



नेपाल जनस्वास्थ्य प्रतिष्ठान  
NEPAL PUBLIC HEALTH FOUNDATION

# ANNUAL REPORT

2069/70

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## FOREWORD

It has been almost four years since Nepal Public Health Foundation was established to take leadership role in civil society's pro-active intervention in public health through research, training and policy dialogues for health development. The eventual aim is to support in provision of equitable access to quality health care universally in the spirit of social justice. In a short span, it has managed to carry out a number of activities with important implications.

This annual report has highlighted the activities performed during the Nepali fiscal year 2069-2070 (mid-July 2012 - mid-July 2013). It also provides a brief introduction on the projects implemented by NPHF. Further, it considers human resource development as a priority and the members and staff members are encouraged to participate in study, training, workshop, conferences etc. It also becomes their responsibility to share and apply what has been learnt.

Looking through the achievements during the year, I feel that more active involvement of NPHF members is necessary to make the organization more vibrant. The staff members are always available to support the initiatives taken by them in study, research and training activities.

On the management issue, M/S T. R. Upadhyaya & Co. was appointed as Auditor for the year FY 2069/70 and the report is available in the Annual report. Series of discussions among the Treasurer, staff members and Auditor have been beneficial in the institutionalization process.

I would like to thank all members and staff of NPHF and also the auditor for their valuable contribution during the course of the year. Ms Ashmita Chaulagain worked hard in preparation and production of the report.

Dr. Badri Raj Pande

Vice President and  
Acting Executive Chair

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### I. Audit Report

## **I Introduction**

Nepal Public Health Foundation (NPHF) was established in April 2010 with a mission to have concerted public health action, research, and policy dialogue for health development, particularly of the socio-economically marginalized population and with a goal to ensure Civil Society's pro-active intervention in public health.

The vision of the organization is to ensure health as the right and responsibility of the Nepali people with its focus on major public health issues such as Health policy and Systems Research, Human Resource Development, Communicable Disease Control, Non-communicable disease control, Nutritional Research, Maternal and Child Health, Epidemiology, Biostatistics and demography.

Since its establishment, NPHF has taken initiatives to raise voices and advocate the relevant public health issues at national and regional level in a short span of time.

NPHF has been able to be an umbrella organization in Nepal within a short duration. Its members have represented and participated in national as well as international forums and networks. They have been involved in policy related dialogues and taken lead roles in advocating public health and service access issues in Nepal, especially concentrated to urban poor and rural marginalized people with special focus on nutrition.

NPHF board is represented by professionals from multiple disciplines. These include academicians, public health experts, clinicians and health rights activists. NPHF has established good linkages with academic institutions, civil society and different non-government organizations and has a good network between them.

## ***Vision, Mission, Goal and Focus of NPHF***

### ***Vision***

Ensuring health as the right and responsibility of the Nepali people

### ***Mission***

Concerted public health action, research and policy dialogue for health development, particularly of the socio-economically marginalized population.

***Goal***      Ensure Civil Society's pro-active intervention in public health.

### ***Focus of NPHF***

Nepal Public Health Foundation will have focus on the following broad areas of health

- Health policy and Systems Research
- Human Resource Development
- Communicable Disease Control
- Non-Communicable Disease Control
- Nutrition Research
- Maternal and Child Health
- Disaster Prevention and Management
- Coordination, Advocacy and Communication
- Social Determinants for health
- Health Economics
- Health Technology Research
- Epidemiology, Biostatistics and Demography

## ***Objectives of Nepal Public Health Foundation***

The Objectives of Nepal Public Health Foundation are to:

- **Engage** public health stakeholders for systematic review and analysis of existing and emerging health scenario to generate policy recommendations for public health action; especially in the context of the changing physical and social environment, the increasing health gap between the rich and the poor, and the impact of other sectors on health.
- **Prioritize** public health action and research areas, facilitate pilot interventions in collaboration with national and international partnerships with special emphasis to building communities capacity for health care.
- **Strengthen** health system through systems thinking for effectively responding to the problems of public health.
- **Support/establish** existing or new community based public health training institutions.
- **Ensure** continued public health education (CPHE) by disseminating latest advancements in public health knowledge and research. Publish books, monographs, educational materials and self-learning manuals.
- **Provide** research fund for deserving researchers and public health institutions, with priority given to community-based institutions.

## **Objective of the NPHF Annual Report**

The main objective of publishing the NPHF annual Report of the 2069/070 is to compile and document all the major activities in a systematic order and to share information about research and different event and program activities of NPHF

## **I. Executive Committee Members involvement**

### **National Certification Committee for Polio Eradication**

The Ministry of Health and Population has appointed Dr. Badri Raj Pande, Acting Executive Chair and Vice President, NPHF as Chairman of the National Certification Committee for Polio Eradication, which is to guide surveillance of Polio and immunization staff in preparation for declaring WHO South-East Asia region Polio free. The committee members review and assess activities through site visit, review the work of National Expert Review Committee especially related to polio compatible cases, keep the Regional Certification Commission informed on an on-going basis, and to review and endorse a final country report of Nepal for certification.

### **Member of High level Health Advisory Committee**

The Ministry of Health and Population has nominated Dr. Rita Thapa, Advisor, NPHF and Dr. Badri Raj Pande, Vice President, NPHF, as members of High Level Health Advisory Committee as per the ministerial decision of 11 March, 2013. The committee has been formulated with a purpose of getting updates on existing and future global health issues and to advise on evidence based health policy formulation and implementation.

### **Assistant Dean of Institute of Medicine, Maharjgunj**

Dr. Sharad Onta, General Secretary, NPHF has been appointed as an Assistant Dean of IOM, Maharjgunj since 11<sup>th</sup> November, 2012. He was working before as a Head of Community Medicine and Public Health Department of IOM.

### **Core team member for Assessment and Research on Child Feeding Project**

Dr. Tirtha Rana, Treasurer, NPHF has been designated by the Child Health Division of Department of Health Services as a core expert team member to provide the technical inputs of the “Assessments and Research on Child Feeding Project” being implemented by Helen Keeler International as part of the “Data for Policy Decisions on the Appropriate Marketing of Fortified Complementary Foods and Home Fortification Products for Children 6-24 Months.”

## **II. NPHF Major Activities**

### **Past Activities**

*Major Activities conducted during the fiscal year 2068/69 (2011/12) were:-*

1. Situational Analysis of Human Resource for Health in Nepal with a focus on Production and Utilization
2. Developing an Investment Case (IC) for Maternal, Neonatal, and Child Health (MNCH) in two districts of Nepal
3. Technical Support to Government in drafting National Policy and Development of guidelines, training materials, recording and reporting forms for Integrated Disease Surveillance System
4. National Workshop on Prevention and Control of Diarrheal Disease
5. Meeting with Tufts University representative
6. Interaction Program on Chhaupadi Pratha
7. Training on Quantitative Data Management
8. National Workshop on Non-communicable Disease (NCD)
9. South East Asian Public Health Educational Institutional Network (SEAPHEIN) Conference

*Major Activities conducted during the fiscal year 2069/70 (2012/2013) are:-*

NPHF conducted and initiated several activities on various health related matters during this fiscal year. These activities are briefly described below:-

## ***1. Research***

### **1.1 Overcoming barriers to scaling skilled birth attendants' utilization in Improving Maternal, Newborn and Child Health in Nepal –Phase II**

*Principal Investigator: Dr. Sharad Onta; General Secretary*

In 2011, NPHF was awarded three years implementation research grant from WHO Geneva. This project aims in Understanding and overcoming Barriers to Scale-up Skilled Birth Attendant Utilization in Improving Maternal, Newborn and Child Health in Nepal. During the first year baseline survey was conducted with the aim of identifying barriers in utilization of Skilled Birth Attendants' in Kanchanpur, Dailekh and Bajhang which represent the three ecological belts Terai, Hill and Mountain of the country. After the collection of information from service user and providers the main barriers identified were lack of- family support for the woman to seek care; money available for families to pay for transport or other expenses; Women friendly services in the health facility; transportation and SBA have problems with security to arrive at the facility at all hours and when they have overnight service.

For overcoming these barriers the intervention components were devised through a wide array of consultation and discussion with stakeholders of district and national level through workshop and meeting with WHO team at Geneva.

The study design is a cluster randomized community trail. The three districts are the three strata and the VDCs from each stratum are a cluster which has been randomly allocated for intervention and control. The research is now being implemented in 36 VDCs (18 each in intervention and control) with SBA coverage less than 60%.

Three district coordinators have been recruited one for each district to observe and report the process of intervention. The intervention phase was initiated by conducting district level meeting with the district level government officers of the respective districts and other relevant stakeholders. The allocation of VDCs into intervention and control was conducted in the same meeting by the process of randomization. The VDC level Research Assistant was recruited at the

local level for each VDC to overcome the retention issue. This was followed by five day training to Research Assistant on SBA intervention phase components, its execution modalities, research concept and methodology, monitoring tools etc. The implementation of the intervention component was started from Kanchanpur and was followed by Bajhang and Dailekh considering the lessons learnt in Kanchanpur. Further, a training package was imparted to all the health facility staff of the intervention VDCs on communication skills by experts from the Institute of Medicine, Maharajgunj led by Ms. Binjwala Shrestha. Apart from conducting the meeting with district level officials, meetings with Health Facility Management Committee, Mother's group, Female Community Health Volunteers and Youth groups were also conducted as part of intervention phase.

## **1.2 Evaluation of the effects of climate factors on the occurrence of diarrheal and respiratory diseases in Kathmandu, Nepal**

### **Principal Investigator: Dr. Gajananda Prakash Bhandari; Program Director**

The temperature of Kathmandu Valley is increasing higher than Nepal's average rise in temperature. The condition of such rise in temperature amalgamated with the rising unmanaged urbanization and air pollution has made the Valley vulnerable to extreme effect of climate change. In response, this research has been carried out to demonstrate the relationship between the climatic variation and ARI (Acute Respiratory Infection) occurrence in the Valley so that it could be a wakeup call for the policy makers to act towards strengthening the climate resilient capacity of the Valley. It was a retrospective study based on secondary data collected and collated from Health Management Information System (for ARI data) and Department of Hydrology and Meteorology (for climate related data). The dataset was collected on monthly basis for the period of 15 years (1996-2010). Both univariate and bivariate time series analysis were conducted to establish a time series model to demonstrate the relation between climatic variables and ARI occurrence.

The findings showed that there was very low variation in climatic variables over 15 years period except for rainfall. The total monthly ARI cases, however, was gradually increasing over 15 years' period. For univariate time series analysis, additive model was used as there less seasonal fluctuations of variable over time. The seasonal patterns showed the occurrence of ARI in

inverse relation with temperature, rainfall and morning humidity. All the time series as depicted above seemed to be non-stationary. They also displayed seasonality – that is, periodic fluctuations in the data within any given year. The autocorrelation and partial autocorrelation plots demonstrated the lag times for which the series values had strongest correlations with other values in the same series. It appeared that for the outcome (ARI) the best fit models were ARIMA (1, 0, 0) (0, 0, 0). The model demonstrated that all climatic factors were the predictors for occurrence of ARI.

The results have showed influence in disease outcome (ARI) due to variation of climatic factors in Kathmandu Valley. In addition, this has provided clues for further researches involving climatic data for more number of years.

### **1.3 Intra-Household Food Security and its associated factors in Nepal**

*Principal Investigator: Mr. Narayan Subedi; Program Manager*

Food security issues and its associated factors have not been sufficiently explored in Nepal although it has been considered as a public health and social concern. So to explore the intra-household food security status and its associated factors in Nepal, NPHF with the support of WHO Country Office for Nepal conducted the study in selected four districts (Dolkha, Jumla, Syangja and Kapilvastu) of Nepal. The study was approved by Child Health Division of Ministry of Health and Population.

This study used a cross-sectional descriptive study and mix method (Quantitative and Qualitative) Altogether, there were 1200 households in the study sample.

It was found that the percentage of those who worried for food in Jumla was very high (93%) in comparison to other districts. Altogether, 9% of the households experienced inadequacy of food to meet their satiety and the same percentage had to sleep hungry, which is indicative of a chronic stage of food insecurity. 48.7% of the respondents replied poverty or the lack of purchasing power of the family as the reasons of worry about food insecure conditions. Within the household, in case of lack of food in the family, women of first generation followed by second generation were found to cut their meals or sleep hungry than the household head and the third generation which signals the male dominance. The major staple food consumed in all the districts was rice. Some of the key informants in Jumla replied that people exchange 1 sack of

beans (locally produced) with 2 sack of rice. Most of them mentioned “*there is bhatmari in Jumla rather than bhokmari*” mean more affinity towards rice.

It is concluded that the nutrition awareness programs are much needed to create awareness in people regarding the importance of locally available food to reduce increased attraction and dependency on rice and to improve consumption of diverse food items.

## **1.4 Developing Information base on Elderly Population of Nepal**

*Principal Investigator: Dr. Tirtha Rana; Treasurer*

Nepal Public Health Foundation with a support from WHO conducted a study on Developing Information base on Elderly Population of Nepal. The objectives of the study were to develop an information base comprising the proportion of elderly population, status of old age home, level of old age people satisfaction in such homes and the existing plans and legal arrangement of Government for elderly population.

Secondary data was used for quantitative purpose and KII and Focus Group Discussion for qualitative purpose.

According to Central Bureau of Statistics, the percentage of elderly population has increased from 5.0 % during 1952- 54 to 8.1% in 2011. The aging index of Nepal is 23.30, which indicates that population is gradually moving towards elderly age. Neglect, verbal and physical abuse by sons, daughter in laws and other family members compelled elderly people to join the old age homes. The types of services provided to the elderly people varied by the level of skill, interest of the care givers and the affordability of the old age home.

Government provides Rs. 500/month to people above 70 years and above 60 years for the residents of Karnali zone, marginalized, dalits and for the single women. Geriatric wards have been established in three hospitals in FY 2012/13 with geriatric OPD in Bir Hospital and aims to cover all zonal hospitals with the geriatric wards.

In regard to the level of compliance with the Act and Rules on Senior Citizens and the commitments made in government development plans from 1992 to 2013, a few initiatives are

being carried out in an incoherent and uncoordinated approach in absence of a functional inter-sectoral coordination modality.

There is a need of mainstreaming the issues of elderly people in a holistic approach while designing long term and sectoral policies to address the multifaceted issues.

#### **1.4.1 Stakeholders meeting on the Developing Information base on the Elderly Population of Nepal**

A stakeholders meeting on the Developing Information base on the Elderly Population of Nepal was held on June 24, 2013 at NHTC hall, DoHS, Teku with the aim to present the study findings and to incorporate stakeholder's feedbacks in the final report. The meeting was chaired by Dr. Badri Raj Pande, Acting Executive Chair of NPHF and Dr. Badri Prasad Pokharel, Chief of Population Division; MoHP was accorded as the Chief Guest.

Dr. Lonim Prasai Dixit delivered a welcome speech which was followed by the presentation of the study by Dr. Tirtha Rana, Principal Investigator and Mr. Kundan Acharya, the Study Coordinator and Consultant.

Some questions and suggestions were raised by the participants in the discussion session which were responded by the PI.

Following the discussion, remarks were provided by the distinguished guests. Ms. Sangita Nirola, Country Director at Help Age International, in her remarks emphasized on the importance of Active Aging theme to enhance the status of elderly people who are active knowledgeable and skilled. Dr. Gauri Shankar Lal Das, President of NASCIF highlighted on the need of research on elderly people in conflict and migration; utilization of health care fund at districts provided by MOWCSW on a grant basis and the level of abuse and violence exerted by the staff of old age homes to elderly people. Dr. Lin Aung, WR, WHO Nepal in his remark emphasized that WHO remained committed to the challenge of aging. Chief Guest, Dr. Pokharel appreciated this study as a landmark to facilitate and guide the Government in order to develop an appropriate plan and programs for the cause of elderly people.

Thereafter, Dr. Chhatra Amatya, Board member of NPHF extended a vote of thanks to all participants and dignitaries.

Dr. Pande, Chairperson of the meeting in his closing remarks opined that time has come not only to concentrate on dignified life, but also to ensure the right to death with dignity.

## ***2 Training***

### **Public health Leadership Program**

“A Training of the Trainers course for Leadership and Public Health in South Asia” was held in Kathmandu Nepal from the 15-22 December 2012, hosted in partnership with the Nepal Public Health Foundation, Public Health Foundation of India and the Nossal Institute for Global Health. Representative from all 8 South Asian countries participated in the course both as trainers and participants and came from a mix of academic and government learning institutes from Bangladesh, Nepal, India, The Maldives, Pakistan, Afghanistan, Bhutan and Sri Lanka.

Prof. Dr. Sharad Onta, General Secretary and Dr. Kedar Baral, Board Member of NPHF were among the resource persons and Ms. Binjwala Shrestha; Board member participated in the training. This event was part of the “Leadership Development in Public Health Policy – Building the Capacity of South Asian Policymakers program” funded through the Public Sector Linkage Grant, AusAID. Post training, a network for Leadership and Public Health, South Asia has been established to allow participants to continue to network and progress this agenda forward both in their own country and at the regional level.

## ***3 Special Projects***

### **3.1 Farming Health and Environment Project-Nepal**

Over the years, with the introduction of high-yielding varieties expansion of areas of rice, maize, wheat and vegetables, Nepal has experienced increasing tendencies in pesticides use. Though, as compared to other agricultural countries pesticides are not used extensively in Nepal in terms of the ratio of active ingredients per hectare of cropland, the characteristics of pesticides use in

terms of location, target crops, intensity, types of chemicals and trends are disturbing. This has caused an adverse effect in both consumers' and farmers' health.

To address this situation NPHF has launched Farming Health and Environment Project supported by DIALOGOS, Denmark from April, 2013. The project aims to reduce negative health effects of farming with a focus on pesticide poisonings and environmental pollution.

The project is primarily a capacity building project and for coming three years, it will focus on the prevention of pesticide intoxications among vegetable farmers in the Chitwan District of Nepal by means of training, research and awareness raising activities through sharing of knowledge among partners and target groups. The knowledge in the primary target groups will be shared by working together, through seminars and courses, and it is expected that these groups will pass on their knowledge to colleagues and farmers, as a sort of 'training of trainers' principle. Broader more general information directed at secondary target groups will be given by folders, pamphlets, radio and in newspapers. Theoretical and practical courses for farmers on IPM and safe storage will also be conducted.

The district, Chitwan is selected due to intensive agriculture producing vegetables to the local market and in Kathmandu. The awareness raising will reach the whole population of the district and countrywide through the advocacy and collaboration with partners operating in the whole of Nepal. The project will recommend sustainable intervention that can reduce farmers' exposure to pesticide.

NPHF has appointed Dr. Shrikrishna Giri, Board Member of NPHF as a Part time Project Coordinator along with the Assistant Field Coordinator, Assistant Project Coordinator of Farming and Administrative Secretary for the project in Chitwan.

The Central level Pesticide Steering Committee has also been established under the chairmanship of NPHF Executive Chair and is comprised of representative from Ministry of Health and Population, Agriculture, Environment, Occupational Safety and Health and Red Cross. Similarly a District Level Pesticide Management Advisory Committee has also been established in Chitwan that has representatives from the District Public Health Office, District Office, Agriculture Division, Red Cross and Farmer's Cooperatives.

For the implementation of the Project, the project office has been established in Chitwan and was formally inaugurated jointly by Dr. Badri Raj Pande, Acting Executive Chair, NPHF and Dr.

Erik Jørs, Vice President, DIALOGOS on 3<sup>rd</sup> May, 2013. Members of District level Pesticide Management Advisory Committee and local dignitaries were present during the inauguration.

### **3.1.1 Interaction Program in Occupational Safety and Health Promotion**

On the occasion of Ministry of Labor and Employment celebrating 13th National Occupational Safety and Health week from 28 April to 4 May, 2013, NPHF and Department of Labor, Occupational Safety and Health Project with support from Danish NGO DIALOGOS organized an Interaction Program on Occupational Safety and Health Promotion on 29 April, 2013 at Hotel Shankar. There was representation from Nepal Ministries of Health, Agriculture, Environment and Labor, NGOs, WHO, ILO in the program.

The formal program was chaired by Mr. Krishna Hari Pushkar, Director General of Department of Labor, Ministry of Labor and Employment. Er. Barun Kumar Jha, Director (Technical) of the Department of Labor and Project Chief, Occupational Safety and Health Project delivered a welcome speech and Dr. Badri Raj Pande, Acting Executive Chair, NPHF offered a vote of thanks to all the dignitaries and participants.

In the informal session, papers were presented on, ‘Global Occupational Safety and Health’ by Dr. Erik Jørs, Vice President of DIALOGOS, ‘National Perspectives on Occupational Health and Safety Promotion’ by Dr. Sunil Kumar Joshi, Occupational Physician and ‘Role of stakeholders in Occupational Safety and Health Promotion in Nepal’ by Er. Barun Kumar Jha.

The presentation initiated a lively discussion where stakeholders committed to advocacy in strengthening the triad of stakeholders in OSH i.e. Government, Employers and Trade Unions; not ignoring the Civil Society and Consumers.

## **2.2 Global Antibiotic Resistance Partnership – Nepal**

Antibiotic misuse is rampant in the world, especially in low income countries like ours. Improvement in the proper usage of antibiotics is vital. Access to information on antibiotic resistance exists as a challenge since not much information on antibiotic usage in Nepal is available officially. Scientific publications for Nepal in this area are also largely missing.

In this context, NPHF in collaboration with Centre for Disease, Dynamics, Economics and Policy (CDDEP) initiated Global Antibiotics Resistance Partnership (GARP) program in Nepal. NPHF has appointed Dr. Buddha Basnyat and Dr. Sammer Mani Dixit, Founding Members of NPHF as GARP-Chair and Principal Investigator respectively for the project. GARP Nepal works to create greater awareness among policy makers about the growing threat of antibiotic resistance and to develop country relevant solutions. It tends to identify weakness in how antibiotics are accessed, regulated and managed and to offer evidence-based approaches to meet the challenges.

The project is functioning with an active working group including clinicians, researchers, academicians and veterinarians. The study conducted by different institutions and individuals on antibiotic resistance on human and animals are being reviewed and situation analysis report will be developed that will serve as a baseline database for further researches and activities. Further, other required research leading to evidence generation will be carried out. The project will organize training on Drug Resistance Index, interactions and consultation with stakeholders will also be done on a regular basis. The policy making workshop will also be conducted as the project expects to draft relevant policies on regulating antibiotic use.

This project is not only of national but of regional importance as antibiotic usage crosses geographical and political boundaries. However, in Nepal, the ultimate aim is to make policy planners aware of problems created by misuse of antibiotics so that better intervention strategies can be formulated by the Ministry of Health and Population, Government of Nepal.

### **3.2.1 GARP- Nepal Inaugural Meeting and Workshop**

GARP-Nepal inaugural meeting was held on 2 July 2013 at Hotel Shanker in Kathmandu followed by a workshop. More than 50 experts and interested parties participated in the meeting including GARP-Nepal working group members and stakeholders from the Ministry of Health and Population, from hospitals and NGOs, as well as microbiologists, pharmacists, clinicians and veterinarians.

Prof. Dr. Surendra Kafle, Vice Chancellor of Nepal Academy of Science and Technology was the chief guest and the inaugural session was chaired by Dr. Badri Raj Pande Acting Executive

Chair, NPHF. Remarks were offered by Dr. Buddha Basnyat, Chair, GARP-Nepal; Ms. Hellen Gelband, Associate Director, CDDEP; Dr. Nihal Singh, Medical Officer, WHO; Prof. Dr. Surendra Kafle, Vice Chancellor, NAST; Dr. Badri Raj Pande, and Dr. Paras Pokharel, Vice Chair, GARP-Nepal. All the dignitaries appreciated GARP-Nepal initiatives in addressing antibiotic resistance issue and wish for the success of GARP-Nepal.

During the workshop, presentations were made on antibiotic use and resistance in animals and human. The closing session was chaired by Dr. Sameer Mani Dixit, Principal Investigator for GARP Nepal and from the program it was concluded that antibiotic is a serious issue that calls for immediate action from policy level as well as from all stakeholders.

#### **4. Annual Nepal Public Health Foundation Lecture Series No.4**

NPHF has been organizing Nepal Public Health Foundation Lecture as part of a series of public health lectures every year on 30 June. This was the fourth in the series and was held at Mohego Hall, Maharjunga. Dr. Hemang Dixit, renowned pediatrician and academician delivered lecture on Public Health Yesterday, Today and Tomorrow. The lecture was well attended by the NPHF Board, Founding Members, Public health experts, academia and the students.

The lecture started with the welcome speech of Dr. Badri Raj Pande. He also introduced Dr. Hemang Dixit; keynote speaker for the day, highlighting his achievements.

Presenting on the scenario of Public Health in the world and in Nepal, the keynote speaker, Dr. Hemang Dixit began by highlighting the public health practice during ancient civilization (Indus, Greece and Rome) in the form of bath, good water supply system, drainage and healing practicing. Plague, Leprosy, Cholera, Smallpox were widespread during the medieval age. In the context of Nepal, traditional health care in the form of Ayurveda existed since time immemorial while modern medicine was introduced in 1740. Dr. Dixit mentioned about the public health activities during the Rana regime; establishment of Bir Hospital, water supply, TB sanatorium, establishment of DoHS in 1933 A.D. etc. In the past the main challenge in public health as elsewhere was about the art and science of preventing disease, and taking measures for prolonging life here, with the eradication of poverty, malnutrition and establishing minimal road network.

Moving forward to present, Dr. Dixit depicted about the remarkable changes being made in the public health sector and shifting paradigm in disease trend worldwide and in Nepal. Most of the communicable diseases of the past are being controlled but much needs to be done for Neglected Tropical Diseases (NTD) e.g. Kala-azar, dracunculosis, sleeping sickness, and lymphatic filariasis. In addition the non-communicable disorders are coming to the forefront now. Cases of heart disease and the increase in type 2 Diabetes has become more apparent as the population has a longer lifespan. Because of the mobility of people the Road Traffic Accidents are an important aspect to be considered.

Projecting about the future the concern would be on newer problems and newer diseases like SARS, H5N1 Influenza virus, Staphylococci resistant to all drugs, environmental degradation and widening disparities between the rich and the poor.

Dr. Dixit in his closing remarks mentioned that though some headway has been made in Nepal much remains to be done in the case of nutrition on a national scale. Some Laws and Regulations may need to be enacted in Nepal but what is more important is that those existing may need to be modified and enforced conscientiously.

Following the lecture, remarks were offered by Dr. Mrigendra Raj Pandey, Dr. Gauri Shanker Lal Das, Dr. Sarad Onta, Dr. Tirtha Rana, Prof. Dr. Rajendra Wagle, Dr. Moin Shah, Dr. Kedar Baral and Dr. Nillamber Jha.

## ***5. Other Activities***

### **First National Health Promotion Conference**

NPHF along with the Government of Nepal, I/NGOs, academia organized First National Health Promotion Conference on March 30-April 1, 2013 at the Hotel Everest with the aim to move forward health promotion based on national and international evidences.

During the conference Dr. Lonim Prasai Dixit, Board Member presented the paper on "**Strengthening Effective School Health in Nepal**" and also co chaired the session.

The conference discussed health promotion lessons learnt in Nepal and internationally. It recognized that Health Promotion is not just the domain of the health sector; there is a key role for civic society, INGOs, employers, NGOs and bilateral organizations.

### **Blood Donation Program**

Nepal Public Health Foundation organized a Blood Donation Program on 1st September, 2012 to address the scarcity of blood as reported by various newspapers in the recent days in coordination with Tushal Yuva Pariwar. Out of 100 participants interested to donate blood 62 of them were successful to donate.

### **Visit of Prof Yan Guo from Peking University**

Prof Yan Guo from School of Public Health Peking University Health Science Centre, Beijing visited NPHF on 30 November 2012 to discuss on various emerging issues on Non Communicable Disease (NCDs) and Maternal and Child Health .Dr. Badri Raj Pande, Acting Executive Chair, Dr. Sharad Onta, General Secretary, Dr. Tirtha Rana, Treasurer, Dr. Gajananda P. Bhandari, Program Director, Ms. Neeva Pradhan and Ms. Nirmala Sharma, Program Officer participated in the meeting. The meeting was mainly focused on exploring the possible areas of collaboration between NPHF and Peking University Health Science Centre. Both the team explored few specific areas for future collaboration such as NCDs, Maternal Child Health, Health System Research and Global Health.

### **Reception in honor of Dr. Mahesh Kumar Maskey**

NPHF team hosted a warm reception to Dr. Mahesh Kumar Maskey, Nepalese Ambassador to China and Executive Chair of NPHF during his first official visit to Nepal on 19 March, 2013 at

its premises. The reception was well attended by NPHF Board, Founding members and other distinguished personalities from Government, WHO, supporting partners and well wishers.

### **Stress Management Workshop**

NPHF organized an in house workshop on stress management for its staff on 25 March, 2013 facilitated by Art of Living Foundation. The workshop provided techniques and frameworks to manage stress, mind, and negative emotions. Through breathing techniques and meditation taught in this workshop the staff got an opportunity to learn “home carry” technique to handle mind, stress and negativity with increased peace of mind.

## **IV. Participation in National and International Activities**

### **Executive Committee Participation**

#### **Seminar on “Longevity: Shaping the Future” on the eve of 22nd International day of older persons**

On 1 October, 2012 National Senior Citizen Federation (NSCIF) organized a seminar with the theme “Longevity: Shaping the Future” in Nepal on occasion of the International Day of the Elders in coordination with Ministry of Women, Children and Social Welfare of the Government of Nepal and National Human Rights commission at Academy Hall, Kamladi. Dr. Badri Raj Pande, spoke on the need to create a database on healthy aging. NPHF took the opportunity to survey few representatives from district network of elderly citizen’s federation to track the general scenario of the senior citizen in the country with a set of questionnaires covering the situation of the elderly homes, the family’s role in taking care of the elders at home, the financial aspect of the Individual and the elderly homes, physical and psychological conditions etc. Ms. Nirmala Sharma and Ms. Neeva Pradhan facilitated to conduct the survey.

#### **WHO Regional Consultation on Oral Health Strategy**

Dr. Lonim Prasai Dixit, Board Member participated in the WHO Regional Consultation on Oral Health Strategy held in Kathmandu on 28-29 November, 2012. The main objective of the meeting was to review current status of national policies and programs related to oral health among members states of South East Asia region and agree on regional strategy for oral health for the region. Dr. Dixit is also the member of the Technical working Committee of WHO/MOHP for regional and national consultative meeting on oral health.

#### **4th National AIDS Conference**

The 4<sup>th</sup> National AIDS conference with a theme of Achieving Millennium Development Goals through Universal Access was held in Pokhara from 14 December, 2012. The conference was inaugurated by H.E Dr. Ram Varan Yadav, the President. Dr. Tirtha Rana, Treasurer, NPHF was nominated by Ministry of Health and Population as a member of Scientific committee. Dr. Rana made a presentation in the first plenary session of the conference titled as “**Women Living with**

**AIDS (WLHIV) – A box of Tags and Labels**, highlighting issues of Gender based Violence, Stigma & Discrimination and deprivation issues among WLHIV.

### **HEALTH eXCELS Curriculum Grid Development Workshop**

Dr. Lonim P.Dixit, participated as an expert at the HEALTH eXCELS Curriculum Grid Development Workshop for South East Asian school heads on 17 and 18 December, 2012 in Manila organized by South East Asia Ministry Education Office, SEAMEO INNOTECH and GIZ at the capacity of Coordinator of School Health and Nutrition Network Nepal. She represents NPHF, which is a member of the network along with WHO, UNICEF, HKI, Save The Children, etc.

### **Nepal Health Sector Programme II 3rd Joint Annual Review**

Dr. Badri Raj Pande, participated in the 3<sup>rd</sup> Joint Annual Review (JAR) of Nepal Health Sector Programme II, which took place from 28 -30 January, 2013 at Soaltee Crown Plaza, organized by Ministry of Health Population (MoHP) and was widely participated by MoHP and Department of Health Services (DoHS). Ministry of Finance and other health related ministries; National Planning Commission; Development Partners; Civil Society organizations and other stakeholders. It is an important annual event of the MoHP, organized with an aim to review the progress against the indicators set in the health sector programme, the challenges and major areas to be improved; and to set priorities for the next year. Besides these, the JAR also discusses issues related to governance, coordination, policies and other important issues.

### **Fifth Meeting of WHO SEA Regional Certificate Commission for Polio Eradication**

Acting Executive Chair, Dr. Badri Raj Pande, Chairman of Nepal National Polio Eradication Certification Committee participated in the fifth meeting of the WHO SEA Regional Certificate Commission for Polio eradication held on Hulhule Island, Maldives from 4-7 March 2013. The objective is to update the regional Commission members and National Certification Committee Chairpersons of WHO member States on the global and regional polio eradication activities, to review annual updates from member countries and also to update regional certification plan to

ensure that the certification is on track to declare the region Polio Free by February 2014. He made a presentation on national polio eradication activities in Nepal

### **Residential Consultative Workshop on National Population Policy, 2013**

Dr. Tirtha Rana participated in a two day Residential Consultative Workshop to discuss on the draft National Population Policy, 2013. The Workshop was organized by the Population Division of Ministry of Health and Population at Dhulikhel on May 27-29, 2013. The division has drafted the population policy for the first time which primarily aims to relate population growth to plans, programs and development work focused mainly on uplifting living standards.

Dr. Rana also chaired a Group on Social and Economic Aspect of Population in this workshop and facilitated to draft the position paper on the thematic area.

### **Workshop on Human Resource in Health**

Dr. Tirtha Rana, in her capacity of the member of Governing Body of Nepal CSO/NSA HRH Alliance participated in “Workshop on Human Resource in Health (HRH) during June 12-13, 2013 organized by Britain Nepal Medical Trust. The theme of the workshop was “Human Resources for Health mainstreamed in health systems, through strengthened advocacy capacity of CSOs”. Dr. Rana expressed her concerns; on the variety of quality of health workforce produced by institutions affiliated with CTEVT and universities in Nepal and abroad, role of Regional Health Directors in fulfillment of vacant positions in the health facilities.

### **First National Conference on Human Resources for Health**

The Ministry of Health and Population organized the first National Conference on Human Resources for Health on June 14-15, 2013 under the theme of “Investing in Human Resource for Quality Health Services in Nepal”. Dr. Badri Raj Pande and Dr. Tirtha Rana participated in the conference.

In course of preparation of the Conference, Dr. Rana, was nominated by MoHP as a member of the Technical Committee. Dr. Rana chaired and moderated a panel discussion on the theme of the conference. She also chaired a plenary session on the Role of Media in ensuring HRH.

## **Executive Committee and Staff Participation**

### **Mid- term Review of NHSP II 2010-2015**

As a part of the consultation process for the Mid-term Review (MTR) Ministry of Health and Population Health Sector Reform unit organized a group discussion with non governmental organization (NGOs) engaged in the health sector, where Dr. Badri Raj Pande, and Dr. Gajananda P. Bhandari on behalf of NPHF participated on different occasions towards the end of November 2012.

### **National Committee of Immunization Practice**

Dr. Badri Raj Pande(Member, NCIP) and Dr. Gajananda P. Bhandari attended the workshop on National Committee of Immunization Practice which was held from 14-15 February, 2013 at Himalayan hotel to discuss on the introduction of new vaccines in the country.

### **National Workshop on Networking of National Health Research Institutes and Strengthening the Linkage of Research and Policy Making**

On behalf of NPHF, Dr. Lonim Prasai Dixit, and Dr. Gajananda Prakash Bhandari participated and shared the ongoing research activities of NPHF in the National Workshop on Networking of National Health Research Institutes and Strengthening the Linkage of Research and Policy Making organized by the Nepal Health Research Council from 21-23 June, 2013 at Hotel Shankar.

The objectives of the workshop were to develop an effective network of National Health Research Institutes in health and related sectors in order to move towards establishing a completely evidence informed policy making in Nepal.

## **Staff Participation**

### **Proposal Writing Workshop on Global Nutrition CRSP Workspace**

Mr Narayan Subedi, Mr Janak Thapa, Program Managers and Ms. Nirmala Sharma, Program Officer participated in the proposal writing workshop on Global Nutrition CRSP workspace on July 25-27, 2012 held at Institute of Medicine, Maharajung. The major objective of the workshop was to make participants able to identify research priorities and needs, develop quality research proposals, identify and articulate key research questions and propose rigorous methods to study them. It was also to identify and respond to funding sources and opportunities, have a clear understanding on how to respond to calls for research proposals and be able to evaluate and select appropriate funding opportunities.

### **WHO South-East Asia Inter-Country Workshop on Using Research Evidence for Policy-Making**

The First WHO South-East Asia Inter-Country workshop on using research evidence for policy making was organized by WHO Regional Office for Southeast Asia from 17 to 21 September, 2012 in Kathmandu, Nepal. The workshop was attended by 35 participants from Bhutan, Bangladesh, Myanmar and Nepal. The objective of the workshop was to enhance capacity of the stakeholders to use evidences on health policy. Dr Gajananda P. Bhandari, Program Director participated in the workshop.

### **National Assembly on Urban health and Non Communicable Disease**

The Resource Centre for Primary Health Care (RECPHEC) organized a National Assembly on 2<sup>nd</sup> and 3<sup>rd</sup> October 2012 inviting personnel from various districts which were involved in Health Rights and Tobacco Control Program in which Dr Gajananda P. Bhandari participated and made a presentation on “**Urban health and Non Communicable Disease**”.

### **Second Global Symposium on Health Systems Research (HSR) 2012 Beijing, China on Kala-azar Control Program in Nepal**

Dr. Gajananda P. Bhandari participated and presented a poster entitled “Kala-azar control program in Nepal: a program review from 1994-2006” in Second Global Symposium on Health

Systems Research (HSR) 2012 which was held in Beijing, China from 30 October to 3 November 2012 with a theme of “Inclusion and Innovation towards Universal Health Coverage”. Dr. Badri Raj Pande along with Dr. Tirtha Rana and Dr. Gajananda P. Bhandari are also the members of scientific committee of the Second Global Symposium on Health Systems Research 2012.

### **Course on Comprehensive Public Health Science, Research Ethics and Research Design**

The course on Comprehensive Public Health Science, Research Ethics and Research Design organized by Nordic School of Public Health, Sweden and Patan Academy of Health Science (PAHS), Nepal with five credits from 25<sup>th</sup>-31<sup>st</sup> November, 2013 has been completed by two of our office Staffs Mr. Narayan Subedi and Mr. Janak Thapa. Each participant was expected to define, develop and present a critical analysis of a public health project at the end of the course. The participants were supposed to submit a concept paper to Nordic School of Public to be certified for which both of our staffs have already been awarded.

### **Dhaka Colloquium on Systematic Reviews in International Development**

Systematic review colloquium was held from 10-14 December 2012 which was hosted by BRAC University, in association with CIDA, 3ie and ICDDR-B, under the auspices of the Campbell Collaboration and International Development Coordinating Group. Altogether, 130 researchers from 31 different countries around the globe participated in the colloquium. Dr. Gajanada Prakash Bhandari and Mr. Narayan Subedi participated in the colloquium. The conference was preceded by introductory and advanced workshops on systematic review. The participant researchers and policy makers discussed in groups about the possible topics for systematic reviews and shared their experiences of working and learning experiences.

### **4th International Nutrition Research Methodology in Bangalore**

Mr. Janak Thapa participated in 4<sup>th</sup> International Nutrition Research Methodology in Bangalore from 21 January -1 February, 2013. India. St. John's Research Institute (SJRI) in conjunction with the Harvard School of Public Health and Tufts University had offer an interdisciplinary two-

week course at SJRI. 44 participants from Nepal, India, Srilanka, Mauritius and Africa attended the course. The course introduced trainees to public health research topics through critical evaluation of scientific literature and exploration of a variety of demographic, epidemiological, biological and social factors that affect nutritional status. In addition, trainees were also given an opportunity to explore selected research areas in-depth through development of a research presentation and collaboration with faculty members.

### **Workshop for capacity development of Nepalese NGOs**

A mini workshop to introduce approach by CISU (an association of Danish CSOs) to supporting civil society in developing countries and discussing on theme: capacity development was organized by CISU on 18<sup>th</sup> February 2012, and was participated by Dr. Gajananda P. Bhandari and Mr. Narayan Subedi. The participants discussed on types of capacity needs that are most important for further strengthening Nepalese NGOs; coordinated donor support for accessing funding modalities other than CISU in Nepal and the way various donors are cooperating and harmonizing their support to civil society organizations in Nepal.

### **Comparative Health Performance in the Asia-Pacific Region: Findings and Implications of the Global Burden of Disease Study 2010**

Dr. Gajananda Prakash Bhandari participated in the dissemination meeting of Comparative Health Performance in the Asia-Pacific Region: Findings and Implications of the Global Burden of Disease Study 2010 held in Melbourne, Australia on 3rd May 2013.

During the meeting, the results were presented in terms of disability-adjusted life years (DALYs), a time-based measure that combines years of life lost due to premature mortality (YLLs) and years lived with disability (YLDs), a metric that was specifically developed to assess BoD.

### **2nd Global Midwifery Symposium”, “Global Cervical Cancer Forum” and “Women Deliver Conference**

The 2<sup>nd</sup> Global Midwifery Symposium on “Strengthening Quality midwifery care Making Strides, Addressing Challenges” and consequently “Global Cervical Cancer Forum” and “Women Deliver Conference” was held in Kuala Lumpur, Malaysia from 26-30 May 2013 Dr. Gajananda Prakash Bhandari, attended as a panelist to discuss on the issue of SBA in “Midwifery Symposium and Women Deliver Conference” in the ground of ongoing

implementation research on “SBA” which is being carried out by NPHF. The discussion was focused on demonstrating major strides made towards strengthening midwifery in recent years at national and global levels and discuss how best to address ongoing challenges in improving access, availability and quality of services emerging from the latest evidence based using partnership and innovative technologies as key strategies.

### **Advance English writing training for Admin and HR personnel**

Ms. Ami Maharjan, Admin and Finance Manager, participated in the three days training in advance English writing skill designed by Admin and Human Resource personnel by Career Master Nepal from 26-28 May, 2013.

More than 15 participants from various NGOs and INGOs participated in the training. The training provided the full essence of information in advance writing skill which was proved to be highly practical and assists in scaling up ones professional career and to boost confidence level.

### **Dissemination Program on Digital Library: RECPHEC**

Ms. Shila Bhandari, Administrative Assistant, participated in the Dissemination Program on Digital Library organized by the Resource Centre for Primary Health Care on 27 June, 2013. The program highlighted on the development of ICT, the changing information environment, expectations and demands of library users, forcing libraries to reassess their role in digitization.

## **V. Publications:**

- 2<sup>nd</sup> E-Newsletter of Nepal Public Health Foundation.
- 3<sup>rd</sup> E-Newsletter of Nepal Public Health Foundation.

## **VI. Partner institutions**

- World Health Organization, Country Office Nepal
- World Health Organization, Headquarter, Geneva, Switzerland
- World Health Organization, Regional Office for South East Asia
- UNICEF Nepal
- Department of Community Medicine and Public Health, Institute of Medicine (IOM), Kathmandu
- National Health Training Centre, Department of Health Sciences, Teku, Kathmandu
- Nepal Health Research Council, Ramshah Path, Kathmandu
- Oxford University, Clinical, Research Unit, Vietnam
- Public Health Foundation of Bangladesh
- Dialogos, Denmark
- The Centre for Disease Dynamics and Economic Policy, Washington DC. New Delhi

## **VII. Nepal Public Health Foundation Meetings**

### ***NPHF Executive Board Meetings***

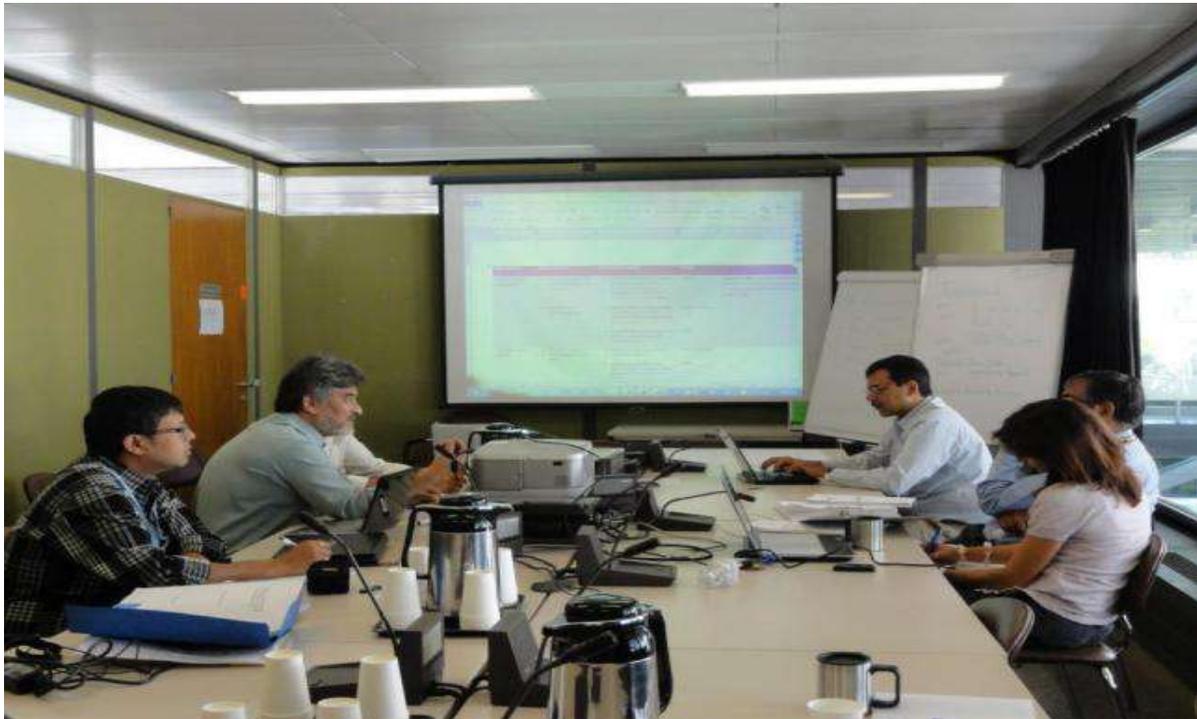
In the fiscal year 2069/70 a total of ten Executive Board Meetings was conducted.

## **VIII. Future Activities at NPHF (FY 2070/71)**

1. Intervention Phase of Overcoming Barriers to Scaling Skilled Birth Attendants Utilization in improving Maternal, Newborn and Child Health in Nepal.
2. Farming Health and Environment Project
3. Global Antibiotic Resistance Partnership- Nepal
4. District Investment Case Project
5. 5<sup>th</sup> Nepal Public Health Foundation Lecture Series



## Gallery



**SBA Intervention Package Development Workshop in WHO HQ Geneva**



**Proposal Writing Workshop on Global Nutrition CRSP Workspace**



**Research Assistant Training in Kanchanpur**



**Health Staff performing role play during Communication Skill Training at Dailekh**



**FCHVs and Mother's Group during Mother's Group Orientation at Gauri VDC of Dailekh District**



**Dr. Badri Raj Pande and Dr Erik Jørs during the inauguration of FHEN project office in Chitwan**



**Dr Erik Jørs, Vice President, DIALOGOS offering remarks during Interaction Program on Occupational Safety and Health Promotion**



**From right; On Podium – Dr. Tirtha Rana, On Dias -Dr.Lin Aung, Dr. Badri Raj Pande, Dr. Badri Prasad Pokharel and Dr. Gauri Shankar Lal Das**



**Dignitaries on the Dias during GARP inaugural meeting and workshop**