



"RHAS strives to instill the best health practices in our children at an early age as the skills they develop in childhood and the knowledge they gain are the foundation for building healthy and happy families in the future."

Her Majesty Queen Rania Al Abdullah

LETTER FROM THE DIRECTOR GENERAL

We at The Royal Health Awareness Society (RHAS) are very pleased to present you with our 2012 Annual Report to keep you updated with our performance and progress in delivering our strategy, highlighting our major achievements during the past year. This has been made possible to the credit of and with the great dedication of our team and the continuous support of our volunteers, as well as our effective partnerships with public and private sectors and civil society organizations. Due to all the treasured support, we have been able to reach our 7th anniversary and we continue to operate with great effect and optimism towards achieving our mission to raise the health awareness of the Jordanian society through implementing preventative public health and safety programs based on the right to health for all.

The health and education sectors in Jordan both underwent many changes in 2012, which led us to face and overcome many challenges in order to continue to raise health awareness amongst the Jordanian society by implementing preventative public health and safety projects. Whilst strongly adhering to our beliefs in the right to health for all whereby every individual has the right to lead a healthy and safe lifestyle, we devote our utmost care to respond to the needs of our beneficiaries, according to the health priorities of the local communities, and in line with the best practices and quality standards.

RHAS took monumental steps in developing its projects and has made significant progress in integrating monitoring and evaluation into its organizational and projects' processes since 2011. As we enter the third year in our monitoring and evaluation practice we believe that the integration of results-based monitoring and evaluation is, by definition, a process of constant improvement. We seek to meet stakeholder expectations through evidence based reporting and inform the decision making process with reliable and valid data. RHAS will officially begin implementing its five year strategy in 2013 and automate it according to the latest methods of management.

RHAS offers preventative not curative services, believing that prevention is the best way to improve wellness and enable communities to live healthy, which led us to continue in expanding our projects in schools (The National Accreditation for Healthy Schools Project, Think First project, and The King Abdullah II Award for Physical Fitness) to reach more students throughout the kingdom, in addition to the community projects implemented in health centres (The Healthy Community Clinic Project, and the Global Micro Clinic Project). RHAS greatly values the role of youth volunteers in advancing project goals in the field. We work closely with a network of highly skilled volunteers to enable them to effectively and directly reach beneficiaries in local communities as ambassadors for health.

In the upcoming years, we look forward to continuing to serve our community towards a healthy and safe Jordan.

Enaam Al Barrishi



الجمعية الملكية للتوعية الصحية
Royal Health Awareness Society

The Royal Health Awareness Society (RHAS) was established in 2005 under the direction of Her Majesty Queen Rania Al Abdullah to promote health and to empower Jordanians to adopt healthy lifestyles and behaviors. RHAS' community based projects are implemented in accordance with the needs of the communities and revolve around the national health priorities.

Vision :

Towards a healthy and safe Jordan.

MISSION

The Royal Health Awareness Society is a Jordanian non-profit organization that seeks to raise the health awareness of the Jordanian society through implementing preventative public health and safety programs based on the right to health for all.

Core Values:

Care: We believe in the right to health for all, and that every individual has the right to lead a healthy and safe lifestyle, We devote our utmost care to respond to the needs of our beneficiaries, according to the health priorities of the local communities, and in line with the best practices and quality standards.

Experience: RHAS enjoys extensive technical experience in the fields of public health and safety; supported by a professional team with a set of technical skills and knowledge. Reinforcing its leading role, RHAS adopts pioneering concepts in sustainable development to effectively influence behavioral change.

Work ethics: At RHAS, a comprehensive code of ethics leads our work. We interact according to a system built on trust, professionalism, integrity, transparency and credibility.

Volunteerism: We created a skill-based culture of volunteerism that enhances performance and contributes to achieving goals on the ground. We value the efforts of our volunteers who enable us to connect and interact with beneficiaries wherever they are.

Participation: We adopt a participatory approach that values the importance of cooperation with public and private sectors as well as civil society organizations to achieve goals. This participatory approach extends to reach our beneficiaries linking us with them in a real bond that is based on active engagement and empowerment, motivating them to lead their new healthy lifestyles successfully.



HEALTHY SCHOOLS NATIONAL ACCREDITATION project has been conducted since 2008 with the Ministry of Health (MOH) and the Ministry of Education (MOE). The accreditation project aims to create health promoting environments within Jordanian schools that reflect positively on student's physical and social growing, as well as on their academic performance. The project is carried through national health standards that participating schools are trained and supervised to implement successfully.

Achievements

- 75 schools from many directorates, including 8 private schools, joined the project for the academic year 2011/2012.
- 110 health teachers and 75 principals from participating schools were trained on implementing the accreditation requirements.
- A team of experts assessed the performance of the participating schools. 47 out of 75 schools were accredited as Healthy Schools; 15 gold level schools, 9 silver level schools and 23 bronze level schools.
- 118 volunteers and health ambassadors from nursing faculties were trained on how to utilize the health kit in participating schools.
- The project's standards were modified based on the constructive feedback from the local community. A new chapter focusing on schools' swimming pools' health and safety requirements was developed.
- Lectures on various health topics were conducted by health officials, such as nutritionists, dentists and the Civil Defense, to raise awareness on important health issues. Activities such as healthy breakfasts and physical exercise games took place.
- Community members and the school-based health committees in some cases became an integral part of the school, and their contributions helped the schools succeed in various initiatives, such as building ramps for physically disabled students.

Impacts

- By the end of the academic year 2011/2012, 57% of schools maintained the accreditation for 3 years.
- The project was implemented through the clustering approach, which proved very effective for schools within the same area participating in the project. This approach includes forming a cluster committee (a representative from all schools within the cluster and local community leaders) to supervise activities of all schools within the cluster, address challenges and ensure distribution of resources and tools according to specific school needs. Clusters were formed in Al-Ramtha, Ain Al-Basha and North-East Badia.
- A pre-post behavioral survey that was conducted at the beginning and the end of the academic year 2011/2012 showed improvements in a number of students' health behaviors including:
 - Students who ate fruit once or more per day during the past 30 days increased by 5%.
 - Students who drank milk or ate milk products at least once per day during the past 30 days increased by 2.9%.
 - Students who brushed their teeth twice a day during the past 30 days increased by 4.1%.
 - Students who reported doing 60 minutes physical activity one to two days a week inside and outside the school setting increased by 4.2%.
 - Students who ate vegetables twice a day or more during the past 30 days increased by 5.7%.



KING
ABDULLAH II
AWARD FOR
PHYSICAL
FITNESS



KING ABDULLAH II AWARD FOR PHYSICAL FITNESS is a school-based national project has been conducted since 2005 with the Ministry of Health (MOH) and Ministry of Education (MOE). The project aims at fostering behavior change and encouraging Jordanian youth to integrate physical activity within their daily life so they can lead a healthier lifestyle. By participating in the project, school students gain the knowledge and skills they require to engage in a variety of physical activities encouraging them to adopt an active lifestyle.

Achievements

- 2,455 schools participated in the project during the academic year 2011-2012, including MOE public schools, private schools, UNRWA schools, and army schools, in addition to deaf and dumb schools. 60,1944 students took part in the activities, 46.97% male students and 53.03% female students.
- 24,747 students won the gold medal, 16, 2898 female students and 8,459 male students.
- An awarding ceremony patronized by His Majesty King Abdullah II and Her Majesty Queen Rania Al Abdullah was held in June to reward the winners.
- A meeting targeting the award's officials in the 3 regions (North, Middle and South) was held, to train them on the award's implementation mechanism, in addition 9 workshops were held targeting more than 1,350 referees, all over the kingdom to unify the tests process.
- Special needs students were integrated in the award, whereby the students are evaluated based on the mean of the tests they were capable of performing.
- In partnership with the British Council the leadership component activities were implemented in 328 schools in 42 directorates reaching 4,000 students.

Impacts

- The project has helped in decreasing the incidences of violence among school students, and encouraged positive competition and self-challenge especially in male schools.
- In collaboration with the MOE, physical education teachers were assigned to implement and supervise the award activities on a yearly basis as part of the education curriculum.
- The students' participation in the award during the academic year 2011-2012 increased by 84% among the students within the age group 9-17 years.



HEALTHY COMMUNITY CLINIC

HEALTHY COMMUNITY CLINIC is a community-based health project launched within the final quarter of 2011 to be conducted with the Ministry of Health (MOH). The project aims to build the capacity of participating Health Centers to provide better preventative services to empower patients to manage their diseases and reduce future complications. The Healthy Community Clinic, established within existing MOH facilities, provides medical practitioners with the training and resources necessary to implement management and prevention-based care to patients in underserved communities.

Achievements

- The Healthy Community Clinic protocol is being implemented fully, with all its different components. The activities include group and individual dietician sessions 3 times a week, physical activity and stretching sessions bi-weekly, in addition to the interactive lectures conducted 3 times monthly and which address health topics of priority such as cardio vascular diseases, diabetes, blood pressure, asthma, allergies, reproductive health and obesity.
- 211 patients participated in the pilot phase of the project representing different groups. The project was limited to this number due to the purposes of the pilot phase.
- Periodic tests including monthly tests, quarterly tests and bi annual tests were conducted for every patient based on the requirements of the corresponding category, to closely monitor their health condition.
- The Healthy Community Clinic was officially launched in October 2012 under the patronage of Her Majesty Queen Rania with the participation of the patients and Minister of Health.
- The project covered 5 schools in the surrounding area by giving 9 educational lectures that target 920 students. Topics covered addressed the importance of a healthy diet, smoking and reproductive health. In addition, blood sugar screening was preformed for teachers and students in correlation with World Diabetes Day.

Impacts

Analysis was conducted after 6 months of project activity, preliminary results demonstrate: In its pilot phase:

- 79% of patients reduced their weight.
- 84% of diabetic patients showed improvements in their HbA1c levels.
- 52% of hypertensive patients showed improvements in their blood pressure.

• A non-random quality control sampling approach using the Batch Quality Acceptance Sampling (BQAS) was utilized to assess whether a number of selected health behaviors of the entire patients population is "up to standard" as a result of the intervention. Results showed that Healthy Community Clinic project to date is "Satisfactory" and the health behaviors outlined in the following indicators are on target:

- Patients who organized their diet into 3 main meals.
- Patients who were committed to the diet plan.
- Patients who walked consistently 3-5 times a week.
- Patients who reduced their weight.
- Patients who feel more energetic.

• Focus groups were conducted with patients from all program health categories to obtain a baseline assessment of their knowledge, skills and behaviors. Focus group participants said that the Healthy Community Clinic is a pioneering model that provides a complete package of health education, tests and follow ups in addition to practical tools that motivate them to lead healthier lifestyles.



SHABABNA

SHABABNA is a youth led project launched in the final quarter of 2011. The project aims to establish a national network of Jordanian youth volunteers that play a significant role in educating their peers and encouraging healthy lifestyles and behaviors. Youth volunteers receive training on various national health priority topics, leadership skills, communication skills and advocacy. By significantly building their capacity, youth volunteers contribute to the implementation of various health awareness based projects and initiatives throughout the Kingdom.

Achievements

- 24 schools from 13 directorates that represent 7 governorates were engaged to implement health awareness activities by SHABABNA volunteers in the schools.
- The nursing faculties' component was completed, in addition to partnering with the nursing faculty in Philadelphia University, and Al Bait University. 70 volunteers were trained on implementing RHAS projects by conducting health awareness activities in 8 schools from 4 directorates in Ain Al Basha, Jerrash, Amman and Mafrak. 3000 students from grades 4 to 8 benefited from the health awareness activities.
- The health ambassadors' component was completed in cooperation with 8 Jordanian universities by nominating students to participate in the project, and selecting 48 volunteers that were trained on social skills and kits to raise health awareness.
- The health ambassadors implemented health activities in the schools that participate in RHAS projects, covering different health topics such as nutrition, physical fitness, personal hygiene, dental health and road safety.
- RHAS first volunteers' appreciation event was held at CUMERC facilities whereby 100 volunteers attended the event and certificates and trophies were distributed.

Impacts

- Organized for a focus group discussion, which included 7 health ambassadors, in corporation with the M&E senior project officer. Focus group discussions showed positive improvements in youth skills as a result of their participation in the project and the capacity building they received, improvements expressed by youth were in areas of communication skills, social skills, team work, and building relationships.
- Focus group discussions showed that the project inspired and motivated youth through empowerment and engagement to lead change and make a difference in their communities as well as in their own lives.



Global Micro-Clinic Project



GLOBAL MICRO-CLINIC PROJECT (GMCP) is a national health diabetes project that has been conducted since 2008 with the Ministry of Health (MOH) and the Micro Clinic International (MCI) choctry'th Awal. The project aims to empower people to prevent and manage diabetes. The project works through the establishment of micro-clinics. Each micro- clinic consists of 2-5 members forming a “Support Group”. This encourages patients to persuade each other to exercise, adopt diet plans and monitor glucose levels regularly.

Achievements

- 853 Micro– Clinics were formed in three areas (Al Hashmi Al Shamaly , Amman Al Shamel and Abu Nussier) with a total number of 2200 diabetic and pre- diabetic participants.
- Participants attended a training which included taking weight, height and fasting blood glucose levels for each participant, as well as glycosylated hemoglobin levels (HbA1c). Information sessions addressed different aspects of diabetes.
- A dietician established a nutrition plan for each patient depending on their BMI.
- Follow up sessions included examinations of patients’ feet by a foot care specialist, physical activity sessions by a fitness specialist and regular testing of HbA1c levels.
- Patients were taken to the gym to give them an orientation about its machines and how to use it.
- Social activities took place to celebrate and award participants by distributing prizes to those who reached normal HbA1c levels.

Impacts

- GMCP reached 13% of Jordan’s comprehensive health centers covering 50% of Amman’s centers. Moreover, the project was implemented in Ain Al-Basha one of several poverty pocket areas within Jordan. The project is currently implemented in Khraibet il souk Health Centre, Naour Health Center, Wadi il Sair Health Center, and Abu Nsair Health Centre.
- There is a 65 % improvement in HbA1c levels within patients.
- 25% of the patients reached normal levels of HbA1c and 70 % of patients were able to lose weight.
- The majority of patients reported maintaining a healthy diet, increased their physical activity levels and took daily walks.
- Patients were actively involved in raising awareness on diabetes management with their neighbors, families and friends.



Think
First



THINK FIRST is an interactive project that has been conducted since 2009 with the Ministry of Education (MOE). The project aims to integrate injury prevention measures in the daily lives of children within Jordan. The project helps children practice the necessary safety habits which will minimize their risks of sustaining a brain or spinal cord injury-over their lifetime, while developing skills in problem solving and critical thinking analysis.

Achievements

- Project was implemented in 68 schools in five directorates within Amman reaching approximately 50,000 students. Furthermore, 700 Ministry of Education (MOE) teachers received training to qualify them for the implementation phase of the project.
- Raised parental awareness by actively involving parents in various project components.
- Her Majesty, Queen Rania, visited one of the Think First Schools on February 29, 2012.
- In cooperation with the University of Philadelphia, several first aid sessions were conducted in a number of public schools within Amman for students in the 6th and 7th grades. The sessions were implemented by 14 students from the faculty of nursing, previously trained on delivering the educational material.
- An open day was held in each directorate, where various activities addressing injury prevention were implemented.

Impacts

- Surveillance conducted in Think First schools showed a significant decrease in injuries by 24.2% through monitoring the change in the number of injuries registered officially in the school health records in 66 schools for the academic years 2010/2011 and 2011/2012.
- Results of "RHAS One Year Evaluation of School Health Programs" showed positive changes occurring during one year of program implementation; results show:
 - The percentage of students who have not got serious injury during the last year increased by 4%.
 - The percentage of students who reported being injured 3 times or more during the past 12 months reduced by 4%.
 - The percentage of students who were injured while playing, which is the most common type of injuries, reduced by 7%.
 - The percentage of students who received safety education messages regarding first aid increased by 10%.



FRIENDS
OF RHAS



الجمعية الملكية للتوعية الصحية
Royal Health Awareness Society

Friends of RHAS is a nationwide initiative that aims to open up opportunities for the local community to join our mission in raising health awareness and empowering Jordanians to embrace healthy lifestyles and behaviors. Through this approach we hope to reach out to those who strongly believe in the importance of the work we accomplish.



Friends of RHAS prospects will be members of the community interested in public health work and charitable giving as well as private companies that have a strong social responsibility mandate. Incentives to give include being invited to special events, regular updates on all our projects and special recognition through various media outlets. All proceeds will go towards the development, implementation and expansion of all projects.

For more details on how to become part of our society please refer to our website www.rhas.org.jo

Join us, and let us show you how you can invest in a healthier Jordan!

Special thanks to our first 2012 friends: Fadi Al Metwaili, Razan Fareid Al Hadeithy, Yousif Al Khalidy, Banah Sogayar, Fowad Ahmed Saleh Abdulla, Samir George Farah, Khalil Ramadan Abu Samaan, and Munir Salman Bawalsa.



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