

Executive Summary

3-H Grant #57832

Rotary Health Fair Project in Russia

Since the grant was issued in October 2006, new Health Fair Centers have been established, existing Centers have been expanded, and thousands of Russian citizens have benefited from early diagnoses and preventive strategies.

The Vladivostok HFC operates two satellite centers – one in Yelizovo on the Kamchatka Peninsula, the other in Yuzhno Sakhalinsk. The Irkutsk HFC has two satellites – Ulan Ude and Angarsk. One of the original Centers in Yakutsk has become sustainable. It now operates independently with cooperation from the Rotary Club, health care professionals, and government health authorities. The Kursk HFC has been operating effectively in Western Russian.

Preventive health services are now offered in Blagoveschensk in the Russian Far East, and Chita in Central Siberia. In Western Russia, new Centers operate in Moscow, St. Petersburg, Ulyanovsk, Nijniy Novgorod, and Dubna.

A HFC operated in Khabarovsk for a period, but has been dormant for the last year.

Rotarians in Krasnodar have expressed great interest in opening a Rotary Health Fair Center in the southwestern part of Russia. They have already conducted a number of Mobile Health Fairs and have been the catalyst for the Regional Health Authority to provide large scale Health Fairs.

The emphasis has been subject health fairs (such as hypertension, osteoporosis, diabetes or smoking cessation), or fairs for target groups (for example senior citizens, or youth).

Director Rubashek and Administrator Klokova from Vladivostok have overseen a vast array of individual projects, both through the Vlad Rotary Health Fair Center and the other Centers mentioned above. More than 20 Rotary Clubs supported well over 100 Health Fairs, which served an estimated 20,000 people. Many of these folks were students at high schools and universities. The unique concept of Mobile Health Fairs was implemented in numerous areas to reach out to rural villages and other medically underserved populations.

Rotarians, working closely with health care professionals, have contributed extensively to healthier lifestyles, and preventive medical care.

Individual Reports

St. Petersburg - The November 2008 Health Fair took place in the beautiful resort suburb of St. Petersburg – Zelenogorsk town, one hour by car from St. Petersburg. Our base was Baltiisky Bereg (Baltic Seashore) sanatorium. Our patients were people who had rest in the sanatorium as well as a number of town inhabitants invited to the Fair by phone.

People could call to the sanatorium reception by phone and choose specific time of the visit during the day with 15 minutes increment. Every attendee could get a free consultation from one of the four doctors in the areas of general health and vascular system condition, advises on further medical diagnostics and tests to conduct.

A number of patients were then led to the city Hospital 122 for relevant treatment. In total 80 patients were individually and carefully consulted at the Fair.

There was a big poster with Rotary logo conveniently placed in the sanatorium hall so that everyone saw it.

We got a lot of thanks from nearly everyone who attended.

Ulyanovsk - Participants of the project: RC Ulyanovsk, the Ulyanovsk regional children's clinical hospital. **The project Beginning:** September, 2008 **Subjects:** diseases of a thyroid gland and a bronchial asthma in children and teenagers, rendering of the first medical aid, anti-tobacco campaign. **Way of carrying out:** mobile propaganda teams (doctors and Rotarians).

Traditionally our club chooses projects where time factor – if not today already never is critical. For this reason CHILDREN In each region began object of our Fairs there is a set of diseases. The unsuccessful ecological situation in the region, growth of allergic diseases, diseases of a thyroid gland at children, and also extensive territory of the Ulyanovsk region with a great number of shelters and children's homes in its territory have led to necessity of the organization of Fairs of health.

RC Ulyanovsk in common with experts of the Ulyanovsk regional children's clinical hospital exit brigades from doctors have organized narrow experts. Each brigade has been provided by the necessary equipment: the portable device of an electrocardiogram, lung-testers, tonometers and also educational equipment and materials for training of children. Mobile Fairs have already visited shelters and children's homes of Market Syzgana, Profit and the New Dale, village Truslejka in Inzensky area. At exit Fairs of health on September, 24th in a social shelter in village Rokotushka of New Spassky area together with doctors from Ulyanovsk, there was also Uill Fajlz. Mobile Fairs of health in the Ulyanovsk region – inspections of children by therapists, and also experts: Oculists, otolaryngologists, surgeons, neuropathologists, and educational – presentation of training films about necessity of conducting a healthy way of life, about harm of smoking, alcohol

and drugs, and combined – combination of the story of the expert with representation of breadboard models and a training film.

For each settlement health Fair is event as on diagnostics and training classes come not only children from a visited shelter or children's home, but also children with parents from nearby villages. An example Within two days children from a shelter of Rokotushki have received the whole complex of medical services, including diabetes express diagnostics, removal of an electrocardiogram and consultation of the surgeon, the neurologist, the oculist. The second day has been devoted to preventive maintenance of bad habits, and also a class under the direction of reanimation specialist on rendering of the first medical aid on a training apparatus "Maxim". Each of children has tried to reanimate "person" independently. The indelible impression on local teenagers was made by medical exhibits, namely a healthy lung and the lung of the smoker visually showing destructive consequences of smoking. The main mission of Fair of health - 1) to carry out diagnostics and necessarily to direct children on treatment to a city in Children Clinic , 2) to give to the child motivation for a healthy way of life. Such projects should be realised on a constant basis since that we do that today only small part of future healthy generation necessary for formation.

Chita - In 2008 we managed to hold four Fairs of Health, about 360 people participating in each of them. Our fairs are mostly aimed at attracting teenagers and youngsters, namely, senior school students, university students, and students of vocational schools as propaganda of healthy way of living is a primary prevention of socially unsafe diseases. Different specialists from Centers for Disease Prevention of Chita and other provincial towns participated in all the fairs. One of the Fairs mentioned was held in a rural area of Chita province, about 450 people participating in it. The sum of 874\$ covered transportation costs, gifts and souvenirs together with wages of trainers and heads of sections.

Irkutsk/Ulan Ude/Angarsk -

In 2008, under the grant TN 57832, the Autonomous Non-Commercial Organization “Health Center” of Irkutsk and two affiliates of the Irkutsk Health Center in the city of Angarsk, at the medical NGO city hospital no. 3, and in Ulan Ude, at the republic’s children’s clinical hospital. The philanthropic events “Health Fair” were carried out at these locations.

23.01.2008 High school Meget Irkutsk region – 333 people 12 teachers.

02.02.2008 High school ? 32 Ulan-Ude,731 people 15 teachers.

21.03.2008 Professional lyceum ? 1 Irkutsk – 490 people 22 teachers.

28.03.2008 Professional lyceum ? 3 Irkutsk – 289 people 20 teachers.

05.04.2008 Professional lyceum ? 17 Irkutsk – 537people 17 teachers.

12.04.2008 High school ? 19 Ulan-Ude-637 people 11 teachers.

05.05.2008 High school ? 12 Ulan-Ude-539 people 18 teachers.

23.06.2008 Association of Industrialists and Entrepreneurs Angarsk– 214 people

19.07.2008 High school Odinsk Irkutsk region– 520 people 12 teachers.

5.07.2008 Camp for children Irkutsk – 350 people

12.10.2008 Professional lyceum ? 14 Ulan-Ude-499 people 12 teachers.

22.12.-27.12.2008 High school ? 47 Irkutsk – 1020 people 22 teachers.

11-16.06.08 Joint action “Be healthy” with Irkutsk Oblast Diagnostic – 2190 people

11 trainings on how to conduct the Health Fair at the university, schools, and others in Irkutsk, Angarsk, and Ulan Ude

Total: 5945 people, consisting of their children, professional lyceum students, gymnasia (specialized secondary school) – 154, teachers from professional lyceum, high schools, and gymnasia – , adult population – 2404

During the course of the Health Fairs the following actions were conducted:

- free consultations by doctors of the following specialties: cardiologists, neurologists, orthopedists, ophthalmologists, endocrinologists, allergists, otolaryngologists, nephrologists, gastrointestinologists.
- screening – inspection of blood sugar and cholesterol, ultrasound of organs in the abdominal cavity, measurement of height, weight, and arterial pressure.

Consultations done by specialists of children’s clinical hospitals in the oblast, Center for prophylactics, prenatal center, AIDS center, pediatrics institute.

- Conducting of consultations by specialists of prophylactic medicine by risk factors of the development of illnesses of the cardiovascular system: smoking, alcoholism, obesity.

Prophylactics of breast cancer – self-diagnosis training.

- Training for youth – prophylactics of responsible motherhood, AIDS, narcotics.

- The (recycled) materials were acquired for conducting research: test-cavity, gel, disposable/non-reusable material – moist and dry napkins, paper towels, linen sheets.

In addition, cotton-wool, sanitizing material (alcohol), disposable gloves, disposable knife, blood pressure and weights.

- For conducting of actions were prepared, copied and distributed to visitors actions of printed products on prophylactics, the dangers of smoking, the dangers of narcotics, on a healthy lifestyle, on problems of nutrition, etc.;
- Exhibits bought from the USA for centers in Irkutsk, and for affiliates of the center in Angarsk and Ulan Ude: smoker's lungs, robot baby, and others.
- During the Fair visitors listened to more than 10 lectures on how to lead a healthy lifestyle, prepared with specialists – medical students, collaborators of the Oblast Center of medical prophylactics, AIDS center, prenatal center, Narcotics dispensary, nutritionists, institute of pediatrics.
- In each high school – carried out mini-performances about the dangers of smoking, prophylactic factors of the risk of cardiovascular diseases. Volunteers – students and those who work at the Health Fair – carried out the performances.
- Training of how to show the first emergency assistance in trainings, in the cases of drowning, electric shock, etc.
- Children from poor and under-provided-for families received Nutrition products enriched with vitamin-and-mineral complexes – kisel (sour fruit jelly), beverages, candy from the company “Art Life.”
- Actions of advertisement through means of mass information: newspapers, television programs, advertisement booklets.

Submitted by Director, Health Center S.P. Andriyashkina

Vladivostok–

1. 8 HF's for HighSchool students and 4 HF's for University students have been conducted. The subject was "Healthy Life Style--make your choice"
2. 4 MOBILE HF's for senior people (osteoporosis, hypertension, diabetes, atherosclerosis--subjects of the HF's).
3. A new team of Volunteers has been formed. IT was trained to work on harmful habits prevention: smoking, drugs, alcohol.
4. A Telebridge "RUSSIA Free of Smoking" has been held in the frames of all Russian antismoking program. Participants : Moscow--Vladivostok; Blagoveschensk.
5. 5 training seminars were conducted for the MD's, Rotarians and volunteers in the Western part of Russia and in the Urals.

6. The training and educational support has been provided for the new HFC in Ulianovsk.

Yelizovo - In 2008 4 Health Fairs were held on Kamchatka in:

1. Yelizovo (Yelizovo RC) — April, 2008 (healthy lifestyle promotion for school students, 466 visitors, 23 volunteers, 12 doctors, 11 rotarians)
2. Esso (Esso RC) — April, 2008 (for the people of Esso, 675 visitors, 8 doctors, 10 rotarians)
3. Petropavlovsk-Kamchatsky (Avachinsky RC) — October, 2008 (for youngsters, 458 visitors, 10 doctors, 13 rotarians)
4. Pionersky settlement — mobile HF (Yelizovo RC) — November, 2008 (for the people of the settlement, 690 visitors, 17 doctors, 13 rotarians).

A large mobile Health Fair is planned to be organized in March, 2009 in the remote settlements of Kamchatka (Esso and Anavgai). The budget of this HF is \$1,500 (covers transportation expenses, informational and advertising supplies).

In 2009 Health Fairs are planned to be held in:

1. Esso (mobile HF) — March, 2009 (joint project of Yelizovo, Petropavlovsk-Kamchatsky and Esso RCs)
2. Yelizovo — March, 2009 (Yelizovo RC)
3. Petropavlovsk-Kamchatsky — April, 2009 (Petropavlovsk-Kamchatsky RC)
4. Petropavlovsk-Kamchatsky — October, 2009 (Avachinsky RC)

Razdolny settlement (mobile HF) — November, 2009 (Yelizovo RC).

Submitted by Director of the HFC Kamchatka branch office Nadezhda Kulkina

Yuzhno Sakhalinsk –

		Number of participants	topic
Health Fairs	5	3929	
schoolchildren assembly		320	“Smoking or health that’s your own choice”
Intellectual game	3	594	Knowledge of harmful influence of smoking alcohol and drugs on children and teenagers health
Disputes and discussions	36671	48000	
Health lessons at schools of Yuzhno-Sakhalinsk	272	6951	
Exhibitions	5	3400	‘You should live

			without your harmful habits' You should know this to keep yourself safe and sound When you present you blood you safe smb's life
Grant project presentations	2		You should know about this to keep yourself safe
Total amount of events	402	17410	
Sociologic researches	7		Investigations of harmful habits among schoolchildren of Yuzhno-Sakhalinsk secondary schools

Publishing activity	6		Preventing of harmful habits
	7		Preventing of nonvirus diseases
	10		Preventing of virus diseases
	29		Growing up of a healthy child
Total amount of bulletins	26400 items		

There were touched about 41 main topics/ Informational bulletins touched 15 topics.

There were printed 26400 copies.

50075 copies were spread about during preventing events.

In September 2008 City children hospital established its computer site.

7 times the site was renewed 32 items were touched .

There were 18 TV programs, 18 radio programs and 27 articles in the local newspapers

Chief manager of disease prevention of the Children Hospital Chernyshova Galina I.

Moscow East Rotary -

The 5th Health Fair was held in rehabilitation Centre for children "Zabota" ("Care"), Korolev City, Moscow region, on December 10, 2008.

"Zabota" Centre accepts children from families with different social problems (violence in the family, death of parent / parents, imprisonment of parent / parents, etc.) Management of the Centre addressed us with a request to hold 2 Health Fairs in Korolev City: one - for the children and another one - for their parents, foster parents and ordinary citizens. The thematic of these Health Fairs is "Harmfulness of tobacco and alcohol for people's health".

We organized the 1st Health Fair for the children who live in "Zabota" Centre. The second Health Fair will be held in February, 2009. It will be organized for adults who live in Korolev location.

The program of December Health Fair was oriented on children and their keen interest in learning through games. The program also included lecture with narcologist and psychologist, individual consultations as well. And comparative demonstration of smoker's lungs and healthy lungs greatly impressed children!

"Drunken glasses" and testing games let the children understand negative feelings of drunken state. Role-plays and active physical games have been organized by Rotaract "Moscow-East" (please see photo attached).

Also we prepared and spread among the participants thematic brochures about harmfulness of tobacco and alcohol for health.

There were about 80 participants at the Fair, including 57 children from "Zabota" Centre, their relatives, staff of the Centre and teachers.

Now Health Fair Centre not only prepares February Health Fair, but also started working on the 3-days Health Fair for the pupils of schools in Veshnyaki micro rayon, Moscow. The thematic of that planning Health Fair is preventive measures for pernicious habits: smoking, alcohol, drugs. It will also promote health life style.

That Health Fair will be organized before April, 2009. Additional information will follow later.

Blagoveschensk - 1. There were totally carried out 15 health fairs in the period of time from March 31 to December 11.

2. Geography of the health fairs: Blagoveshchensk city, Belogorsk town, Arkhara, Ivanovka, village Vasilevka of Ivanovski County.

3. Visitors of the health fairs: inhabitants, the children of orphanages, the students of high schools, the students of colleges and universities. Totally 3681 people visited entire of fairs.

4. Usual content of measures and events at the fairs:

- lectures with the multimedia equipment tracking on the themes: "Smoking and health", "Alcohol and health", "Reproductive health of woman", "The preventive and maintenance of iodine deficit states" and other,
- the distribution of propagation printed production on questions of the healthy means of life),
- games, competitions, quizzes on questions of health,

- the measurement of the physical parameters (increase, weight, the circle of chest, the volume of waist, dynamometry, tachometric measures),
 - the blood pressure measures,
 - questioning on tobacco smoking, use of alcohol
 - electrocardiographic examination- record and diagnosis, measurement of the level of glucose in the blood.
 - the demonstration of the experiences of the negative consequences of tobacco smoking,
 - same for usage of alcohol,
 - consequences of irrational nourishment and others.
5. Besides this Center of the Health Fairs in Blagoveshchensk conducted 18 seminars in the Amur medical college for the group of volunteers of 22 people.

Kursk - There were 6 Health Fairs during the year 2008; all of them outside Kursk in distant towns and villages in the region. 1 - in April in Tim; 2- in May in Glushkovo; 3 - in June in Dichnya; 4- in July in Mokva; 5 - in October; and 6 – in December in Shigry. There were also 4 mini Health Fairs during the year: two in secondary schools, one – in a children's hospital, and one in a preschool. Rotaractors participated in the Shigry Health Fair - Anna Savranskay, Julia Pozashennikova, and Shenya, plus University students and Police School students. The leaders put on a short play which is based on a modern interpretation of an old Russian fairy-tale "Turnip", the main emphasis of which is healthy life-style. Characters are performed by Police School students and their English instructor. Rotaract member Julia Posazhennikova and Zhenya played with the teenagers present at the HF. Rotaractor Natasha arranged another game and staged some jokes.