEWRAG Director Rajendra Saboo:** medical missions;

**Past RI Director, HEWRAG Director Yash Dal Pas:** TB Awareness and Prevention;

**HEWRAG Director PDG Karl Diekman:** Cervical Cancer Prevention programs and projects;

**HEWRAG Director PDG Miguel A. Martinez Pereyra:** Autism Awareness and Empowerment;

*(continued on the next page)*

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**HEWRAG Director PDG Jeff Bamford:** the new position of District Health Education and Wellness Chair and updates about activities in D9212;



**Emily Carey**

**Senior Director of Principal Partnerships, American Cancer Society Emily Carey:** cervical cancer prevention and collaboration with HEWRAG;

**Past Assistant Governor Brian Gray:** public health impacts of the Camp Fire, November 2018 in Paradise, California, the deadliest and most destructive wildfire in California history and the deadliest in the United States since 1918.

### **The Cervical Cancer Prevention Forum**

Director PDG Karl Diekman moderated the Forum as a vehicle to educate and inform Rotarians about up to date prevention strategies; to learn from experts how to design and implement projects ranging from the simple to the complex; and to evaluate impactful Cervical Cancer Prevention projects appropriate for the community they serve. Speakers included PDG Jayanta Chatterji; PDG Dr. Rajindar Singh; Rotarian Dr. Richard Godfrey; Meenu Anand - American Cancer Society; and Rotarian Susan Keese.



**PDG Dr. Rajindar Singh described Cervical Cancer Prevention Projects**

**Editor's Note:** See "The Role of Cadre in Cervical Cancer Prevention Projects" by Dr. Rajindar Singh in this newsletter.

### **TB Awareness and Prevention Special Session**

Past RI Director, HEWRAG Director Yash Dal Pas who is also Chair of the Rotary India National TB Control & Awareness Committee and Dr.



**Dr. Paula Fujiwara**

Paula I Fujiwara, Scientific Director of the International Union Against Tuberculosis and Lung Disease, described how Tuberculosis, which is preventable and curable, continues to be responsible for taking the life of an individual every three minutes around the globe. They explained how Rotarians can help bring deadly TB out of the shadows and address its challenges head on.



**Yash Pal Das**

**Editor's Note:** See "Childhood TB: Red Alert" by Dr. Ulhas Kolhatkar in this newsletter.  
*(continued on the next page)*



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### Autism Awareness & Empowerment Special Session

Director PDG Miguel A. Martinez Pereyra explained that while there is no known single cause of autism, increased awareness combined with early diagnosis and intervention programs have significantly improved outcomes, enhanced the living standards of people with autism and their families, and enriched their social inclusion.



PDG Miguel Martinez Pereyra

**Editor's Note:** Slides from the Cervical Cancer Prevention Forum, the TB Awareness Special Session, and the Autism Special Session are online at [hewrag.org/blog-links](http://hewrag.org/blog-links).

### The Booth in the House of Friendship

HEWRAG members from around the world and leaders of the American Cancer Society provided information about projects and participation opportunities, distributed print information, demonstrated educational materials and supplies, and offered references and details about support and resources in our five areas of emphasis.



PRID Yash Pal Das, Dr. Sheila Hurst, Dr. Ulhas Kolhatkar, PDG Jayanta Chatterji, PDG Jane Little



Dr. Richard Godfrey, Susan Keese



View from stage during set up

### The Power of Fellowships and Rotarian Action Groups Breakout Session

Sheila Hurst was invited to be a panelist at a Breakout Session about how Action Groups and Fellowships support projects, build networks, provide leadership opportunities, and engage members.

With warm regards,

Jane Little and Sheila Hurst



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## FEATURED ARTICLES

### HEWRAG Directors and Advisory Board Members: Recent Activities

#### The Role of Cadre in Cervical Cancer Prevention Projects

Dr. Rajindar Singh FRCOG (London)  
Consultant Obstetrician & Gynaecologist  
Rotary Club of Teluk Intan, Malaysia District 3300  
Past District Governor District 3300 (2008-09)  
Member, The Rotary Foundation Cadre of Technical Advisors

#### Childhood TB: Red Alert

Dr. Ulhas Kolhatkar  
Past District Governor, District 3142  
Rotary Club of Dombivli East, District 3142, Thane, India  
MD - Pediatrics, MBBS, Diploma In Child Health

#### Developing a Comprehensive Health Education Curriculum for School Children in India

Rahul Mehra, Ph.D.  
Executive Chairman, Tarang Health Alliance (NGO in India)  
Executive Chairman, Indian Health Alliance (NGO in US)  
Member, Rotary Club of Canon City, Colorado, USA

### 3 Global Grant projects seeking international partners

#### 1. Proposal for a cervical cancer screening and precancer treatment intervention

James Croswell  
Chair International Service Committee  
The Rotary Club of Rosebank  
District 9400, Johannesburg South Africa

#### 2. Preventing Cervical Cancer in District 9110, Nigeria

Dr. Jide Akeredolu  
District Governor 2019-2020  
District 9110 Nigeria  
Rotary Club of Ogudu G.R.A.

#### 3. Give Children Hope for Life! *Medical Equipment for the Regional Center of Children Oncology and Hematology in Cherkasy, Ukraine*

Dr. Olha Paliychuk, M.D., Ph.D., President, Rotary Club of Cherkasy, District 2232, Oncologist and  
John Fulton, Jr., Esq., Past President, Rotary Club of Miami-Brickell, District 6990, Attorney at Law





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## HEWRAG Directors and Advisory Board Members: Recent Activities – Connecting the World

### July 27, 2019: An Afternoon with Past RI President Cliff Dochterman, Moraga, California, USA

To celebrate Cliff Dochterman's 60<sup>th</sup> Year in Rotary service, friends came from far and near to help roast, toast, and praise him. It has been said that Cliff has spoken to more Rotary Clubs than anyone in the world. He has served in almost every Rotary



PRIP Cliff Dochterman

assignment from president of the Rotary Club of Berkeley to President of Rotary International in 1992-93.

HEWRAG is honored that Cliff Dochterman is a member of its Advisory Board and is grateful for his continuing generous guidance and support.



President Cliff's 1992-93 Theme

### July 2019: Autism Support Network

Advisory Board Member PDG Richard Clarke, building on HEWRAG's Autism Session at the Hamburg Convention, began to form an Autism Support Network (ASN) within HEWRAG to bring together Rotarians who are involved in or interested in becoming involved in efforts in their own and other communities to provide support directly or indirectly through community partners to families with autistic family members. ASN members will share information and successful programs and perhaps encourage their clubs to support autism and to support projects in each other's and other countries.

Those interested in becoming involved in this new HEWRAG group are encouraged to contact Richard Clarke at [137clarke@gmail.com](mailto:137clarke@gmail.com).

### August 1 -2, 2019: Pan American Health Organization/World Health Organization (PAHO/WHO) consultation meeting: Towards Elimination of Cervical Cancer in the Americas meeting

Director PDG Karl Diekman participated as a representative of HEWRAG/Rotary at a two-day consultation meeting to review and comment on the Draft: *Global Strategy Towards Elimination of Cervical Cancer as a Public Health Problem*. At the conclusion of this consultation and the other regional consultations, a final version of the strategy will be prepared for consideration by the Seventy-third World Health Assembly through the Executive Board at its 146th session.

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The strategy calls for a comprehensive population-based approach to put all countries on the path to the elimination of cervical cancer within the century. The plan covers the period 2020-2030. The proposed targets for 2030 are:

- 90% of girls fully vaccinated with HPV vaccine by 15 years of age
- 70% of women screened with high-precision tests at 35 and 45 years of age
- 90% of women identified with cervical disease receive treatment and care

Today, Rotarians are working on cervical cancer prevention projects around the globe, and this plan once adopted can guide them to the most effective projects for the region in which they are implementing projects.

For additional information about this meeting or other inquiries about cervical cancer elimination, please contact PDG Karl Diekman at [kddiekman@aol.com](mailto:kddiekman@aol.com)



The CCP conference room



Karl Diekman at the podium

### September 5, 2019: Zone 26/27 Institute in Denver, Colorado

Co-Chair Sheila Hurst and Ellina Kushnir, Supervisor, Service and Engagement, Rotary Service Connections | RI Programs co-facilitated a day-long International Service Workshop whose training objectives included:

- Sharing and gaining best practices for motivating clubs to get involved in small- and large-scale international activities;
- Acquiring strategies to work in partnership with fellow club and district leaders to support service goals as well as the activities of the District Rotary Foundation Committee and other TRF Committees; and
- Establishing and managing District Resource Networks of local and regional mentors with experience in project planning, Rotary's Areas of Focus, and Rotary Grants.

Director PDG Karl Diekman and Advisory Board Member PDG Richard Clarke were guest panelists at the Workshop. *(continued on the next page)*



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Sheila Hurst, Ellina Kushnir



PDG Karl Diekman, Sheila Hurst,  
PDG Richard Clarke



Ellina Kushnir



Workshop participants



## September 6, 2019: Zone 26/27 Institute in Denver, Colorado

**Past Rotary International President Richard D. King**, who is also a HEWRAG Advisory Board Member, participated in several presentations including a Rotary Leaders Panel. At the Plenary Session "Eradicating Polio - the Why to the Endgame," Mike McGovern began with a tribute to Past RI Director and



PRIP Richard D. King

Past District Governor Grant Wilkins who was a member of the HEWRAG Advisory Board. When PRIP Rick King spoke about Grant's contributions to polio eradication and introduced Marlene Wilkins, the entire audience applauded.



PRID Grant Wilkins

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### September 6-7, 2019: Zone 26/27 Institute in Denver, Colorado



Richard Clarke, Sheila Hurst, Karl Diekman

Co-Chair Sheila Hurst, Director PDG Karl Diekman, and Advisory Board Member PDG Richard Clarke hosted an Exhibit about the 25 Rotarian Action Groups in the House of Friendship. Included were a looped slide presentation and print materials highlighting different Action Groups, The Rotary Foundation Cadre of Technical Advisors, and District International Service Chairs with a few toys added just for fun.

### September 2019: Rotary Community Corps - Smile Express Dental Checkup program

Advisory Board Members Dr. Rita Kalra, Rotary Club of Chandigarh Midtown and Dr. Sanjay Kalra, Rotary Club of Chandigarh Midtown, organised and coordinated the year-long Rotary Community Corps - Smile Express Dental Checkup program that completed the Dental Checkup and treatment of inmates of most of the orphanages of the Tri-City.

A total of twenty camps were organized for 13 organizations where in 908 children were examined and 67 fillings, 359 scaling, and 7 extractions were done by the Smile Express team of doctors and dental assistants. Eight oral health talks were delivered during the span of one year, and a total of 560 free toothbrushes and pastes were distributed to these children.



Mobile Dental Van connecting with community children from orphanages and inmates of old age homes.



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## September 2019: Buenos Aires, Argentina

Director PDG Miguel A. Martinez Pereyra and Rotarian Ricardo Saldaña have been working on a project around the idea of connecting different websites about Autism all over the world to enhance community efforts to improve quality of life of people in the spectrum and their families. In a first stage they have gathered information and started a round of specific consultations with specialists.



Miguel Martinez Pereyra



Ricardo Saldaña



Consultations

## September 2019: Timor Leste



Karen Kankkunen

Director Karen Kankkunen and Martti Kankkunen went to Timor Leste, currently part of District 9550. In 2021/22 Districts 9550 and 9570 will merge into District 9560, the year Martti will be District Governor of Northern Australia and Timor Leste. They visited and became involved in a number of Rotary projects including:

**The Alola Esperanza Women's Textile co-op,**

**The new P-3 school** funded by a Global Grant and facilitated by Ray Faunteroy of Darwin Rotary Club where they delivered Kits4Kids with school equipment, toothpaste and brushes that they

assembled with the Rotaract Club of Dili, and

**The Babinaro Maliana Rotaract Club** where they locally sourced and purchased Tetun-English dictionaries for Rotaractors to use in the English classes they teach.



Martti Kankkunen



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### October 10 and 11, 2019: WHO Headquarters, Geneva, Switzerland

Director PDG Karl Diekman participated in meetings at the World Health Organization (WHO) headquarters in Geneva, Switzerland with CerviCAL Action Canada and the WHO Cervical Cancer Prevention Team to discuss the means by which to organize an implementation Congress for the soon to be adopted *"Global Strategy Towards the Elimination of Cervical Cancer as a Public Health Problem."* The meetings were productive; look for updates as planning for the Congress, which is tentatively scheduled for late summer 2021, approaches.



The CerviCAL Action Canada team at WHO Headquarters in Geneva



The WHO team led by Dr. Princess Nothemba Simelela meeting with the CerviCAL Action Canada Team led by Dr. Wally Temple seated to the left of HEWRAG Director PDG Karl Diekman



### October 19, 2019: District 5160 Fall Seminar, Redding, CA, USA

Director PDG Laura Young of Anderson Rotary and PDG Pam Gray of Paradise Rotary, both in District 5160 in central Northern California, were delighted when DG Tina Akins invited a special keynote speaker to the District 5160 annual Fall Seminar in Redding, California. Rotarian PDG Michael Juric of neighboring District 5130, located to the west on the coast of Northern California, is an accomplished educator, facilitator, and goal-setting consultant.

Michael's District was hit hard by the Tubbs Fire in Northern California during October 2017. At the time, the Tubbs Fire was the most destructive wildfire in California history. Laura and Pam saw his professional skills and personal experience as a great opportunity to help the Rotarians of Paradise Rotary whose community was devastated in November 2018 by the Camp Fire, now recognized as the deadliest and most destructive wildfire in California history. Since 1946 when the Rotary Club of Paradise was chartered, its members have been committed to serving the community. However since the Fire, they have been working hard but struggling to rebuild.

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At the Fall Seminar, Michael led a special two-hour breakout session for 15 members of Paradise Rotary to develop immediate action plans with time lines and accountability to rebuild the Rotary Club of Paradise. He was excited and eager to use his professional skills to help, and the Rotarians are encouraged by the new direction they discussed.

Rotary is filled with many accomplished and generous people, and it is rewarding when we can look within our own membership to find those who can help us in very significant ways.



PDG Laura Young, PDG Michael Juric,  
and PDG Pam Gray at the Fall Seminar



## Upcoming activities:

### October 28 to 31, 2019: Hyderabad, India.

PRID Director Yash Pal Das, a HEWRAG Director is also Chair of the Rotary India National TB Control & Awareness Committee, and he coordinates HEWRAG's work on Tuberculosis Awareness and Prevention. He will participate in the 50th Union World Conference on Lung Health from 28 to 31st October 2019 in Hyderabad, India: Ending the Emergency – Science, Leadership, Action. <https://hyderabad.worldlunghealth.org>



Yash Pal Das speaking about TB



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## November 2, 2019: Homer, Alaska

Director Will Files is helping to coordinate the 36th Annual Rotary Health Fair in Homer, Alaska, USA sponsored by Homer Kachemak Bay Rotary Club in cooperation with South Peninsula Hospital. More than 1,000 folks from the Greater Homer Area attend to learn about many health issues.

The Homer Kachemak Bay Rotary Club has sponsored a local health fair since 1984. In the year 2000, Rotarians from Homer invited Russian Rotarians to observe the Homer Health Fair, and the Russians went back to Russia and started their own health fairs with help from the Homer Rotarians. The Russians were awarded a Rotary 3H Grant to set up Health Centers throughout Siberia and Far East Russia.

These events helped to create a World Health Fairs Fellowship that became the World Health Fairs Rotarian Action Group that reorganized, expanded, and was renamed in 2014 to become the Health Education and Wellness Rotarian Action Group (HEWRAG).



Registering for hundreds of blood tests

**36TH ANNUAL**

# ROTARY HEALTH FAIR

**FREE ADMISSION**

**SATURDAY**  
**NOVEMBER 2, 2019**  
**7:30 AM - 1:00 PM**  
**HOMER HIGH SCHOOL**

**DOOR PRIZES!**  
**Grand Prize: \$250 Utility Credit!**

**NEW TESTS THIS YEAR!**  
Thyroid Free T4 • Testosterone • Hepatitis C Screening

**BASIC PANEL** only \$55  
Includes Metabolic Panel, Complete Blood Count, & Lipid Panel

**SPECIAL HEALTH FAIR RATES!**

**Specialized Labs**  
Thyroid Free T4: \$55  
Testosterone: \$55  
Hepatitis C: \$50  
PSA: \$50  
TSH: \$50  
Cardiac CRP: \$55  
Vitamin D: \$75  
Hemoglobin A1C: \$50

**Wellness Package - \$170**  
Includes Basic Panel, TSH, Vitamin D

Test costs payable by cash, check or credit/debit card to Homer Kachemak Bay Rotary at the time of service.

Read about test options and make your appointment at [sphosp.org](http://sphosp.org)

Get tested at South Peninsula Hospital from Oct. 14th—Nov. 1st!  
Get tested at the fair on November 2—make appointments online or walk-in after 9:00 AM

**FREE FLU SHOTS FROM** SVT Health & Wellness  
Regular and High Dose for Seniors!

**OVER 70 EXHIBITORS UNDER ONE ROOF!**  
RELIABLE HEALTH INFORMATION & GIVE-AWAYS,  
EDUCATIONAL DEMONSTRATIONS,  
FREE HEALTH SCREENINGS & MORE!

**IT'S YOUR LIFE**  
TAKE A DAY TO BE WELL

Sponsored by Homer Kachemak Bay Rotary in cooperation with South Peninsula Hospital

For more information, call the Health Fair Hotline at (907) 399-3158 or visit [sphosp.org](http://sphosp.org)

## The Role of Cadre in Cervical Cancer Prevention Projects

Dr. Rajindar Singh FRCOG (London)  
Consultant Obstetrician & Gynaecologist  
Rotary Club of Teluk Intan, Malaysia District 3300  
Past District Governor District 3300 (2008-09)  
Member, The Rotary Foundation Cadre of Technical Advisors



One of the roles of The Rotary Foundation Cadre of Technical Advisors is to provide technical expertise and support to Rotarians planning and implementing The Rotary Foundation Global Grant projects around the world. The Cadre also ensure stewardship of the grant funds, assist the Trustees, and advise Rotarians.

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Rotary

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**In the past four years (2014-2018) 38 Global Grant Cervical Cancer Prevention Projects were approved and implemented worldwide.** Fifty percent of these projects involved vaccinating girls and women with the HPV vaccine. Five projects were above USD100,000, and these were reviewed and evaluated by the Cadre members. Each of these five grants received a pre-approval review of the application by a Cadre member from the Disease Prevention and Treatment or Maternal and Child Health team, and the grants also received an interim monitor site visit during the project's implementation. Together, these projects received nearly US\$500,000 from The Rotary Foundation World Fund, and their total project budgets exceeded \$1.1 million dollars.

**These Grants are:**

**GG1526053: Sri Lanka** - To provide early detection medical equipment, services, and testing in order to reduce the high morbidity and mortality rates associated with breast and cervical cancer in Sri Lanka. (\$248,857)

**GG1527246: Papua New Guinea** - To provide Human Papilloma Virus vaccinations to 28,000 girls, as well as an education and awareness campaign in Port Moresby, Papua New Guinea. (\$329,500)

**GG1746153: Ecuador** – To provide medical equipment and a Vocational Training Team to train gynaecologists to identify and treat cervical cancer using the visual inspection with acetic acid (VIA) method and paediatricians to treat and prevent hip dysplasia in infants in Cuenca, Ecuador. (\$177,580)

**GG1747581: Belarus** - To provide gynaecological and colposcope equipment as well as training in Italy for three medical staff members to the Republican Research Centre for Radiation Medicine and Human Health in order to prevent and diagnose cervical cancer. (\$113,506)

**Senegal** – To provide cervical cancer screening, prevention, and treatment services to rural areas of Senegal. (\$266,103)

The other Global Grants involved Cervical Cancer Screening and Education, Provision of medical equipment and training, and Vocational Training Teams to train local health experts in the management of cervical cancer.

For more information, please email:  
drrajindar@gmail.com

**Editor's Note:** The Rotary Foundation Cadre of Technical Advisers is a group of volunteer Rotarians who provide technical expertise and advice to Rotarians planning and carrying out Rotary grant projects around the world.  
<https://my.rotary.org/en/cadre-technical-advisers>

**CONNECT WITH THE TRF CADRE  
YOUR GRANT  
PLANNING RESOURCE**

**CADRE MISSION STATEMENT**  
The Rotary Foundation Cadre of Technical Advisers strengthens the impact of Rotary's grants by safeguarding Foundation funds and assisting Rotarians planning projects.

**CADRE MEMBERS ASSIST WITH:**

- ☒ Community Assessments
- ☒ Monitoring & Evaluation
- ☒ Sustainability
- ☒ Area of Focus Questions

Icons representing various Rotary Foundation areas of focus: Peace, Environment, Water, Disaster Relief, Education, and Health.



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## Childhood TB: Red Alert

Dr. Ulhas Kolhatkar

Past District Governor, District 3142

Rotary Club of Dombivli East, District 3142, Thane, India

Siddhi Hospital, Diploma In Child Health

MD - Pediatrics, MBBS, Diploma In Child Health

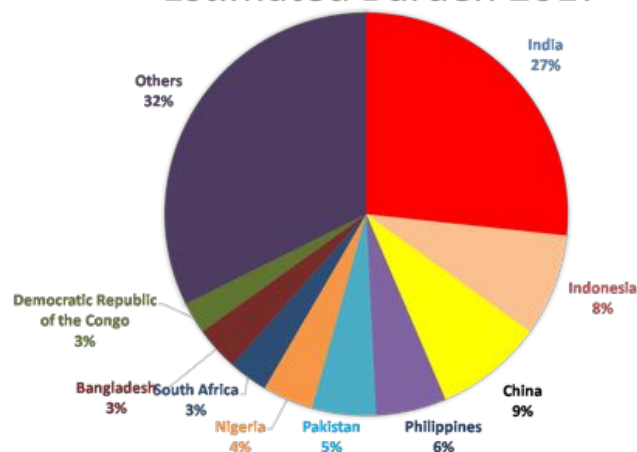
Tuberculosis (TB) has haunted humankind since its discovery more than a century ago. Although commendable advancements have been made in diagnosis as well as treatment, especially in the last few decades, the healthcare burden of this disease world- wide is immense. The World Health Organization has declared TB as a global health emergency. On this background, the problem of childhood TB is more dicey than adult TB because of lack of awareness; myriads of nonspecific symptoms; paucity of diagnostic tools; cost of therapy; ignorance, superstitions, and taboos in communities. So it is a high time that we, NGOs, governmental. agencies, corporations, and philanthropic individuals work collectively on the goal of TB elimination.



**As many as 900,000 people with the disease are not getting proper treatment.**

TB continues to have a significant impact on healthcare worldwide, despite new diagnostic tools, new treatment modalities, and awareness programmes. It is estimated that approximately 33% of the world population harbors TB infection. Without treatment, they risk developing drug-resistance tuberculosis and infecting others. Emergence of Multidrug Resistance TB (MDR-TB) and Extensively Drug Resistant TB (XDR-TB) have further made the situation more gloomy.

### Estimated Burden 2017



WHO Global TB Report 2018

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## TB Burden

Estimates of TB Burden (2017)	Global	India	% of Global
<b>Incidence TB cases</b>	<b>10,000,000</b>	<b>2,740,000</b>	<b>27%</b>
<b>Mortality of TB</b>	<b>1,300,000</b>	<b>410,000</b>	<b>31%</b>
<b>Incidence HIV TB</b>	<b>920,000</b>	<b>86,000</b>	<b>9%</b>
<b>Mortality of HIV-TB</b>	<b>300,000</b>	<b>11,000</b>	<b>4%</b>
<b>MDR-TB</b>	<b>558,000</b>	<b>135,000</b>	<b>24%</b>
<b>Children with TB</b>	<b>1,000,000</b>	<b>220,000</b>	<b>22%</b>

These figures issue a **'Red Alert'** to all of us concerned about the health of children. Governments, as a part of their responsibilities, are doing a lot to create awareness about TB and offer low cost but effective diagnostic tools and treatment modalities for communities, both urban and rural (e.g. Nikshay Program of the government of India).

**But as members of a responsible and conscious voluntary service organization, what can we do?**

### Here are few things Rotarians can do:

1. Through individual clubs or Districts or regions, we can have collective efforts of NGOs, governments, corporations, pharmaceuticals and local pharmacies, nutrition support groups and philanthropic individuals.
2. Create a large scale 'advocacy' for childhood TB.
3. Organize diagnostic/check up camps at various urban, rural, and tribal levels where one can use services of medical health professionals and diagnostic tools like miniature radiology, 'Gene expert,' etc.
4. Subsidize diagnostic tests as well as treatment cost.
5. Help local public health departments in notification of TB and delivering free anti TB medicines (whenever available through TB program like NIKSHAY of the Government of India)
6. Create awareness about Health – Hygiene – Nutrition – Vaccination. Remove social stigmas and taboos through focused campaigns and periodic check ups.
7. Instill systems for TB surveys and surveillance.
8. Fund community research.
9. Create Global Grant projects around the nucleus of childhood TB.
10. Make TB a permanent signature project, particularly where childhood TB density is very high.

*(continued on the next page)*

References:

1. WHO Global TB Report 2018
2. Review Article by Alkesh Kumar Khurana & Bhavna Dhingra, Indian Pediatrics Volume 56 March 15, 2019
3. Inputs by Dr. Jyoti Salve, WHO RNTCP Consultant, Mumbai

With comments and queries, please write to [ulhas.kolhatkar@gmail.com](mailto:ulhas.kolhatkar@gmail.com)

## Developing a Comprehensive Health Education Curriculum for School Children in India

Rahul Mehra, Ph.D.

Executive Chairman, Tarang Health Alliance (NGO in India)

Executive Chairman, Indian Health Alliance (NGO in US)

Member, Rotary Club of Canon City, Colorado, USA

In India, more than 66,000 children between 5 and 14 years of age die every year from diarrheal and other infectious diseases compared to about 28 such deaths in a year in the United States. The majority of Indian children grow up with unhealthy lifestyle habits including poor hygiene and sanitation, unhealthy diet, high use of tobacco, lack of exercise, high risk of injuries, and mental/emotional health issues. When these children grow up with such poor lifestyle health habits, the prevalence of non-communicable diseases, e.g. diabetes, heart disease, and cancer, also increases rapidly. As a result, India is undergoing an epidemic of such diseases resulting in 68 years as the average life expectancy of an Indian.



Teaching students how to wash their hands with Glogerm



Rahul teaching in a school in the slums of Chandigarh

We can prevent most of these deaths in India by educating Indian youth about how to adopt healthy lifestyles. This will only happen when Health Education is treated with the same priority as reading, writing, and arithmetic and when comprehensive Health Education is mandatory in all schools and at every grade level. The curriculum should educate students about good hygiene and sanitation, healthy diet, exercise, and clean sources of water.

As there was no curriculum or dedicated books about comprehensive health education in India, we have developed a curriculum complete with

student workbooks and a teacher's manual for Class 6 and 7.

*(continued on the next page)*

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The curriculum, which covers Physical, Social, and Mental Health, is interactive and engaging. The books have been printed in English and translated into Hindi. The printing of books and their translation was funded by a District Grant to the Rotary Club of Canon City, Colorado.



**Teaching health to Grade 6 students  
in a government school**

Education mandatory in every school and at every grade level. This will help the youth become healthy and productive members of society so that they can realize their full potential.

We are planning to conduct a one year long pilot program in a few schools in Delhi to evaluate the effectiveness of the Grade 6 curriculum and the challenges one might face in implementing it. Research indicates that in order to change health habits, students must be taught between 40-50 hours of Health Education over the academic year. We will provide the books and conduct teacher training. We hope to start in 2020.

In the future, we plan to write the books for all the remaining K-12 grades and to influence policy makers across India to make Health

We are looking for a Rotary partner who is passionate about this initiative and is well networked with schools.

For more information and to learn how to become involved, please write to [rahulmehra35@gmail.com](mailto:rahulmehra35@gmail.com).

### **3 Global Grant projects seeking international partners**

#### **1. Proposal for a cervical cancer screening and precancer treatment intervention**

James Croswell  
Chair International Service Committee  
The Rotary Club of Rosebank  
District 9400, Johannesburg South Africa

#### **The Issue**

Cervical cancer is one of the most common causes of cancer death among women in Africa. The Rotary Club of Rosebank has entered into a MOU with Wits Health Consortium (a local public health leader) and its partner NGO, Right to Care, to support cervical cancer screening and precancer treatment in Diepsloot Township and Cosmo City, both north of central Johannesburg.

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### The Goal

It is the intention to augment the existing Right to Care and Wits Health facility with an additional mobile clinic to provide cervical precancer treatment for women identified through Pap smear screening currently being undertaken by Right to Care.



Members of Rosebank Rotary with members of Right to Care  
visiting the Mobile Screening Clinic at Diepsloot

The current algorithm of diagnosis has the disadvantage of a significant “leakage” of patients at each stage. Particularly during the waiting period for LLETZ<sup>1</sup> procedure after final diagnosis. This leakage has been found to be significant and a potential waste of time and resources.

### The Challenge

Currently, the team from Right to Care and the Wits Clinical HIV Research Unit screen approximately **2900 women per year** in the Diepsloot area.

Of these, approximately **300 will be found to have cervical precancer** requiring surgical intervention. Data collected by Right to Care indicate that prompt intervention will save the Public Health System approximately R114 000 (\$7500), per person treated, over a period of 30 years. **Compared to the proposed ongoing budget, this represents a 10-fold multiplier of cost to saving.**



Rosebank Rotary

*(continued on the next page)*

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<sup>1</sup> Large loop excision of the transformation zone, also called loop electrosurgical excision procedure (LEEP), this is the most common way of removing cervical tissue for examination and treating precancerous changes of the cervix. The abnormal tissue is removed using a thin wire loop that is heated electrically.

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This would largely be achieved by keeping potential cancer patients out of hospital in future. This saves on future costs as well as making beds available for other patients. We believe that this alone is a persuasive driver for sustainability.

### **The Concept**

Rosebank Rotary is seeking support for the **provision of a fully equipped treatment clinic**. Treatment will be in the form of loop excision (LLETZ) or cryotherapy.

The constraint at present is the treatment of those identified with precancer, and the objective is to create a balance between the numbers identified and the numbers who are treated.

**The mobile treatment clinic proposed is directed at that worthy objective.**

### **Budget**

For the purposes of informing potential partners and donors, a preliminary budget of R3.6 million (ZAR) (US\$253,000) has been established. The intention is to make application to The Rotary Foundation (TRF) for a Global Grant,

### **Partnerships**

Assuming a notional mix of donation and grant funding, the indication is that approximately \$175,000 is needed independent of The Rotary Foundation. The Rotary Club of Rosebank will lead as the Host Club, and we hope a club from elsewhere in the world will be the International Partner and other clubs will help with sponsoring.

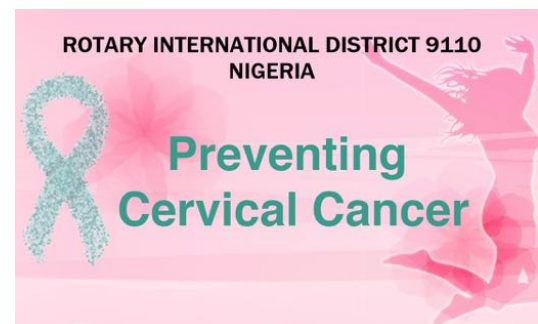
The proposed project will help to close the gap in screening coverage in Gauteng, SA by expanding free services to underserved women. By linking women with abnormal cervical screening tests to conveniently located mobile treatment clinics, we will prevent progression of precancer to invasive cervical cancer in ~300 women each year.

If you would like to participate or require more information, we welcome your inquiries. Please contact [jcroswel@iafrica.com](mailto:jcroswel@iafrica.com)

## **2. Preventing Cervical Cancer in District 9110, Nigeria**

Dr. Jide Akeredolu  
District Governor 2019-2020  
District 9110 Nigeria  
Rotary Club of Ogudu G.R.A.

We are requesting support of Rotary Districts in DDF contributions for a Cervical Cancer Prevention Global Grant project that District 9110 is planning. We are searching for International Partners to fulfill part of the requirements for a Global Grant and additionally to boost fund raising for the project. We respectfully request the support of your district as one of the supporting districts through your DDF.  
*(continued on the next page)*



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Cervical cancer is the second most common cancer in women, after breast cancer. It is caused almost exclusively by infection with the Human Papilloma Virus (HPV). World Health Organisation cervical cancer statistics show that every day in Nigeria 40 women are diagnosed with Cervical Cancer, and 26 women die of the disease. That translates to one cervical cancer death in Nigeria every 55 minutes. Usually slow, painful, and agonising deaths. Virtually all are preventable deaths.

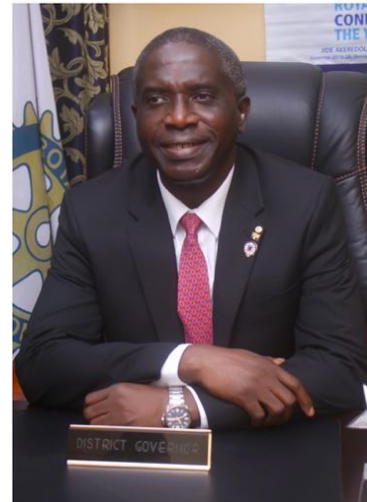
It is well known that vaccinating girls between the ages of 10 and 14 years will protect against the HPV infection. Rotary International District 9110 Nigeria plans to build a generation of women completely immune to Cervical Cancer.

Even though we have an estimated national population of about 4 million in the target age bracket, we intend to start small with 10,000 girls in the area covered by District 9110 (Lagos and Ogun states) with the hope of vaccinating more girls in the future, raising awareness, and sensitizing the government to partner/takeover the project along the way. We hope to show this is possible and influence government policy to make HPV vaccination part of its standard immunization programme.

A dose of the vaccine costs about \$30 in Nigeria. Each girl will require 2 doses, spaced about 6 months apart. We will therefore need 20,000 doses. This translates to a cost of \$600,000 to meet our goals.

We ask other Rotary Districts to help support this laudable project by contributing a portion of your DDF. We invite your questions and hope for positive responses to this sincere request.

Please contact me at [akeredolujide@yahoo.com](mailto:akeredolujide@yahoo.com)



**Dr. Jide Akeredolu**

### **3. Give Children Hope for Life!:** *Medical Equipment for the Regional Center of Children Oncology and Hematology in Cherkasy, Ukraine Seeking Partner(s)*

Dr. Olha Paliychuk, M.D., Ph.D., President, Rotary Club of Cherkasy, District 2232, Oncologist, Primary Host Partner *and*  
John Fulton, Jr., Esq., Past President, Rotary Club of Miami-Brickell, District 6990, Attorney at Law, Primary International Partner

In pre-Chernobyl Ukraine, instances of childhood cancer were few and far between. Unfortunately, in our post-Chernobyl society, that is no longer the case. The Regional Center of Children Oncology and Hematology in Cherkasy, Ukraine was opened in May 1993 in response to the rapid increase in the number of children being diagnosed with oncologic and related blood diseases in the wake of the Chernobyl disaster. Currently, over 600 children under the age of 18 with tumors and/or suspected blood disease are examined each year in the Cherkasy region alone. *(continued on the next page)*



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The Regional Center of Children Oncology and Hematology in Cherkasy treats nearly 250 children with cancer and/or cancer related diseases each year, with 35 to 40 new children being diagnosed with cancer each year.

The Center currently has 25 infusion pumps that are well over 10 years old and are no longer reliable enough to assure accurate administration of the aggressive chemotherapy drugs often required to effectively treat children at the Center. The Center also has two syringe pumps manufactured in 2004 and 22 infusion volumetric pumps, most of which were manufactured in 2005. These pumps are no longer reliable enough to assure accurate administration of the aggressive chemotherapy drugs to the children requiring them.

Seeing firsthand the appalling condition of the equipment available to treat children at the Center, Dr. Paliychuk, working with her Rotary Club, initiated a Global Grant to obtain badly needed medical equipment to provide more efficient and effective medical treatment to children suffering from cancer and cancer related diseases. Lack of proper medical equipment prevents physicians at the Center from accurately administering the aggressive chemotherapy drugs required by some treatment protocols, which prevents giving a chance for recovery to a large number of extremely sick children each year.

Working with the Rotary Club of Miami-Brickell, **Global Grant GG1750546 has been approved by The Rotary Foundation**, and upon raising a little more than an additional US\$8,000 in funding, the Regional Center of Children Oncology and Hematology in Cherkasy, Ukraine will be the recipient of nearly US\$55,000 in much needed medical treatment equipment and supplies.

For more information and/or to donate, no amount is too small, please visit:  
<http://www.matchinggrants.org/global/project2060.html> or email Dr. Olha Paliychuk - [oncology@2upost.com](mailto:oncology@2upost.com) and/or John Fulton - [jfulton@malloylaw.com](mailto:jfulton@malloylaw.com)



Дімо дітям надію на життя!  
Give children hope for life!

(Medicine-free diagnosis (early) cancer treatment  
the international Pediatric Hospital  
Equipped for Regional Center of Children Oncology  
and Hematology (Cherkasy, Ukraine)

(Терпимість, терпіння, надія на життя  
Support project in person or by your Rotary Club)

(The foundation is already - 02070384  
Have grant already - 02070384)

Ukraine  
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**The goal of the  
Health Education and Wellness Rotarian Action Group  
is to promote good health and wellness  
through healthy lifestyle choices and disease prevention.**

The emphasis is on building awareness, promoting education, and providing information to help achieve and maintain good health and to utilize effective prevention in an integrated way.

One of the first 10 Rotarian Action Groups formed was  
World Health Fairs Rotarian Action Group (WHFRAG)  
which was reorganized, expanded, and renamed in 2014 as the  
Health Education and Wellness Rotarian Action Group (HEWRAG).

Please share this Newsletter with your friends and family, other Rotarians, Rotaractors, Interactors, colleagues, business associates, and others who might find it interesting and/or beneficial. All issues are available online at [hewrag.org/publications](http://hewrag.org/publications).

Comments and suggestions about HEWRAG and this Newsletter are welcome.  
With questions or for more information, please write to [hewrag@gmail.com](mailto:hewrag@gmail.com).

Readers are invited to submit an article about Health Education and/or Wellness projects and programs for consideration in a future issue. General guidelines:

- an article of up to 400 words (500 words maximum) and
- 2 or 3 high-resolution .jpg images (each a minimum of 1 MB to a maximum of 3 MB) with captions.

**The next issue of this Newsletter will be published in February 2020.**

**To submit an article** about Health Education and/or Wellness for consideration in the February issue, please write to [hewrag@gmail.com](mailto:hewrag@gmail.com) by December 15, 2019.

**To request adding someone to the mailing list**, please send contact information including Rotary affiliation and e-mail address to [hewrag@gmail.com](mailto:hewrag@gmail.com).

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*This Rotarian Action Group operates in accordance with Rotary International policy  
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