Observance of World Health Day: Beat Diabetes 2016

Activities Report
SUMMARY OF CAMPAIGN ACTIVITIES
1. Formation of Campaign Team
Ageing Nepal organized a week long campaign activities in partnership with HelpAge International to mark the World Health Day with the main theme of Beat Diabetes. The core campaign team was formed to plan, supervise and monitor the campaign activities. The campaign team consists of the following members:

Mr. Krishna M. Gautam, Team leader
Mr. Bhumidatta Poudel, Team member
Mr. Prakash Gautam, Team member
Ms. Sanju T. Magar, Team member
Ms. Rewa Dahal, Team member
Ms. Manisha Shakya, Team member
Mr. Dilip Tamag, Volunteer
Mr. Dipesh Thapa Magar, Volunteer

2. Sugar Test Campaign
The team organized sugar test of 42 residents of Center of Services for Helpless Old Age Home, Baneswor, on 2nd April under the following banner. Result of the test was provided to the management of OAH.

![Main banner of the Sugar Test Campaign](image1)

![Health personnel doing sugar test of the residents](image2)
3. Pamphlets Production and Distribution
The campaign team produced pamphlets on “elderly and diabetes” in simple Nepali language and distributed in the major city centers of Kathmandu to the general public for building mass awareness on diabetes.
4. **Awareness Building Class**

The campaign team organized awareness building class in two colleges of Kathmandu.
a) Mr. Dilip Tamang, a volunteer of the campaign gave one hour lecture on diabetes, its types, symptom, prevention and management with focus on older people, to 35 students of Kapan Multiple College on 5th April.

![Mr. Dilip taking awareness building class](image1.jpg)

Participants with banner of World Health Day

b) Mr. Dipesh Thapa Magar, a volunteer of the campaign gave orientation to 30 students of GP Memorial College on Diabetes and Elderly. The event was organized on 6th April.

![Mr. Dipesh with participants](image2.jpg)
5. **TV Programme**

Ageing Nepal arranged an hour long TV talk show with Diabetes expert, Dr. Dina Shrestha in National Television Sagarmatha. Dr. Shrestha highlighted diabetes, its symptoms, consequences, prevention and management methods. It is estimated that the message reached to about one million people through this television programme. The programme was broadcasted live from 8 to 9 am on 6th April. Link of the programme: [https://www.youtube.com/watch?v=V5b_Npp7gfo](https://www.youtube.com/watch?v=V5b_Npp7gfo)

6. **Radio Programme**

A half an hour radio programme on diabetes produced by Ageing Nepal was aired from Sagarmatha FM 102.4 MHz on 7th April. Dr. Harihar Khanal, Endocrinologist was interviewed on diabetes and elderly. It is estimated that 2 million people reached with the message through this radio programme.

7. **Released Jyestha Nagarik**

The team released Diabetes special issue of Jyestha Nagarik, a bi-monthly vernacular magazine on ageing on the occasion of World Health Day. This Diabetes special issue of Jyestha Nagarik contains article, tips news and other information on diabetes. Click the picture below to download.

![Jyestha Nagarik](image)

8. **Article**

Two articles on diabetes were published in Nepali and English languages newspapers.
a) Nepali Article
An article entitled Diabetes: An Emerging Health Challenge by Ms. Rewa Dahal, campaign member, was published in a vernacular national Himalayan Times daily on 7th April. The article highlighted diabetes as an emerging health risk in all age groups. Click for the article:
Diabetes: An Emerging Health Challenge

b) English Article
An article entitled, “Diabetes: A global health concern of all ages” by Sanju T. Magar, Programme Officer of Ageing Nepal, was published in People’s Review, a weekly newspaper on 14th April. Link of the article:
9. **Signature Campaign**  
About 200 signatures were collected by organizing signature campaign in the main city center of Kathmandu. The team also distributed pamphlets in the event.

![A view of campaign](image1)

![An elderly with pamphlet](image2)

10. **Produced Summary Video of the Campaign**  
The campaign produced summary video of the campaign to share in social Medias. Here is link of the video: [https://youtu.be/_z03tRtdgtg](https://youtu.be/_z03tRtdgtg)
12. Participated in campaign jointly organized by HHN and HAI-Nepal
The team participated in the campaign activities jointly organized by Hope Hermitage Nepal (HHN) and HelpAge International Nepal (HAI-Nepal) on the occasion of World Health Day.

a) Petition Handing Over Ceremony to the Ministry of Health
The campaign team members of Ageing Nepal participated in a rally and petition handing over ceremony.

A view of the rally

Elderly participants of the rally
b) Workshop

Team member also participated in a National level interaction workshop which was organized to sensitize related stakeholders on diabetes and older people.
SUMMARY OF THE CAMPAIGN ACTIVITIES ORGANIZED TO MARK WORLD HEALTH DAY 2016

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Supported by:
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