

**IFHV**

International Forum for  
**Health Volunteering**  
الملتقى العالمي للتطوع الصحي

— 23 - 24 october 2023 —



# International Forum for Health Volunteering (IFHV)

**Scientific Content and Presentations**

# First Day



You can watch  
**recorded videos**  
on our Youtube channel



# Table of Contents



**First seminar** Why health volunteering in chronic diseases?



**First working paper** Statistics and facts of the role of health volunteering in confronting chronic diseases in Saudi Arabia



**First session** the role of volunteering in improving health



**First global experience** Royal Health Awareness Society - Hashemite Kingdom of Jordan



## First Seminar

Why health volunteering in chronic diseases?



Dr. Ahmed Gizwani



برنامج تحول  
القطاع الصحي



Mr. Omer Al Hajaj



**NHS**  
England

Dr. Neil Churchill

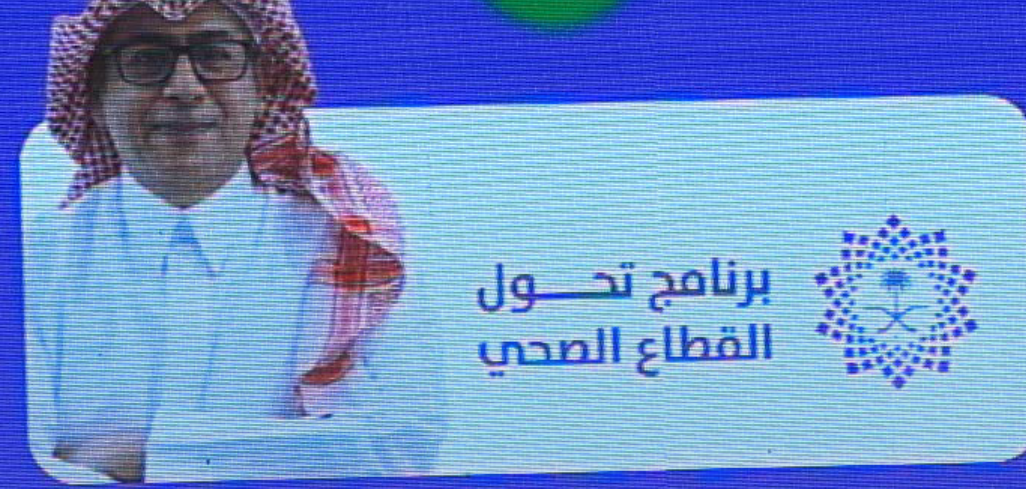


وزارة الصحة  
Ministry of Health

Dr. Shaker Alomri



د. أحمد الغزواني  
Dr. Ahmed Gizwani



أ. عمر الحجاج  
Mr. Omer Al Hajaj



د. نيل تشرشل  
Dr. Neil Churchill



د. شاكربن عبدالعزيز العُمري  
Dr. Shaker Alomri



“

Special thanks for choosing “**Chronic Diseases**” as a theme for this forum because it is of great importance to the health, social and economic systems.

**Dr. Shaker bin Abdulaziz Alomri**

The General Administration for Health  
Programs and Chronic Diseases at the Saudi  
Ministry of Health





“

Since its establishment, the Kingdom has been maintaining human health. Later, the Saudi vision 2030 has dedicated many objectives to the health sector.

**Mr. Omer Al Hajaj**

Healthcare Sector Transformation Program

“

The best solution is to reintegrate infected individuals into the community, by engaging them in their favorite community activities.

**Dr. Neil Churchill**

NHS England

Omer Al Hajaj







## First scientific paper

Statistics and facts of health volunteering in chronic diseases in Saudi Arabia



Dr. Ahmed Asiri

A man with a beard and glasses, wearing a white thobe and a red and white checkered ghutra with a black agal, is speaking at a podium. He is wearing a lanyard with a badge around his neck. The background is a solid blue color.

“

We hope that this forum will have a positive impact on improving health volunteering service in general and health volunteering in chronic diseases in particular.

**Dr. Ahmed Asiri**

Director of Institutional Excellence Department at  
Health Volunteering Center

A hand is shown in the upper right corner, pointing towards a map of Saudi Arabia. The map is highlighted in a bright green color. The background is a dark blue gradient with a pattern of binary code (0s and 1s) and various alphanumeric strings, suggesting a digital or data-driven theme.

**Statistics and reality of healthcare volunteering  
for chronic diseases in the Kingdom of Saudi Arabia**



# Healthcare Volunteering Statistics



Opportunities

**30,651**



Volunteers

**471,440**



Credits

**29,818,794**

**Alternative Economic Value: +2 billion**



# Chronic Disease Volunteering Statistics



Opportunities

**1,991**



Volunteers

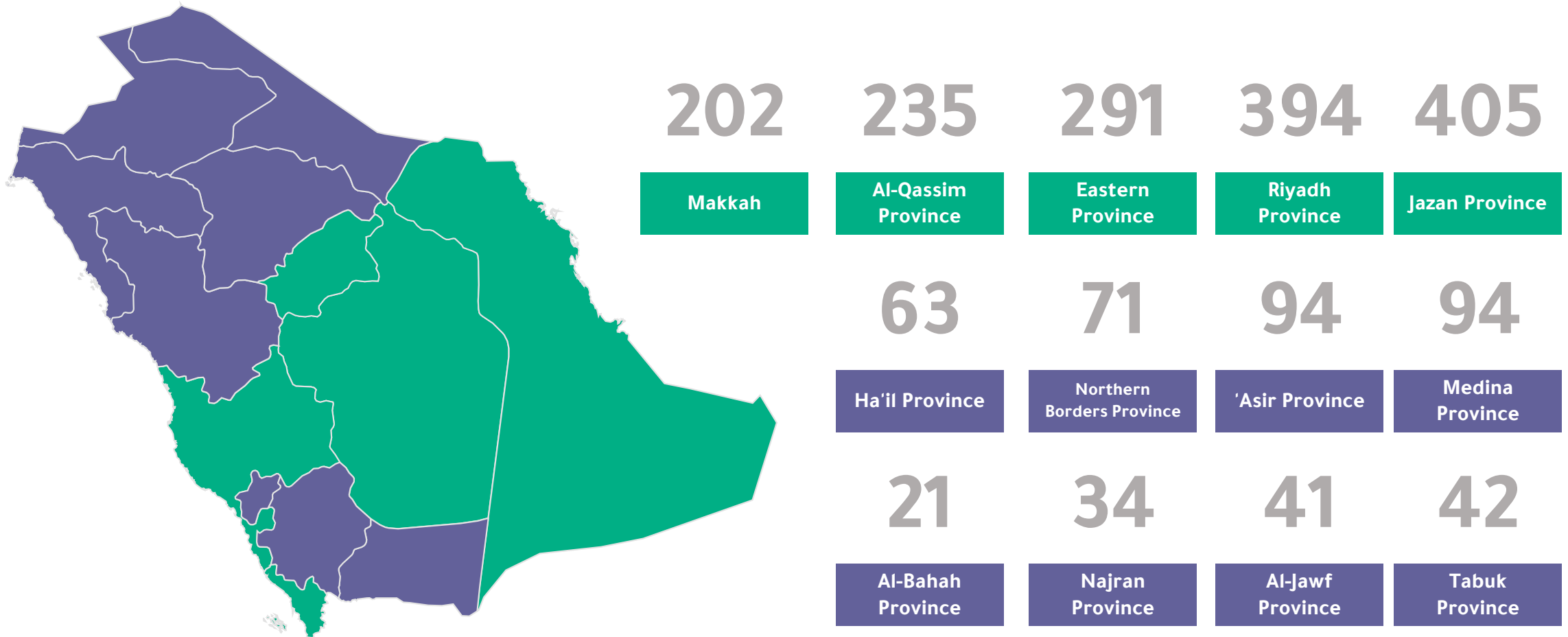
**33,177**



Credits

**1,851,880**

# Number of opportunities in Chronic Diseases in the Kingdom's regions



# Areas of Volunteering



## Therapeutic Services

 Opportunities **372**

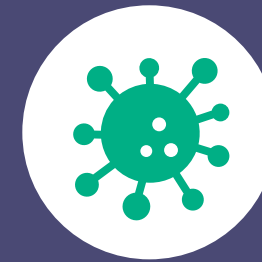
 Volunteers **2,896**



## Support Services

 Opportunities **613**

 Volunteers **7,176**



## Preventive Services

 Opportunities **1,001**

 Volunteers **23,079**

# Areas of Volunteering



## Therapeutic Services

 Opportunities	<b>695</b>
 Volunteers	<b>14,789</b>
 Credits	<b>445,459</b>



## Support Services

 Opportunities	<b>995</b>
 Volunteers	<b>15,767</b>
 Credits	<b>1,150,661</b>



## Preventive Services

 Opportunities	<b>149</b>
 Volunteers	<b>2,541</b>
 Credits	<b>80,754</b>



# Recommendations

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Studying the qualitative needs of Chronic Diseases.

---

Analyzing volunteering participation models for best international practices.

---

Adopting one of the most effective and efficient models.

---

Setting up a domestic model and identifying performance indicators to measure efficacy and efficiency.

---

Analyzing the effect of current volunteer participations and striving to improve them.

---

Engaging the related parties in studying the need for therapeutic interventions for chronic diseases.

---

Building sustainable partnerships to ensure support for the continuing provision of healthcare volunteering services to beneficiaries.

---

There is a great opportunity to increase opportunities, numbers of volunteers, and volunteer credits in the area of chronic diseases compared to other health needs.



## First scientific paper

The role of volunteering in enhancing the health



**Dr. Noor Hakeem**



**Dr. Al-Ma'mun Badahdah**



**Dr. Mahmoud Abdulrahman**



د. نور حكيم  
Dr. Noor Hakeem



د. المأمون بادحدح  
Dr. Al-Ma'mun Badahdah



د. محمود عبد الرحمن  
Dr. Mahmoud Abdel Rahman



“

Our aim is to impact behaviors. We want people to adopt and practice healthy habits and behaviors in order to improve their health.

**Dr. Mahmoud Abdulrahman**





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**Community Awareness is the first means of  
addressing Chronic Diseases**

**Dr. Mahmoud bin Abdulrahman Mahmoud**

Associate Professor of Preventive Medicine and  
Public Health and Chairman of Waey Association  
for Community Health

# Topics



- Introduction
- The concept of Community Awareness
- The role of Volunteering in raising Community Awareness
- Chronic Diseases and the need to raise awareness to address them
- Recommendations



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# Introduction



## The significance of Community Awareness in addressing Chronic Diseases and Health Priorities

### Example

About **422 million people** worldwide have Diabetes and **1.5 million** deaths per year are directly attributable to Diabetes



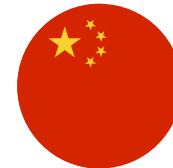
Diabetes: 13%

Hypertension: 15%

Pre-diabetes is estimated at: 17%



Diabetes: 10%



Diabetes: 12%



Diabetes: 7%

The total cost of Diabetes in 2014 was SAR 25 billion

# The concept of Community Awareness

**Definition of  
Community Awareness**

**The Significance of  
Community Awareness**

**Components of  
Community Awareness**





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## Community Awareness

It is a collection of knowledge, thoughts, beliefs and values that influence the behavior of community members and make them aware of the significance of the issues and problems they address and seeking to solve them.

# The Significance of Community Awareness



## It helps to:

- Social Problem Solving
- Economic
- Political problems
- It also helps promote sustainable development.



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# Components of Community Awareness



Community awareness consists of several components, including:



## Knowledge

It is the collection of information and data possessed by community members about various issues and problems.



## Thoughts and Beliefs

It is a set of concepts and values that influence the behavior of community members.



## Values

It is a set of principles and ethics that community members believe in.



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# The role of Volunteering in raising Community Awareness

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**التطوع الصحي**  
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- Raising individuals' awareness of community issues
- Promoting citizenship and participation values.
- Disseminating a culture of Social Responsibility.
- Encouraging interpersonal dialogue and interaction.
- Examples of the effect of Health Volunteering.

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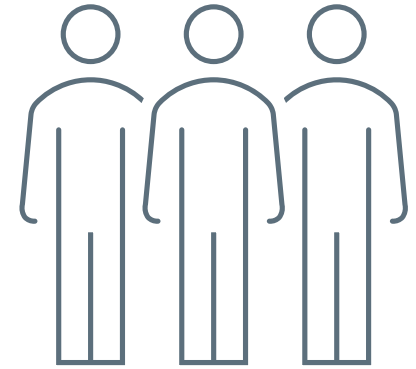
# Raising individuals' awareness of community issues

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Through participation in volunteer activities targeting specific community issues. The members become aware of such issues and understand their significance, which leads to raising awareness of them and increasing interest in them by the community.



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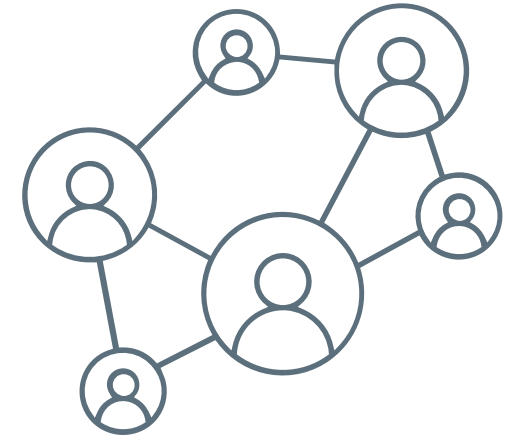
# Promoting citizenship and participation values

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Volunteering contributes to strengthening citizenship and participation values in community, where volunteers learn the significance of teamwork and collaboration for the sake of achieving the public interest.



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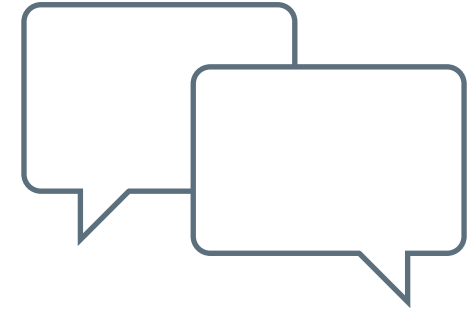


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# Encouraging Dialogue and Interaction



Volunteering provides opportunities for interaction among members from different social and cultural backgrounds, which helps encourage dialogue and accept others.



# Disseminating a culture of Social Responsibility.

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Volunteering contributes to spreading a culture of social responsibility, as individuals learn the importance of contributing to serving and improving the community.



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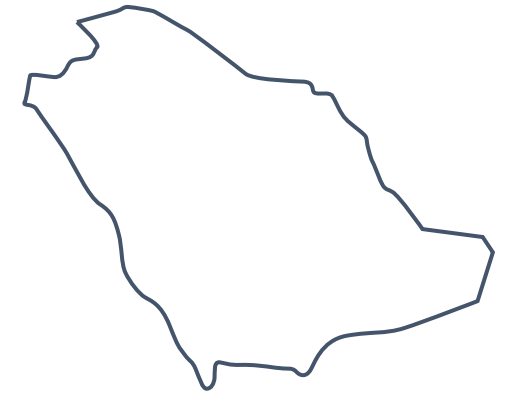


# Chronic Diseases and the need to raise awareness to address them

## Figures and Connotations

A recent survey conducted in KSA in 2013 showed that:

- Prevalence Rate of Diabetes and Hypertension: **13%** and **15%** respectively.
- Estimated prevalence of Pre-diabetes: **17%**.
- Unhealthy lifestyles: **75%**.
- Obesity: **60%**.
- Class III Obesity: **60%**.
- Population undergoing routine checkups: **75%**.
- Population who regularly exercise: **60%**.
- Another study conducted by Zahid estimated that the prevalence rate was: **27%**



(Zahid Nasim, 2015)

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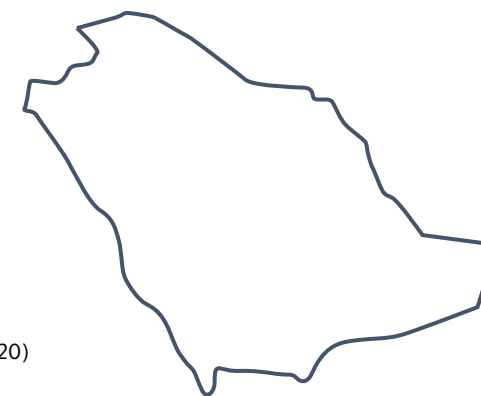
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HEALTH VOLUNTEERING

# Chronic Diseases and the need to raise awareness to address them

## The financial impact of diabetes and hypertension

A recent survey conducted in KSA in 2013 showed that:

- The cost of caring for a single diabetic patient is US\$ 3,868, and the national spending exceeds **US\$ 870 million**. (Abdul Karim K., 2013)
- In another study by (Ali H. Maqdah, 2016), the cost ranges **from SAR17 billion to SAR27 billion**. The cost of caring for a single patient with renal complications ranges from **SAR100,000 to SAR180,000** per year.
- The cost of treating a single patient with Diabetic Foot Infection is **US\$1,782** per year.



(Alshammary 2020)

# Advocacy Strategies that could be used to raise Community Awareness

## Policy Modification

- Striving to change policies affecting health. This may include lobbying decision-makers through organizations and media.

## Community Organization

- Community Organization involves building relationships with individuals and groups and rallying them to take action to improve their health.

## Direct Advocacy

- Working with individuals and groups at the domestic level for health enhancement. This may include organizing community events.

# Examples of how Volunteering contributes to raising Community Awareness

## Organizing awareness campaigns on social, health and environmental issues

- Volunteers can help organize awareness campaigns on social, health and environmental issues, such as awareness campaigns on Coronavirus disease (COVID-19) or awareness campaigns on the significance of environmental preservation.

## Volunteer participation in educational and cultural activities

- Volunteers can participate in educational and cultural activities, such as contributing to children's education in schools or participating in cultural activities such as organizing art exhibitions.

## Volunteer participation in charitable and humanitarian activities

- Volunteers can participate in charitable and humanitarian activities, such as the Hajj (Pilgrimage) Season, contributing to caring for orphans or elderly people, or taking part in natural disaster relief activities.

## Local example

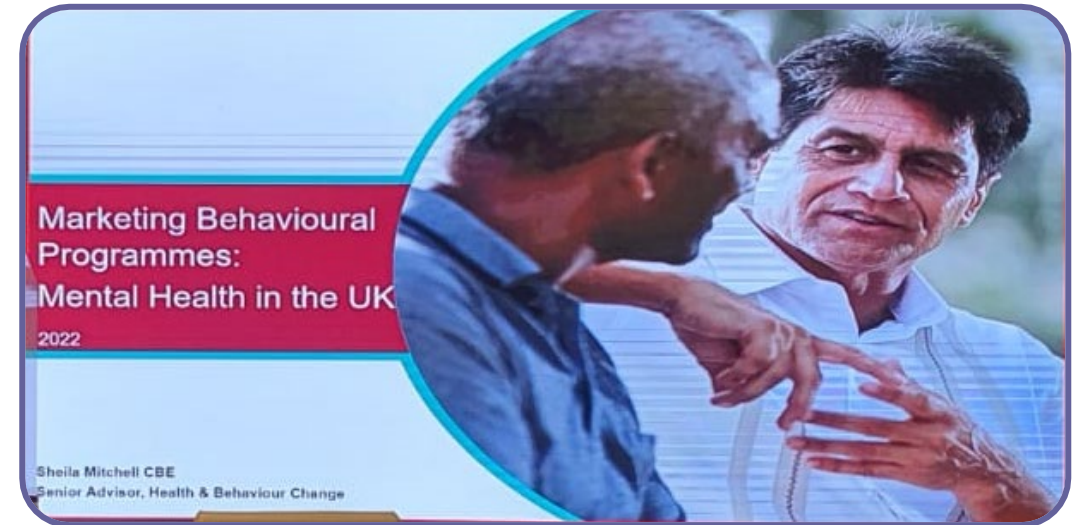


# Aglobal example: Reaching out to raise the awareness of one million people in Britain



## “Urging populations to make self-decisions to protect and improve their mental health”

- They chose ten specific mental health insights.
- They chose strategic principles to raise awareness of them.
- They Identified target groups.
- They ran a survey campaign to focus on two strategies to work on to ensure empowerment and responsiveness.
- They initiated and ran campaigns from 2019.
- They targeted 1 million people for the campaign.
- They were confronted by the COVID-19 pandemic.
- They used technology to overcome difficulties.



They achieved the target to raise awareness of one million people about mental health

### We have a wealth of mental health assets

Online content, including films on key mental health topics

Film and static image of talent

Digital assets

Digital mind plan tool



# The most prominent contribution potentials and supports

## Potentials:

- Availability of services and ease of obtaining them
- Keep raising awareness in thoughtful doses



## Studying the needs of the target group, including:

- Age categories
- Education
- Culture and Beliefs
- Design appropriate tools
- Clear mission with creativity innovation and diversification



**Feedback for  
development and  
improvement**




# Recommendations

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A call to action to enhance community awareness about volunteering to reduce the burden of chronic diseases.

---

A call to action for providing volunteering programs and campaigns to address community health priorities.





“

As time goes by, we will have a community capital and a community infrastructure that will reinforce a paid healthcare system.

**Dr. Al-Ma'mun Badahdah**

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# Empowering the community to volunteer in confronting chronic diseases

  
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**How community empowerment  
shape the map of chronic diseases?**



WHO have therefore made the assessment that **COVID-19** can be characterized as a **pandemic**.

And we have called every day for countries to take **urgent and aggressive action**.

11/03/2020



**COVID-19**

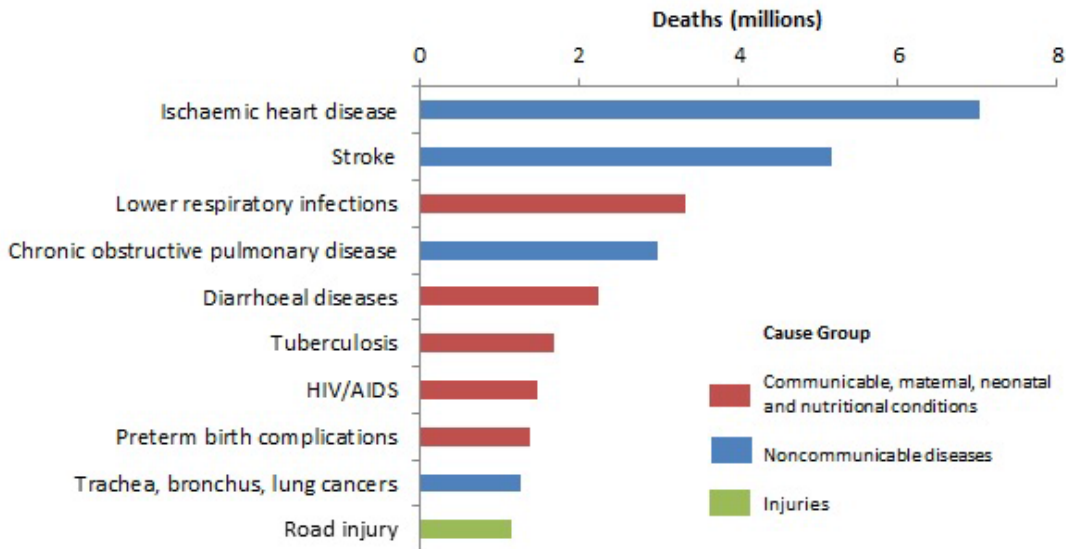
**LOCKDOWN**

**LOCKDOWN**

**LOCKDOWN**

**COVID-19**

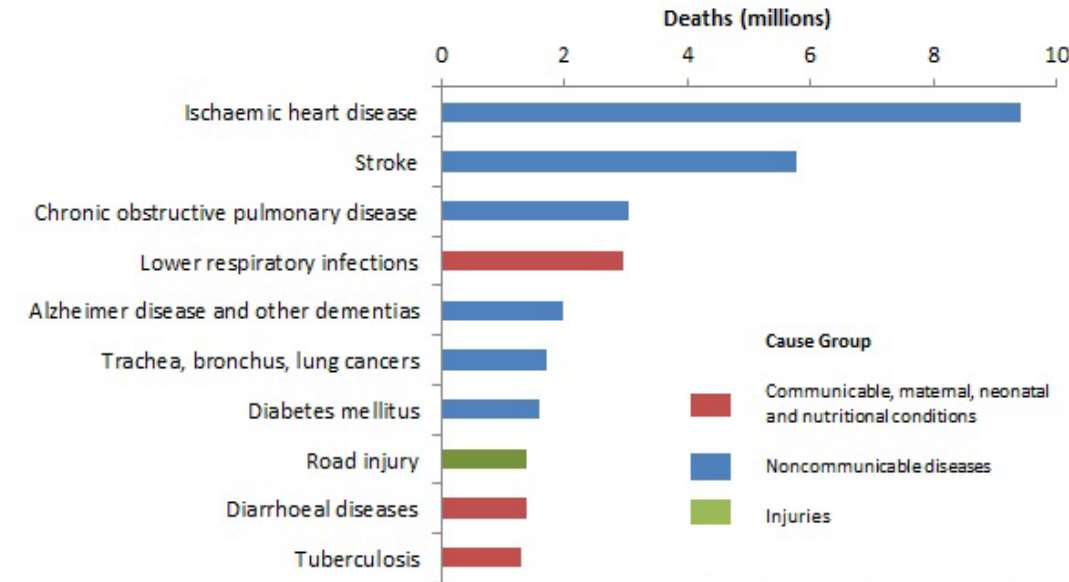
### Top 10 global causes of deaths, 2000



Source: Global Health Estimates 2016: Deaths by Cause, Age, Sex, by Country and by Region, 2000-2016. Geneva, World Health Organization; 2018.



### Top 10 global causes of deaths, 2016



Source: Global Health Estimates 2016: Deaths by Cause, Age, Sex, by Country and by Region, 2000-2016. Geneva, World Health Organization; 2018.



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## Three lessons learned

- The impact of the perception and advocate of higher authority
- The importance of trust in society and its role
- The community willing to participation and sacrifice





# How can we apply this in the case of chronic diseases?



Sickness

Chronic Disease Journey



Sickness



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Chronic Disease Journey 

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# Chronic Disease Journey



Sickness

Pre-  
disease

Health

People with risk factors

Healthy individuals

# Chronic Disease Journey



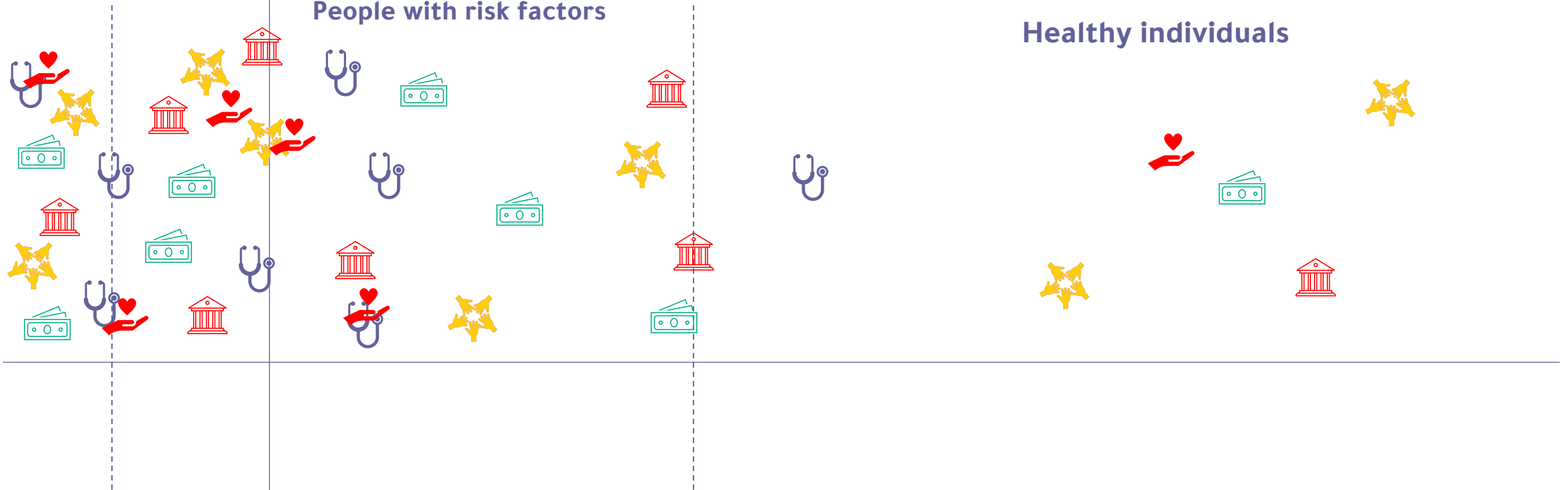
Sickness

Pre-  
disease

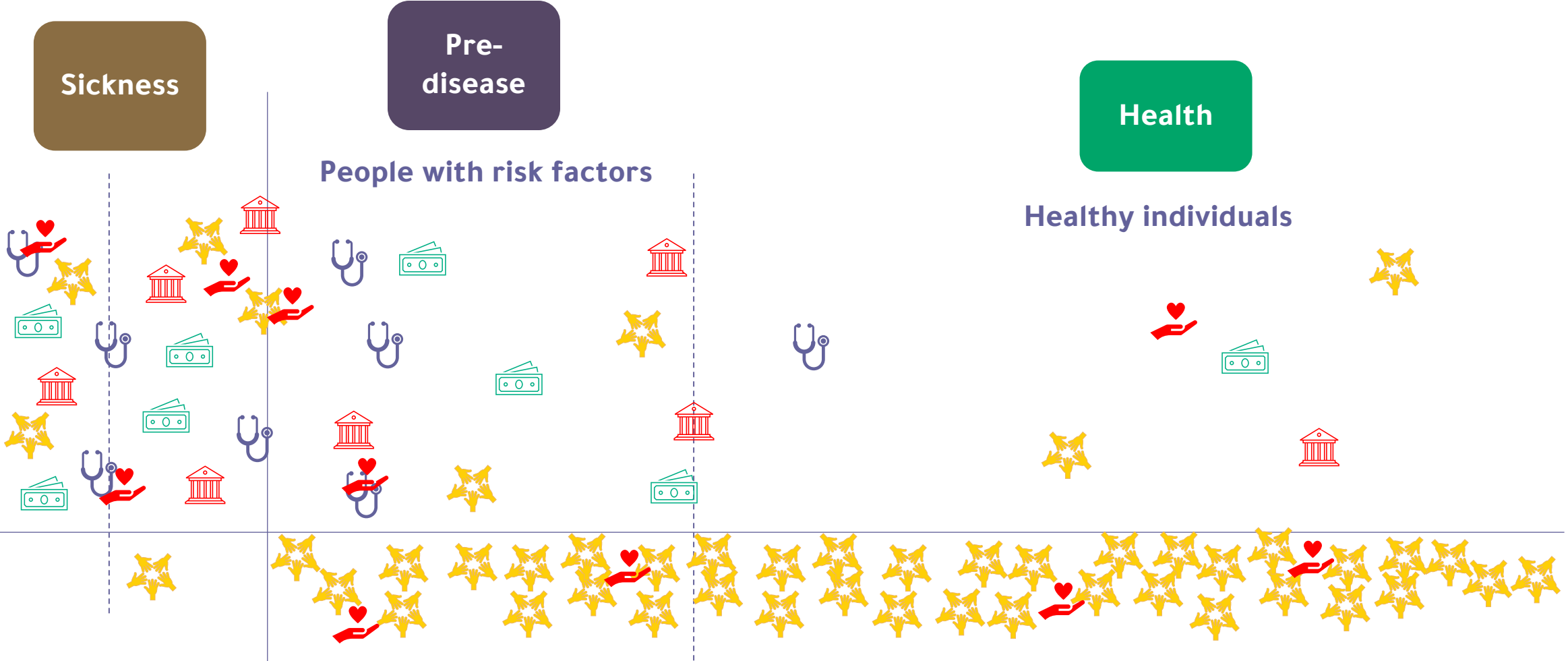
Health

People with risk factors

Healthy individuals



# Chronic Disease Journey



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# Potential for community volunteering in chronic diseases

  
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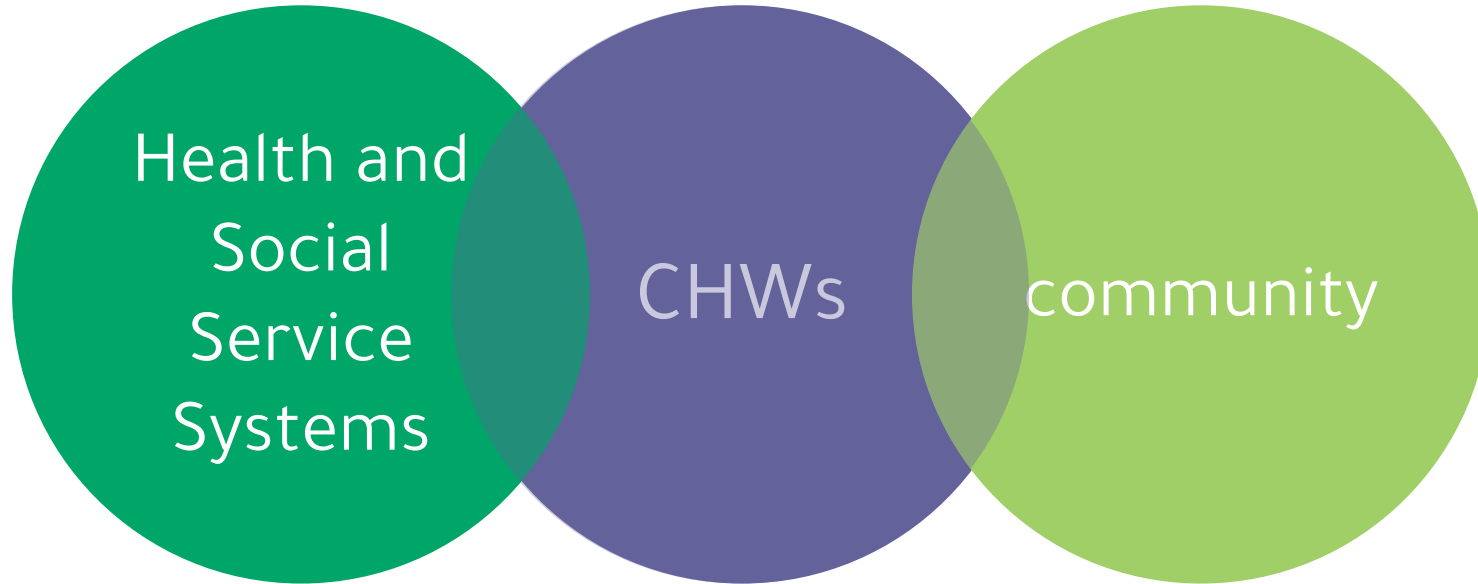
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Preventive, promotive and curative **health services** provided by **CHVs** were as **good** as, or in some cases **better** than those who are formally employed as health workers.

Woldie M, et al. Community health volunteers could help improve access to and use of essential health services by communities in LMICS: An Umbrella Review. *Health Policy and Planning*. 2018;33(10):1128-1143.



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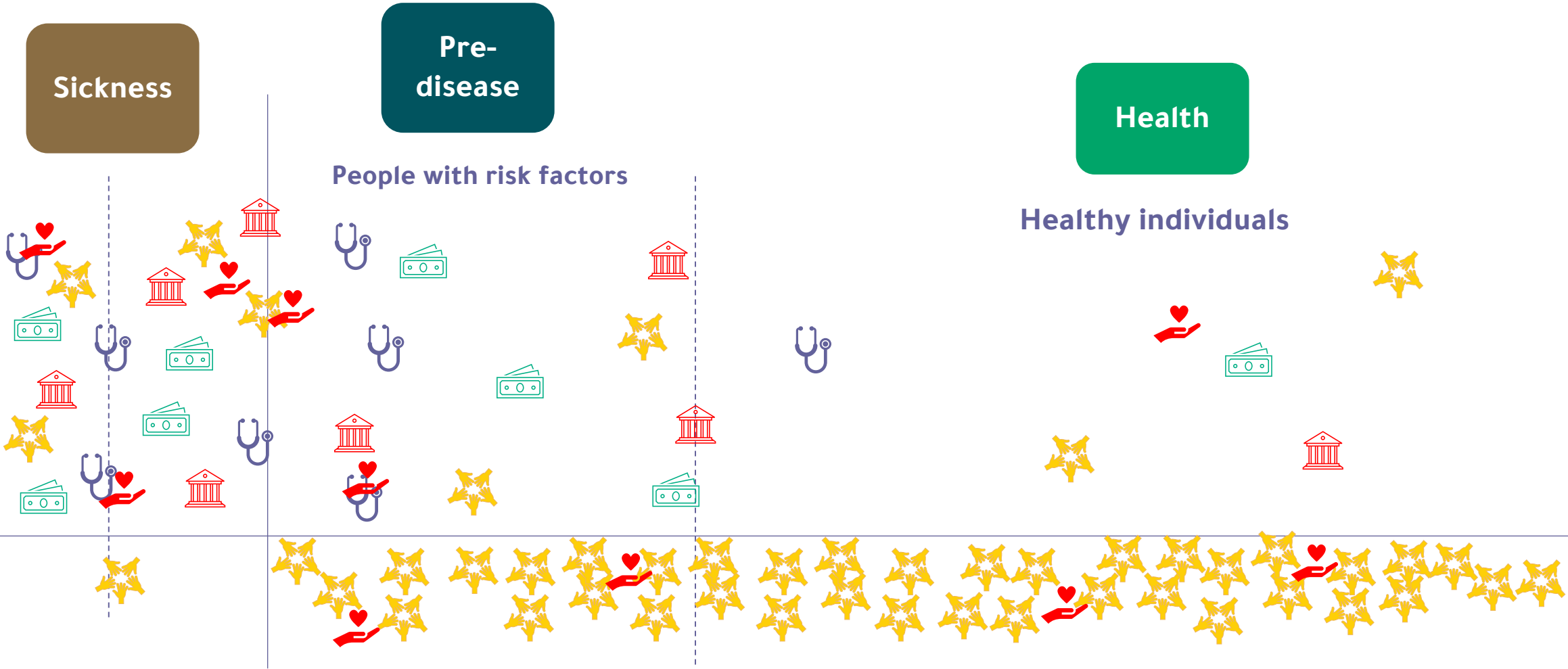
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## Special characteristics

- High trust and unique relationship with the community
- Low cost in training and service delivery
- Building social capital

# Chronic Disease Journey





## Community ownership and responsibility



## Education and training



Problem  
identification

Solution  
prototype  
development

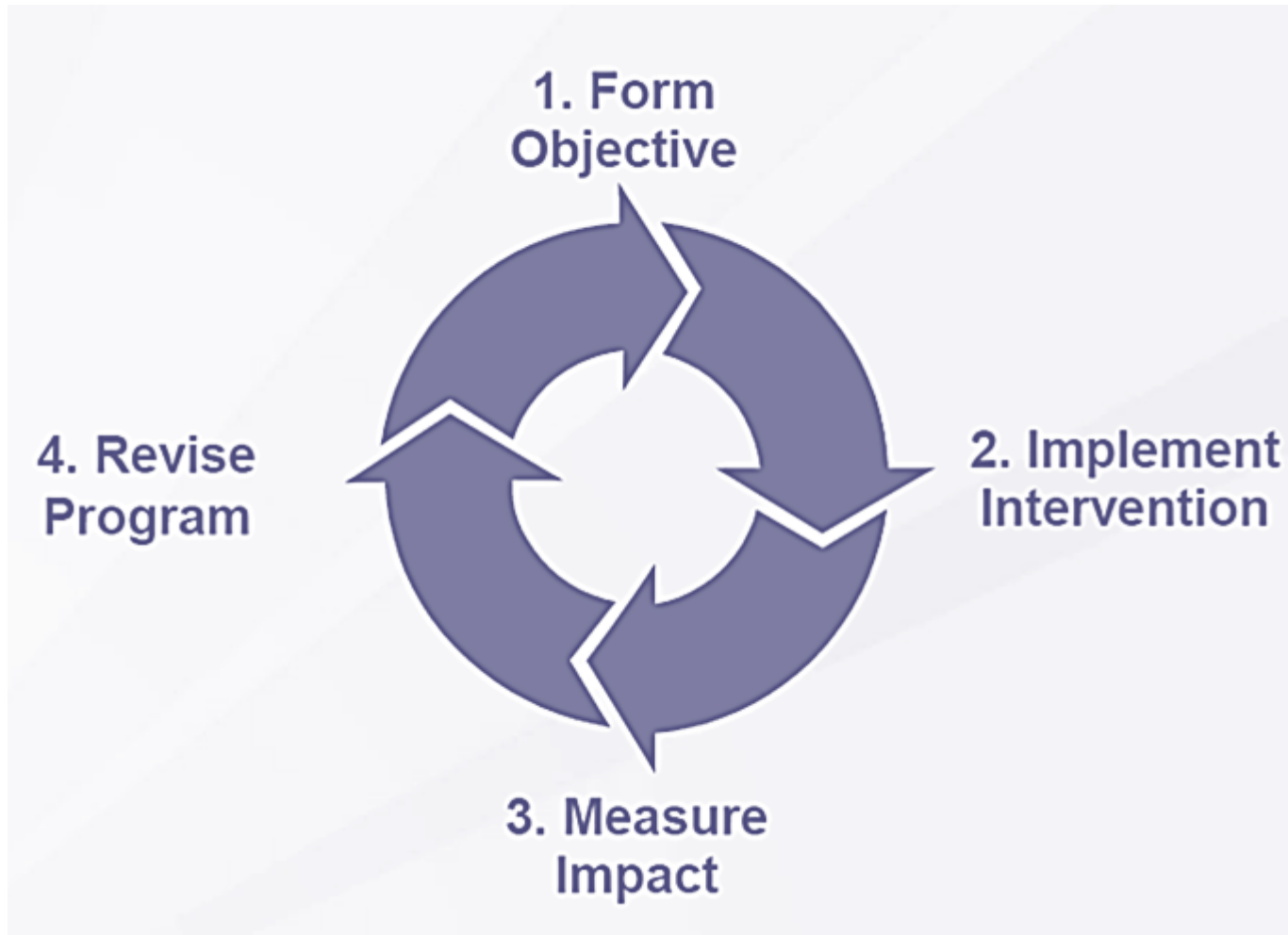


Problem defined  
by those affected

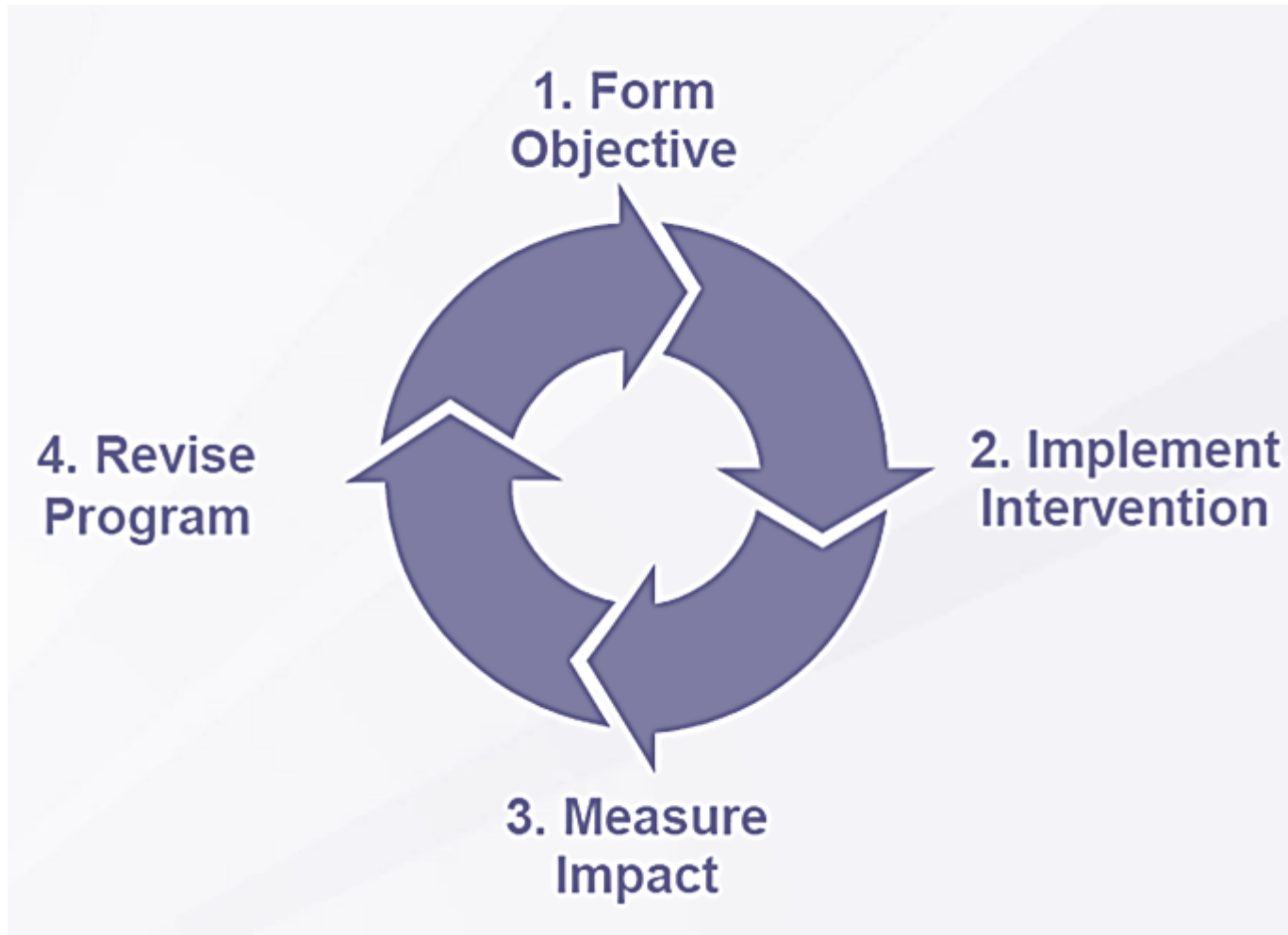
Solution  
brainstormed by  
those affected



**Include them in the thinking  
and planning process**

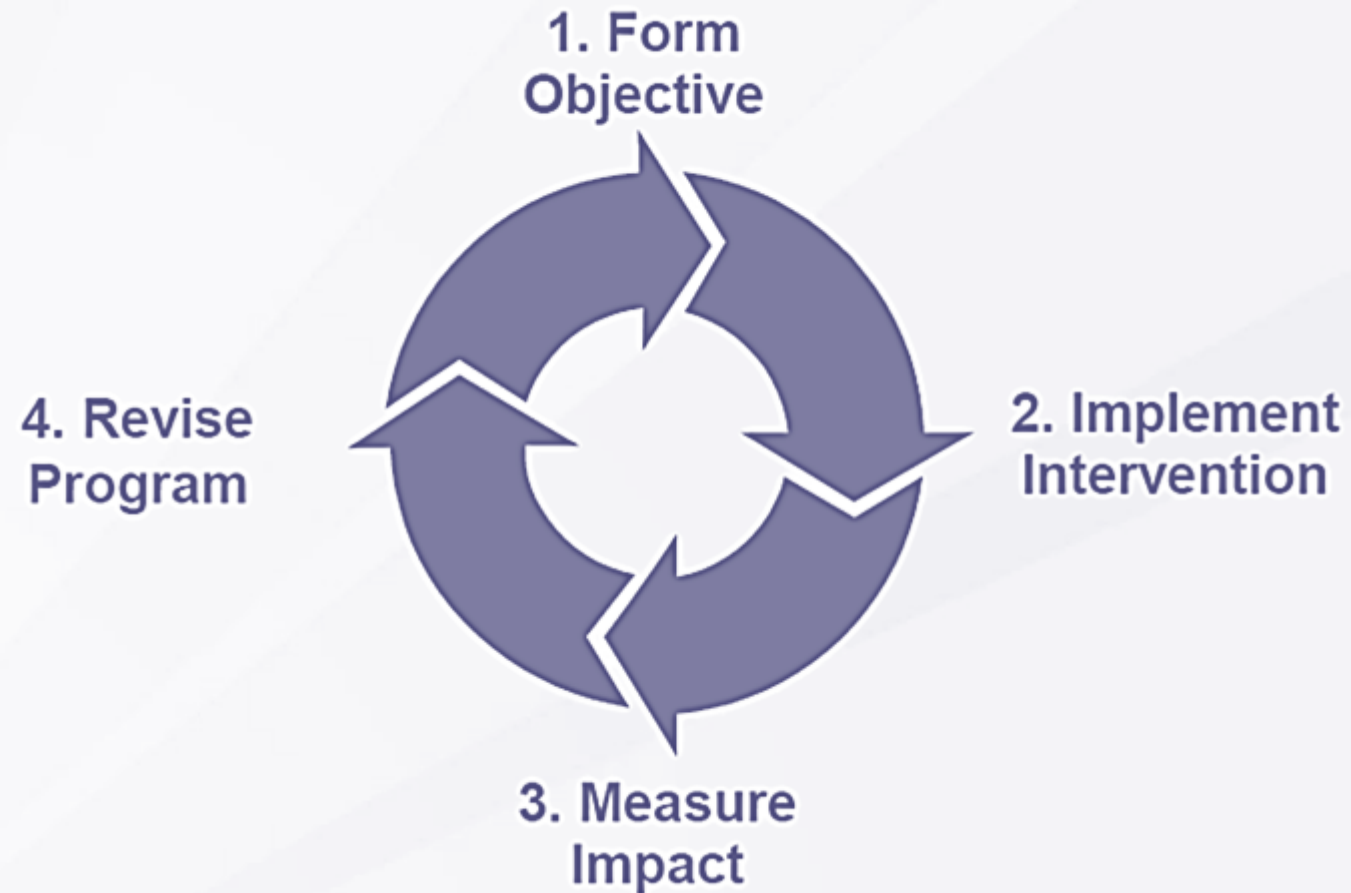


To design and build the model



**Implementation and execution**





**Review and evaluation**



**Prioritize related specialization and expertise**



**Develop indicators for community participation**



## Building local volunteer communities



**Appreciate and respect their impact**



## Ottawa Charter for Health Promotion

**Mediating**

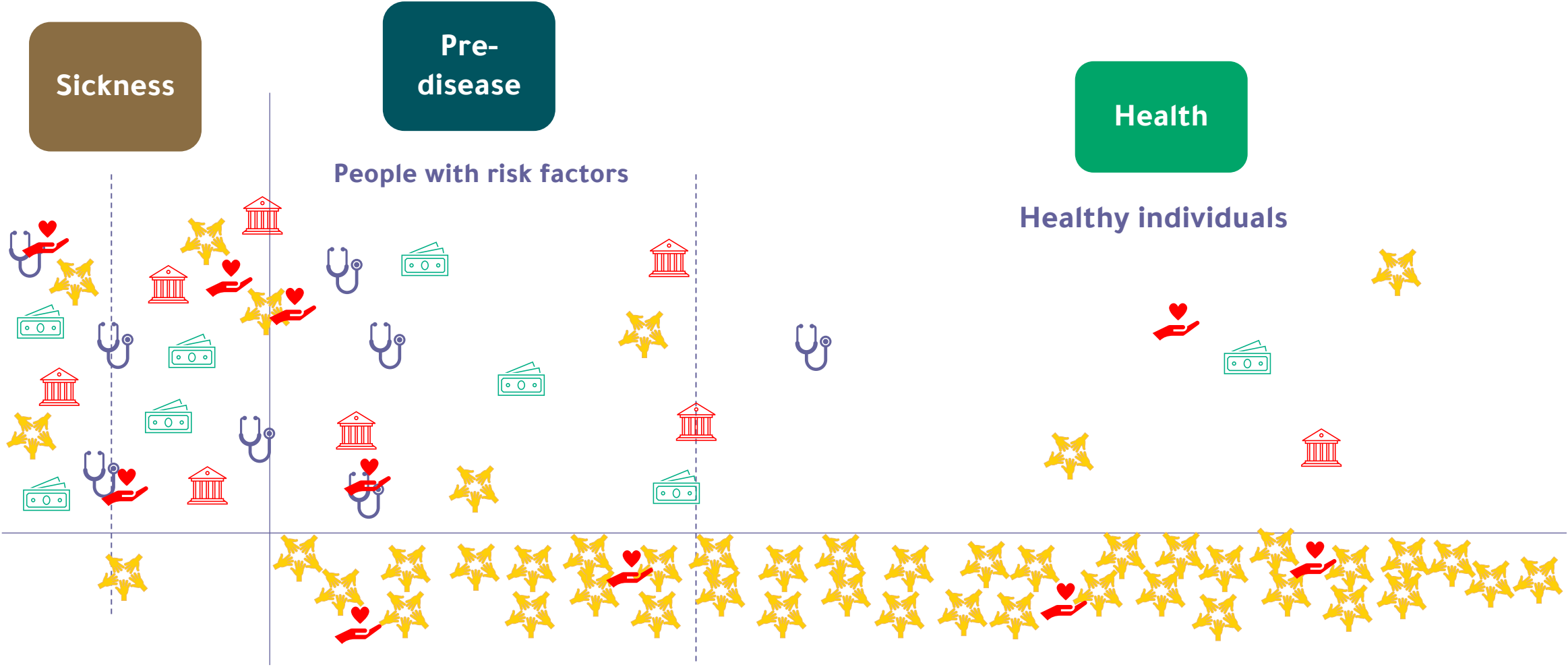
**Enabling**

**Advocate**



# The impact of such an approach on the chronic disease map

# Chronic Disease Journey





# Chronic Disease Journey

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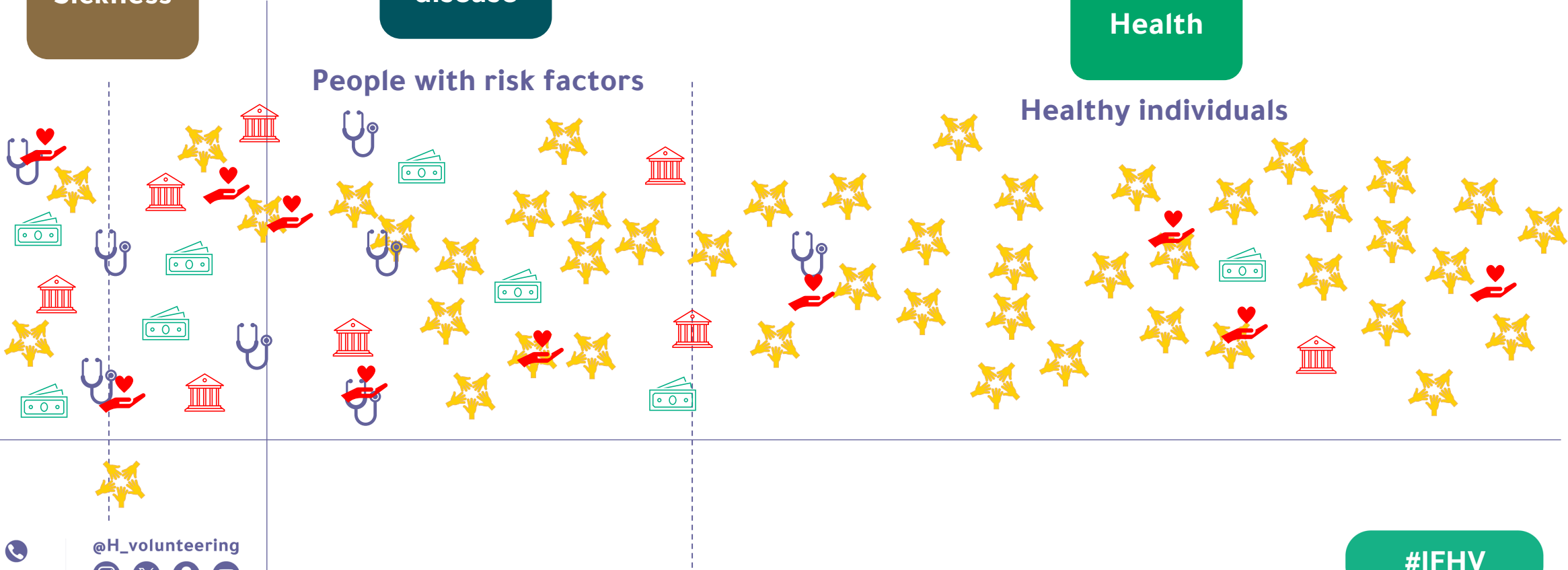
**Sickness**

**Pre-disease**

**Health**

People with risk factors

Healthy individuals



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# Chronic Disease Journey



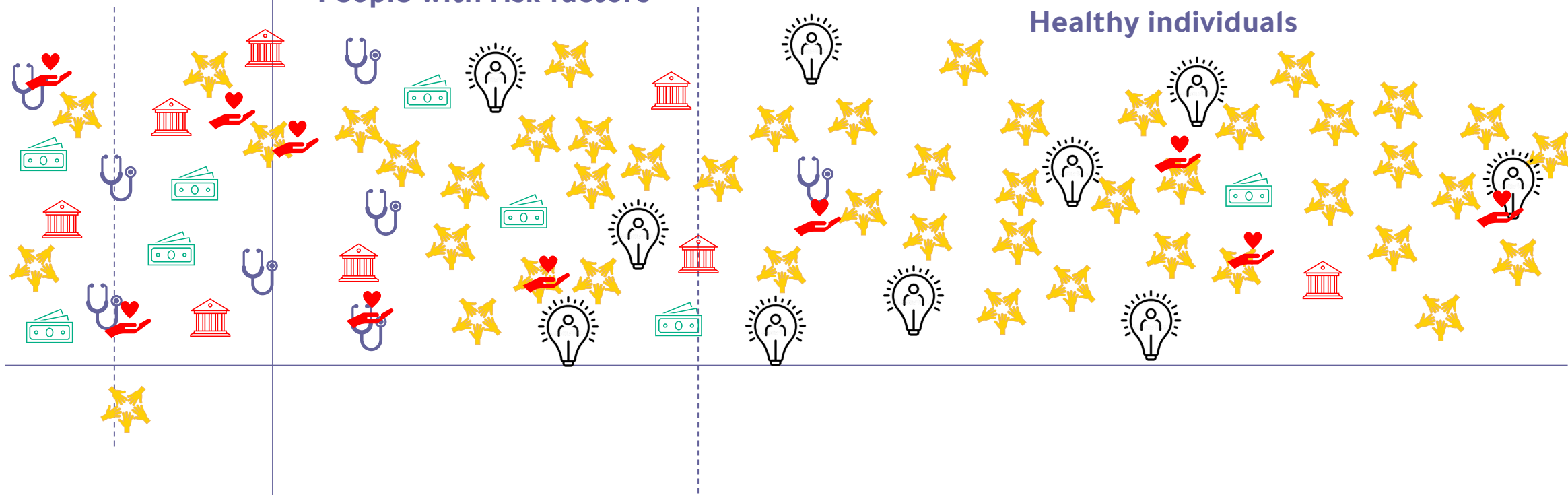
Sickness

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# Chronic Disease Journey



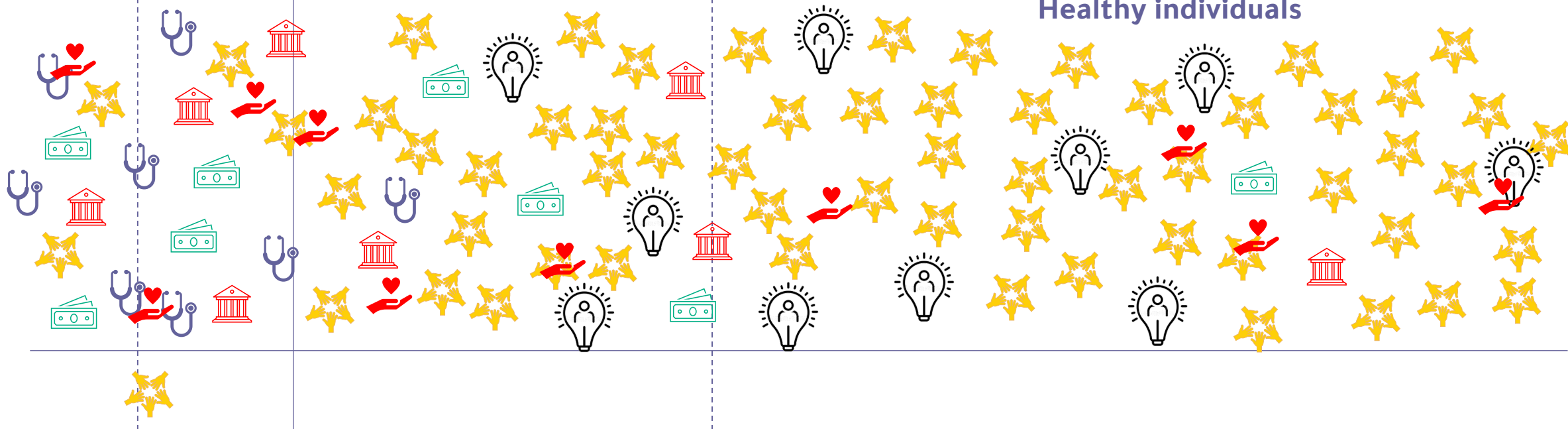
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# Chronic Disease Journey



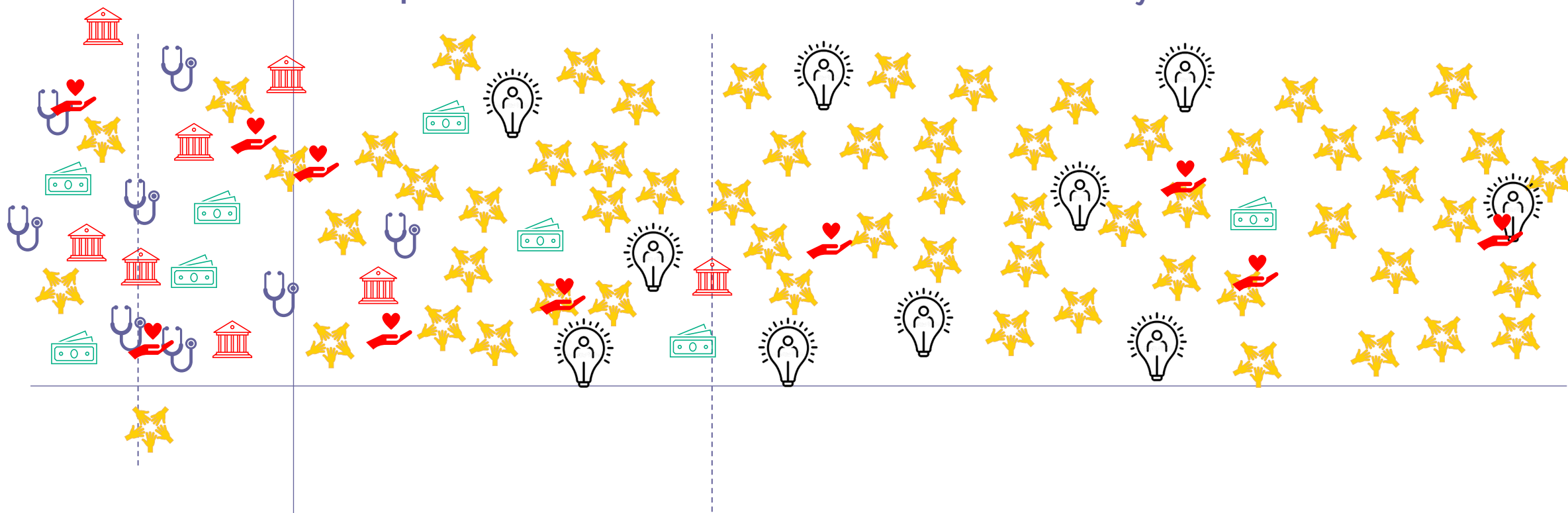
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# Chronic Disease Journey



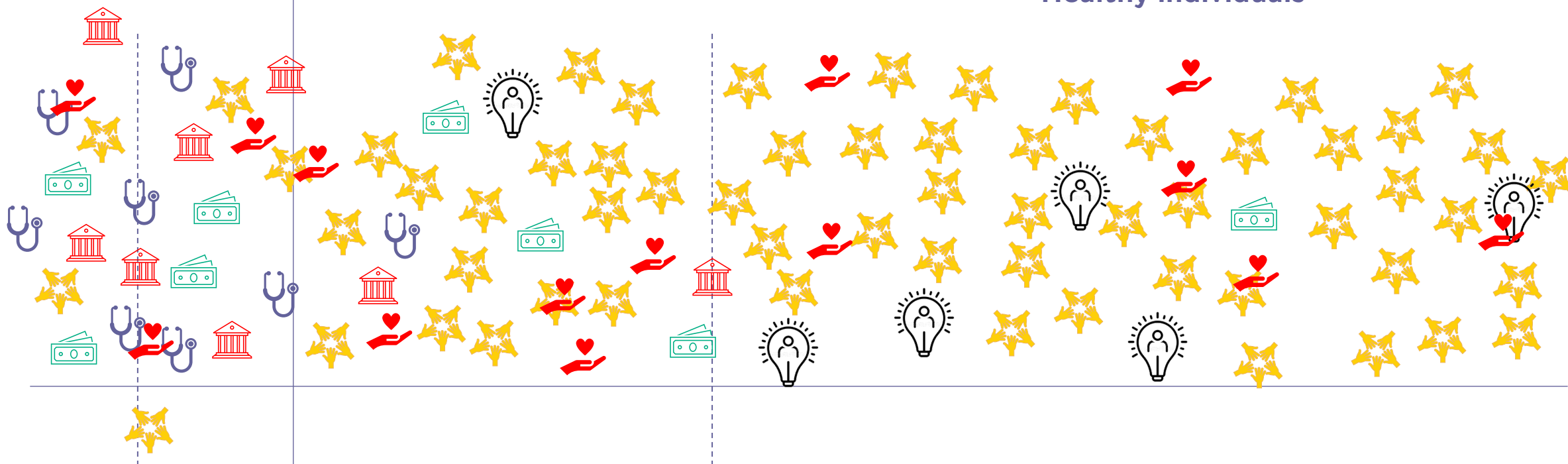
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# Chronic Disease Journey



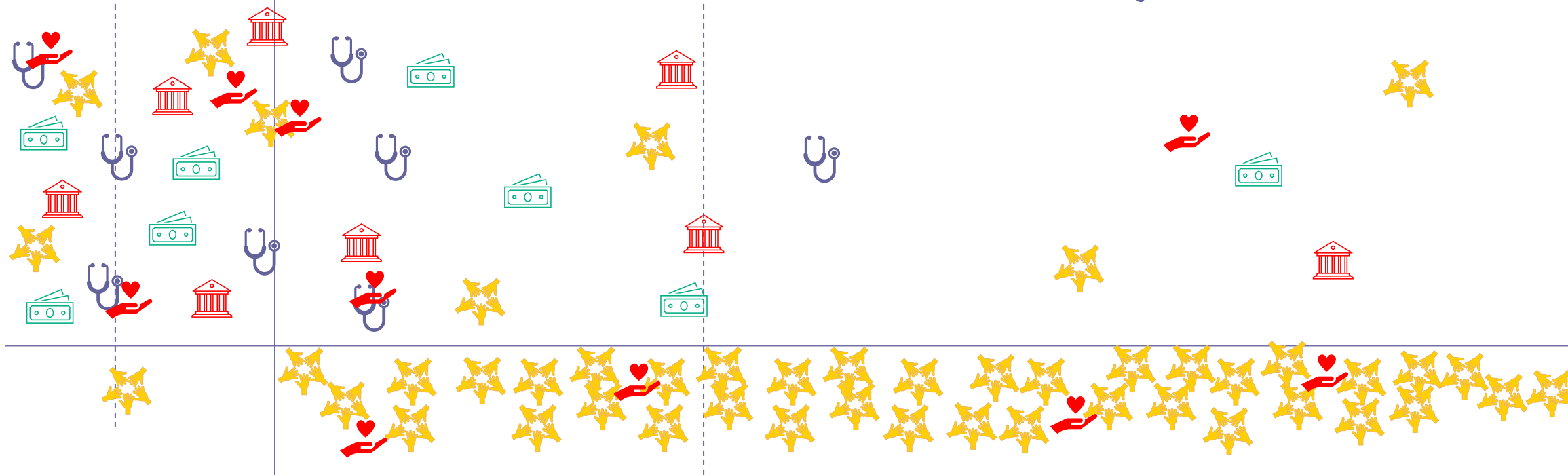
Sickness

Pre-  
disease

Health

People with risk factors

Healthy individuals





WHO warns Europe it will face challenges as number of pensioners to jump by 25% in coming decades

**11/10/2023**

COVID-19  
Stay 2m  
apart



IT'S IN  
OUR HANDS  
PLAY YOUR  
PART







HM Government **NHS**

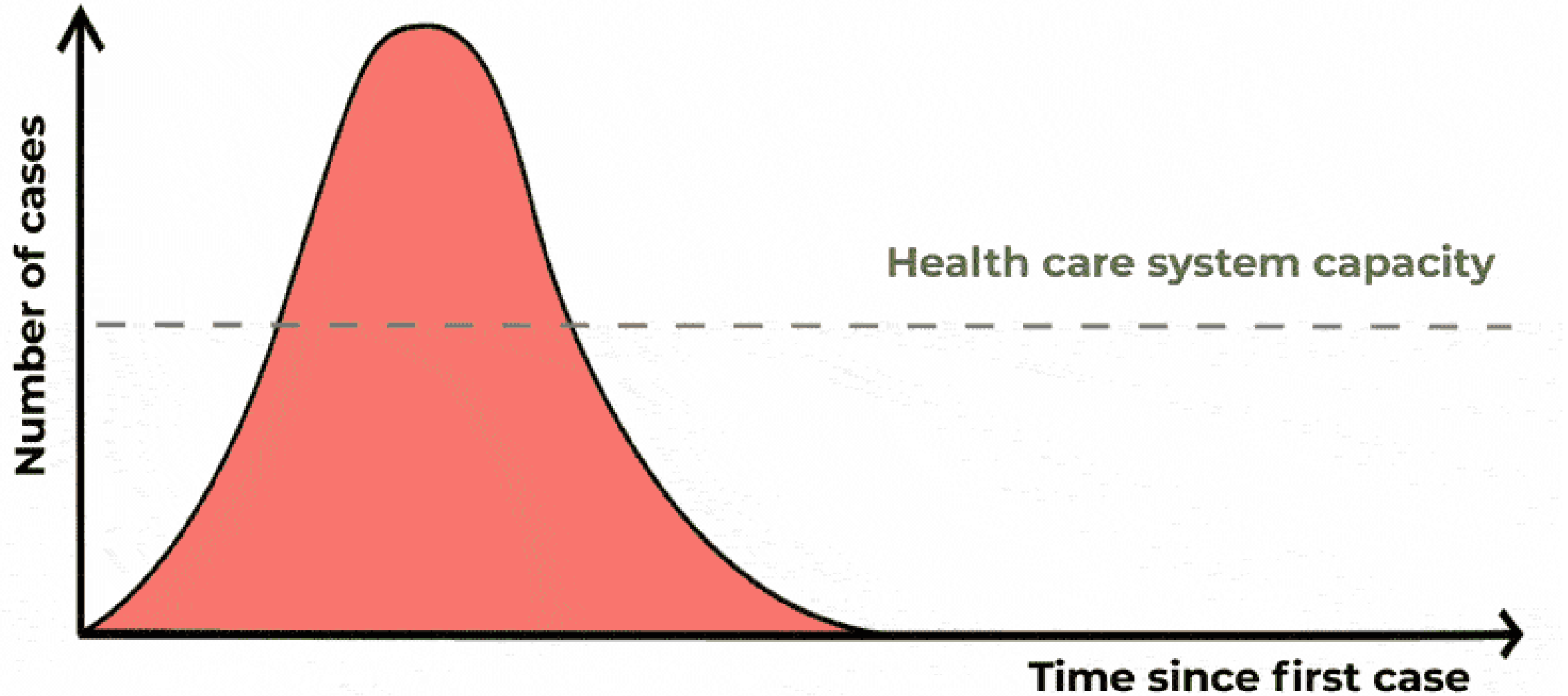
**CORONAVIRUS**

# ACT LIKE YOU'VE GOT IT

**ANYONE CAN SPREAD IT.  
STICK TO THE RULES TO  
STOP THE SPREAD.**

**STAY HOME ▶ PROTECT THE NHS ▶ SAVE LIVES**

# Flatten the curve



LOCKDOWN  
START AT HOME  
DON'T GO OUT  
STAY ALIVE



“

We concluded that members of the community, especially mothers, need nutrition education. We also deduced that the neediest groups are those with low income, low level of education, and unmarried women.

**Dr. Noor Hakem**





# Community Initiatives Addressing Chronic Diseases

**Dr. Nour Adul-Hakim**



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## Main Topics

- Wide opportunities to educate community members for a healthy weight and disease prevention.
- A presentation of some examples of volunteer activities over the past years.
- The significance of assessing social initiatives to determine the community members' needs.
- An overview of the most notable challenges of performing volunteering services and how to overcome them.

# Introduction

Voluntary service in the area of nutrition is an important way to improve public health and prevent diseases



The link between clinical nutrition and treatment of chronic diseases such as diabetes, hypertension and heart diseases



Educating community members is an important part of the Clinical Nutrition curriculum

Nutrition Education and Counseling

Community Nutrition

Nutrition throughout the Lifecycle

# Role of Clinical Nutrition in Community

- Community members have recently become highly interested in a balanced healthy lifestyle.
- Medical and nutritional research is giving its new focus on improving quality of life and extending lifespan.
- The nutrition field has a wide range of opportunities to disseminate information and provide innovative educational strategies to achieve the main objective of maintaining a healthy weight and preventing diseases.
  - The participations vary from volunteering events in public places to short educational videos.
  - Educational and entertaining activities.
  - Using colored figures for explanation.
  - Making measurements for beneficiaries: weight, muscle mass and fat percentage.

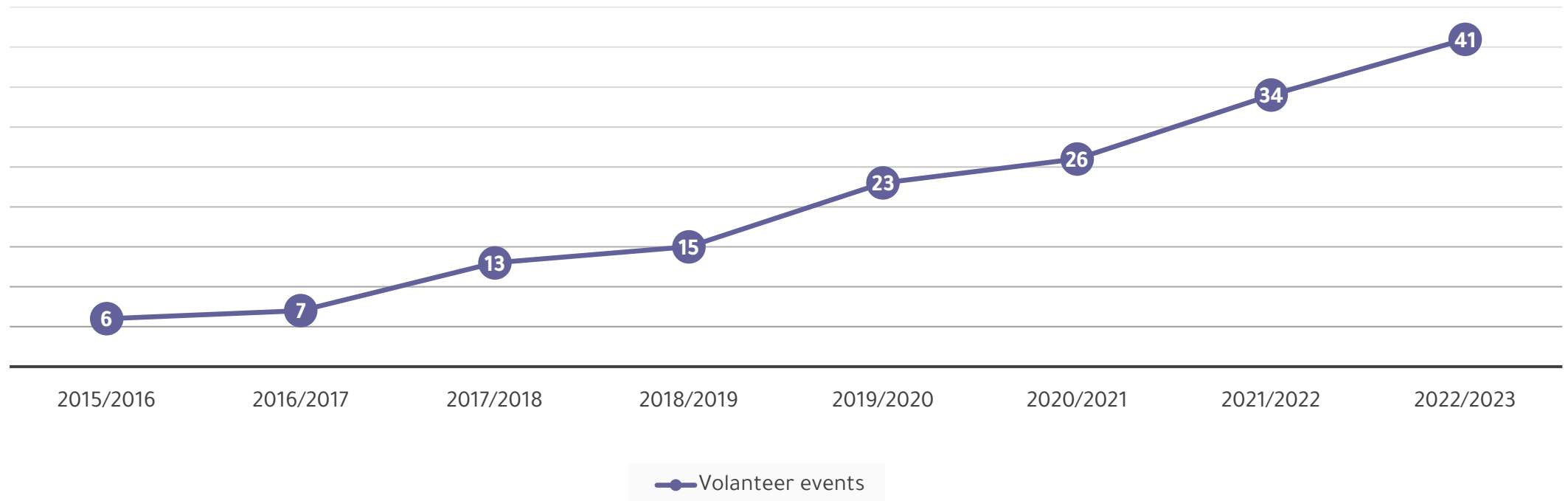






## Voluntary Clinical Nutrition Department Initiatives over the past years

Volanteer Services of Clinical Nutrition Department 2015-2023





## Data on volunteer participation over the past four years

	Number of volunteer participation	Number of participating female moderators	Number of moderators	Number of participating female students	Number of beneficiaries
2020/2019	23	13	36	74	2089
2021/2020	26	16	33	67	5343
2022/2021	34	29	42	209	34601
2023/2022	41	24	55	135	10936



**الحملة التثقيفية والكشف المبكر عن داء السكري**  
**تحت رعاية برنامج سنند محمد بن سلمان**

**سنند SNAD**  
 محمد بن سلمان

**فحوصات - أركان تثقيفية - استشارات طبية**  
**فحص الأسنان - فحص العين**

<b>الجمعة 12</b> نوفمبر الواحة البحرية من 10:00 - 1:00 مساءً	<b>السبت 6</b> نوفمبر رديسي مول من 10:00 - 2:00 مساءً	<b>الثلاثاء 2</b> نوفمبر السلام مول من 10:00 - 2:00 مساءً
<b>الخميس 25</b> نوفمبر 	<b>الجمعة 19</b> نوفمبر 	<b>الثلاثاء 16</b> نوفمبر 





تمت رعاية سعادة وكيل الجامعة للشؤون التعليمية  
أ. د. عبدالمعزم بن عبدالسلام الجباني  
بمركز تعزيز الصحة لحضور فعالية



يسر ادارة النشاط بوكالة عمادة شؤون الطلاب  
للإسكان والتغذية وكلية العلوم الطبية  
التطبيقية بالتعاون مع نادي عين العقل  
على اقامة حملة تطوعية بعنوان

## أسرار التغذية في الأزمت

### أ.ليل مكي

أخصائي تغذية مساعد بكلية العلوم الطبية التطبيقية  
قسم التغذية الإكلينيكية

مشرفة الأنشطة - مديرة النشاط  
أ.نوف الدويري - أ.حمدة الشمراي  
سكن الطالبات  
الأربعاء 17 نوفمبر  
7-9 مساءً  
تابعونا في إنستغرام ستوري



صحة أطفالنا  
برنامج اسبوعي توعوي تثقيفي صحي

اسم المتحدث: د. هبة طوي كشي  
الموضوع: الجوزين الفعلي  
الوقت: 9:00 - 10:00 مساءً  
اليوم: الأحد  
التاريخ: 2021/11/14  
المواقع: 23/11/2021 - 24/11/2021

فالدات Falathat

Follow us on social media  
CSUKAU



استوديو SBC Studio

@StudioSBCShow

...

#استوديو\_SBC | متى تكون الفرزنة صحية ..

ومتى تفقد قيمتها الغذائية ؟ 🤔

د. شوق العشملي

أخصائية التغذية الاكلينيكية

#معلومات\_صحة

Translate Tweet

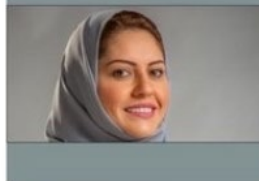


2,523 views

6:20 PM · 2020-02-07 · Twitter Media Studio

# فيتامين (د) وهنق التجوال!

نور عادل حكيم



مكة Makkahnp

مع ظروف  
ضرورة التز  
معرضون ل  
بسبب عد  
نقصه شائ  
كما هو مذ  
فإن الإنس  
بصورة كبير  
الشمس، كم  
بصورة منة  
التواتر اليوا  
إنتاج فيتام  
ولتفادي ما  
التقليل من  
العمرية الت  
فرصة لذلك  
الأسطح الأ  
الأيدي والأرج  
الجلوس أو  
بشكل عمو  
القصوى، و  
تحت الشمه  
ويشير بح

## سِيدِّي



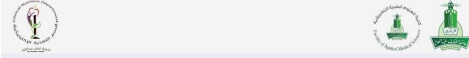
المذكورة ربي لهما:  
لا تقتصر جودة الحياة على الحالة  
البدنية فقط، فهي تشمل أيضاً  
الحالة العقلية والاجتماعية

الحياة والرفاهية من الأزمات  
التي تواجهنا في هذه الأوقات العصيبة  
من الوباء.

معظمنا في هذه الأوقات العصيبة من الوباء  
نواجه تحديات جديدة، مثل العزلة الاجتماعية  
والقلق والتوتر، مما قد يؤثر على صحتنا  
العقلية والاجتماعية. لذلك، من المهم  
أن نأخذ في الاعتبار هذه الجوانب أيضاً  
عندنا في هذه الأوقات العصيبة من الوباء.  
من المهم أن نأخذ في الاعتبار هذه الجوانب  
أيضاً عندنا في هذه الأوقات العصيبة من الوباء.  
من المهم أن نأخذ في الاعتبار هذه الجوانب  
أيضاً عندنا في هذه الأوقات العصيبة من الوباء.



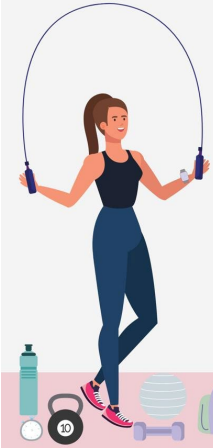
شوق العشملي



يدعوكم طالبات سنة رابعة تغذية إكلينيكية لحضور دورة  
تثقيفية بعنوان:

## الرياضة والغذاء الصحي

تحت إشراف د.دينا قهوجي وأ. دعاء البوبي



- ماهي التوصيات للنشاط البدني؟
- كيف تنتشج للرياضة؟
- التخطيط لوجبة صحية للرياضيين
- التزوية للرياضيين
- المكملات الغذائية للرياضيين

الثلثاء ٢٠٢٣/٣/٢٠

١٠ ظهراً

١٠ زووم

أسمح الباركود  
للحضور



مركز مهارات التفوق  
للرعاية الصحية

ضمن التعاون المجتمعي بين مركز مهارات  
التفوق للرعاية الصحية وجامعة الملك عبد العزيز  
يسرنا دعوتكم لمحااضرة إرشاد أسري  
بمناسبة اليوم العالمي للتوحد،  
وذلك بعنوان:

### (التغذية الصحية لأطفال التوحد)

د. شوق العشملي  
أستاذ مساعد من قسم التغذية  
لإكلينيكية جامعة الملك عبد العزيز

الأحد ١٠/٤/٢٠٢٣  
١٠ - ١١ مساءً  
على الزوم

يسر وحدة خدمة المجتمع ، بسم التغذية الإكلينيكية  
كلية العلوم الطبية التطبيقية  
أن يعلن عن إقامة محاضرة بعنوان:

### كيف تختارين منتجات صحية لك و لعائلتك

مقدمة الدورة  
د/ نجله الصبي

لستأ مساعد بسم التغذية الإكلينيكية  
لأب كوكش و رئاسة وحدة التوعية و  
جودة الحياة

بالنسبة مع  
مدارس المدارس  
مبارك الشريف

يوم الأربعاء  
١٠/٤/٢٠٢٣  
١٠:٠٠ - ١١:٠٠

بسط المحاضرة  
011 1201 1403  
011 1201 1403  
011 1201 1403

يسر وحدة خدمة المجتمع بسم التغذية الإكلينيكية في جامعة  
الملك عبد العزيز أن تعلن عن تقديم محاضرة عبر زوم بعنوان  
"تأثير تغذيتك مستجديك الصحية من السوبرماركت"

يوم الثلاثاء 10 نوفمبر الساعة 1:00  
مساءً

تهدف المحاضرة في الأبحاث في  
مدرسة World of Learning

رأسه الدخول

القلماء د. نورا عبد  
أستاذ مشارك و رئيسة قسم التغذية  
الإكلينيكية - مدينة صمعي في  
التغذية الكاتبة بمرکز الخدمات  
الغذائية الجامعية



جامعة الملك عبدالعزيز  
وكالة عمادة شؤون الطلاب للبرامج

ضمن برنامج  
التميز في التخصص  
الذي تقدمه وكالة عمادة  
شؤون الطلاب للخريجات

## فعاليات يوم التغذية العالمي

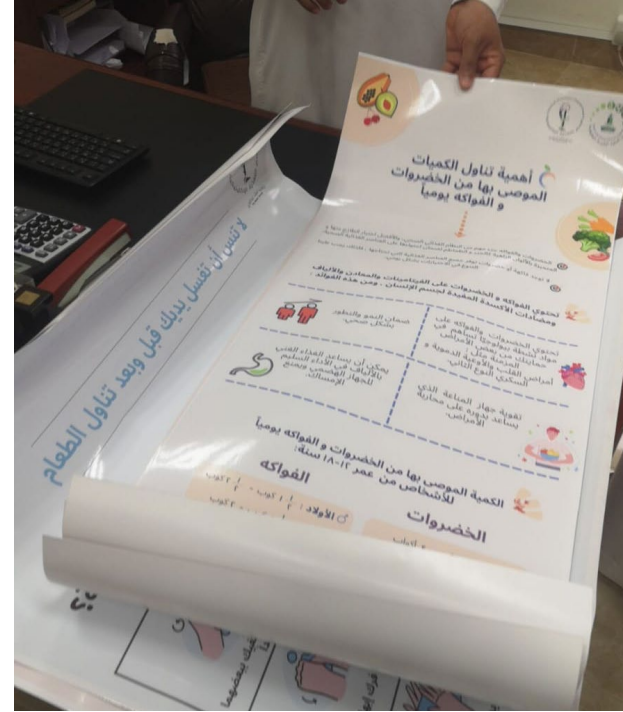


للتسجيل  
للحضور



يوم الثلاثاء ١٩-٠٣-٢٠٢٣م	دورة التغذية الرياضية للدكتور/ دينا قهوجي من ٨-٥ مساءً
قصة نجاح	دورة مواكبة التغيرات التقنية والبحثية في العمل
يوم الأربعاء ٢٠-٠٣-٢٠٢٣م	للدكتور/ ليلى الحربي من ٤-٠٣ مساءً
تقديم/ شعوخ التعمي فاطمة ال شيبان	من ٥:٣٠-٦:١٥ مساءً

للاستفسار  
dsaag.train@Kau.edu.sa  
@Kaufemalealumni



بالتزامن مع اليوم العالمي للتطوع

يسر كلية العلوم الطبية التطبيقية بالتعاون مع إدارة العمل التطوعي شطر الطالبات القيام بزيارة

لدار الملاحظة "بنين" ومؤسسة رعاية الفتيات "بنات"

لتقديم خدمات طبية ورعاية صحية واستشارات للمنزلاء وذلك ضمن حملة

بسمه أمل في مرحلتها الثانية

تعلن عمادة شؤون الطلاب ممثلة بإدارة العمل التطوعي عن إطلاق

مسابقة

معالي رئيس الجامعة للعمل التطوعي

بين الكليات

للعام الدراسي 1443 هـ



IFHV

International Forum of Health Volunteering

الملتقى العالمي للتطوع الصحي

23 - 24 October 2023

التطوع الصحي

HEALTH VOLUNTEERING



# IFHV

International Forum for  
**Health Volunteering**  
الملتقى العالمي للتطوع الصحي

— 23 - 24 october 2023 —

## Volunteer Service Assessment

- An assessment by beneficiaries.
- An assessment by the official of the target entity or community service recipient.

3. تقييم خدمة مجتمع باللغة العربية من قبل مسؤول او منظم لفعالية  
<https://forms.gle/gpiMXYoHm7psSubD6>



2. تقييم خدمة مجتمع باللغة الإنجليزية من قبل مسؤول او منظم لفعالية  
<https://forms.gle/9LKkfi5oSJYJG8Vo8>



1. تقييم خدمة مجتمع باللغتين من قبل مستفيد  
<https://forms.gle/jvuQchVaiXnaMurg6>







## Volunteer service experience

- “Mother and Child” Campaign 2018-2019.
- 5 female faculty members participated in a social awareness campaign educating mothers and children through participation in a social event to raise awareness of mothers and children about choosing and eating appropriate healthy foods.
- Modern educational techniques were used, such as group cooking using healthy foodstuffs and preparing a basket of healthy products at the supermarket.
- The number of beneficiaries is about 400 mothers and children.



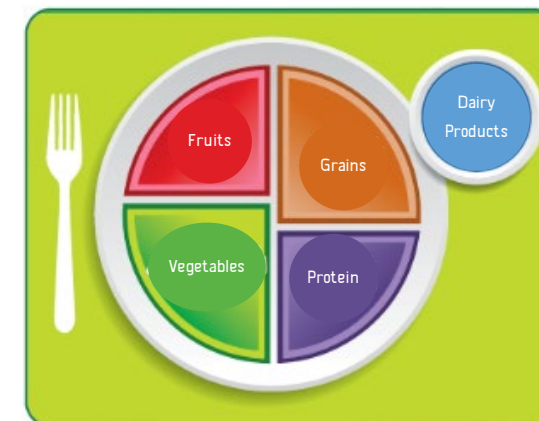
# Most important Conclusions and Recommendations

**Table 4. Association between socioeconomic factors and knowledge on MyPlate and its influence on eating choices**

Socioeconomic Factors	Do you know about MyPlate (yes, No or Maybe)		Does MyPlate affect your eating choices? (Yes or No)	
	$\chi^2$	<i>P</i>	$\chi^2$	<i>P</i>
<b>Education</b>				
Bachelors and above	( <i>n</i> =101)		( <i>n</i> =90)	
	3.803	0.149	10.527	0.001
Postgraduate and above	( <i>n</i> =101)		( <i>n</i> =90)	
	4.229	0.121	6.504	0.011
<b>Marital status</b>	( <i>n</i> =101)		( <i>n</i> =90)	
	10.963	0.004	13.731	0.000
<b>Income (high vs low)</b>	( <i>n</i> = 94)		( <i>n</i> =83)	
	0.460	0.794	3.746	0.053
<b>Employed vs Unemployed</b>	( <i>n</i> =68)		( <i>n</i> =61)	
	2.539	0.281	4.263	0.039

There is a connection between socio-economic factors regarding knowledge of healthy dishes, and their impact on food choices

A short questionnaire to measure mothers' knowledge of recommendations about healthy dishes and portion sizes



# Most important Conclusions and Recommendations



Community members, especially mothers, are in need of nutrition education; and the socio-demographic groups that may need to be targeted with greater attention in future nutrition education programs are those with low income, low level of education, and unmarried women.

**Table 6. Association between socioeconomic factors and correct knowledge of recommended of food servings of food groups (n=101)**

	Education Bachelors and above		Education Postgraduate and above		Marital status		Income (high vs low)		Employed vs Unemployed	
	X <sup>2</sup>	P	X <sup>2</sup>	P	X <sup>2</sup>	P	X <sup>2</sup>	P	X <sup>2</sup>	P
Fruit	n=92 0.753	0.385	n=92 3.877	0.049	n=92 4.796	0.029	n=86 0.304	0.582	n=59 0.575	0.448
Veg	n=90 1.013	0.314	n=90 3.766	0.052	n=90 0.119	0.730	n=85 0.360	0.549	n=57 0.028	0.866
Grains	n=94 0.059	0.808	n=94 4.106	0.043	n=94 0.096	0.757	n=88 2.938	0.087	n=61 0.976	0.323
Protein	n=94 2.554	0.110	n=94 0.308	0.579	n=94 0.540	0.463	n=89 0.726	0.394	n=61 3.574	0.059
Milk	n=92 0.052	0.819	n=92 1.295	0.262	n=92 7.393	0.007	n=87 0.119	0.730	n=59 0.761	0.388

# A volunteer service experience among female university students - World Diabetes Day

- Educating female students about the role of food to prevent and treat Diabetes.
- A short questionnaire on their knowledge of Diabetes and their dietary behavior.
- The most notable results reflect that the understanding and knowledge of diabetes among female students with non-health specializations is good, where they were assessed and the GPA for the female students was 11.4 out of 15, but their knowledge does not match their daily nutritional behavior, as 50% of the female students consume sugar-sweetened beverages on a daily basis, and less than 10% eat the recommended portions of fruits and vegetables per day.
- Recommendations for organizing academic sessions and workshops to raise awareness of female students with non-health specializations to prevent chronic diseases such as Diabetes.

# The most notable challenges in performing volunteering services

- Difficulties in obtaining approvals and licenses to provide volunteering services in commercial centers or hospitals.
- Establishing partnerships with other entities and entering into agreements for cooperation opportunities.
- Getting reviews from beneficiaries and measuring the extent of benefit from the campaigns and services provided.
- Making it easier to use a review code and send it to the beneficiary.
- Getting financial support due to the significance of using certain material and motivators to attract the target group.





## Presentation Summary

- A diverse range of volunteering opportunities and the need for innovation and the use of modern educational techniques to address chronic diseases.
- The need for clear objectives and vision for continued participation in volunteering.
- The significance of collaboration and sharing accomplishments to encourage increased participation in volunteering against chronic diseases.
- The significance of assessing volunteer service to find out the community members' needs and benefits.



## Global Experience

Royal Health Awareness Society: Jordan



Mr. Mahmoud AL Nabulsi

“

We always highlight three main elements: non-communicable diseases, nutrition, and physical activity. These are our core focus at the Royal Health Awareness Society.

**Mr. Mahmoud Al Nabulsi**





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**Health Volunteering**  
الملتقى العالمي للتطوع الصحي

— 23 - 24 October 2023 —



التطوع الصحي  
**HEALTH VOLUNTEERING**

# Non-Communicable Diseases - Data Registry

During COVID Pandemic



الجمعية الملكية للتوعية الصحية  
Royal Health Awareness Society

937

@H\_volunteering



#IFHV



الجمعية الملكية للتوعية الصحية  
Royal Health Awareness Society



## OUR VISION

Towards a healthy and safe Jordan.

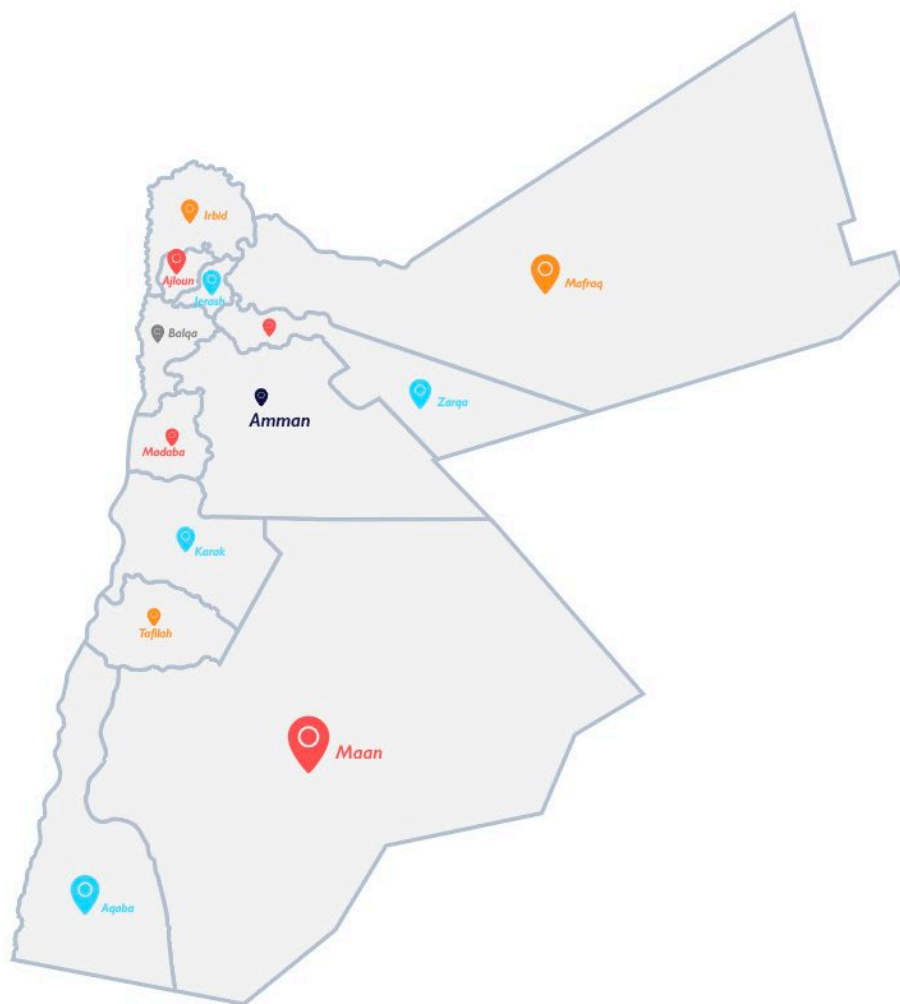
## OUR MISSION

Empower the Jordanian community to adopt a healthy lifestyle through raising health awareness and enhancing an environment conducive to safe and healthy behaviors.



## OUR VALUES





Annual Budget **8M**

Employees **67**

Schools **1,000**

Clinics **190**

Universities **13**

CBOs  
& CSOs **200**

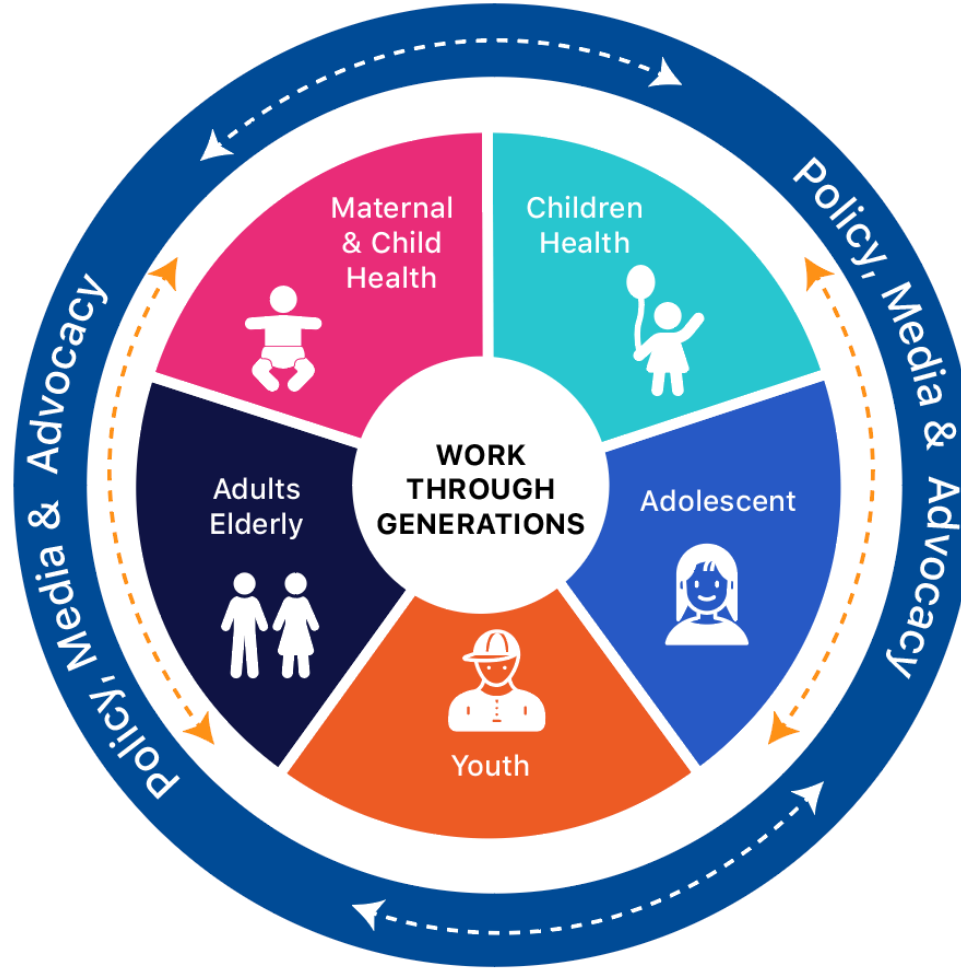
Volunteers **1,500**



الجمعية الملكية للتوعية الصحية  
Royal Health Awareness Society

# RHAS

## Work Through Life Cycle Approach





AGE GROUPS	MATERNAL AND CHILD HEALTH (UNDER 5 Yrs.)	CHILDREN HEALTH (5 <sup>th</sup> -10 <sup>th</sup> Yrs.)	ADOLESCENT (11 <sup>th</sup> - 18 <sup>th</sup> Yrs.)	YOUTH (19 <sup>th</sup> -30 <sup>th</sup> Yrs.)	ADULTS / ELDERLY (30 <sup>th</sup> AND ABOVE)
PROGRAMS AND PROJECTS	<ul style="list-style-type: none"> <li>• Maternal Infant &amp; Young Child Nutrition</li> <li>• Positive Parenting</li> <li>• Postpartum Depression</li> </ul> <p>Children Health and Nutrition (CHN) Upskilling Pediatrics More Than Baby Blues First Step Big Steps</p>	<ul style="list-style-type: none"> <li>• Personal Hygiene</li> <li>• Mental Health</li> <li>• Risky Behaviors (Drugs &amp; Tobacco)</li> <li>• Road Safety</li> <li>• Environment</li> </ul> <p>National Healthy Schools Program Wash Tahseen Think First Healthy Schools Feeding Model Ajyal Salima Schools Mental Health Project Type 1 Diabetes (DM1)</p>	<ul style="list-style-type: none"> <li>• Communicable Diseases (COVID)</li> <li>• Career Guidance</li> <li>• SRHR</li> <li>• Risky Behaviors (Drugs &amp; Tobacco)</li> </ul> <p>Shababna Najahna National Healthy Schools New York Academy of Sciences</p>	<ul style="list-style-type: none"> <li>• Sexual Reproductive Health</li> <li>• Risky Behaviors (Drugs &amp; Tobacco)</li> </ul> <p>Youth Shababna Najahna</p>	<ul style="list-style-type: none"> <li>• Diabetes &amp; Hypertension</li> <li>• Job Creation</li> <li>• Immunization</li> </ul> <p>Healthy Comm. Clinics Community Health Nutrition Integrated NCDs COVID II Community Outreach</p>
POLICY AND ADVOCACY	<p><b>ECD</b></p> <ul style="list-style-type: none"> <li>• National Early Childhood Development Team</li> </ul>	<p><b>Children &amp; Adolescents</b></p> <ul style="list-style-type: none"> <li>• Immunization and Vaccines</li> <li>• Health Promoting Schools</li> <li>• Schools Canteens Committee</li> <li>• UN Working Group</li> <li>• School Feeding Committee</li> <li>• National Mental Health Working Group</li> </ul>	<p><b>Youth</b></p> <ul style="list-style-type: none"> <li>• Comprehensive Sexuality Education</li> <li>• UN Working Group</li> <li>• Financing NCDs Committee</li> </ul>	<p><b>Adults</b></p> <ul style="list-style-type: none"> <li>• Promotion of Cessation Services</li> <li>• Banning Smoking &amp; Vaping Law in Public Spaces</li> <li>• UN Working Group</li> </ul>	<p><b>Media &amp; Advocacy</b></p> <ul style="list-style-type: none"> <li>• Risk Communication and Community Engagement</li> <li>• Health Journalism Training</li> <li>• JNCDA</li> </ul>

## The Problem

The Jordanian MoH in Jordan conducted recently a gaps analysis which identified 3 main gaps for NCD patients:

1. The lack of a national **NCDs registry** has led to less reliable patient data, which makes the delivery of medications and/or vaccinations to NCD patients difficult.
2. There is an essential need for a **medication delivery system** to be able to provide NCD patients with their medications.
3. A **health teleconsultation system** is needed to ensure the provision of health services to NCD patients during emergencies.



## The Problem

It is a national priority to provide accurate and updated information about NCDs, which would allow understanding the epidemiology of NCDs, forecasting the trends and planning interventions effectively.

However, the existing NCDs surveillance system in Jordan is stumbled in terms of robustness, comprehensiveness and continuity. This has created a wide gap in the information available on the prevalence of NCDs and their risk factors.





## The Problem

When the Ministry of Health initiated the electronic reporting process via JIRES for NCDs, several challenges emerged in the field:

- A significant portion of health centers relies on paper records as the patient registry.
- When nurses attempt to input these paper records into the JIRES system, it takes approximately 15 mins to input a single record for the first time.
- This places a burden on Ministry of Health staff and acts as an obstacle to the digitization of paper records. However, subsequent data updates during each visit do not require a significant amount of time.



## The solution: COVID 2 project- NCDs Data registry

**Main Goal:** RHAS will support the Ministry of Health to develop and launch a national NCDs registry enhance to locate NCD patients and ensure continued health and safety of all NCD patients and those at-risk of developing NCDs, including database system, data entry, and technical team supervision.

**Objectives:** Recruiting 161 volunteers from all the governates through MoY to input paper records or Hakim records at health centers that cover the highest population density into the JIRES system. Each volunteer will work for 15 days/month, dedicating 5 hours per day, and will record approximately 20 cases.

**Period:** The volunteer period extended from August 1, 2022 - January 31, 2023.



# Outcomes

**The MoH NCD registry system has successfully updated** by providing reliable, comprehensive, and updated data through the involvement of youth volunteers, who were trained and supervised by MoH focal points and the health directorates core teams.

Over **170 volunteers** were recruited from all governates including Jordanians and refugees to update MoH NCD registry system in more than **200 health centers**.

# Outcomes - JIRES Report



## Period of work

1 August 2022 - 31 Jan 2023



**180,867**

Total number of entries



**1,537**

Syrian entries



**12**

Governates covered



**103,999**

Female



**76,863**

Male



**148,954**

People aged 65 and more

## Challenges

1. The absence of **paper records** in some healthcare centers: The Ministry of Health has instructed all health directorates to ensure the initiation of paper documentation of patient records.
2. Malfunction of **reporting devices** and technical issues in the system: The formation of a monitoring team in each directorate, comprising a specialized engineer for solving technical problems and efficiently repairing technical malfunctions. Additionally, the development of a reporting link that allows volunteers to use their phones for reporting
3. Occurrence of some **political events**, including riots in the province of Ma'an in particular, necessitating the temporary suspension of volunteers' work in certain areas to ensure their safety.



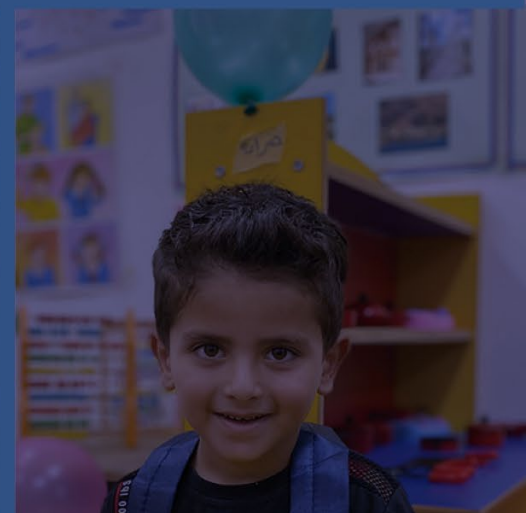
## Opportunities

**Enable** healthcare delivery through hotlines, telemedicine, and establish medication delivery system that serves all Jordanians, refugees, and especially the elderly.

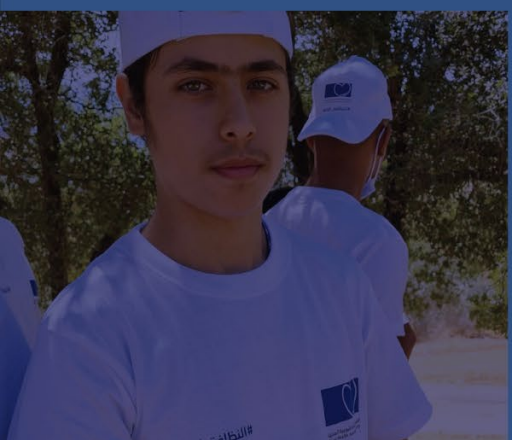
**Develop** an NCD monitoring system that addresses healthcare providers.

**Inform** effective policy-making and allocate resources to address the burden of NCDs in Jordan in terms of introducing decisions and policies based on electronically extracted reports and statistics.





# شكراً لكم THANK YOU



[www.rhas.org.jo](http://www.rhas.org.jo)



# IFHV

International Forum for  
**Health Volunteering**  
الملتقى العالمي للتطوع الصحي

— 23 - 24 october 2023 —

