



WHEC UPDATE

Briefings of worldwide activity of Women's Health and Education Center (WHEC)

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Anniversary Edition

On April 12th, Women's Health and Education Center (WHEC) celebrates its 15th birthday. It exists in everyone's heart and soul who welcome its mission. WHEC is a publisher. Its publications are designed to make a difference – saving lives and improving health in all countries. WHEC is quite unlike other scientific and medical publishers; it publishes not for profit but for a purpose. The reward comes not in income but in lives saved and people made healthier. We have realized that its most effective role in improving health worldwide is to set standards, recommend well-tried methods, provide guidance and give advice so that countries can do the job themselves. The result already seen in many places, but still desperately needed in others is more effective health care systems, better informed and better trained health care personnel, and more health-aware communities.

The extension to all peoples of the benefits of medical, psychological and related knowledge is essential to the fullest attainment of health. It is this task of extending knowledge to all peoples that WHEC publications focus on. In doing so, we take a number of initiatives, both printed and electronic. Over the last 15 years WHEC has widened its primary focus from the medical profession and scientific advances to include socioeconomic, environmental and gender influences on health. Consequently WHEC publications – ***WomensHealthSection.com*** and ***WHEC Update*** today deal with a very broad range of subjects that includes infectious diseases, mental health, environmental issues, education and training, emergencies and disasters, epidemiology, pharmaceuticals and biological substances, community services, management, nutrition, re-emerging diseases and human rights.

This global output (***WHEC Global Health Line***) of health-related material is the chief means by which WHEC gets its message across in its primary focus to improve maternal and child health worldwide. The publications and distribution process that provides people and nations with the information they need to maintain and improve their health. It is the link between the United Nations (UN), World Health Organization (WHO), UN University (UNU) and other UN agencies. And it is the foundation on which the fulfillment of Women's Health and Education Center (WHEC) and its non-profit entity Women's Health and Education Organization (WHEO, Inc.) depends.

Electronic communications present expanding opportunities to disseminate health information and will certainly play a growing role in WHEC's publication activities in the future. The use of new information technologies (IT) is a reminder that the overall aim of WHEC's publications program is, not simply to compile helpful clinical practice bulletins, but rather to share information in order to build a healthier world. To make sure that this information reaches the maximum number of people, new IT will be explored to the full. So far, our publications exist in six official languages of the UN. The amount of time and effort WHEC puts into sharing information is considerable. It is a major part of our responsibility. But then, WHEC is publishing for a purpose, not for a profit. It is indeed our pleasure and privilege to serve 13-14 million subscribers in 227 countries, every year. And we will continue to expand and provide this essential service to healthcare providers, of all levels, worldwide.

A pivotal moment occurred in 2010, when the United Nations Secretary General BAN Ki-moon launched the *Global Strategy for Women's and Children Health* (Global Strategy), primarily to accelerate progress towards achievement of MDGs 4, 5 and 6, which were lagging furthest behind. Our task now is to nurture and build on this forward motion and on the lessons learned, until we finally end the preventable deaths of pregnant women, newborns, children and adolescents in all parts of the world.

Publishing for a purpose – join us at ***WHEC Global Health Line!***

Extending Knowledge To All Peoples

Rita Luthra, MD

Your Questions, Our Reply

Do Millennium Development Goals (MDGs) and Sustainable Development Goals (SDGs) say everything that needs to be said about health and development?

Health and the MDGs and SDGs: 3 out of 8 goals, 8 of the 16 targets and 18 of the 48 indicators relate directly to health. Health is also an important contributor to several other goals. The significance of the MDGs lies in the linkages between them: they are a mutually reinforcing framework to improve overall human development. The MDGs and SDGs provide a vision of development in which health and education are squarely at the center. Since their adoption, no-one has been able to say that development is just about economic growth.

The MDGs and SDGs do not say everything that needs to be said about health and development. They say nothing about the importance of effective health systems which are essential to the achievement of all health goals, about reproductive health or non-communicable diseases. We therefore, have to understand the MDGs and SDGs as a form of shorthand for some of the most important outcomes that development should achieve:

- Fewer women dying in childbirth;
- More children surviving the early years of life;
- Dealing with the catastrophe of HIV/AIDS;
- Making sure people have access to life-saving drugs;
- Better health – in all its forms – making a major contribution to the reduction of poverty.

The MDGs are framed as a compact, which recognizes the contribution that developed countries can make through trade, development assistance, debt relief, access to essential medicines and technology transfer. While some countries have made impressive gains, many more are falling behind. Progress is particularly slow in sub-Saharan Africa.

More resources are needed, but money is only part of the picture. Current health spending in most low-income countries is insufficient for the achievement of the health MDGs and SDGs. We have global estimates of what is needed:

- A doubling of aid from US \$ 50 to US \$ 100 billion a year for the MDGs as a whole;
- US \$ 20 billion per year total spending on HIV/AIDS by 2030;
- A five-fold increase in donor spending on health.

Progress will equally depend on getting policies right; making the institutions that implement them function effectively; building health systems that work well and treat people fairly; and ensuring there are enough staff in post to do all the work.

None of the MDGs will be achieved without a truly global partnership We all at WHEC appeal to you to incorporate the MDGs and SDGs as an explicit priority in the programs and policies of your governments.

We strengthen technical collaboration with countries. Improvements in health are essential if progress is to be made with the other MDGs and SDGs.

Join our efforts!

United Nations At A Glance

Permanent Mission of Cameroon at the United Nations

Cameroon became Member State of the United Nations on 20 September 1960



Sustainable Development Goals are in sync with Africa's priorities

On 26 September, a day after world leaders adopted the new development agenda known as the 2030 Agenda for Sustainable Development, prominent personalities in world politics, social activism, business and entertainment gathered in New York's Central Park for an annual event organized by the non-governmental organization, Global Citizens.

Among the distinguished personalities were US Vice President Joseph Biden, First Lady Michelle Obama and UN Secretary-General Ban Ki-moon. Other guests included Nobel Peace Prize Laureate Malala Yousafzai, British billionaire businessman Richard Branson and Grammy-Award winning singer Beyoncé Knowles. Over 60,000 people witnessed the event whose aim was to raise awareness on the issues of gender equality, the environment, poverty, peace and justice. Top leaders who could not make it to the event, including US President Barack Obama and British Prime Minister David Cameron, addressed the crowd via video links.

Given that the UN had just agreed on the SDGs' adoption, the festival became as much a victory lap as it was a rallying cry for individuals, organizations and countries to redouble their efforts to make the world a better place. "Take your passion and compassion — and let's make the global goals a global reality," said Mr. Ban, in an impassioned speech at the event. The head of the UN was referring to the 17 SDGs and 169 targets designed to guide the world's development agenda over the next 15 years. These goals, he said, are "a promise from your leaders. Hold them to it. Demand that they deliver."

Ms. Obama, Ms. Yousafzai and Amina Mohammed, former UN special adviser on Post-2015 Development Planning, underscored the message of Mr. Ban, with the US first lady putting emphasis on the need for education for girls. True to form, Beyoncé spiced up the event, viewed on satellite television and the Internet by millions worldwide, with a performance that was both entertaining and instructive on the SDGs.



The pomp and the substance

Some 193 member states, most represented by their heads of state, ratified the SDGs on 25 September at the start of a three-day UN summit on sustainable development in New York. The 39-storey UN headquarters building was bathed in 17 different colors, each color representing a goal, turning the iconic building into a dazzling spectacle. Speaking at the summit, the world leaders pledged to work hard to achieve the goals and their targets. Chancellor Angela Merkel of Germany put it forcefully: "We want to change our world, and we can."

The address by Pope Francis, head of the Catholic Church, to the UN General Assembly was particularly poignant. Speaking to heads of state and other dignitaries, he warned: "A selfish and boundless thirst for power and material prosperity leads both to the misuse of available natural resources and to the exclusion of the weak and the disadvantaged."

But beyond the pomp lay the substance: that the SDGs aim to end poverty, hunger and inequality, tackle climate change, and build resilient infrastructures — all to be achieved between now and 2030. In particular, efforts will be deployed to reduce maternal mortality to below 70 per 100,000 live births, end HIV/AIDS, tuberculosis, malaria and other tropical diseases; ensure quality education and gender equality; achieve universal access to safe drinking water and energy; address climate change; and achieve at least a 7% global economic growth, among other major goals.

Details: <http://www.un.org/africarenewal/topic/cameroon>

Collaboration with World Health Organization (WHO)

WHO | Cameroon



Health Situation

Cameroon's population is young, 44% being under 15 years old. The population is growing at a rate of 2.6% and life expectancy at birth was approximately 51 years in 2011. Maternal and neonatal mortality remains high, and malaria is still the leading cause of morbidity and mortality, particularly in children under 5.

HIV prevalence is estimated to be 4.3% but exhibits considerable regional variation, and also according to age and sex. In 2012, the number of persons living with HIV was estimated at 550 000, including more than 43 000 children. There have been 32 000 deaths recorded since the beginning of the epidemic, and 320 000 children have been orphaned by AIDS. Tuberculosis is in partial decline: the number of declared cases fell from 6288 in 2001 to 24 589 in 2007, before increasing slightly to 25 100 in 2012.

Communicable diseases continue to have a significant impact. Epidemic-prone diseases such as cholera, meningococcal cerebrospinal meningitis, yellow fever and measles occasionally increase morbidity and mortality in the population. Neglected tropical diseases, ever-present in the population (Buruli ulcer, trypanosomiasis, onchocerciasis, lymphatic filariasis, schistosomiasis, etc.), are receiving increasing attention from public health professionals.

Non-communicable diseases and injuries are on the rise as the population's lifestyles and food habits change, especially in urban areas. The principal non-communicable diseases are high blood pressure, diabetes, blindness, cancers, oral and dental diseases, mental health problems and road traffic injuries.

Cameroon faces various major risks for emergencies and disasters, such as epidemics, flooding, volcanic activity, drought, ethnic conflict, industrial risks, road traffic injuries and other environmental risks, as well as a periodic influx of refugees from neighboring countries. Malnutrition remains a concern, with 31.7% of children under 5 suffering from chronic malnutrition at the national level. The rate of malnutrition is particularly high (over 44%) in the North and Far North regions.

Cameroon ratified the Framework Convention on Tobacco Control in 2006, and a tobacco control bill has been drafted, but not yet adopted, by parliament. The IHR has been put in place and follow-up is being conducted through the National Public Health Observatory. The most recent evaluations of Cameroon's progress in achieving the MDGs show that although progress has been made in several areas, Cameroon will not achieve the defined goals.

Cooperation for Health

The UNDAF, the United Nations strategic framework that guides development assistance for Cameroon in the period 2013-2017, has three main areas of cooperation intervention, namely support for strong, sustainable and inclusive growth, support for the promotion of decent working conditions, and support for governance and strategic State administration. With regard to pledging intentions, outside aid from the principal financial partners continues to represent 20% of funding for the health sector.

Assistance to the health sector is essentially technical and financial in nature. Multilateral cooperation predominates, through the main specialized agencies of the United Nations, the European Union, the World Bank, the African Development Bank, the Islamic Development Bank, the Global Fund to Fight AIDS, Tuberculosis and Malaria, UNITAID and the Clinton Foundation. Bilateral cooperation takes many forms, including through new partners such as PEPFAR and the Korea International Cooperation Agency (KOICA).

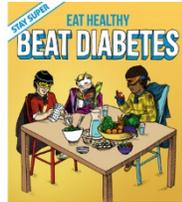
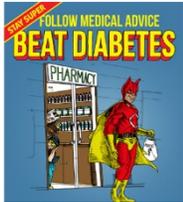
A number of NGOs are also active, mostly in the implementation of health programmes. Cameroon is implementing the new practices for development assistance in accordance with the Paris and Rome Declarations, while prioritizing a sector-wide programme approach for the health sector. Development areas in partnership with the Ministry of Health are, principally, budget support, institutional support (follow-up/evaluation, contracting, strengthening of health districts), the construction, equipment and maintenance of health-sector infrastructure, and implementation of priority health programmes. It should be noted that a framework for consultation between health partners has been put in place for implementation of the sectoral health strategy. The Ministry of Health has established a cooperation department to coordinate the partners.

Bulletin of the World Health Organization; Complete list of [contents](#) for Volume 94, Number 4, March, 233–308

World Health Day 2016: Beat diabetes

7 April 2016 - World Health Day

Background



In 2008, an estimated 347 million people in the world had diabetes and the prevalence is growing, particularly in low- and middle-income countries. In 2012, the disease was the direct cause of some 1.5 million deaths, with more than 80% of those occurring in low- and middle-income countries. WHO projects that diabetes will be the 7th leading cause of death by 2030.

Diabetes is a chronic disease that occurs either when the pancreas does not produce enough insulin or when the body cannot effectively use the insulin it produces. Insulin, a hormone that regulates blood sugar, gives us the energy that we need to live. If it cannot get into the cells to be burned as energy, sugar builds up to harmful levels in the blood.

There are 2 main forms of the diabetes. People with type 1 diabetes typically make none of their own insulin and therefore require insulin injections to survive. People with type 2 diabetes, the form that comprises some 90% of cases, usually produce their own insulin, but not enough or they are unable to use it properly. People with type 2 diabetes are typically overweight and sedentary, 2 conditions that raise a person's insulin needs.

Over time, high blood sugar can seriously compromise every major organ system in the body, causing heart attacks, strokes, nerve damage, kidney failure, blindness, impotence and infections that can lead to amputations.

World Health Day 2016: Key messages

WHO is focusing the next World Health Day, on 7 April 2016, on diabetes because:

1. The diabetes epidemic is rapidly increasing in many countries, with the documented increase most dramatic in low- and middle-income countries;
2. A large proportion of diabetes cases are preventable. Simple lifestyle measures have been shown to be effective in preventing or delaying the onset of type 2 diabetes. Maintaining normal body weight, engaging in regular physical activity, and eating a healthy diet can reduce the risk of diabetes;
3. Diabetes is treatable. Diabetes can be controlled and managed to prevent complications. Increasing access to diagnosis, self-management education and affordable treatment are vital components of the response;
4. Efforts to prevent and treat diabetes will be important to achieve the global Sustainable Development Goal 3 target of reducing premature mortality from non-communicable diseases (NCDs) by one-third by 2030. Many sectors of society have a role to play, including governments, employers, educators, manufacturers, civil society, private sector, the media and individuals themselves.

Goal of World Health Day 2016: Scale up prevention, strengthen care, and enhance surveillance

The main goals of the World Health Day 2016 campaign will be to:

- Increase awareness about the rise in diabetes, and its staggering burden and consequences, in particular in low-and middle-income countries;
- Trigger a set of specific, effective and affordable actions to tackle diabetes. These will include steps to prevent diabetes and diagnose, treat and care for people with diabetes; and
- Launch the first Global report on diabetes, which will describe the burden and consequences of diabetes and advocate for stronger health systems to ensure improved surveillance, enhanced prevention, and more effective management of diabetes.

Details: Fact Sheet on diabetes - <http://www.who.int/mediacentre/factsheets/fs312/en/>

Collaboration with UN University (UNU)

UNU-WIDER (World Institute for Development Economics Research) *Expert Series on Health Economics:*

Foreign Capital Inflow and Economic Growth in Cameroon

The purpose of this paper is to capture the impact of foreign capital inflows (which include foreign aid and foreign direct investment) on economic growth in Cameroon. Using the autoregressive distributive lag approach to co-integration and time-series data for the period 1980–2008, the results of the study indicate that the domestic capital stock and foreign direct investment have positive and significant impacts on economic growth in the short and long terms, while the impact of the labour force on growth was significantly negative in both terms, a result that may be attributable to the fact that Cameroon is a developing country with an unlimited supply of labour whose increase has a detrimental effect on the country's growth.

The results of the econometric analysis of this study have shown that the domestic capital stock, which is proxied by the share of investment in GDP, and foreign direct investment (FDI) have positive and significant impacts on growth. In addition, foreign aid also was found to have a positive but insignificant impact on growth. Since Cameroon, like most developing SSA countries is characterized by an unlimited supply of labour (unemployment and underemployment) as mentioned above, the econometric results of the study also showed that labour has a negative and significant impact on economic growth.

The policy implications of these results suggest that in addition to the tax incentive packages and other advantages provided for in the country's Investment Code, the government of Cameroon should design and implement sound fiscal and monetary policies, which can not only encourage domestic savings and investment while controlling inflation, but which can also enhance the country's attractiveness as a host country for FDI and foreign aid inflows by making sure that these policies are acceptable to foreign investors and foreign aid donors. Success in attracting foreign capital inflows would accelerate the accumulation of the country's capital stock, thus setting the stage for the progressive structural transformation of the country's economy from a largely agriculture-based economy to a growing economy with expanding industrial and service sectors, capable of absorbing the existing labour surplus and of reducing unemployment and poverty by improving the living standards of its people.

Publisher: UNU-WIDER; Author: Samuel Fambon;

The World Institute for Development Economics Research (WIDER) was established by the United Nations University (UNU) as its first research and training centre and started work in Helsinki, Finland in 1985. The Institute undertakes applied research and policy analysis on structural changes affecting the developing and transitional economies, provides a forum for the advocacy of policies leading to robust, equitable and environmentally sustainable growth, and promotes capacity strengthening and training in the field of economic and social policy making. Work is carried out by staff researchers and visiting scholars in Helsinki and through networks of collaborating scholars and institutions around the world.

(Details of the paper can be accessed from the link of UNU-WIDER on CME Page <http://www.womenshealthsection.com/content/cme/>)

United Nations Girls' Education Initiative (UNGEI)

The Effort to Advance the Global Strategy (Continued)

Cameroon

First Lady of Cameroon named UNESCO Goodwill Ambassador for education and social inclusion
The Director-General of UNESCO, Koïchiro Matsuura, will designate Chantal Biya, First Lady of Cameroon, as UNESCO Goodwill Ambassador for education and social inclusion. She will receive the title during a ceremony on 14 November (6.30 p.m.) at UNESCO Headquarters.

The designation recognizes the First Lady's longstanding support for inclusive education, particularly concerning girls, young women, orphans and the underprivileged, as well as for HIV/AIDS research, treatment, education and prevention. Her humanitarian action encompasses her leadership and work with African First Ladies through the organization Synergies Africaines, created at her initiative; her association with the UNESCO HIV/AIDS-prevention Families First Africa project; and the International Chantal Biya Reference and Research Centre for HIV/AIDS Prevention and Care-taking in Yaoundé.

In her capacity as a Goodwill Ambassador, Ms Biya will build on these achievements, working particularly with UNESCO's Education and Science sectors. She is expected to contribute to UNESCO's efforts to address gender inequality and the empowerment of women and girls, vulnerable people and minorities in the context of the fight against poverty.

The UNESCO Goodwill Ambassadors are celebrity advocates who use their talent and status to spread the ideals of UNESCO and to help focus the world's attention on its work. Ms Biya joins an illustrious group that already includes three personalities from the African continent: South African former President and Nobel Prize laureate Nelson Mandela, Malian scientist Cheick Modibo Diarra and Nigerian writer and Nobel Prize laureate Wole Soyinka.



Mothers' campaign promotes girls' right to schooling in northern Cameroon

Supported by UNICEF and the Ministry of Basic Education, RECAMEF has helped hundreds of girls like Hawa since it was established in 2006. The network has grown from just one group of women to 250 branches across Cameroon's northern and eastern regions.

"Here in our poor community, when parents don't have sufficient means to keep children in school, they prefer to withdraw girls and allow boys to continue because the girls are traditionally married off early," said the head of RECAMEF in Perma, Aissatou Abdoulaye.

Nevertheless, school enrolment rates for girls are increasing in the village, helping them achieve the right to an education enshrined in the Convention on the Rights of the Child. "Our target is to have 150 girls attending school in Perma village in 2009," said Ms. Abdoulaye. "We have already fought hard in our area and have managed to get 103 girls in school."

'On-the-ground credibility'

RECAMEF trains its members to make presentations in villages, advises them on advocacy techniques and gives them bicycles on which to travel from village to village and spread their message.

"RECAMEF is making inroads in Cameroon due to the fact that it has on-the-ground credibility," said UNICEF Cameroon Chief of Education Dr. Vijitha M. Eyango. "It's a home-grown, voluntary association. And it's the mothers of girls who are going out to the community, identifying the problems and reaching out one-by-one to families, and ensuring those girls have no excuse not to be in school." With support from the government and UNICEF, the network plans to build upon its successes and expand its coverage next year, giving hope for a brighter future to more girls across Cameroon.

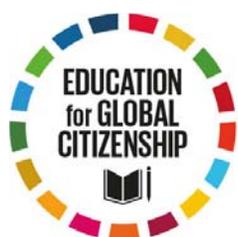
Details: <http://www.ungei.org/infobycountry/cameroon.html>

To be Continued.....

Top Two-Articles Accessed in March 2016

1. Cervical Cancer Prevention: Managing Low-Grade Cervical Neoplasia;
<http://www.womenshealthsection.com/content/gyno/gyno020.php3>
WHEC Publications. Special thanks Dr. Robert J. Walat, Clinical Laboratory Director, Ikonisys Inc. New Haven, CT (USA) for very valuable suggestions, expert opinions and assistance with the series on Cervical Cancer Prevention.
2. Bone Health: Osteoporosis Prevention Strategies;
<http://www.womenshealthsection.com/content/gyn/gyn010.php3>
WHEC Publications. Special thanks to WHO, NIH, and CDC for the contributions and to our writers and editors for compiling the review.

From Editor's Desk



Achieving the Sustainable
Development Goals Together

GYEONGJU, REPUBLIC OF KOREA
30 MAY-01 JUNE 2016

Concept Note

Education for Global Citizenship: *Achieving the Sustainable Development Goals Together*

Overview:

The 66th United Nations Department of Public Information (DPI)/Non-Governmental Organization (NGO) Conference will be held in the City of Gyeongju, Republic of Korea from 30 May to 1 June 2016. The Conference title is "Education for Global Citizenship: Achieving the Sustainable Development Goals Together." The Conference will take place in the first year of the Sustainable Development Goals (SDGs), adopted by United Nations (UN) Member States in September 2015 to end poverty, protect the planet, and ensure human rights and prosperous and fulfilling lives for all, as part of a new sustainable development agenda to be achieved by 2030. This year, 2016, is a globally unprecedented opportunity to spark these transformational changes, following also on the successful conclusion of the United Nations Framework Convention on Climate Change (UNFCCC) 21st Conference of Parties (COP) agreement in Paris in December 2015.



Gyeongju, Republic of Korea

Co-sponsored by the NGO/DPI Executive Committee, the Conference is an important opportunity to mobilize global civil society around the Sustainable Development Goals. Conference participants will strive to define culturally appropriate international and regional messaging, learning and advocacy strategies, partnerships and governmental accountability frameworks including financing for development. By focusing on education for global citizenship, the 66th UN DPI/NGO Conference aims to build on the centrality of education and global citizenship as the bedrock of sustainable development and climate action. The 66th UN DPI/NGO

Conference is the first in the Conference's history to be held in Asia. The first 60 conferences were held in New York at United Nations Headquarters, as was the 65th conference. In between, the conference was held in Paris, Mexico City, Melbourne and Bonn.

Purpose:

Global citizenship is no longer an ideal, but rather a requirement for creating a peaceful, just, and environmentally sustainable world of interconnected societies. According to the United Nations Educational, Scientific and Cultural Organization (UNESCO), global citizenship education “aims to empower learners to assume active roles to face and resolve global challenges and to become proactive contributors to a more peaceful, tolerant, inclusive and secure world.” Education for global citizenship should support innovative pedagogies aligned with these ideals and the Sustainable Development Goals.

The purpose of this Conference, rooted in Sustainable Development Goal number 4, is to harness strategies, expertise and resources across the widest spectrum of civil society to unleash a range of education initiatives that ensure inclusive, safe and equitable quality education and promote lifelong learning opportunities for all.

Three pillars of i) formal education, ii) informal education and training, and iii) advocacy and public information will be examined as means to correct gender, ability, social, economic and other inequalities that create or perpetuate marginalization and disenfranchisement, and thus, hinder achievement of Goal 4, and each of the additional sixteen Sustainable Development Goals.

The expertise and reach of the United Nations Educational, Scientific and Cultural Organization (UNESCO), United Nations International Children's Emergency Fund (UNICEF), United Nations Academic Impact Initiative (UNAI) and other partners within and beyond the United Nations system will help bridge inclusive discussions across the spectrum of education communities.

Details: <http://outreach.un.org/ngorelations/conference-2016/>

Words of Wisdom

Thank God for Little Children

Thank God for little children,
Bright flowers by earth's wayside,
The dancing, joyous lifeboats
Upon life's stormy tide.

Thank God for little children
When our skies are cold and gray,
They come as sunshine to our hearts,
And charm our cares away.

– Frances Ellen Watkins Harper (24 September 1825 – 25 February 1911); African-American abolitionist, suffragist, poet and author

Monthly newsletter of WHEC designed to keep you informed on the latest UN and NGO activities

<http://www.womenshealthsection.com/>

