



الجمعية الملكية للتوعية الصحية  
Royal Health Awareness Society



Annual Report 2016



“The Royal Health Awareness Society is Jordan's guide and conscience when it comes to our health. It is through the expertise and energy of staff at RHAS, the ideas and enthusiasm of students, as well as the commitment of partners, that Jordanians are learning to build happy families and healthy homes”

**Her Majesty Queen Rania Al Abdullah**

## A MESSAGE FROM THE DIRECTOR GENERAL

The growing burdens of health issues in Jordan, necessitate sustainable effective action, shifting the focus from treatment to prevention more than ever before. The Royal Health Awareness Society (RHAS), under the inspiration and vision of Her Majesty Queen Rania Al Abdullah, has continued to diligently work towards its mission, ensuring that its various programs and interventions are not only raising the health awareness and education of communities in Jordan, but also creating the behavioral change required to leading healthy lifestyles.

The driving factors of our work have been our core values of care, credibility, cooperation, equity, and voluntarism. It is these very values that have allowed our programs to evolve over the span of 11 years. The past year in particular, marked significant and successful growth across our programs and partnerships.

The Healthy Schools program has become a far-reaching program that fosters the essentials of health awareness in schools. Beyond being merely an accreditation program, the program today is a viable platform for partnerships to integrate targeted projects focused on an array of health issues, from raising awareness on healthy diets and nutrition, to promoting sanitation and hygiene, to encouraging physical activity, to name a few examples.

Enhancing access to healthy meals amongst children in poverty pockets, remains to be a top priority to RHAS for its inevitable and positive impact on students' educational attainment and ability to thrive. Through the continuation of our Healthy Kitchen project, as part of the national school feeding program, we were able to provide healthy meals to 10,300 students, produced by 100 women employed within community based organizations in 5 different underserved areas in Jordan.

RHAS also continues to represent Safe Kids Worldwide and Think First chapters in Jordan, a role it has held since 2009 to ensure road safety and injury prevention awareness is disseminated within as many schools as possible in Jordan.

We are very proud that RHAS has been able to design and implement new initiatives in 2016. Within the area of smoking and drugs prevention, RHAS has launched the "Generations Protected" initiative to deliver a comprehensive social and life skills based curricula to prevent drug abuse amongst children, adolescents and youth, while also targeting teachers and parents with specific educational sessions on the issue. Moreover, RHAS has been able to successfully implement the "Healthy Schools Community Cluster" project that brought community members from Eastern Amman, built their capacity to implement their own initiatives, mobilizing local resources, to address health needs and gaps in the schools within their area. They have become an integral part of the solution and the results have been outstanding, in terms of making the health and safety of schools, the responsibility of the community as a whole.

Capitalizing on the power of youth, RHAS continued its "Shababna: Youth for Health" program, raising youth awareness through highly interactive modules, about relevant health issues, such as reproductive health, family planning and NCDs risk factors, while also empowering them with the skill set to implement youth led initiatives, sought to educate their peers as well. We take pride in having our partner universities adopt the model within their curricula and offering this module to all university students as an elective course.

In line with the Sustainable Development Goals targeting NCDs, RHAS has made significant strides in reaching vulnerable populations through the "Healthy Community Clinic" program, which now exists in 20 centers across Jordan. The HCC has proven to be a winning formula in raising awareness about NCDs and led to noticeable lifestyle changes and healthier behaviors to an additional 1,600 NCDs patients in 2016. The program resulted in the ability of patients to better manage their disease and reduce complications.

On the other hand, RHAS has continued to pursue its advocacy efforts and role as the chair of the NGOs tobacco control coordination group, working collaboratively to influence policy and join forces to fight the tobacco epidemic, considering the alarming facts of tobacco use in Jordan and as a major risk factor to NCDs.

The team of RHAS have dedicated time towards internal and external Monitoring and Evaluation (M&E) activities for all the programs, helping us reflect on our existing models, continue to learn and feed into our strategy development, and better shape our programs' scale up.

With this annual report, I hope to share with you the results of our teams' diligent and relentless efforts work on ground, and shed light on RHAS' key achievements and success stories.

Those achievements and stories would have never been told, if it wasn't the support of our partners and donors: from the Ministries of Education and Health, to national and international NGOs, to UN agencies and also the private sector. Their commitment and support whether through lending their technical expertise, or to their in kind and financial contributions, have fueled our ability to expand, reach to more people in vulnerable communities, as well as extend our work to serve refugees in Jordan. We are most appreciative to this support, and we are positive that together we can achieve more.

We look forward to building on this remarkable success towards pushing health awareness further across Jordan in the years to come.

**Hanin Odeh**

## ABOUT US

The Royal Health Awareness Society (RHAS) was established in 2005 under the directives 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.



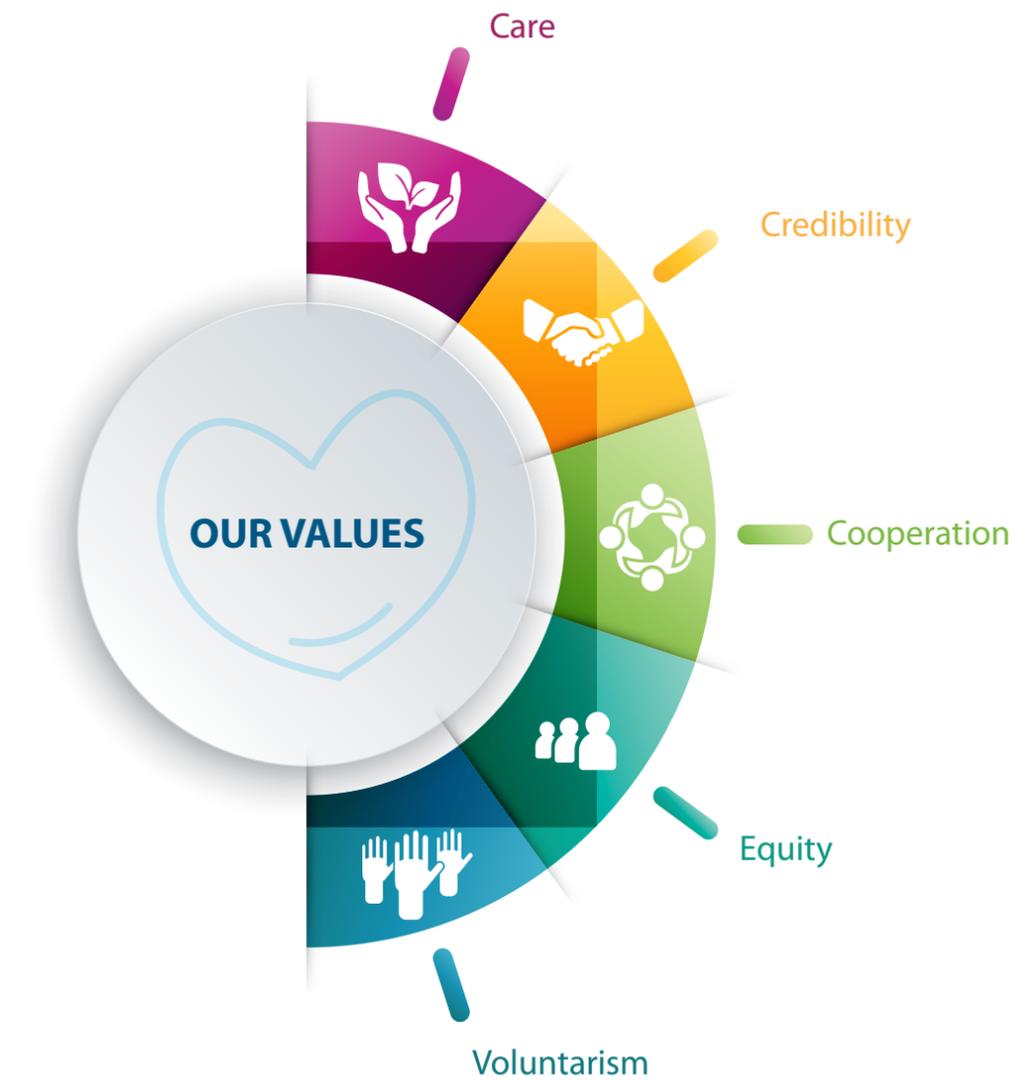
## VISION

Towards a healthy and safe Jordan.

## MISSION

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



## OUR APPROACH

- RHAS offers **preventative not curative** services, believing in the principle that prevention is the best way to improve wellness and enable communities to live healthy.
- RHAS works on raising health awareness for local communities through designing programs that **address national health** priorities and meet beneficiaries' changing needs, while engaging the beneficiaries in the design and implementation of health interventions.
- RHAS aims at **empowering and building the capacities of beneficiaries** to enable them to adopt healthy and safe lifestyles.
- RHAS works to build beneficiaries' experiences and practical skills so they can be agents of change in their communities, while also strengthening existing systems through knowledge and skills transfer, to ensure sustainability and national roll out of its programs.
- To improve beneficiaries' access to health knowledge, RHAS works to develop awareness materials and tools on relevant health issues that **build on best practice** yet are adapted and **contextualized** to suit the targeted communities.
- RHAS develops and implements public health and safety awareness programs in partnership with the public and private sectors as well as civil society organizations. We strive to maintain open communication channels and **sustain collaborative partnerships** with renowned national, regional and international organizations in areas of grants development, and exchanging resources.
- The **governance structure** of RHAS maintains high efficiency, transparency and audited reporting system to its various stakeholders.
- RHAS enjoys a strong **monitoring and evaluation system** with well defined outputs and indicators, supporting its data analysis and dissemination, and informing future decision-making regarding program development and implementation.



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## OUR PROGRAMS





# HEALTHY SCHOOLS

Healthy Schools is a national accreditation program implemented in collaboration with the Ministry of Health and the Ministry of Education since 2008, with an aim to create health promoting environments within schools which reflect positively on students' physical and social growing, as well as their academic performance. The program is carried through national health standards which participating schools are trained and supervised on to implement successfully. The program focuses on public and preventive health education, such as personal hygiene, oral hygiene, physical activity, healthy diets, and smoking prevention.

“I noticed that this program was highly accepted amongst parents, they said that the new information is benefitting them and their children”

**Mohammad Al Hweyyan**  
School Principal -  
Hanina Elementary  
School, Madaba

## 2016 Achievements and Results

- 98 schools from different governorates in the Kingdom, including 6 private schools and 4 military schools joined the Healthy Schools program for the academic year 2015/2016. After the evaluation process, 67 schools out of 98 schools evaluated schools were accredited as Healthy Schools at three levels, as follows: 8 schools at the Gold level, 19 schools at the Silver level, and 40 schools at the Bronze level.
- 22 Healthy Schools sustained the Gold level by applying and achieving certification requirements during the fourth and fifth years of the program, where the schools implemented 22 health initiatives with the participation of local community members. Initiatives included: Blood sugar and blood pressure examination, training mothers on breast cancer self-examination, establishing a fitness center, as well as initiatives that targeted nutrition education, mental health, and a series of physical activities for weight loss.
- 200 health teachers and 120 principals from all participating schools were trained to build their capacity for the academic year 2015/2016.
- During the first semester of the 2016/2017 academic year, 79 new schools participated in the program at the Bronze level, and 30 schools continued to apply the program at the Gold level for the fourth and fifth year, bringing the total of participating schools within the three levels to 177 schools. For these schools, two training workshops were held for the training of 474 teachers and principals.
- A study was conducted by an external specialized company to assess the beneficiaries' perceptions about RHAS' school programs, where 110 beneficiaries from the schools were interviewed. The findings showed that in almost 83% of the Healthy Schools interviewed, beneficiaries reported good/excellent knowledge about RHAS and stated that the Healthy Schools program drove positive changes

“Before starting the implementation of the National Accreditation Program, students did not have enough knowledge on how important breakfast is to their health especially during school hours, I noticed a great change and a lot of development after implementing the nutrition awareness sessions”

**Raeda Abdallah**  
Health Teacher  
Reemon Elementary  
School - Jerash

# HEALTHY SCHOOLS



“ Participating in the National Accreditation Program for Healthy Schools provided a healthier and safer environment through implementing the health standards, which had a positive impact on the students’ educational attainment ”

**Hanan AlKhatib**  
11<sup>th</sup> Grade Teacher  
Iskan Al Jamaa School  
for Girls - Amman



to the environment of the school; mainly by rendering it safer and cleaner. RHAS completed and implemented several programs and projects aimed to raise awareness of specific health issues during the year of 2016 under the umbrella of the Healthy Schools program, as follows:

**1. The implementation of the Water Education Project «WET»:** In 2016, the program was implemented in 36 Healthy Schools in partnership with Nestle Waters Company. WET aims to raise awareness on the importance of water in our lives, the sources of water, and how to conserve water. The activities have been applied by 4,307 students in the presence of 44 parents and community members. Since 2014, the number of participating schools reached 113 schools.

**2. The Water, Sanitation, and Hygiene (WASH) project,** in partnership with the World Vision Organization, aims to educate

students on personal hygiene, proper and hygienic use of school facilities, in addition to water conservation. Approximately 1,126 awareness activities were held benefitting 29,642 students in 33 public schools in Amman, Irbid, and Mafrq. The project targeted public schools with a large population of Syrian refugee students.

**3. Ajyal Salima is an interactive program** that was launched in the Middle East region in 2010 by Nestle Foods Company in collaboration with the American University in Beirut. This program uses an interactive platform, aimed at raising awareness on the nutritional behaviors of students ages 9-11 in fourth, fifth and sixth grades. The program encourages them to adhere to the correct dietary habits and physical activity to achieve the prevention of obesity and chronic diseases. 9 schools implemented the pilot phase of the program in the

governorate of Madaba, reaching 1,315 fifth and sixth grade students through 450 classes. Open days were also organized at the participating schools to educate parents on the program with the participation of 279 parents.

- An assessment study was implemented at AUB to measure the level of behavioral change regarding healthy nutrition of targeted students in the pilot phase. The results of the study showed a rise in the level of students’ knowledge in the major health and nutrition behaviors, and their positive decision to follow these behaviors. In addition, there was a noticeable improvement in the application of these behaviors in their daily lives, such as increased rate of having breakfast, increased intake of vegetables and fruits, lower consumption of chips and sugary drinks. The study also showed positive results regarding the reactions of the parents, where fruits and vegetables have become more available, and junk food items were less consumed at home.

- The second phase of the program was launched for the academic year 2016/2017, where 14 school health and nutrition officials from the Ministry of Education were trained as the core team, by the American University of Beirut.

- During the second phase of the program, 27 new schools participated from Amman, Balqa, Irbid, Zarqa, Ajloun, Jerash and Madaba. 81 teachers were trained on the implementation classes and activities of the program.

## 4. Healthy School Community Cluster Project

- The project works to build the capacity of community members and develop their skills to enable them to implement community-based initiatives, and support schools within their community to become healthier and safer through the adoption of the Healthy Schools standards. In 2016, in partnership with the USAID, fhi360, the project was implemented in 10 public schools in Al-Qweismeh area.

- 4 workshops were held to train the cluster members who were selected from the local community, on needs assessment, planning, advocacy, resource mobilization, monitoring and evaluation, and implementation of health initiatives.

- The «AlNathafa Thaqafa» initiative was implemented in partnership with the organizing committee of the Fifa World Cup for Women U17, where the participants and volunteers from Al-Qweismeh area held campaigns to clean the stadium and spread awareness on the importance of maintaining a clean environment. The initiative reached 17,000 tournament attendees.

- In terms of impact, all participating schools agreed that the community initiatives helped in meeting the urgent needs of the schools and tackled the health and safety standards that required improvement. As a result, schools’ management stated that they have more time to follow up on technical issues related to the quality of education than before.

“ Our participation in the program as local community members taught us how to plan, evaluate, and provide a healthy school environment which is a part of our contribution to our society ”

**Amani Ghanem**  
Community Member -  
Al-Qweismeh

“ I used to attend some of the «Ajyal Salima» sessions with my 6<sup>th</sup> grade daughter and we now implement what we have learned, when preparing healthy breakfast, lunch and light desserts ”

**Taghreed Shawawreh**  
Parent - Princess  
Raya Bint al Hussein  
Elementarty School,  
Madaba

“ I used to spend 80% of my time outdoors making sure the students were safe, as our school is located next to the bus station and children were at risk of accidents, we now have much fewer incidents ”

**Najah Al-Ma’ayta**  
School Principal - Abu  
Alanda Elementary  
School, Al-Qweismeh



Think First is an interactive program implemented with the Ministry of Education (MoE) since 2009. The program aims to integrate injury prevention measures in the daily lives of children within Jordan. The program helps children practice the necessary safety habits, to minimize their risk of sustaining a brain or spinal cord injury over their lifetime, while developing their skills in problem solving and critical thinking analysis. Think First curricula targets KG to 7<sup>th</sup> grade students, addressing the following topics: Brain and spinal cord injury prevention, vehicular and pedestrian safety, choking and suffocation hazards, safety around weapons, environment safety, and first aid.

Students now understand the consequences of falling. I noticed that the Think First Program taught the students how to deal with one another in case of emergency. Also it is important to note that not having an exam for Think First, makes the students more open to learn and participate

**Wajdan Assad**  
Program Coordinator -  
Amman Directorate

## 2016 Achievements and Results

1. The program was launched in another 50 public schools for the academic 2015/2016 in Amman, and the governorates of Balqa and Madaba, which included 22,500 students within the targeted age group for the program.
2. A follow up on the implementation of the program in all participating schools was done by the responsible core team, consisting of education supervisors from various departments at the Ministry of Education. Since the beginning of the program, about 99,500 students were reached from 159 participating schools.
3. An internal study conducted on the effectiveness of the Think First curricula showed that it had an impact on injury reduction in schools, as there are less incidents reported at the participating schools through the academic year of 2015-2016 in comparison to the year before joining the program.
4. The Royal Health Awareness Society participated in several safety awareness events in collaboration with the National Committee for Traffic Safety, such as

participating in Arab Traffic Safety Week and the International Day for Traffic Safety. RHAS also hosted speakers from the Public Security Department at the New Think Festival to raise awareness about reducing traffic accidents. The direct broadcast of the session during the festival reached to more than 300,000 people through social media channels.

5. RHAS participated in Global Kids Road Safety campaign, where road safety tips were published on social media reaching nearly 6,000 people.

Both the teachers and the students enjoyed the implementation of the Think First program. I noticed a change in the students' behavior when using the stairs and playing during the break

**Asmaa Abdullah**  
Teacher -  
Aminah Bint Wahb  
School, Abu Alanda





# مبادرة تحصين شبابنا أقوى



In collaboration with the Ministry of Education (MoE), the Ministry of Health (MoH), and the Anti Narcotics Department, and in partnership with Mentor Arabia and other relevant NGOs, RHAS launched the initiative "Generations Protected" (Tahseen) initiative, which aims to spread awareness on harmful effects of addiction to smoking and drugs amongst children, adolescents, and youth to contribute to the healthy upbringing of the future generation and protect them from such risky behaviors. RHAS implements the initiative across three different age groups, through three programs, as follows: Anti-Smoking Ambassadors Program for 4<sup>th</sup>-6<sup>th</sup> grades; Unplugged Program for 7<sup>th</sup> - 8<sup>th</sup> grades; the Y Peer Educators Program for youth aged 18-25 years. These programs rely on the interactive and participatory learning method and on building the capacity of children and youth specifically on social and life skills. The initiative targets teachers and parents as well to raise awareness around them on the dangers of smoking and drugs abuse.

## 2016 Achievements and Results



“ My experience with this initiative has been exceptional in shaping my personality and enabling me to engage with the community through raising awareness about such an important issue ”

**Ruba Abu Al Haija**  
Peer Educator

- A higher and a technical committee were established, and 50 representatives from concerned entities were trained by Mentor Arabia. A group of those were selected to become the Core Team of trainers for the programs.
- RHAS conducted activities for children and youth on the World Anti Drugs Day, which was under the patronage of His Royal Highness the Crown Prince Hussein bin Abdullah.
- Training materials, manuals and interactive activities have been adapted and developed for all programs.

- Training workshops were held for 60 counselors from schools participating in the Unplugged Program, and 40 counselors for the Anti Smoking Ambassadors program.
- 20 peer educators were trained from participating youth organizations such as the Ministry of Youth, All Jordan Youth Commission, and other relevant organizations.
- Two training workshops were held by Mentor Arabia for the National Core Teams for the Unplugged and the Y-Peer programs.



In partnership with the Ministry of Education (MoE) , Ministry of Health (MoH) and the World Food Program (WFP), the Healthy Kitchen Project (HKP) was launched in 2015, with the aim to provide healthy and nutritious food alternatives (meals) to school students, through linking schools to productive kitchens with community based organizations (CBOs), who in turn provide these healthy meals to surrounding schools. The project also aims to raise health and nutrition awareness and healthier eating patterns through providing comprehensive nutrition information and educational resources within the schools' community.

## 2016 Achievements and Results



“ The Healthy Kitchen is a unique leading project that provided job opportunities for males and females in the area ”

**Hussein Bani Shaban**  
Baker

- The second phase of the project was implemented in 57 schools covering the following governorates: Madaba, Edon (Irbid), Ballas (Ajloun), Al-Azraq (Al-Zarqa), and Al-Mafraq. 10,300 students benefitted from the HKP meals on daily basis.
- Awareness sessions were delivered on nutrition and healthy behaviors for students involving teachers and parents in those schools.
- 100 job opportunities were created in the local community, mainly for women, who received training on the Healthy

Kitchen operations and meals production standards, basic financial literacy, and the importance of leading healthy lifestyles.

- More than 95% of schools implemented awareness activities in the schools targeted by the HKP, which had an impact on students' behavior and knowledge. The majority of the students became aware of the importance of vegetables and fruits intake; washing their hands before and after eating their meals; the importance of water; and its need for milk to grow and build strong bones.

# HEALTHY KITCHEN



“ Having a job in the Healthy Kitchen helped develop my character and I became a productive individual in the community ”

**Reema Bani Fawwaz**  
Kitchen Supervisor

• RHAS conducted an impact assessment by organizing several discussion groups for those working in the kitchen, in addition to the families of the students involved in the healthy kitchen, aiming to assess the impact of the HKP. The initial results showed the following:

**Kitchen workers:**

- Workers felt a sense of pride for being part of the nutritious meals production process provided to school students in the surrounding area as well as their own children. The workers not only felt the direct contribution in helping students learn about healthy diets and eating nutritious meals, but they also were able to build their own capacity and skillset, boost their self-confidence, and increase their income levels.
- All women employed by the Healthy Kitchen Project stated that they developed their skills and knowledge. They acquired skills which helped them have better time management, and basic life skills. They are able to contribute more in problem

solving and decision-making in their daily lives than before.

**Parents:**

By providing these meals for students, parents were able to note the following changes among their children’s behaviors:

- Students have breakfast daily, regardless of their income level.
- Students have the daily intakes of vegetables and fruits.
- Some students managed to save money from their daily allowance and be able to buy other needs.

**Results from a pre-and post Knowledge, Attitude, and Practice (KAP) survey, for students, showed:**

- 90% of students eat the whole meal of the HKP inside the school and immediately after it is served to them.
- 70% of students reported that meals provided were of high quality (pastries, fruits, and vegetables).
- 31% of students recycle the paper bags in which meals are served.



“ Because of the Healthy Kitchen, students are now having a healthy balanced meal which in return decreased eating unhealthy food items such as chips and chocolates. It also decreased the parents’ spending ”

**Hanan Al Ayoub**  
Principal- Ballas Secondary School for Girls, Ajloun



Shababna 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 participants receive education and awareness on youth related health issues, in addition to leadership, communication, and advocacy skills. By building their capacity, youth contribute to the implementation of various health awareness based projects and initiatives in their local communities or universities, and also volunteer with RHAS's various programs and activities across the Kingdom.

## 2016 Achievements and Results

- 35 students from various disciplines from the University of Jordan completed the health education course through the School of Nursing. The course included several health topics: The risks of smoking, obesity, cancer, diabetes, mental health, family planning, adolescence changes, safe motherhood, premarital preparations, and gender. Students have been trained on leadership skills, team building, and other skills important to the implementation of initiatives. They implemented 7 health initiatives under the name: "Make Your Life Healthier", benefiting more than 4,500 students in the university.
- The interactive educational material for the health promotion course was implemented in 22 classrooms during the summer term, which had been prepared by a team of experts from the Faculty of Nursing at JUST University, in collaboration with the UNFPA. The course has been adopted as an elective for students from all faculties at the university to register in.
- Standards for a 'Youth Friendly Health Clinic' has been initiated in collaboration with the UNFPA. The Clinic aims to create a safe space for youth and provide them with counseling services as well as awareness on topics of interest to students, such as issues of violence, mental health and

- reproductive health. The standards will be implemented in JU and JUST in the future.
- An electronic survey (pre-post assessment) on the health knowledge of youth participants showed an 8.3% improvement in the knowledge level of students in all health topics; A 23% increase in the level of knowledge among students with regards to reproductive health and family planning; and 24% increase in the number of students who understood facts about NCDs such as Type 2 Diabetes affecting youth and not only the elderly.
- Participants stated that their communication and presentation skills have improved. Some participants smoked less and others started to develop healthier eating habits rather than the consumption of junk food items such as chips and soda.
- According to a perception study conducted by an external specialized company assessing the beneficiaries' perceptions of RHAS' youth programs, findings showed that the Shababna program positively influenced participants' personal development and contributed to increased awareness in health-related topics in respondents' local communities and among their peers.

“ This course is different than any other because it was very interactive and we learnt many things not through the traditional methods of learning. I will remember everything in the future, because I was the one who searched, wrote and implemented the related activities ”

**Leen Barghouti**  
Student - JUST  
University



The Healthy Community Clinic (HCC) is a community-based health program launched in 2011 in partnership with the Ministry of Health (MoH). The program aims to build the capacity of participating health centers to provide better preventative services to lower the incidence of chronic disease and reduce future complications. Activities in the HCC include interactive sessions addressing health topics of priority, such as cardiovascular disease, diabetes, blood pressure, asthma, allergies, reproductive health, obesity, the importance of healthy diet, physical activity and smoking cessation.

## 2016 Achievements and Results



“ I used to suffer from hypoglycemia. After attending the sessions, I now understand how important it is to have at frequent small meals throughout the day to maintain a balanced blood glucose level ”

**Mohammad Hallaq**  
Participant - Princess Basma Comprehensive Health Center, Amman

- The HCC program expanded to include eight comprehensive health centers including: Princess Basma Health Center, Marka Health Center (Amman), Anjara Health Center (Ajloun), Al-Sakhra Health Center (Ajloun), Al-Teebah Health Center (Irbid), Iskan Al Hashimiyeh Health Center (Zarqa), Qafqafa Health Center (Jerash), and Al-Khalidiya Health Center (Mafrq).
- 1,600 patients benefited from various activities that have been implemented within the HCC program in 2016 and 84 MoH staff were trained on the HCC program and materials.
- Regular check-ups were conducted for each participant according to their condition in order to follow up on their health status, including monthly, quarterly, and semi-annual medical tests.
- In collaboration with MicroClinic



“Through my participation in the HCC, I lost 11 kgs during the program as I received counseling and support. I feel better and more confident”



**Um Ahmad**

Participant - Al Taybeh Comprehensive Health Center, Irbid

International and MoH, the Diabetes specific clinics expanded to an additional 21 health centers to include health centers in Amman, Madaba, Ramtha, Zarqa, Jerash, Balqa, Ajloun and Mafraq. 21 nurses and medical staff were trained on how to assist Diabetes patients on self managing their disease and avoid complications. . 3,515 Diabetes patients joined the project and benefited from the model of group support.

- Four focus group discussions were conducted with a representative sample of the beneficiaries of the HCC program in four health centers, to assess the impact of the program on the beneficiaries and the community. The focus groups results showed the following:

1. Beneficiaries praised the services and activities of the HCC, and noted improvement in their health status and stressed their acquired ability to manage chronic illnesses through a healthier lifestyle. They were now considered role models by their families and friends, thus promoting positive health behaviors, and

helping others lead healthy lifestyles as well.

2. The beneficiaries explained that the close follow up by the HCC helped them adhere to a healthy diet and a healthy living.

3. Beneficiaries noted the many changes have occurred after their participation in the HCC program, including: weight loss, regulated heartbeat, controlled blood sugar levels, stabilized blood pressure, managed asthma, smoking cessation, timely medication routines, and acquired knowledge in developing and supporting healthy behaviors such as healthy diet and exercise.

- According to a perception study conducted by an external specialized company assessing the beneficiaries' perceptions of RHAS' community program, almost 70% of the 1000 surveyed beneficiaries consider HCC to be "extremely effective", which resonates well with the feedback received from beneficiaries during the focus group discussions.



“I used to eat everything without any consideration; now I take into account the type and portion of food at each meal”

**Abu Mohammad**

Participant - Iskan Hashmieh Comprehensive Health Center, Alzarqa

# OUR ACTIVITIES 2016



**RHAS Board of Trustees Annual Meeting**  
chaired by Her Majesty Queen Rania Al Abdullah



**Her Majesty Queen Rania attends AFRHAS**  
Fundraising Luncheon in New York



**Health Corner managed by RHAS at the New Think**  
Festival 2016



**Open Health Day in Ma'an on World Health Day**  
in cooperation with Palestine Hospital



**World Diabetes Day activity**  
at Greater Amman Municipality



**World Anti-Drugs Day Awareness Walk**



**RHAS activities on Breast Cancer Awareness Day**



**RHAS Participation in Clinton Global Initiative**  
presenting the HCC program



**Al Nathafa Thaqaqa Initiative during**  
FIFA Women's U17 World Cup at Al Qweismeh



**Food Revolution Day with Chef Mira Jarrar**  
in a public school



**RHAS team retreat on leadership skills**  
at Challenger Village



**RHAS health awareness activities**  
at the Abdali Marathon

# OUR MEDIA COMMUNICATION

## Top TV and Radio Interviews



- RHAS published health articles in top daily press
- RHAS published a monthly health sidebar as well as health features in Family Flavours and (Nakihat 'Ailiyeh)



## Top Tweets



Followers  
1,541

Growth  
5%



## Top Facebook Posts



Followers  
48,000

Growth  
41%



Download Our Application from



To start your healthy lifestyle today!



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