



"EJMOUR EJADWŌJ JIMOR EDDO"

NEWSLETTER

REPUBLIC OF THE MARSHALL ISLANDS
Ministry of Health and Environment

APRIL 2002

Health Care Revenue Fund is MoHE's baby

In January 2002, the Cabinet authorized the transfer of all management responsibilities of the Health Care Revenue Fund and the Health Fund programs from the Marshall Islands Social Security Administration (MISSA) to the Ministry of Health. In order to ensure that the ministry can properly manage the Funds, MOHE has requested Trinity Health International, formerly Mercy International, for technical assistance. MOHE has requested a comprehensive evaluation of the transfer of the Health Care Revenue Fund and the Health Fund covering all aspects including evaluations of the national health insurance scheme, pertinent legislation, third party administrators, and the overseas medical referral program. MOHE developed a Terms of Reference to ensure that the ministry has a seamless transfer and transition and that the logistical and information management capabilities and systems are in place to effectively implement, monitor, and evaluate all aspects of the fund and its management.

Jen (\$) Social Security Ñan MOHE

Ilo January 2002, Cabinet eo ear komelim an etal aolep eddo ikijjen Health Care Revenue Fund im Health Fund Program ko jen iumwin pein Marshall Islands Social Security ñan Ra eo an Jikin Ejmour. Ñan an Ra eo an jikin ejmour marōn kojerbal jeen kein ilo jeppet im jimwe, emoj kajitoklok ibben Trinity Health International, at eo mokta Mercy International, ñan letok jipan. Ra eo an jikin ejmour ear kajjitok bwe en wor juon etale eo enaaj kalikkar aolep wawein ko rej jalet jeen kein jen an transfer koba national health insurance scheme eo, jabrewot kien, ro rej bok eddon jeen in im overseas medical referral program eo. Ra eo an jikin ejmour emoj an kommane juon Terms of Reference ñan an loloorjake bwe eddo in jeen kein im jabrewot melele kin system in en pojak ñan an jinoe jermal ilo jeppet im marōn etale aolep iien.

2nd Annual PICCEP

Pacific Islands Continuing Clinical Education Program

The 2nd Annual PICCEP was conducted on Majuro and Ebeye from March 11-15, 2002 by a team from Washington University and University of Hawaii. Topics focused on this year were:

- Update on diagnosis and management of congestive heart failure
- Pneumonia in adults and choice of antibiotics
- Consultation in the management of diabetes and hypertension
- EKG interpretation workshop
- ACLS mini workshop
- Newborn problems
- Newborn resuscitation
- The first year of life: Immunization, nutrition, preventive health care
- The febrile child including pneumonia
- Pediatric orthopedic trauma: recognition & management of fractures
- Menopause
- Dermatology
- Delirium/confusion/acute psychosis



Demonstration on doctor-patient counseling, PICCEP 2002

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EDITOR: Justina R. Langidrik, Asst. Secretary, Primary Health Care
HEALTH NEWS by Health Education / Promotion Unit

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Enaan jen office eo an Mental Health

Mental Health Communities Based System of Care eo ilo Majuro in enaj emonlok, ilo mol emoj ar jino lo ilo week eo ej jemlok-lok an emonlok keidri non 3 year ko rej jemlok lok. Ilo week eo ej jemlok-lok, Staff eo an Mental Health ear maron in tobar 85% in Ri-naninmij ro an ion Laura, Ajetake, Rairok, Long Island kab DUD in iomin wot 5 ran ko.

Wawin in ej kalikar bwe ebdrorolok an M.H. Staffs eo maron in tobar clients ro air ibelakin Majuro in. Unin an naj bidodo lok im emonlok wawin Communities Based System of Care eo kio ilo Majuro in, ej kenke ewor kio juon vehicle non an Program in lale rinaninmej ro non jiban kadiklok jonan violence cases ko an ritto with Serious Mental Illness (SMI) ko, im Children With Severely Emotional Disturbance (SED) ko rej walok jen ran non ran ion Majuro in. Men eo jej aikuij in kommonne in kio, lelok ar kamolol, Hon. Alvin Jacklick Minister eo an Health

& Environment, im elaptata, Secretary Capelle im Asst. Secretary eo an ikijien Primary Health Care kin jiban ko airjeel rellab non Mental Health Office eo. Ijelokin men kein aolep, jej bar juon alen kajitok jiban eo jen Client Family Members ro kin support ko ami, bwe ilo mol eo elane ejjab support ko ami, inem eban emon an Program/Services kein wonmanlok. Im non Family Members ro, kom kanuij emmoltata, kin aolep kain jiban ko ami.

Allin in manlok enaj lukin lab an Office eo an Mental Health boub, ikijien juon Project eo na etan; Mental Health Data Infrastructure Project. Project in ej, 3 year Project. Ilo mol eo en kar jino ilo October 2001, ak kin jet aban ko rar jelet kij jimor, inem Project in ear rumijlok an jino jermal. Im lukin ien ijino eo enaj mojin wot an naj Planning & Coordinating Committee eo an Project in naj kalikar Ran eo enaj jino jermal in.

Enaj lab wot an Project in jermal ilo

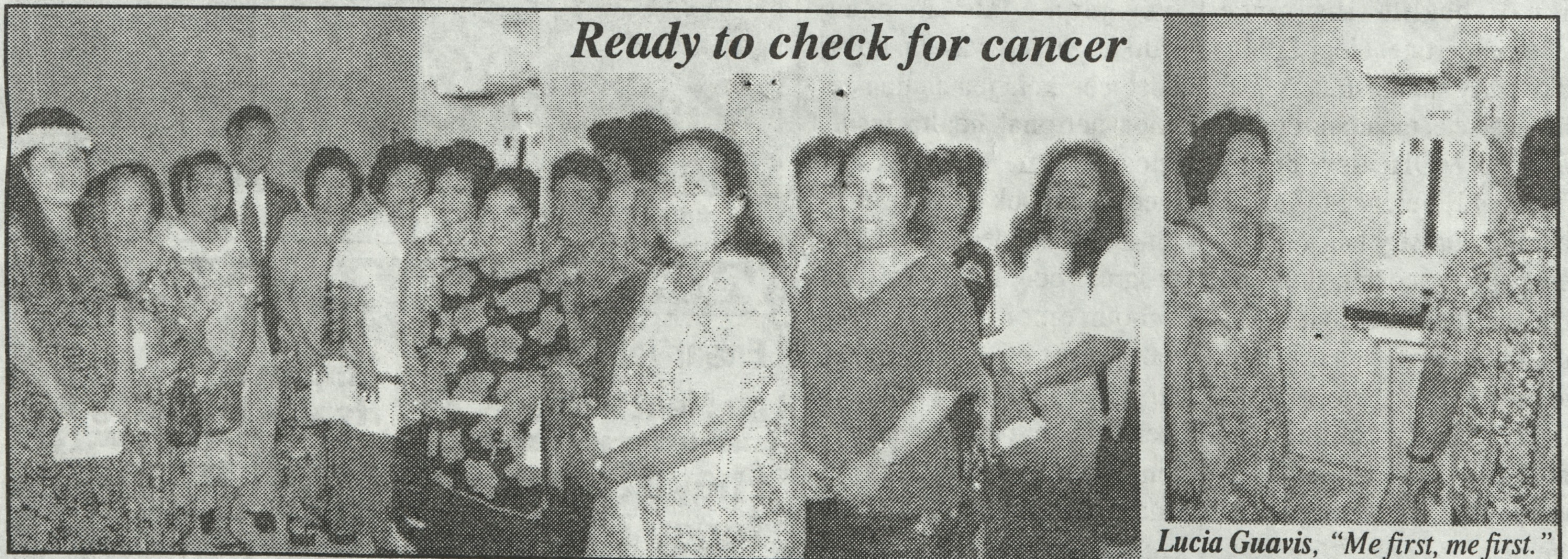


Mr. Wilfred Allen
Coordinator, Mental Health

Outer Islands kane, Ilo year in iman ak FY 2001-FY 2002, eor 18 atolls/ islands ko aikuij drerelok jermal iloan year in.

Jenaj bar kajion kemleleik kom kin melele ko rellablok ikijien Project in ilo week kein tok lal. Elane emon jabrewot. Kom emmoltata.

WAC members at dedication of Mammogram machine



Ready to check for cancer

Lucia Guavis, "Me first, me first."

Majuro Hospital is now equipped and ready to resume mammogram services for women in the Marshall Islands due to the efforts of many individuals, but especially due to the Women's Athletic Club (WAC) for addressing this need. Because of their fundraising efforts, they were able to purchase a mammogram machine. On behalf of all women in the Marshall Islands, we say *Kommol tata!*

Ebeye Pacific Diabetes Today Training

March 4 - 7, 2002

Marshall Islands started the Pacific Diabetes Today Training in Majuro Atoll in July and August 2001. Because of the valuable information shared and increased networking among community groups to reduce the burden of diabetes, the training has expanded to other largely populated atolls.

Ebeye training was scheduled for March 4-7, 2002, followed by Jaluit Atoll scheduled for March 25-29, 2002.

The Ebeye groups committed themselves to the following priorities:

1. Price control on food items.
2. Improve health care services for diabetics.
3. Increase physical activity.
4. Improve household nutrition.

Aelon in Majol ear jinoe kommane Pacific Diabetes Today Training ko ion Majuro ilo kar July im August 2001. Kin an kar alikkar ke elap an aorok melele ko rar walok im laplok an aolep jipan kadiklok eddo ko rej walok jen naninmej in tonal, ear wonmaanlok wot im bar komman 2 training ilo Ebeye im Jaluit. Kirup ko ion Ebeye rar kalikkar ke renaaj kommane ijo konaer ikijjen wawein kein:

1. Bwe en emmanlok woneen mona.
2. Bwe en emmanlok jermal ko ñan loloorjake ritonal ro.
3. Bwe en laplok emmakitkit ak kejimourur.
4. Bwe en emmanlok mona ko ilo em ko kajjojo.



Registration – Martha & Ajlok



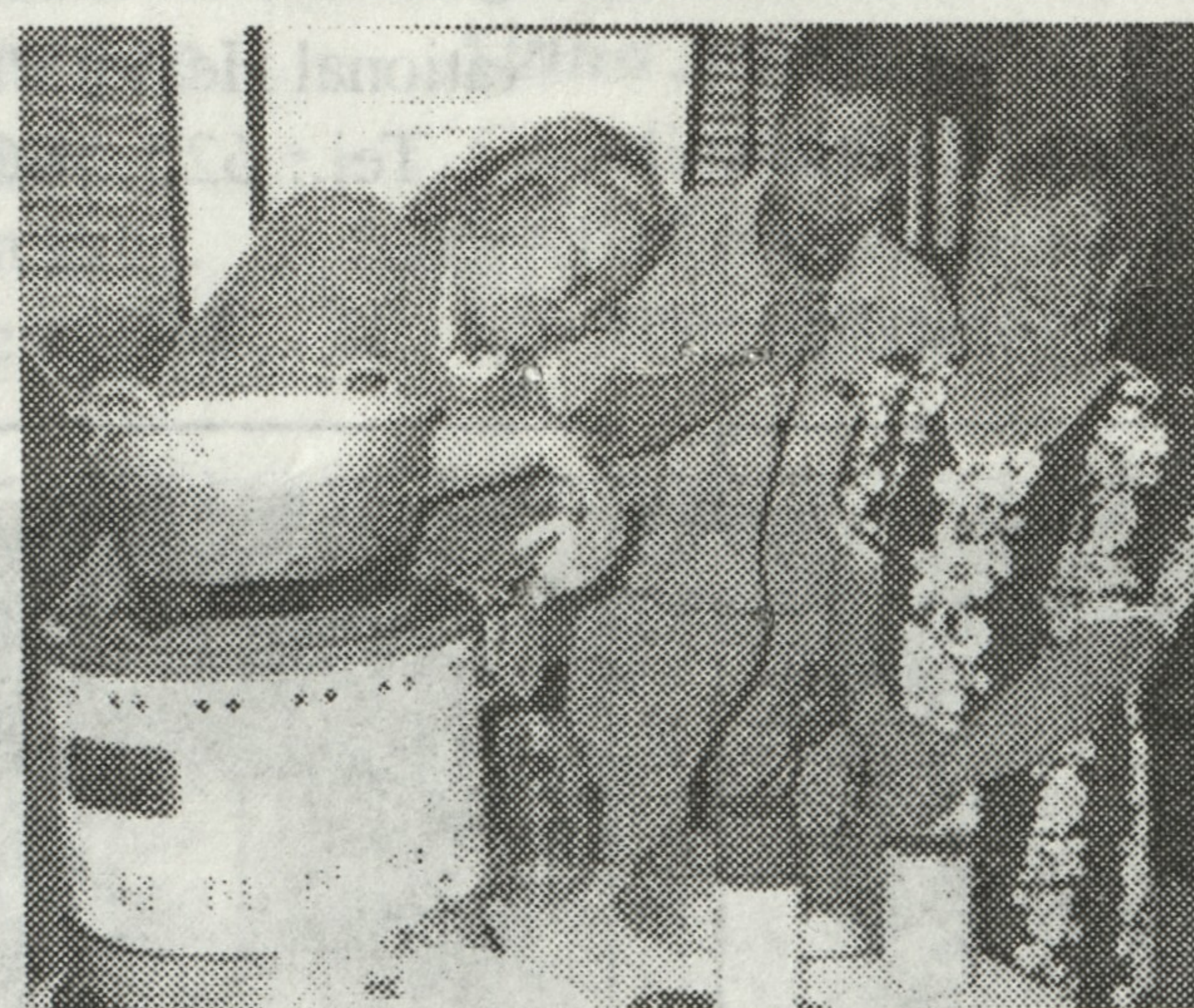
Iroij Mike Kabua participating in exercise session.



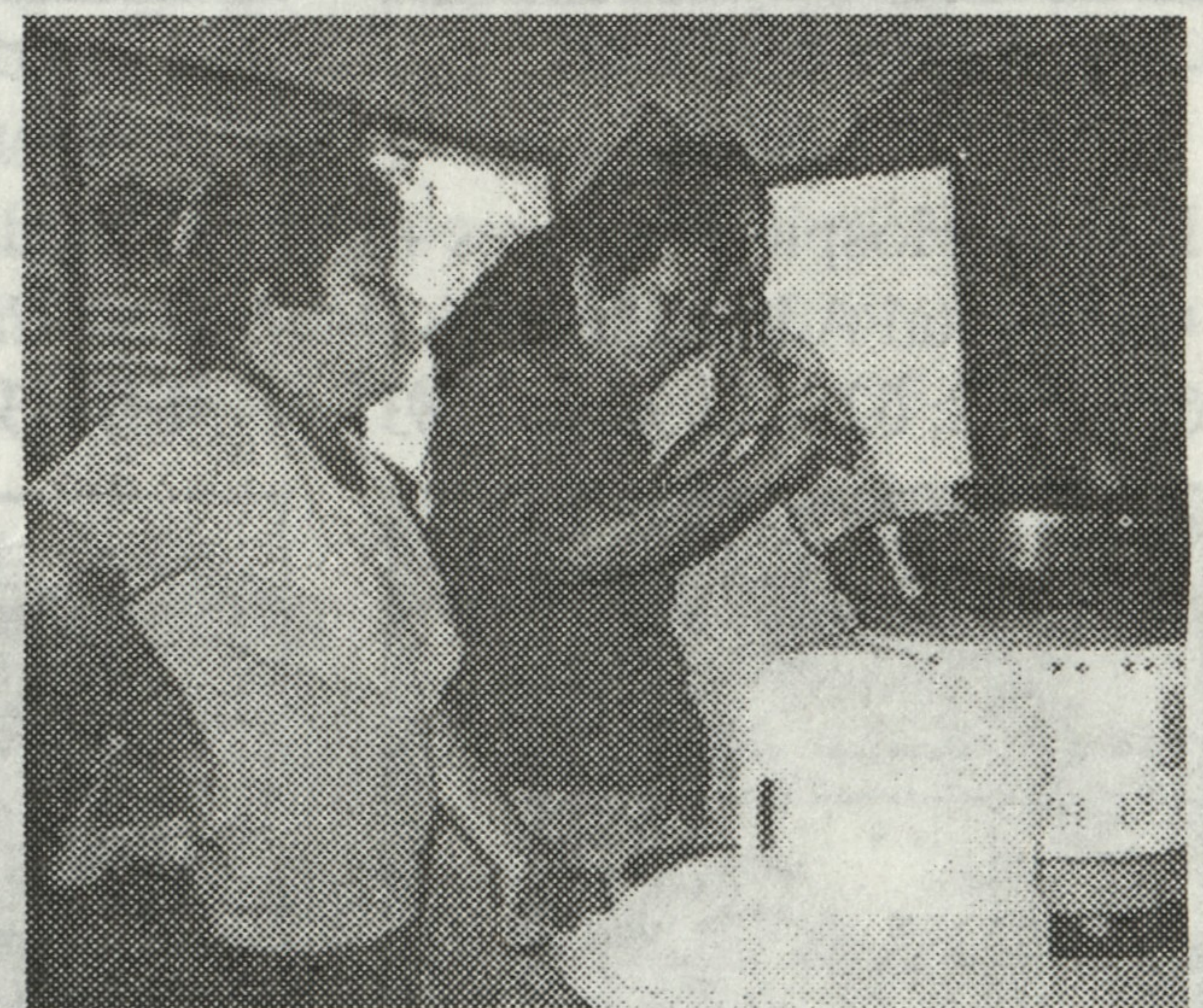
*Dr. Tin Soe and Bremity Lakjohn
"What is diabetes?"*



Participants sharing information among themselves.



Mariesa and Gloria draining fat from corned beef.



Beleang K. and Emlen M. demonstrating how to make low fat pancakes.



Katherine Harding, occupational therapist doing exercise sessions.

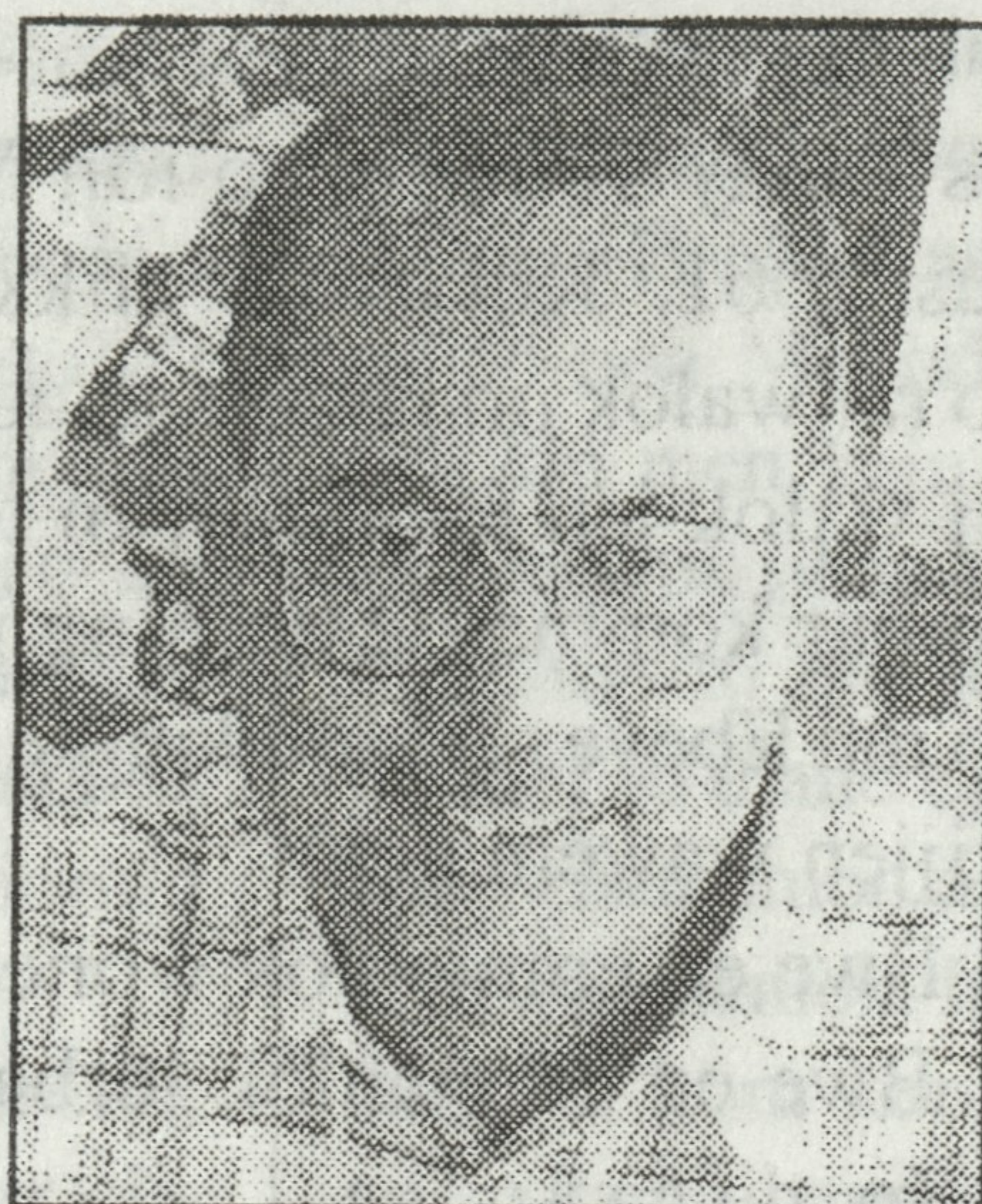
Special kommel tata to Iroij Michael Kabua, Mayor Wilmer Bolkeim, Rev. Matauto, Asst. Secretary Irene Paul, Hospital Administrator Tommy Milne, and all the iroij and alap of Ebeye and Laptata ñan aolep participant ro. Jerammon ñan aolep im Anij ibbami.

Ilo etamoj aolep facilitators ro: Julia Alfred, Lydia Tibon, Katherine Harding, Dr. Zachraias Zachraias, Mariesa Davis, Oling deBrum, Dr. Tin Soe, Johannes Seremai, **Bremity** Lakjohn, Rose Bobo, Aruo Aluka, Heddelston Jeadrik, Martha Anjain im Ajlok Batlok.

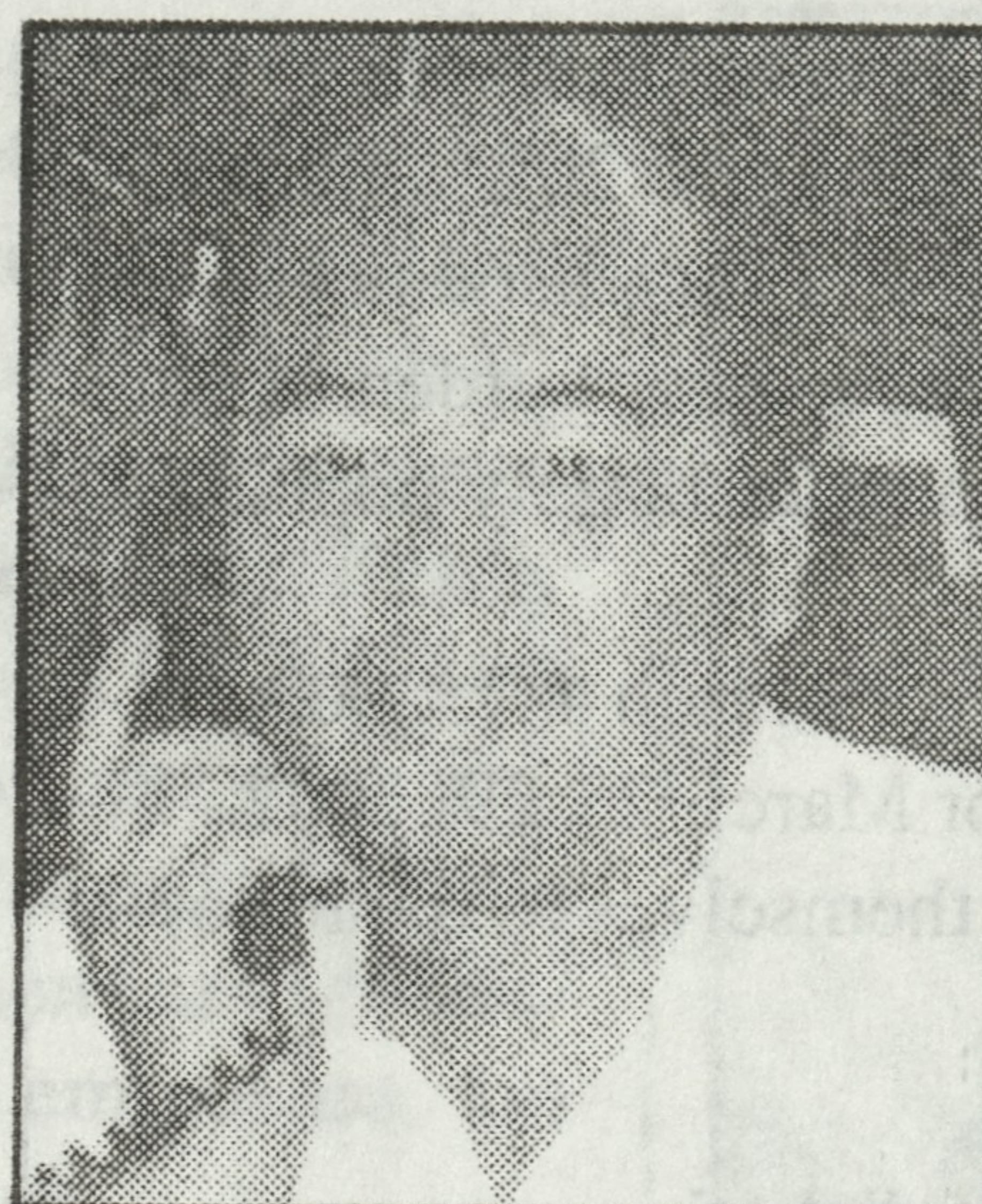
Who's in charge of what?



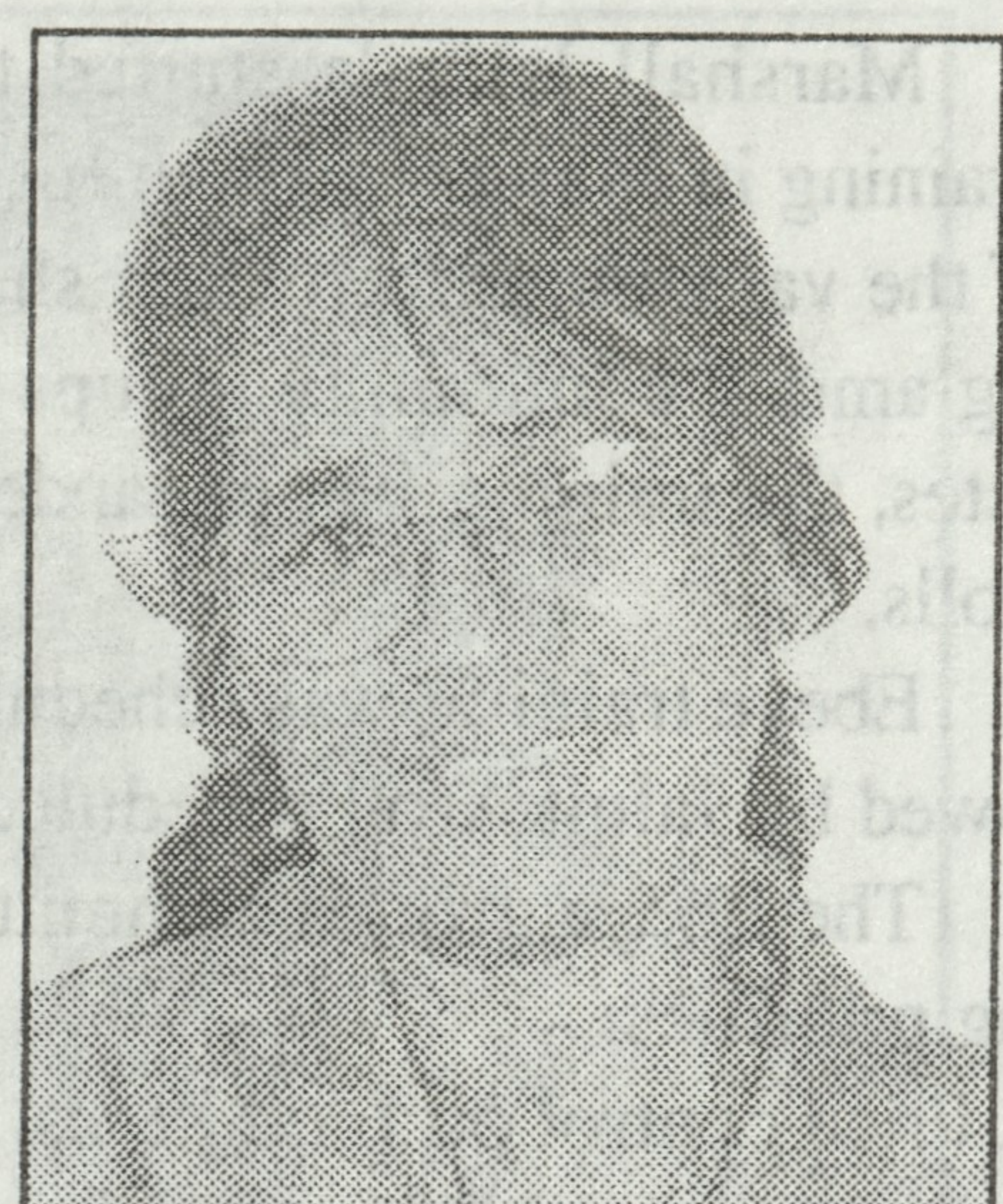
Alvin Jacklick
Minister of
Health & Environment



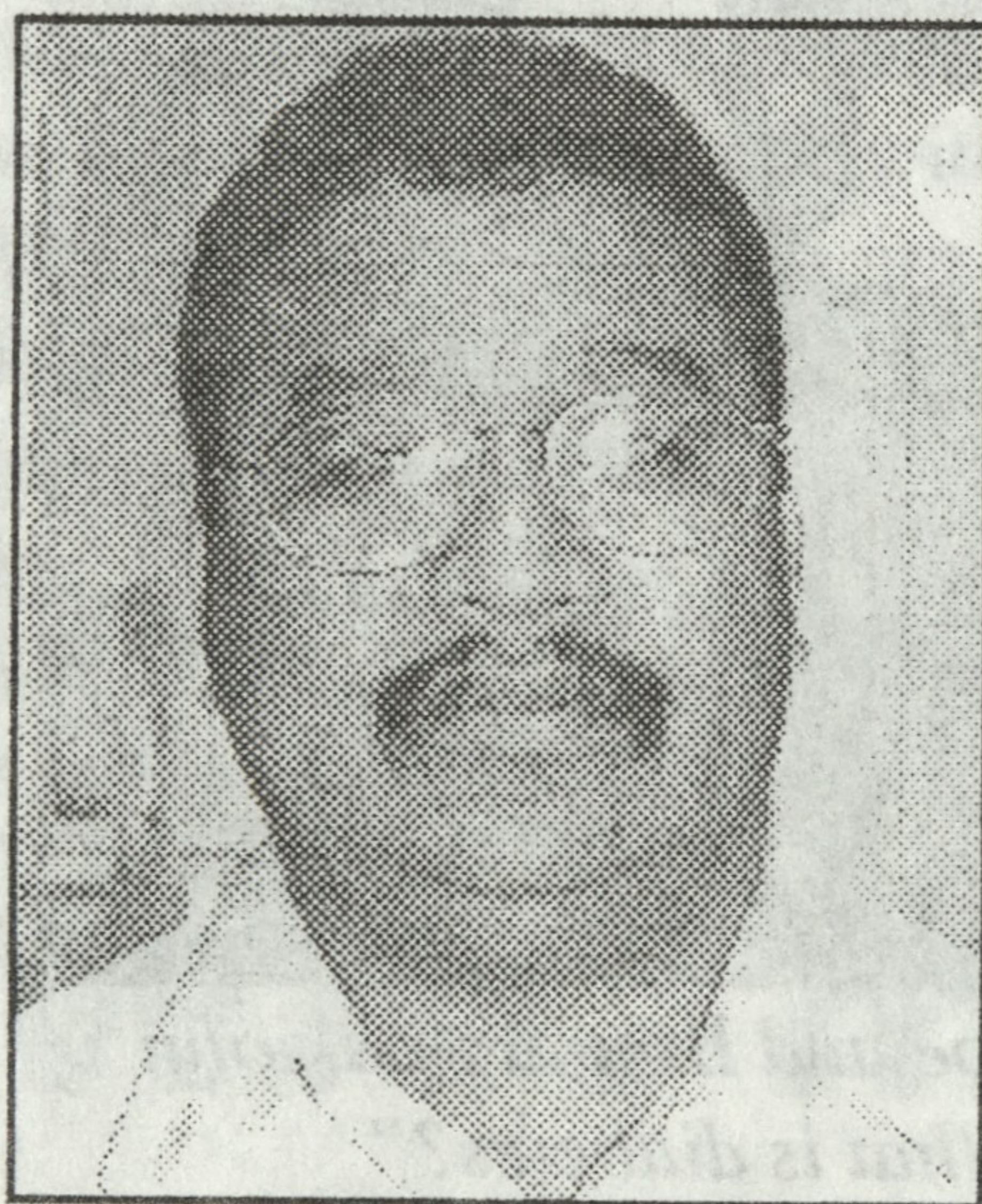
Donald F. Capelle
Secretary of
Health & Environment
Tel.: 625-5660



Dwight Heine
Asst. Secretary for
Administration, Personnel
+ Finance
Tel.: 625-5660



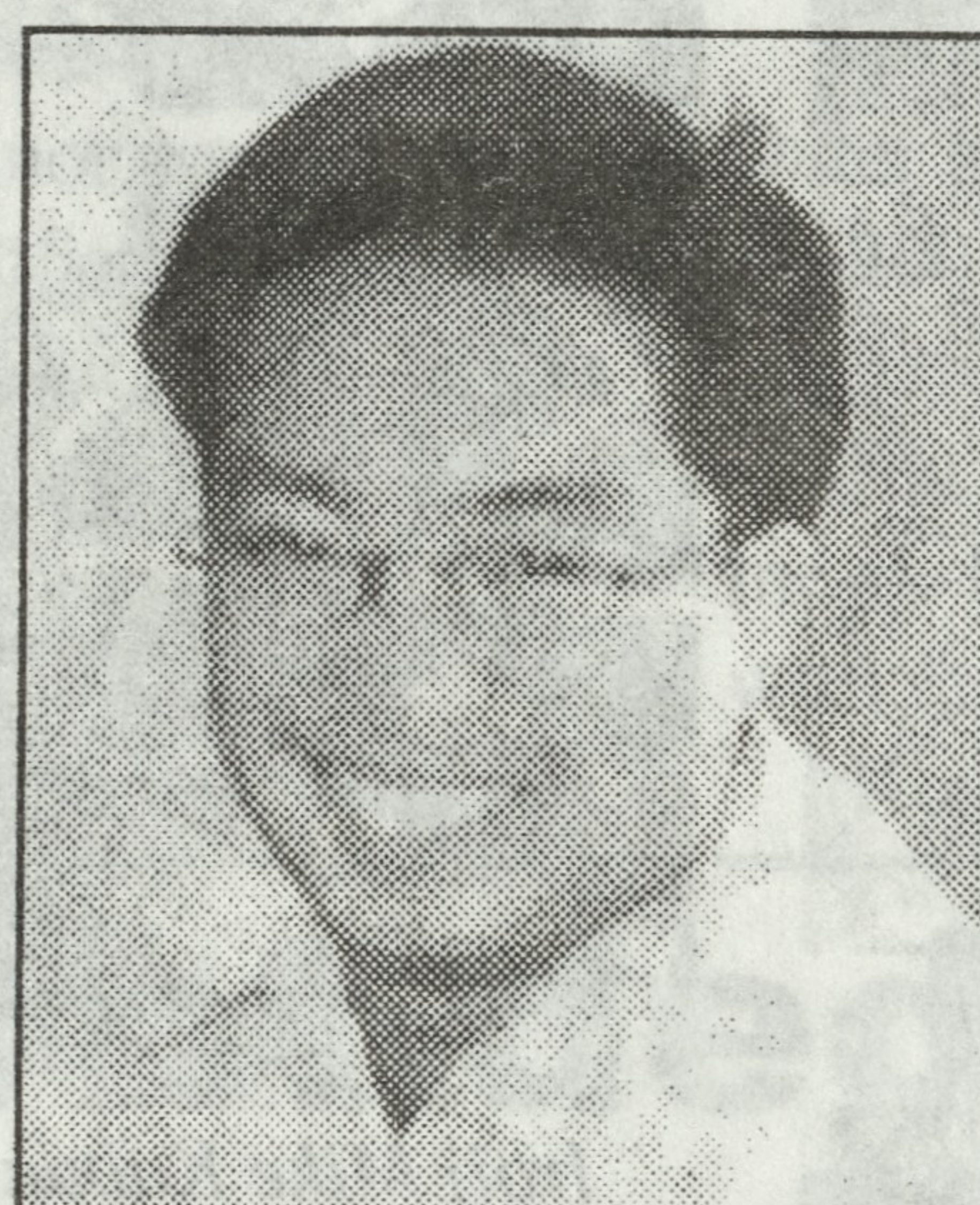
Justina R. Langidrik
Asst. Secretary for
Primary Health Care
Tel.: 625-3399 ext. 2133
or 625-7251



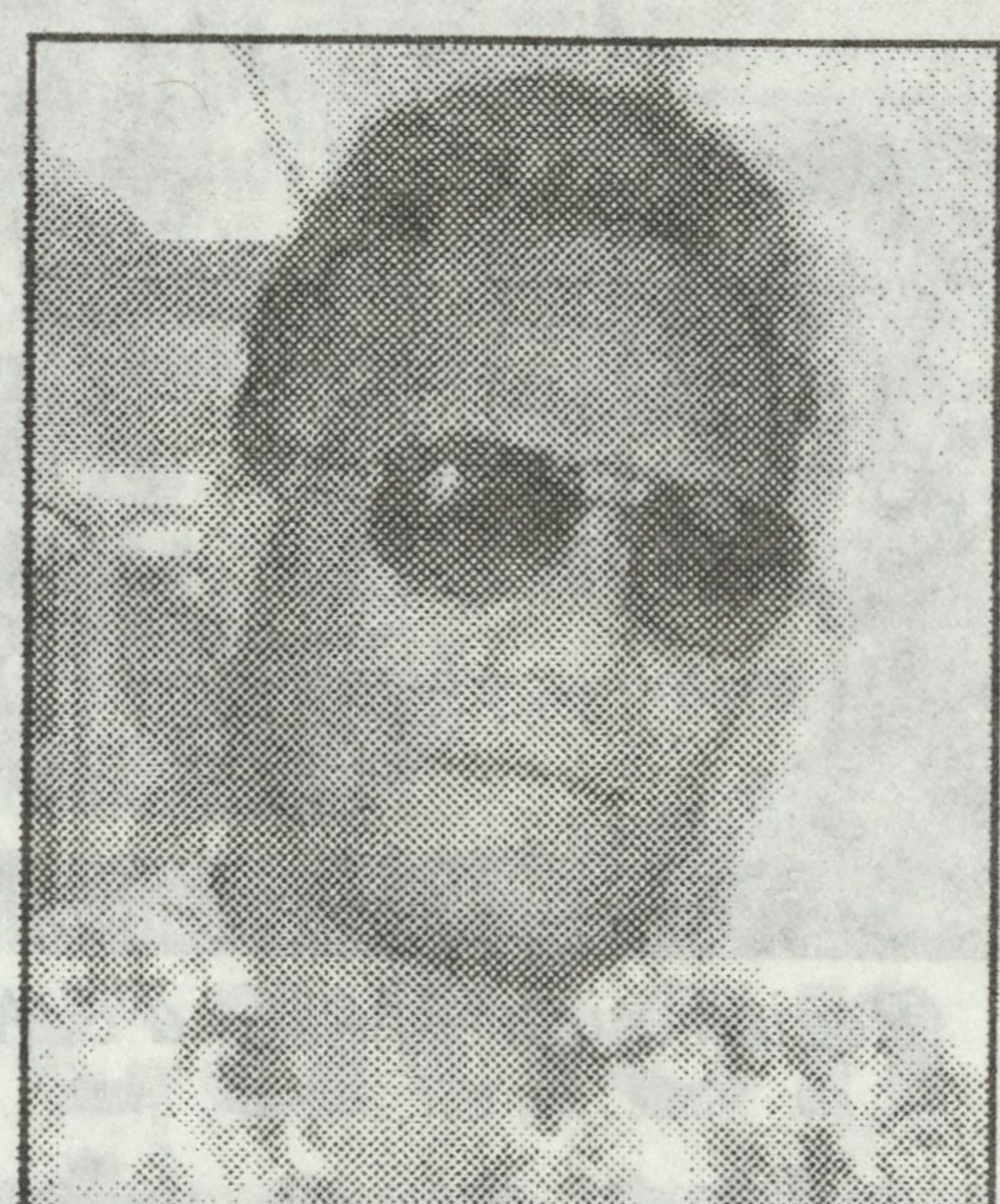
Sandy Alfred
Asst. Secretary for
Majuro Hospital Services +
Hospital Administrator
625-3632, 625-3399 ext. 2283



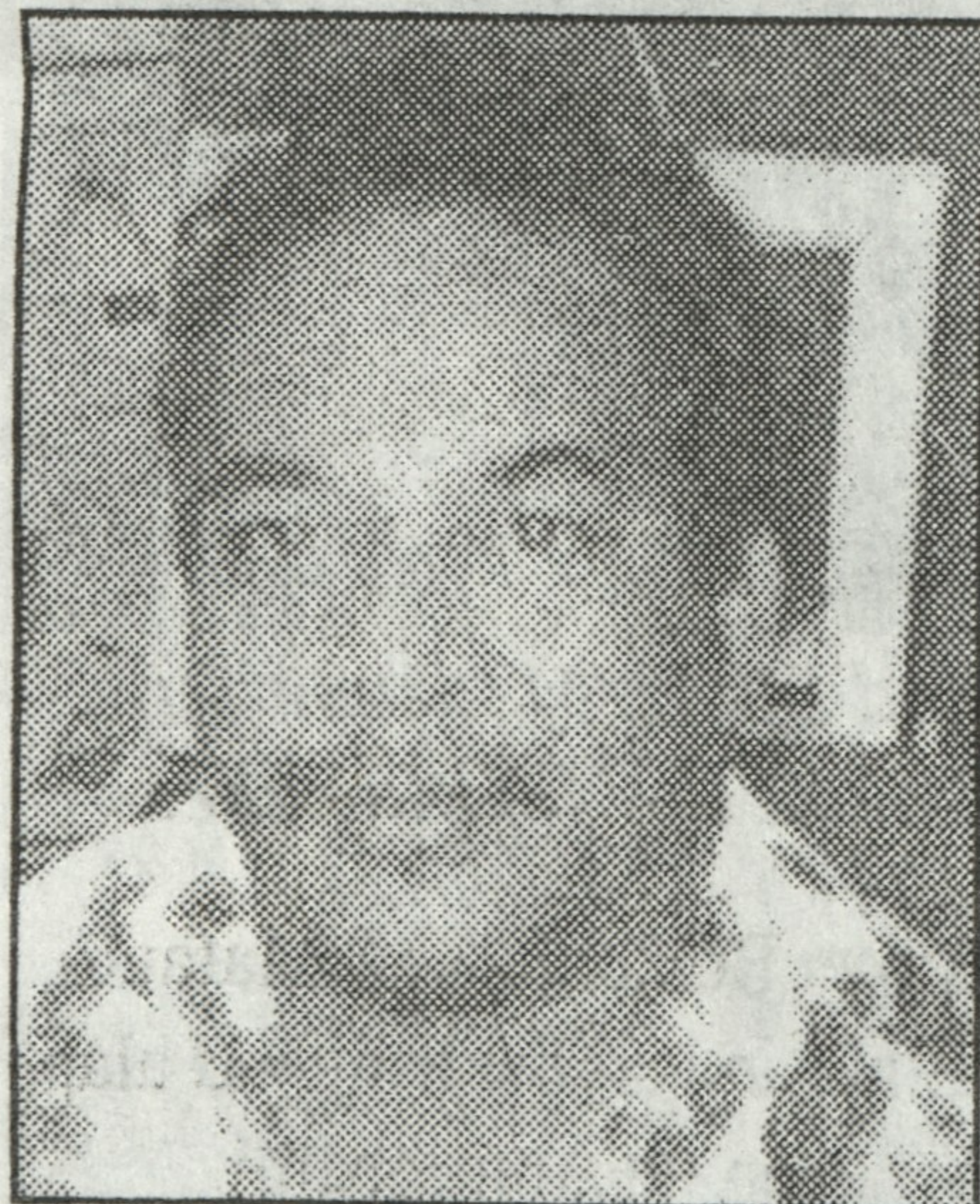
Irene Paul
Asst. Secretary for
Kwajalein Atoll Health
Care System
Tel.: 329-8029/8030



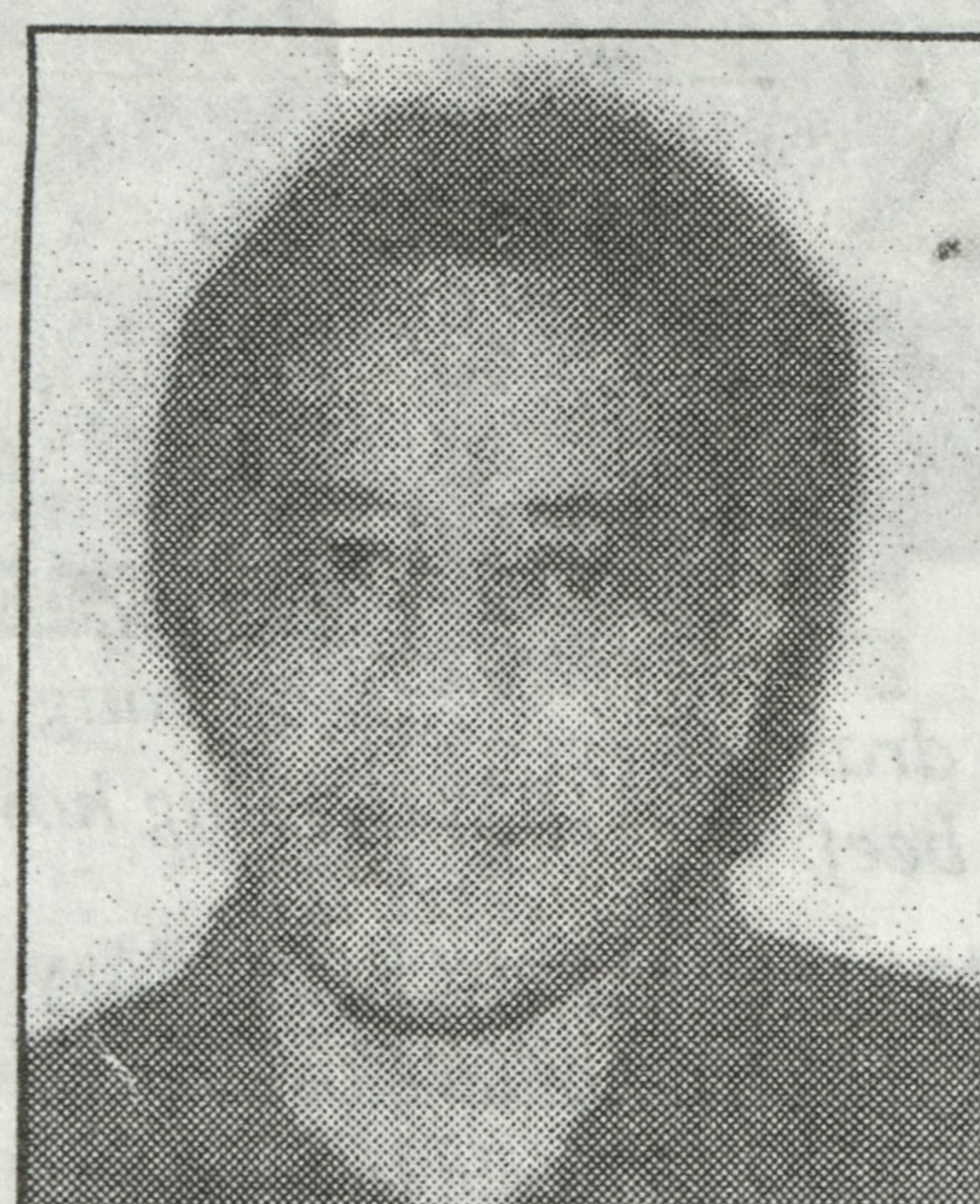
Jonathan Santos
National Health Planner
Tel.: 625-5660



Sorry Riklon
Personnel Officer
Tel.: 625-5660



Kumi Hanerg
Director of
Vital Statistics
Tel.: 625-5660



Titus Bien
Director of Finance
Tel.: 625-5660



Camilla Adiniwin
Supervisor of
Patient Accounts
Tel.: 625-5660



Esmeralda J. dela Cruz
Accountant
Ministry of
Health & Environment

BUREAU OF PRIMARY HEALTH CARE —
Do you know your Directors, Coordinator, and Supervisors?
Kwojjela ke won ro rej bok
eddoin program ak department ko?



Dr. Kennar Briand
 Director of
 Public Health
 Tel.: 625-3399 ext. 2156



Mx. Arata Nathan
 Director of
 Outer Islands
 Health Care System
 Tel.: 625-4541



Dr. Lita Santos
 Director of
 Reproductive Health
 Tel.: 625-5569



Marita Edwin
 Director of
 Adolescent Health
 Tel.: 625-8326



Dr. Kyaw Tut
 Director of
 Dental Services
 Tel.: 625-3399
 ext. 2101/2102



Hellen Jetnil-David
 Coordinator, Maternal
 & Child Health +
 Children w/Special
 Health Care Needs
 Tel.: 625-5569



Herokko Neamon
 Coordinator,
 Immunization Prog.
 Tel.: 625-3399 ext. 2198



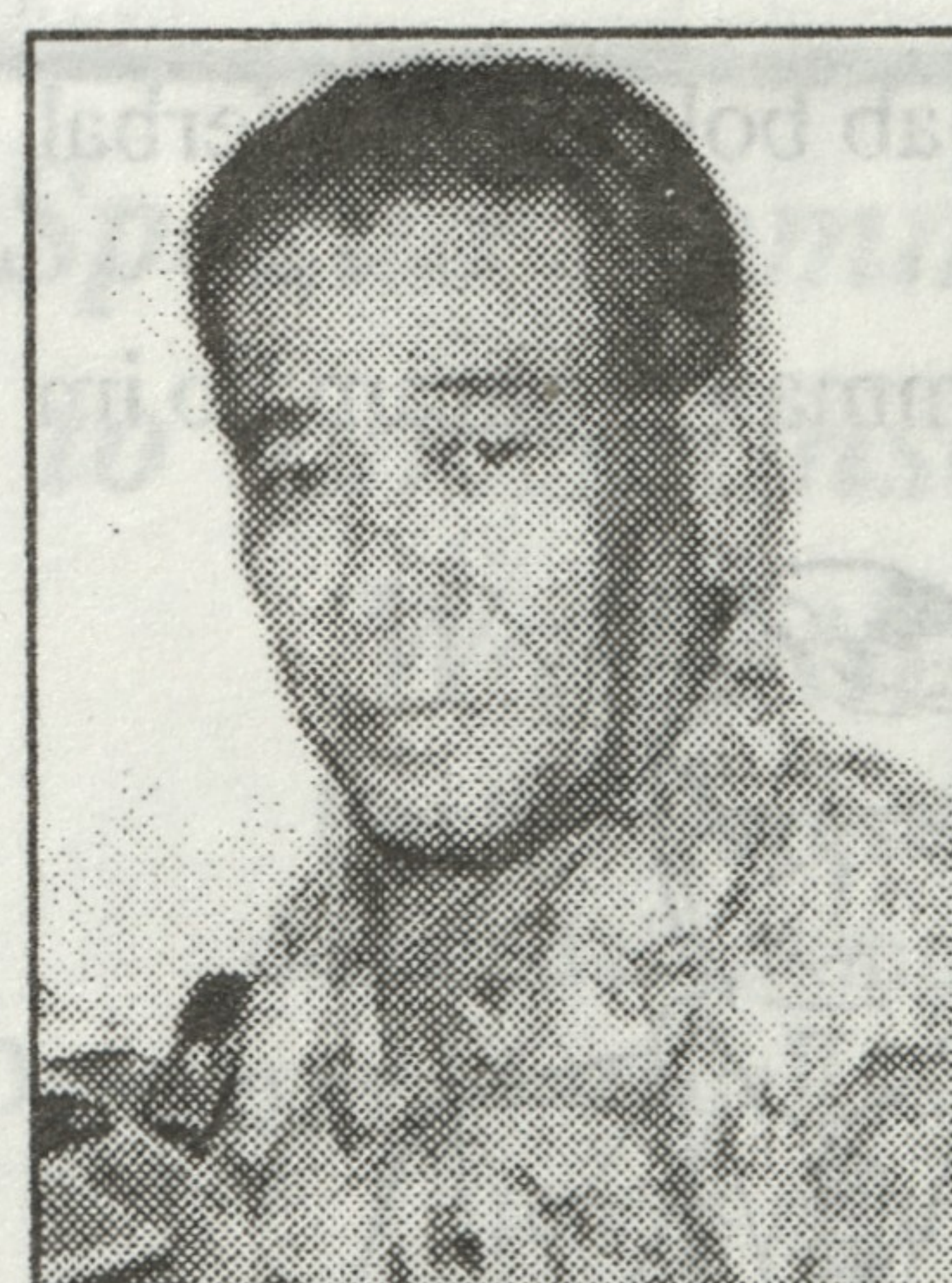
Altina Anien
 Coordinator,
 STD/AIDS Program
 Tel.: 625-3399 ext. 2121



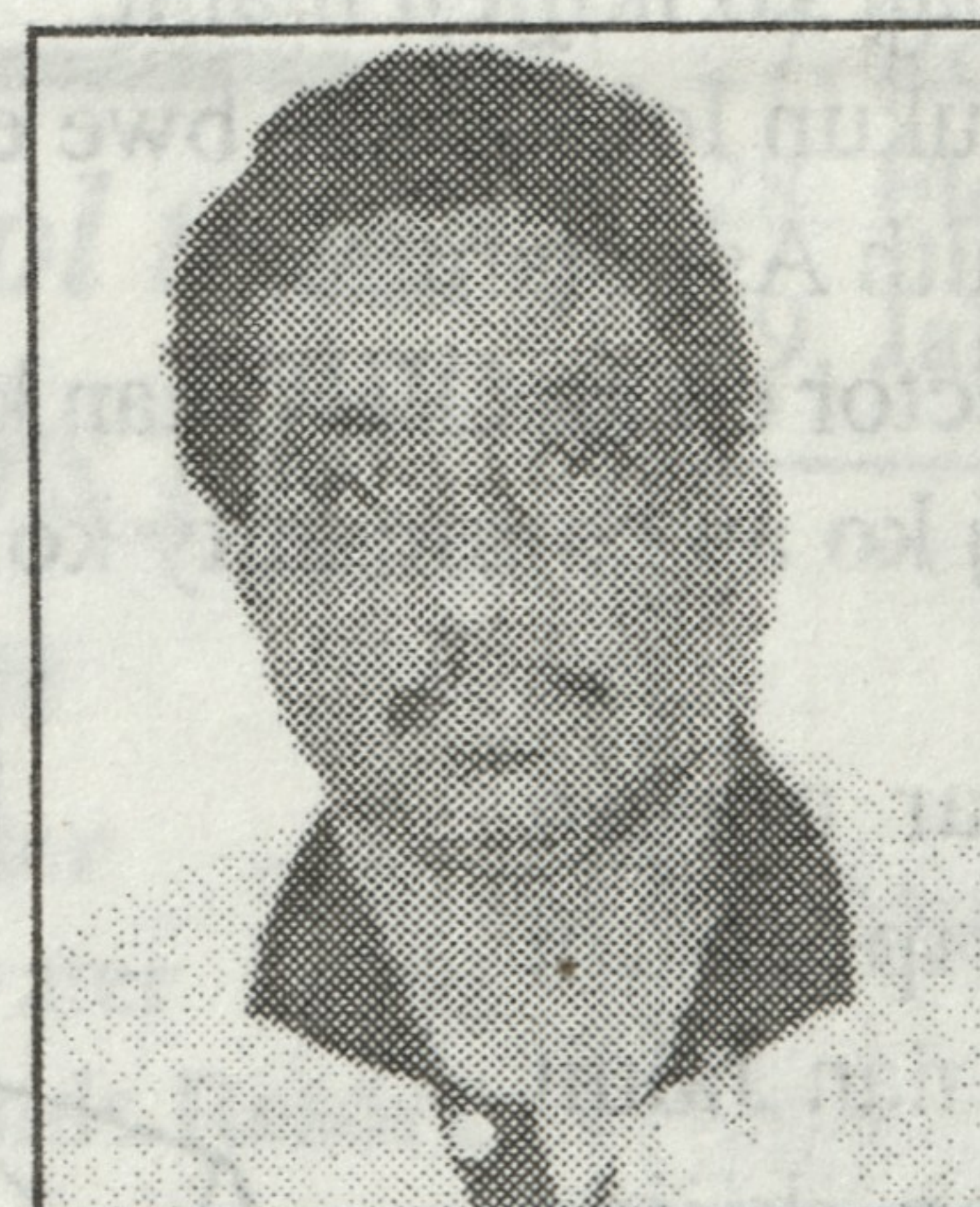
Julia Alfred
 Coordinator, Nutrition
 + Diabetes Prevention
 Tel.: 625-3399 ext. 2166



Risa Bukbuk
 Coordinator,
 TB/Leprosy Program
 Tel.: 625-3399
 ext. 2121 or 2120



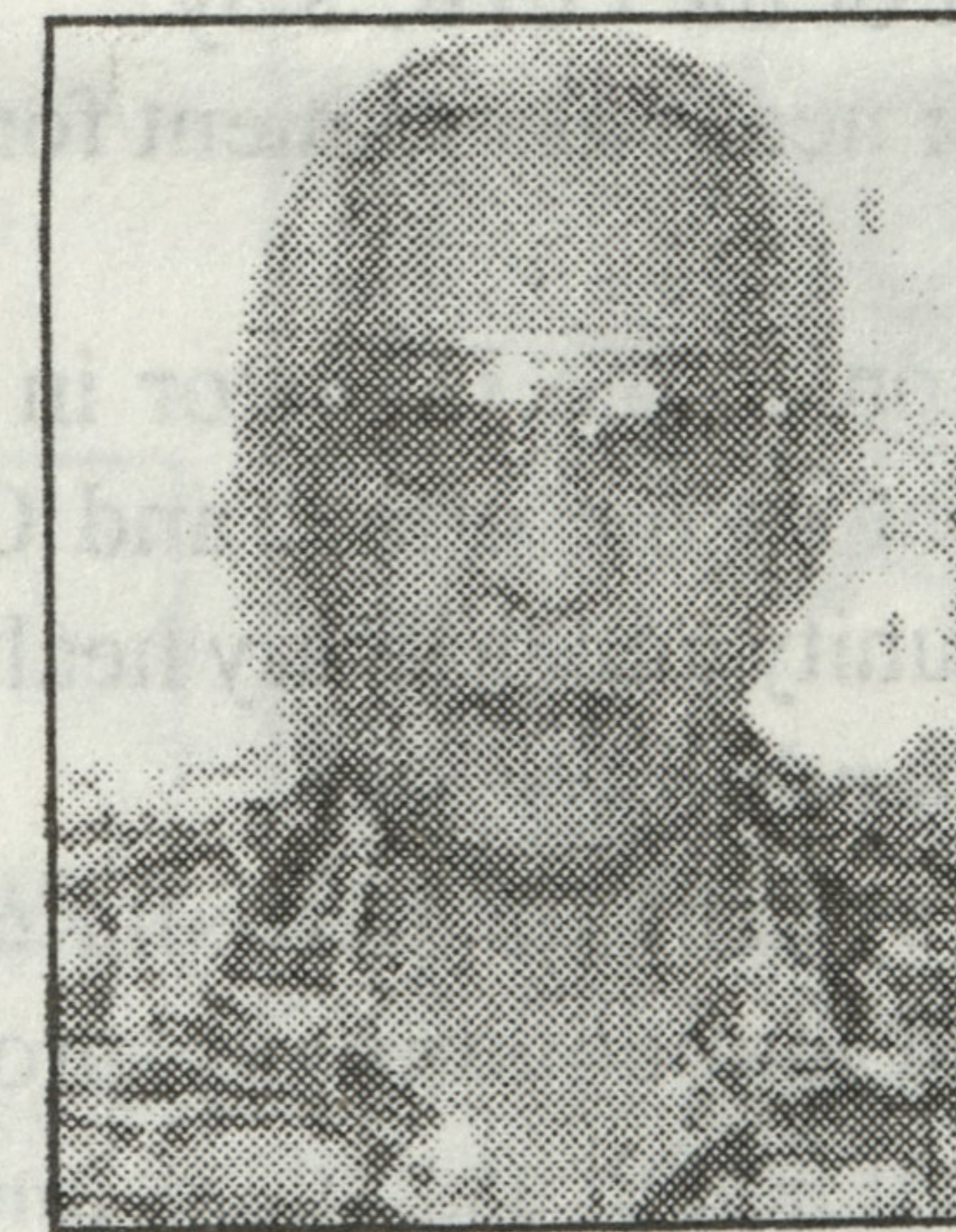
Wilfred Allen
 Coordinator,
 Mental Health
 Tel.: 625-8365



Stephen Lepton
 Coordinator,
 Adolescent Reproduc-
 tive Health Project
 Tel.: 625-5569



Florina Nathan
 Supervisor,
 Public Health Nurses
 Tel.: 625-3399 ext. 2165



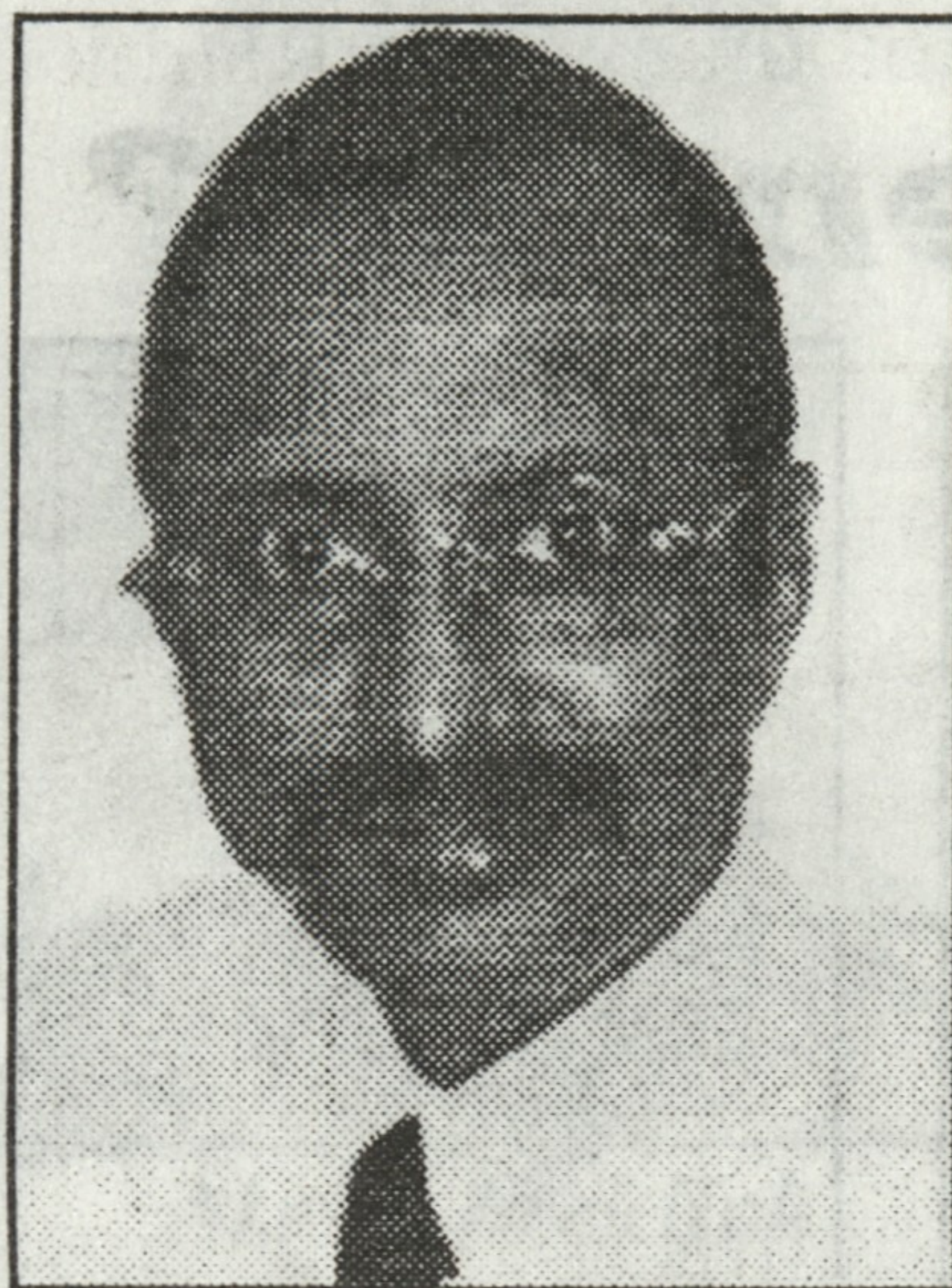
Mx. Biten Batol
 Asst. Medical Officer
 Coordinator
 Laura Community
 Health Center



Welcome to new physician for Outer Islands Health Care System

— **Dr. H.K. Balachandra**

Dr. Bala



Hassan Keni Balachandra born in Mysore in the year 1954 October 6. Dr. Bala is married to Mrs. Sujata blessed with one son Master Praneet 18 years old. He attended school in Bombay and New Delhi in India and graduated in Medicine from

J.J.M. Medical College, Davangere, India in 1980.

Dr. Bala went on to Australia in 1996 to update his skill in Management and was successful in obtaining "Graduate Diploma in Management" in Business studies.

He worked for the Solomon Islands Government as "Provincial Director of Health and Medical Services" in the ministry of health for 4 years from 1998 to 2001 before coming to RMI.

PRESENT ASSIGNMENT

To Provide direct patient care and services to people of the outer islands as follows:

1. To provide medical consultation and evaluation for patients referred from outer islands to the health center,
2. To provide medical consultation to those patients referred by the local health assistants, while on outer island visits and to those patients who are prevented by cultural barriers from receiving care from the health assistants,
3. To take a special care to exercise not to disrupt the health assistant's role as primary health care provider,
4. Assist the director of OIHCS in the development of programs and management of the OIHCS by:
 - developing a plan for needs assessment for the health centers
 - providing consultation to the Director in regards to program management of the office and OIHC System. Improve community and primary health care services on the outer islands by:
 1. Implementing a system for periodic community health assessment and community profiles to be developed by local health assistants and, community
 2. Working with the Director of the PH and with other program Directors in Primary Health Care Services to develop and implement specific plans for these programs in the outer islands.

Karuainene ñan takto eo ekaal ñan Outer Island

Etan takto in ej Hassan Keni Balachandra im ear lotak ilo Mysore ilo October 6, 1954. Etan kora eo ibben ej Sujata im ewor juon nejiero ladrik etan in Master Praneet im enaaj 18 an yio. Takto in ear jikuul ilo Bombay im New Delhi ilo India im kadiwojlok jen J.J.M. Medical College ilo Davangere, India ilo 1980.

Ear wonmaanlok wot ilo 1996 im jikuul ilo Australia ñan kolaplok kapeel ko ibben ikijjen Management im bok juon an graduate diploma ikijjen business.

Takto in ear jermal ibben Kien eo an Solomon Islands ainwot juon Director ñan ejmour ilo ra eo an jikin ejmour iumwin 4 yio jen 1998 ñan 2001.

Ilo torein takto in enaj jermal ñan armej ro ilo outer island ikijjen wawein kien:

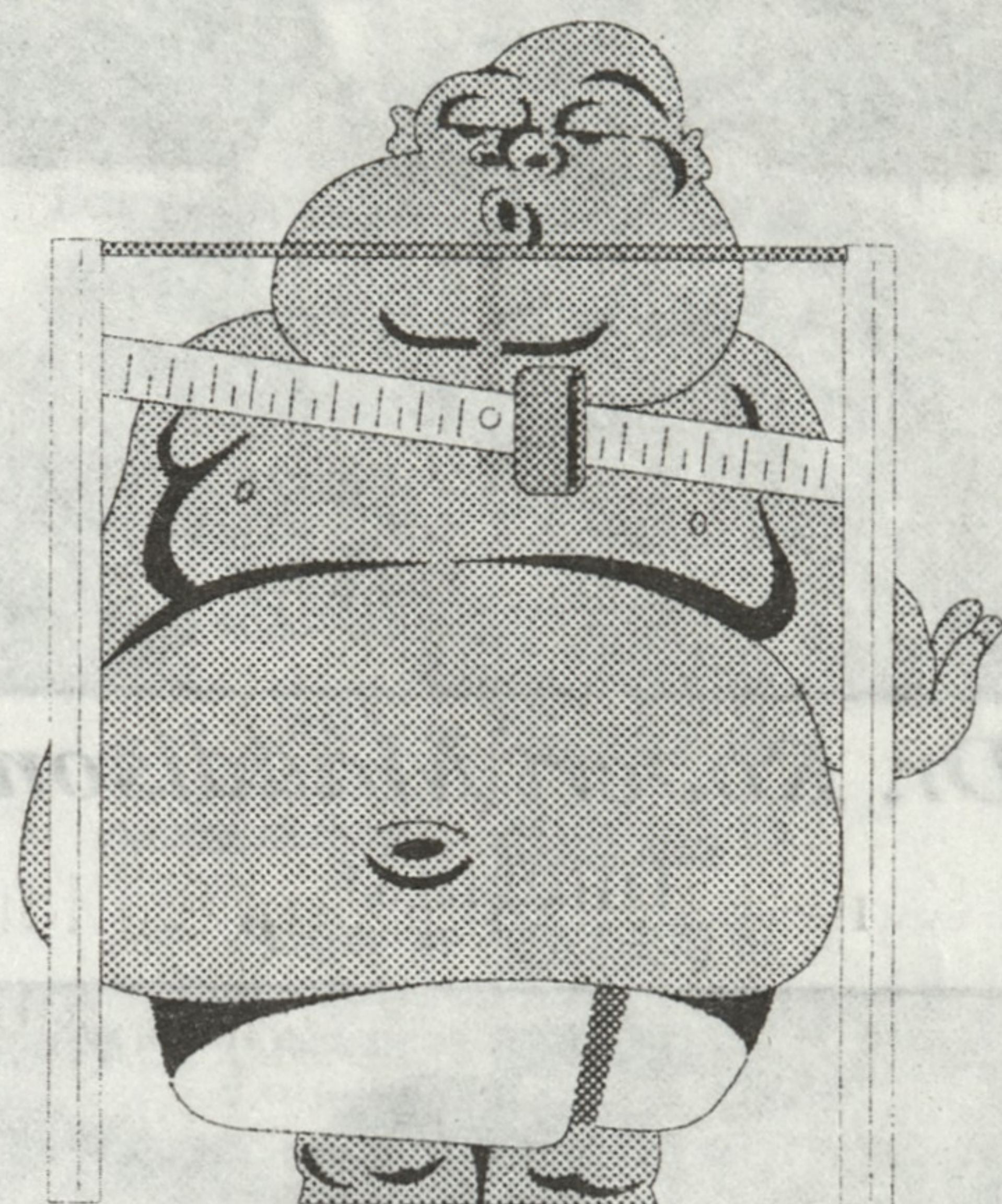
1. Lolorjake rinaninmej ro rej jilkintok er jen outer island ñan center eo ion Majuro,
2. Lolorjake rinaninmej ro Health Assistant ro rej lelok ñan e ilo iien ko ej etal ñan outer island im bareinwot jipan rinaninmej ro rejjab maron Health Assistant eo aer jen wot apan ko ikijjen manit,
3. Ej aikuj lukun lolorjake bwe enjab bok eddoin jermal ko an Health Assistant ro,
4. Jipan director eo an OIHC ñan komman program ko im etale aikuj ko an community ko.

Takto in ear maron komman trip eo an kein kajuon ñan Jaluit ñan an jipan ikijjen Pacific Diabetes Today Training eo. Kamolol elap nan armej in Jaluit im takto ro aer.



MOHE 2002 Employee Health Initiative

The aim of this initiative is to encourage health care workers to take better care of themselves. We, as health workers, always put someone else's health first before our own and it's time to take better care of our own health. To kick off the event, the Ministry held a walk-a-thon on Saturday, January 26, 2002 @ 6:00 am from Rairok Elementary School to the Outrigger Marshall Islands Resort and later enjoyed a tennis tournament. The following individuals took the time to walk for health.



One Year Initiative

132 staff members were screened and have committed themselves.

MARK YOUR CALENDAR

Follow-up measurement dates:

May 22

June 21

July 22

August 22

September 22

October 22

November 22

December 20 - Final Weigh Day

DON'T GIVE UP!

DO THE BEST YOU CAN!

*Special Kम्मol tata
to our Sponsors for
Walkathon*

Pacific Pure Water

donated drinking water

Outrigger Marshall Islands Resort

tennis court

Local Police, escort service

Sandwiches donated by Cathlina

Antolok, Salome Lanwi, Julia Alfred,

Janet Nemra, Cathleen Zedkaia,

Jacqueline Mojilong

First Staff Walk-A-Thon

1. Julia Alfred
2. Sandy Alfred
3. Janet Nemra
4. Stephen Lepton
5. Dr. Marie Lanwi – 5th Place
6. Dr. Kyaw Tut – 2nd Place
7. Dr. Ohnmar Tut – 4th Place
8. Samako Lanwi
9. Nani Lanwi
10. Hermay Titus
11. Gordon Samson – 7th Place
12. Julian Jabjulan – 8th Place
13. Susanna Panuel
14. Dr. Jane Gancio – 3rd Place
15. John Paul – 9th Place
16. Loreen Muller
17. Dwight Heine – 1st (rode a bicycle)
18. Davison Lakabung
19. Obie Lakabung
20. Jacqueline Mojilong
21. Louise Jinna
22. Lotoka Tollong – 6th Place
23. Hilai Emil
24. Loni Abtilon
25. Lei Peng Fei
26. Pinsay Nathan
27. Rosita Milne
28. Florina Nathan
29. Jalusen & Lisa Matauto

WINNERS OF FIRST

TENNIS TOURNAMENT

Men's Singles Dwight Heine

Women's Singles Julia Alfred

Double's Match

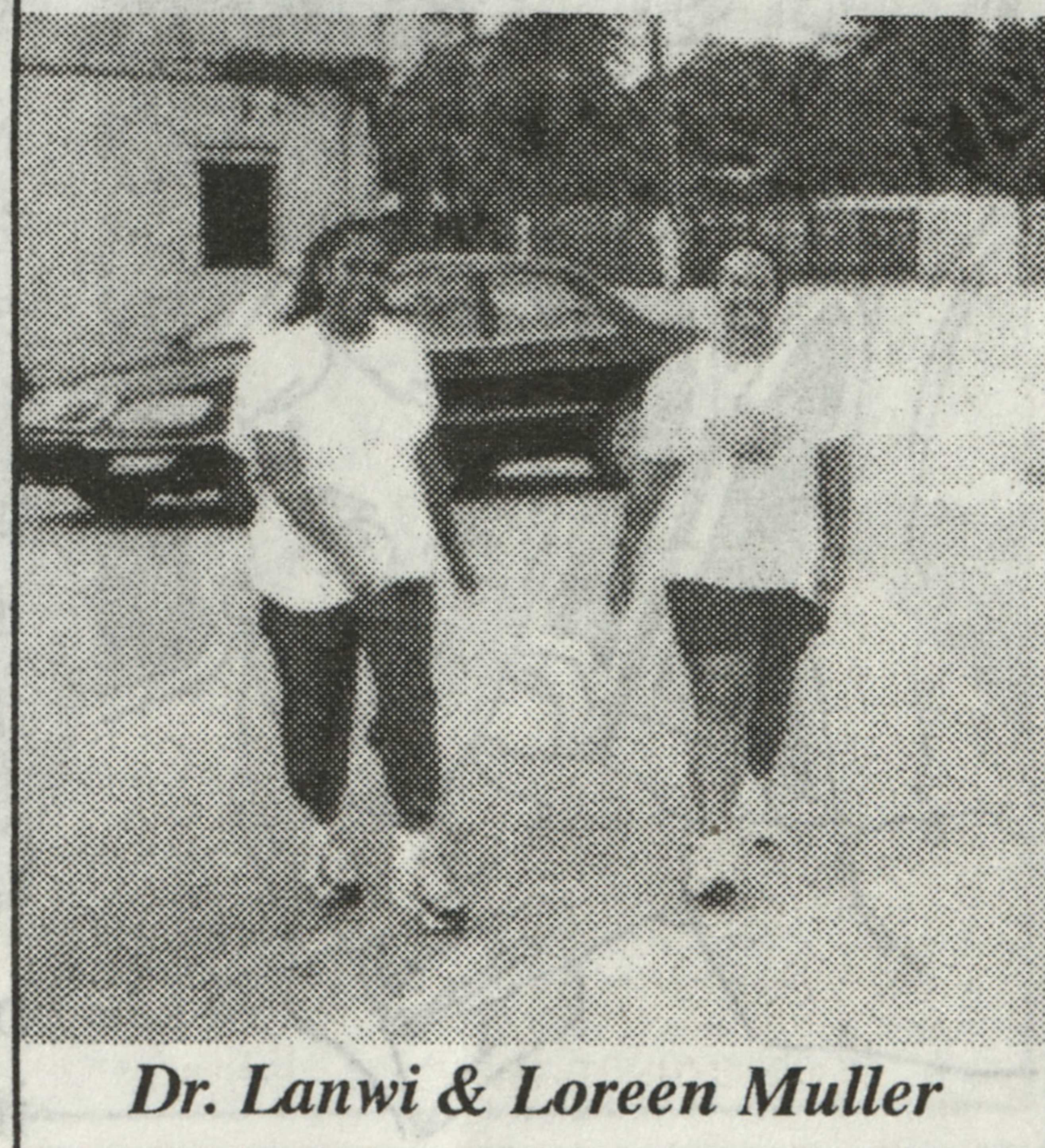
Secretary Donald
& Dr. Kyaw



Dr. Kyaw Tut & Dwight Heine



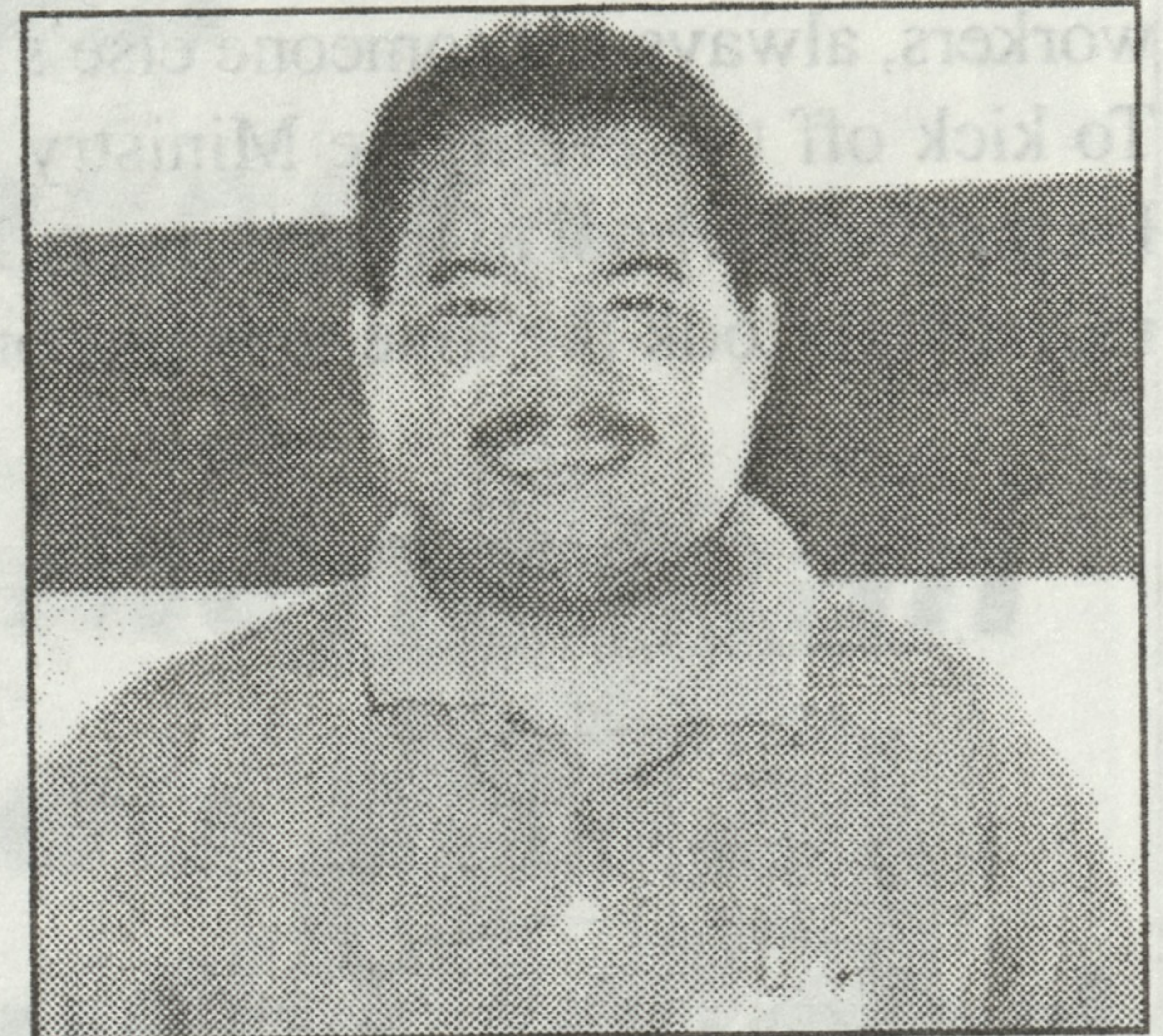
Dr. Gancio & Dr. Ohnmar Tut



Dr. Lanwi & Loreen Muller

Kommol tata to Dr. Maddison

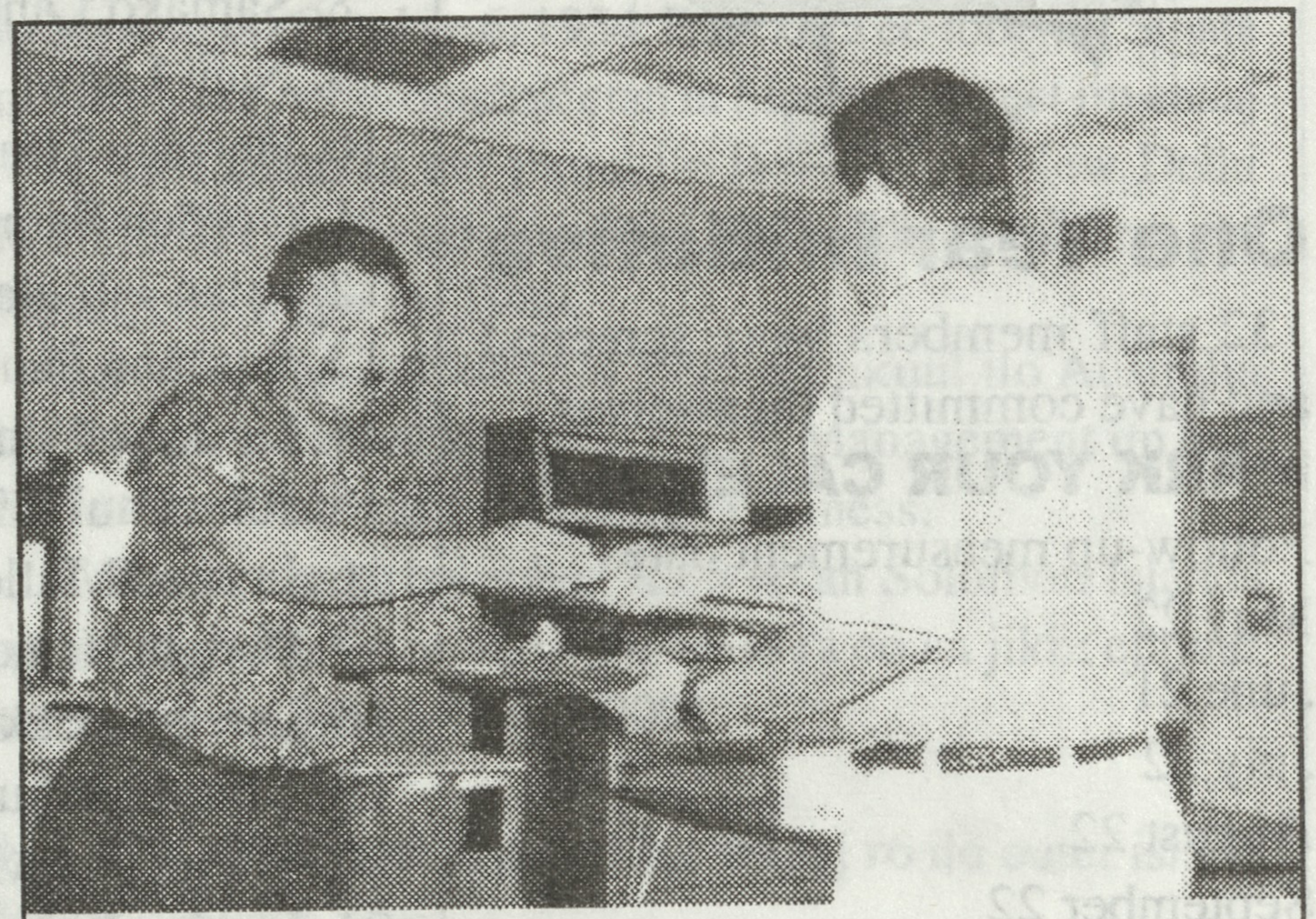
The Ministry of Health and Environment extends our most sincere kummol tata to Dr. Robert Maddison for his dedication to improving health care services for the Marshallese population. Dr. Maddison, an internist, in a short time from January 2001 to January 2002 was able to contribute towards making changes to improve services especially in diabetes and hypertension care and management. As a health provider, he not only committed his time to clinical services but assisted Primary Health Care staff in conducting community outreach activities towards the prevention of diabetes and other complications. We all in the Marshall Islands say Kummol tata and best wishes to you and your family.



Dr. Robert Maddison
Internist



Secretary Donald Capelle extends the Ministry's deepest appreciation.



*Hospital Administrator Sandy Alfred
"Wow! Palauan magic."*



Ra eo an jikin ejmour ej lelok naan in kamolol eo elap tata ñan Dr. Robert Maddison kin kate ko an ñan kokommanmanlok jermal ko ikijjien ejmour ñan armej in Majōl. Dr. Maddison, eo ej juon internist, ilo juon iien eo ekadu, jen January 2001 ñan January 2002, ear maroñ kommane ijo konaan ñan komman jet oktak ko ikijjien jermal laptata ikijjien naninmej in tonal im aibulat. Ainwot juon rijermal in ejmour, ear jab jolok wot iien ko an ilo clinic ko ak ear lap an jipan rijermal ro an Primary Health Care ikijjien itoitak ñan jukjuk-im-bed ko kajjojo ñan bobrae naninmej in tonal im utamwe ko jet. Kim aolep ilo Majōl in ej ba kummol tata im jeramman ñan kwe im baamle ne am.



Tuberculosis control in the WHO Western Pacific Region, 2002 report

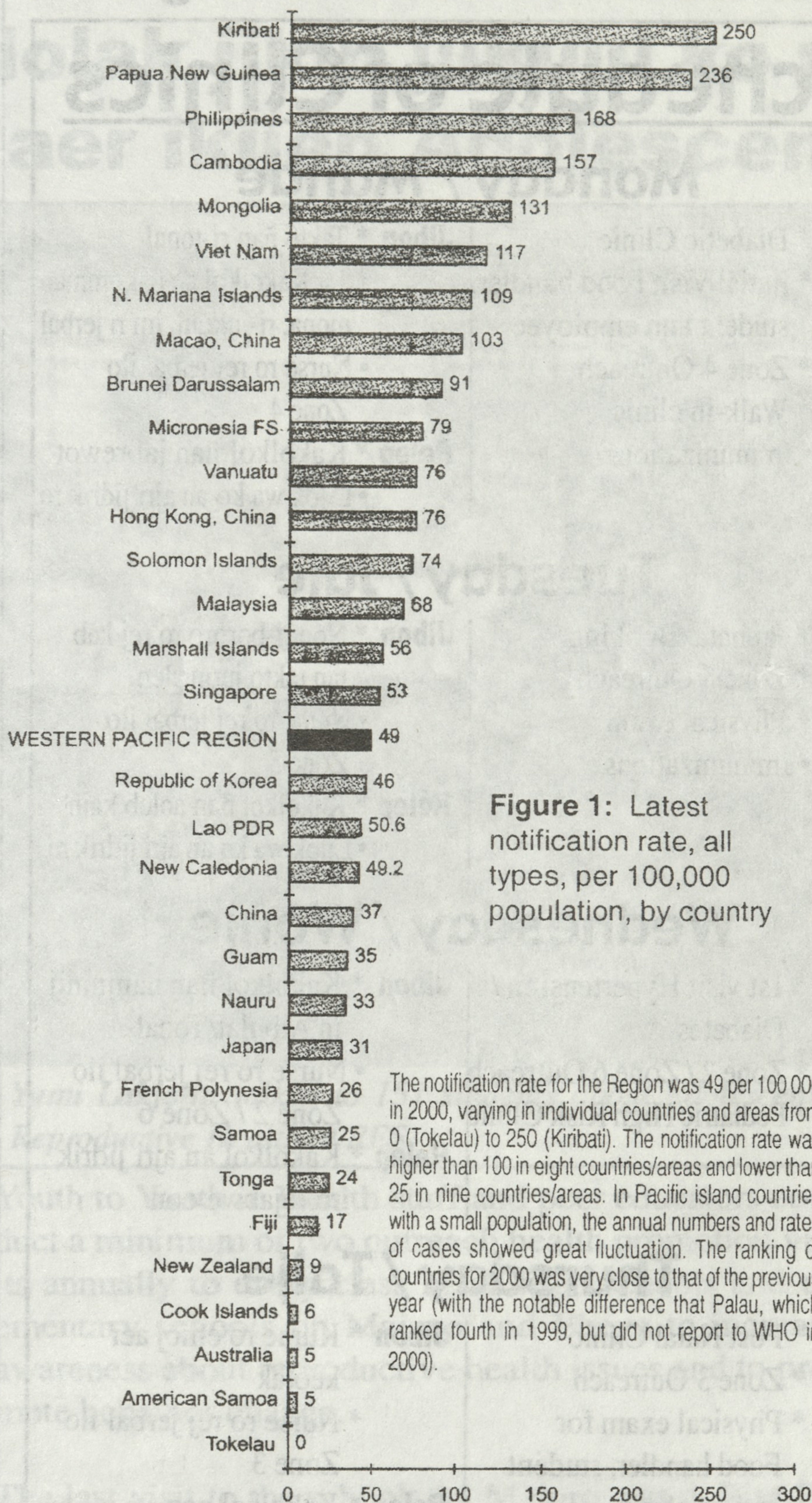


Figure 1: Latest notification rate, all types, per 100,000 population, by country

The notification rate for the Region was 49 per 100 000 in 2000, varying in individual countries and areas from 0 (Tokelau) to 250 (Kiribati). The notification rate was higher than 100 in eight countries/areas and lower than 25 in nine countries/areas. In Pacific island countries with a small population, the annual numbers and rates of cases showed great fluctuation. The ranking of countries for 2000 was very close to that of the previous year (with the notable difference that Palau, which ranked fourth in 1999, but did not report to WHO in 2000).

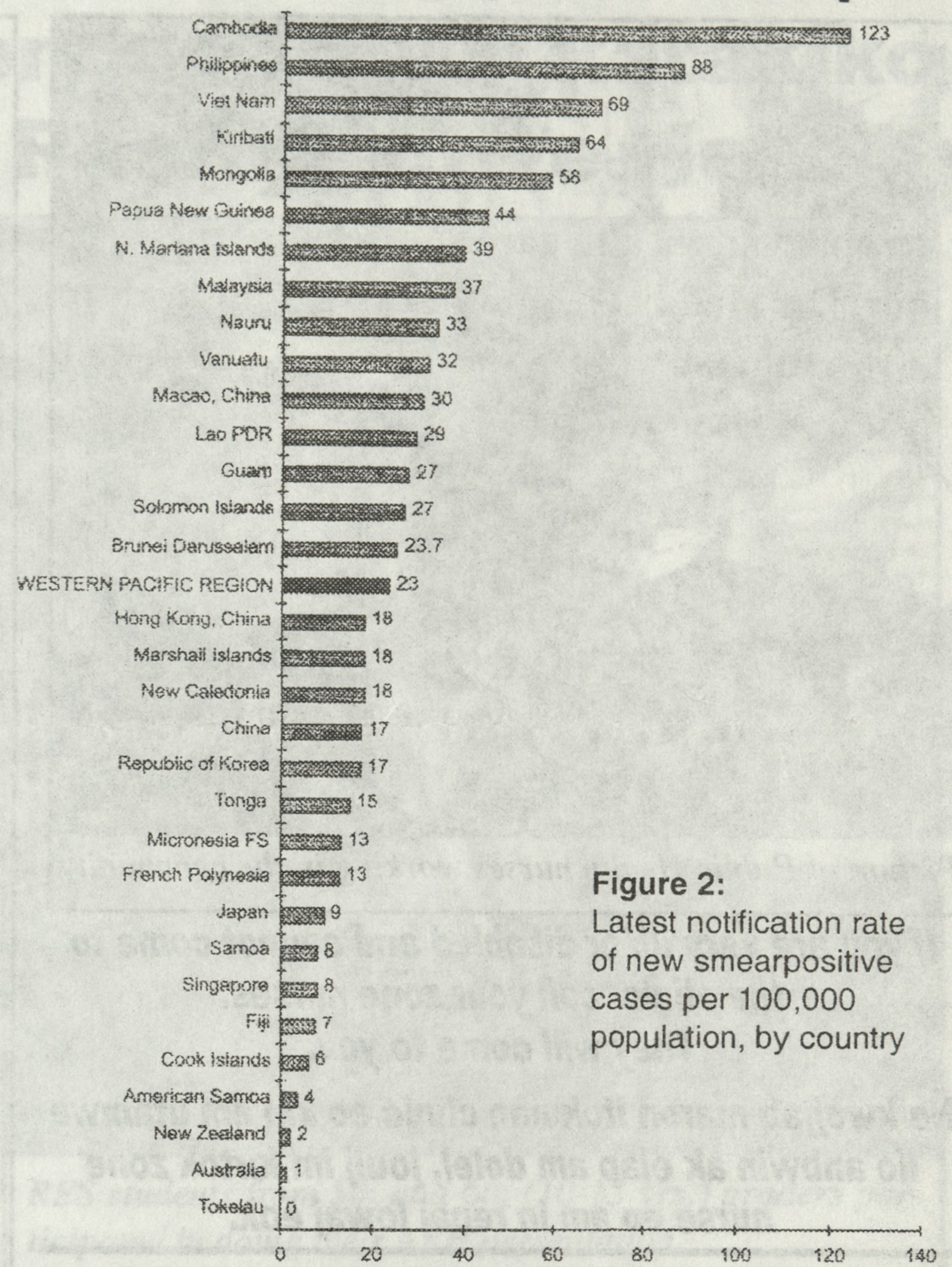
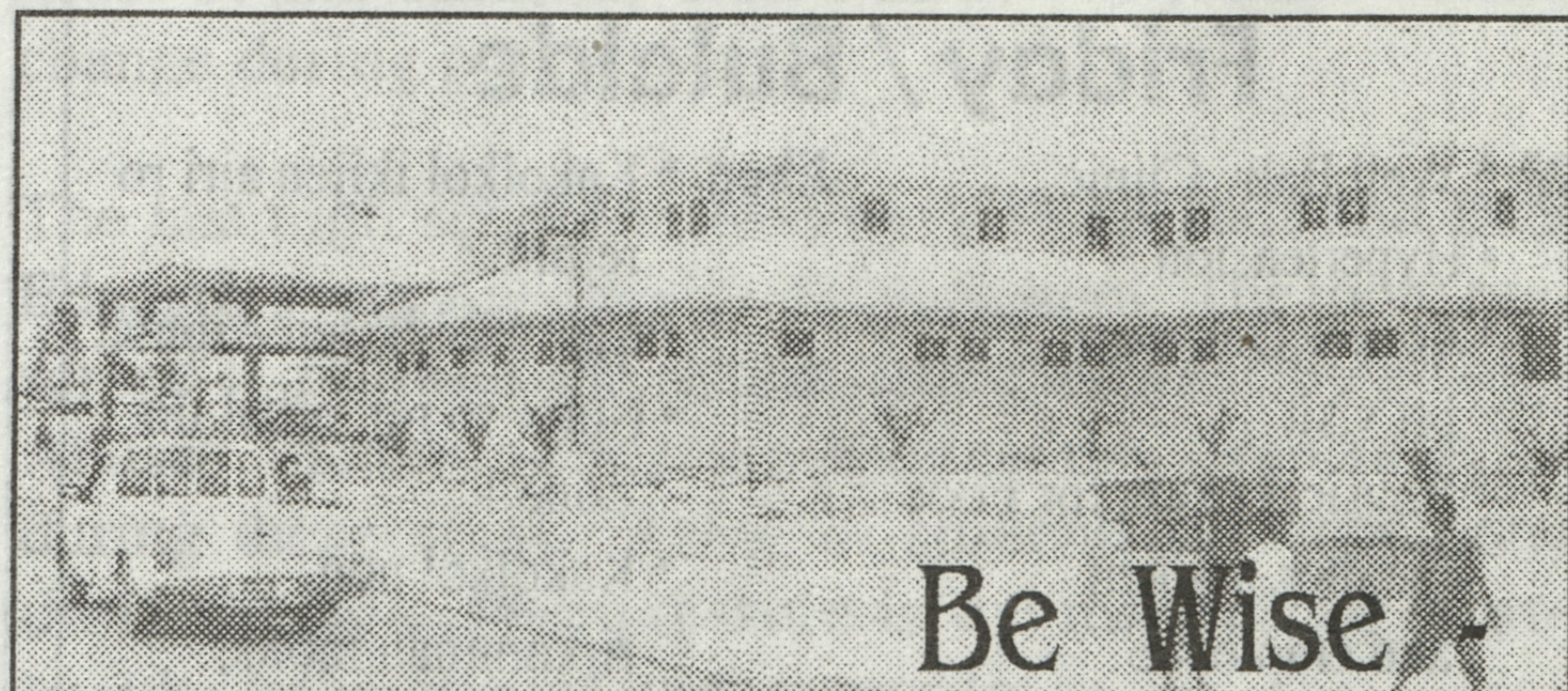


Figure 2: Latest notification rate of new smear-positive cases per 100,000 population, by country

Ñe aolep renaaj jipan im lolorjake bwe TB en jako jen aelon kein ad, enaaj wallalok wot bonbon ko. Ñe ewor naninmej in TB ibbam, lolorjaki uno ko limōm. Aolep ro uaan baamle eo am ren kakolkol. Kejparok am makitkit ibelaakin ro jet. Ñe eto am pokpok iumwin 4 wiik, lolok takto ro ilo iien eo emokaj tata.

Ebeye's new hospital NOW IN SERVICE



Be Wise

IMMUNISE

Welcome!

Jeffery Yoshikawa
Health Educator



Schedule for Public Health Clinic and Outreach Program



Picture of Public Health nurses working in the community.

If you are very ill, or disabled and cannot come to the clinic, call your zone nurses. They will come to you.

Ñe kwojjab maron itok ñan clinic eo kin am utamwe ilo anbwın ak elap am dolel, juij im kirtok zone nurse eo am in renaj lowaj eok.

Zone:	Etan Nurse ro:	Jen la Ñan la:
1	Lisa Luke Risi Bukbuk	Alwal nan Salvation Army
2	Risen Lomae & Mineko Mellan	MIHS nan Tur Weto (Demon Town)
3	Tamar Lakien, Marilyn Hansen & Laling Riklon	Mieco nan Mon-jar eo an Mormon ilo Delap
4	Caroline Johnny, Manitha Rilometo & Daisy Jacob	NTA nan Bat Kan
5	Charlotte Makroro Hemity Kiluwe	Jable nan Arrak
6	Altina Anien & Tinar Kiona	Jeirok nan Lomar
7	Temsa Andrike Albina Samuel	(Aenkan) Rongrong ñan Ejit island
	Mx. Biten Batol & staff	Laura

PH. 625-3399 ext. 2165

PH nurse supervisor, Florina Nathan

Schedule of Clinics

Monday / Mande

- | | |
|--|---|
| <p>AM * Diabetic Clinic
* Initial Visit Food handler, student and employee
* Zone 4 Outreach</p> <p>PM * Walk-in clinic
• Immunization</p> | <p>Jibon * Takto ñan ri-tonal
* 1st Kakolkol an ri-komman mona, ri-jukuul, im ri jermal
• Nurse ro rej jermal ilo Zone 4</p> <p>Relep * Kakolkol ñan jabrewot
• Lilok wa ko an ajri jidrik ro</p> |
|--|---|

Tuesday / Juje

- | | |
|--|---|
| <p>AM * Prenatal Booking
* Zone 5 Outreach</p> <p>PM * Physical exam
• Immunizations</p> | <p>Jibon * Non ri-bororo ro rej kab tan takto juon alen
• Nurse ro rej jermal ilo Zone 5</p> <p>Relep * Kakolkol ñan aoleb kain
• Lilok wa ko an ajri jidrik ro</p> |
|--|---|

Wednesday / Wonje

- | | |
|---|---|
| <p>AM * 1st visit Hypertension / Diabetes
* Zone 2 / Zone 6 Outreach</p> <p>PM * Pediatric High Risk Clinic</p> | <p>Jibon * Kakolkol ñan naninmij in Aibulat/Tonal
• Nurse ro rej jermal ilo Zone 2 / Zone 6</p> <p>Relep * Kakolkol an ajri jidrik ro rejabwe oon</p> |
|---|---|

Thursday / Taije

- | | |
|--|---|
| <p>AM * Post Natal Clinic
* Zone 3 Outreach</p> <p>PM * Physical exam for Food handler, student and employee
• Immunizations</p> | <p>Jibon * Kurae ro emoj aer keotak
* Nurse ro rej jermal ilo Zone 3</p> <p>Relep * Kakolkol non ri-komman mona, ri-jukuul im ri jermal
* Lilok wa ko non ajri ro</p> |
|--|---|

Friday / Bulaide

- | | |
|--|--|
| <p>AM * Well Baby Clinic
• Hypertension
• Zone 1 Outreach
• 1st visit
* Physical exam for Food handler, student and employee</p> <p>PM * Walk in Clinic
• Immunization</p> | <p>Jibon * Kakolkol ikijen ajri ro rejmour
• Kakolkol ikijen Aibulat
• Nurse ro rej jermal ilo Zone 1
* Kakolkol non ri-komman mona, ri-jukuul im ri-jermal</p> <p>Relep * Kakolkol ñan jabrewot
* Lilok wa ko non ajri ro</p> |
|--|--|

Jodrikdrik Non Jodrikdrik ilo Ejmour raar lolak jikin jukuul ko non kommane katak ko aer ikijen Adolescent Reproductive Health



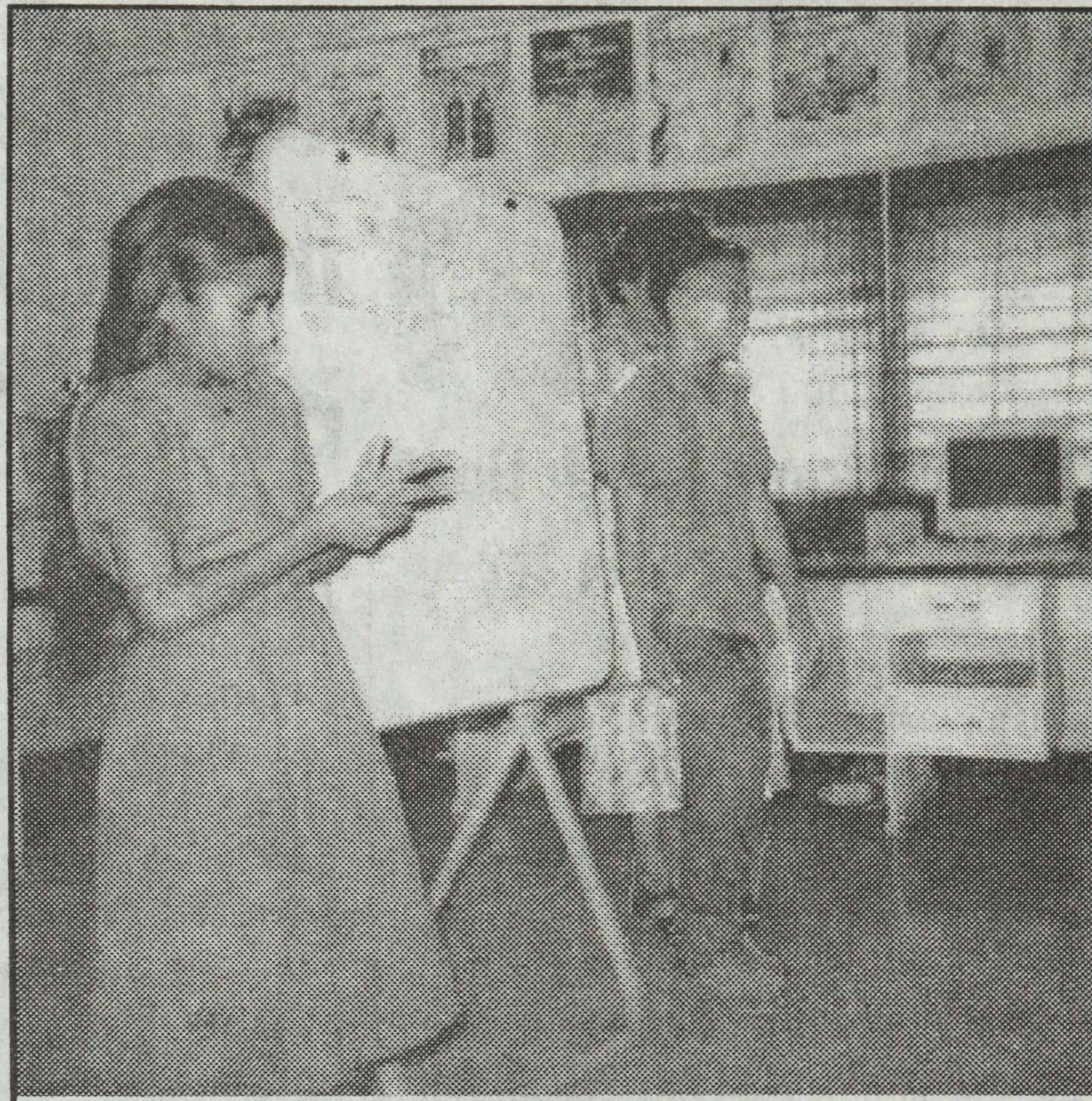
Yumi Lakjohn talked to 151 students about Adolescent Reproductive Health at RES.

Youth to Youth in Health staff and peer educators conduct a minimum of two outreach health promotion visits annually to every class in all high schools and elementary schools on Majuro and Ebeye to increase awareness about reproductive health issues and to promote behavior change.

The last visit to the schools on Majuro was at Rita Elementary school. YTYIH peer educators sang and presented the presentations on "What is Puberty?" to the 5-8 graders at all. Private and Public elementary schools. Most of the students didn't know why their bodies change during puberty.

The last high school visited by YTYIH staff and Peer Educators was Assumption High School. The topic presented to all the high school students was "Substance Abuse". There were a lot of questions from students during these visits. Some of students do smoke and drink alcohol. Peer pressure is the main cause of unhealthy behaviors of young people.

Yumi Lakjohn,
Peer Educator



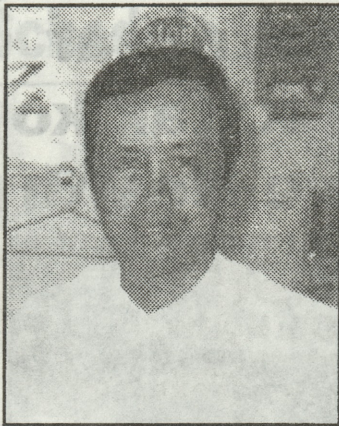
RES students from 5th and 6th (10-13 yrs.) graders participated in doing their ARH presentation.

Jodrikdrik Non Jodrikdrik Ilo Ejmour im peer educator ro rej kommane ruo allen ilo juon yio ien aer lolok aolep kilaaj ko ilo high school im elementary ilo Majuro im Ebeye ñan jibañ kolaplok melele ko ikijen ejmour an jiron im likao. Ien ekatak kein ej non jibañ jodikdik komman oktak im jimwe in jokelet non ejmour.

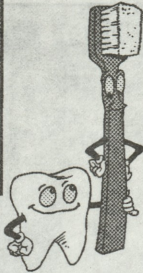
Jukuul eo eliktata kem ar lolok ion Majuro in ej Rita Elementary School. JNJIE peer educator ro raar al im katakin ri-jukuul rein ikijen "Ta in Puberty?" non kilaaj 5-8 ilo private jukuul ko im public jukuul ko. Elon uwaan ri-jukuul ro rej jab jela kon weween an enbwinnier ukotak.

High School eliktata ri-gerbal ro JNJIE im peer educator ro raar lolok ej Assumption High School. Katak eo ar kommane non aolep High School kein ej ikijen Substance Abuse kin kadok im kobatat. Elap an kar lon kajitok ko raar itokjen ri-jukuul rein. Eloñ ian ledrik im ladrik rein rej idaak kadok im kobatat jikka. Jodrikdrik ro rej kommane weween kein rejjab ejmour, rej lorak jen nan in kabo jen ro mottaer.

Yumi Lakjohn, Peer Educator



Dr. Kyaw K. Tut
Director, Dental Services



Ask Dr. Kyaw

Ta in ketteeb im ewi wawein bobrae?

What is "tooth extraction" and how to prevent it?

What is an extraction?

It is the removal of a tooth from your mouth when it cannot be saved by any kind of restorative treatment or medication.

How common is it?

We do over 7000 extractions a year at the Dental Division in Majuro and the outer islands. Many adults have experienced an extraction in his/her lifetime.

Is it normal?

Although it is a common dental procedure here, it is **NOT** normal. It is a failure to save a tooth.

What can you do to prevent it?

1. As soon as the first tooth appears in your child's mouth, begin cleaning by wiping with a clean, damp cloth every day. When more teeth come in, switch to a small, soft toothbrush and start using pea-size fluoride toothpaste when your child is 2 years old.
2. Brush your child's teeth twice a day until he/she can handle the toothbrush alone and continue supervising.
3. Encourage your child to rinse the mouth with water after every meal or snack.
4. Bring your child to the Dental Clinic for anti-microbial and fluoride treatment after his/her 1st Birthday.
5. Every child under 14 years should have dental check-ups every 3 months and adults every 6 months.
6. Eat less sugar and eat sugar less often.

Ta in ketteeb?

Ketteeb ej timi im jolok juon ñi kinke emaat marōn ñan kejaroke.

Ewi jonan an lap ilo Majol in?

Jikin komman ñi eo ej kommane 7000 ketteeb ilo juon yiō. Elon ritto emoj aer ketteeb ilo toreen mour ko aer.

Emman ke wawein in?

Meñe ej juon wawein eo ekka ak EJJAB juōn wawein eo emman im ekkar. Ej juon ñan ñiid, wawein eo ej kalikkar ke jejab maron kejarok ñi ko ñiid.

Ewi wawein am bobrae ketteeb?

1. Ilo iien eo ej jino walok ñi ko ñiin ajri ibben ajri eo nejim, mokaj im karreoki ilo m iri kin juon mottan nuknuk aolep raan. Ñe emoj an walok aolep ñi ko ñiin, jino kojbal buraj in ñi ko remeomeo im jidik pouta in ñi ñan ajri eo ej 2 an yiō.
2. Buraji niin ajri eo nejim 2 allen ilo juon raan mae iien eo emaron make biraje ñiin.
3. Rejan ajri eo nejim bwe en rukruke loniin aolep iien ālikin an mona.
4. Boktok ajri eo nejum ñan Dental bwe ren uno iki ñi ko niin alikin an kemem im juon an yio.
5. Aolep ajri ro ilalin 14 yio rej aikuj etale nier elikin 3 allon otemjej im ritto ro elikin 6 allon otemjej.
6. Kadiklok am mona mōñā ko retoñal im edik juka ie.

Ñan jabrewot melele, kirtok Dental Services 625-3399 ext. 2101.

HAPPY MOTHER AND BABY GIRL



*Caroline Johnny, PH nurse
with baby girl.*

Exclusive breastfeeding until 6 months of age!

*We would like to request a day care center to allow us to bring our children to work. Worry-less mother, healthy children, brighter future.
Kommel.*

FUTURE EVENTS -

APRIL: National Health Month
"Move for Health"/"Emakit ñan Ejmour"
Apr. 15-19: Food Processing Workshop
April 22 - 26: Food Safety Workshop
May 31 - World No Tobacco Day
May - RMI Nurses Week
June - Father's Day Campaign
June 10-21: HA Training on RH

**Jouj im jeje tok ak fax tok
kin kajitok ko am:**

**Tel.: 625-3399 ext. 2169/2166
Fax: (692) 625-3432**

*We welcome articles, letters and
comments to our newsletter.*

**Health Promotion Unit
Ministry of Health & Environment
P.O. Box 16 • Majuro, MH 96960**