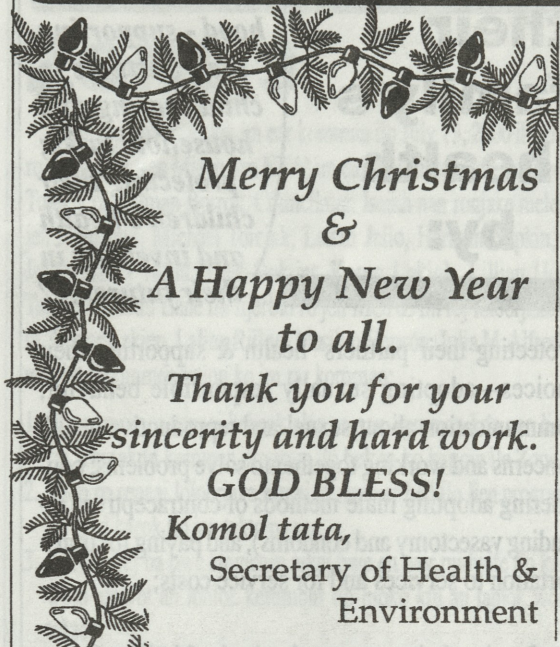




# “Ejmour ej adwoj jimor Eddo” NEWSLETTER

REPUBLIC OF THE MARSHALL ISLANDS  
Ministry of Health and Environment

December 2000



Merry Christmas  
&  
A Happy New Year  
to all.

Thank you for your  
sincerity and hard work.  
**GOD BLESS!**

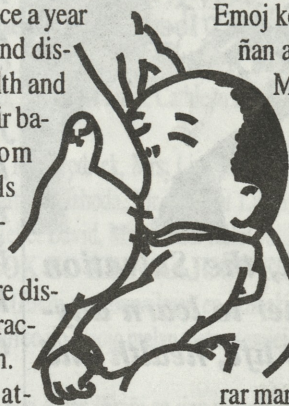
Komol tata,  
Secretary of Health &  
Environment

## Annual Perinatal Surveillance Meeting

A whole day is set aside once a year for health providers to meet and discuss ways to improve the health and well-being of mothers and their babies. Health workers from Majuro and Ebeye Hospitals can only do so much with limited resources.

This year many issues were discussed ranging from ethical practices to basic health education.

Thank you to all who attended and who continue to do their best for the Marshallese people.



Emoj kojnolok juon raan aolep iio ñan an rijerbal ro an ejmour jen Majuro im Ebeye Aujpitol ñan aer loloorjake ejmour eo an kurae ro im ninnin ro nejjer.

Elon menin konono ko rar walok jen wawein jerbal eo ejimwe ñan kolaplok jelalokjen ikijjien ejmour.

Kammolol ñan aolep ro rar maroñ bed ilo kwelok in im jen wonmaanlok wot im kate kij kin ijo konaad ñan ejmour eo an armej in Majol.

## A Call for Action!

World Food Day Activities *see pg. 8*



Senator Helkena Anni has his blood pressure checked by Public Health nurse Mineko Mellan as part of the World Food Day activities..

## TAKE CHARGE OF YOUR HEALTH — DON'T WAIT

If you see health workers in your community conducting free health screenings, go to them. Take advantage of this free service. If you don't come to us, we will come to you. World Population Day held on July 11, 2000 was such a day, conducting free health screening for the general public.

Ra eo an Jikin Ejmour ear maron komman jet makitkit ko nan kauteej raan in. Ear wor health station ko im rar komman ilo naboj in Gibson, RRE im Aujpitol. Elon ro rar itok nan aer kakolkol ikijjien aibulat, tonal im etale jonan kuriij ilo anbwinnier. Jen wot kakolkol kein, ear wor ro im rar maron kalikkar ke ewor aer naninmej im rar maron rojan armej rein bwe ren mokaj im takto mokta jen an laplok aer naninmej. Ne kom ej loe an rijerbal rein an Ejmour jerbal ilo jukjuk-im-bed ko ami komman aer station nan kakolkol, kom en jibadoklok er. Ejjelok woneen im emman ne kwoj jela ne ewor am naninmej mokta jen an naaj lap am dolel in naaj laplok woneen nan kwe. **BOK EDDOIN EJMOUR NE AM. JAB KATTAR.**

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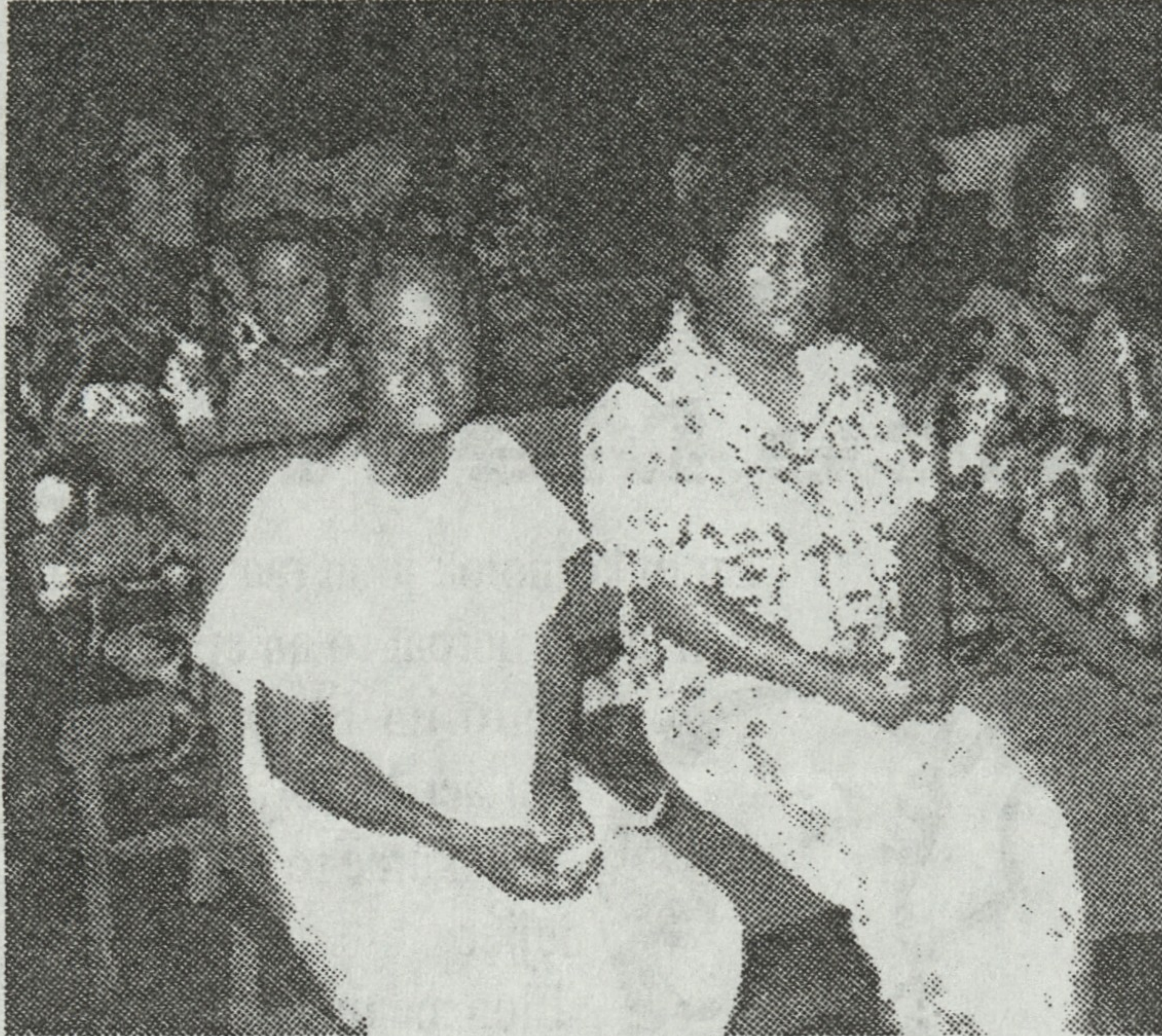
• World Food Day Activities *page 11*

TEL. 625-3355 ext. 2169 (fax: 625-3432)

EDITOR: Justina R. Langidrik, Primary Health Care  
HEALTH NEWS by  
Population, Family Health & Health Promotion Division



## SALVATION ARMY WOMEN GATHER WEEKLY TO LEARN



*One night a week, the Salvation Army women gather to learn anything in regards to life, health and culture.*

And on September 5, they called upon the nutrition unit to teach them about Food Budgeting. The Coordinator for the Nutrition Unit was able to join them after work that evening and spent some time with the women discussing ways to prepare family meals without using too much money.

They were also able to do some taste testing of foods sold in the store that are cheap but nutritious.

The women sang songs and thanked the coordinator for her time.



*Juon jota ilo juon wiik, doulul eo an Salvation Army ej komman lien ekkatak ikijien jabrewot men ko rejalet mour, ajmour im manit nan kora ro uaan doulul in.*

Im ilo September 5 raan eo, rar kir nan opij eo an Nutrition bwe en kwalok jet melele ko ikijien Food Budgeting. Coordinator eo an Nutrition ear maron etal alikin jermal im bed ibben kora rein im kwalok jet melele ko kin kilen im wawein kepooj mona ko elap tokjeir nan baamle ko ad ilo an jab lap ad jolok jeen.

Rar bar maron edijon jet ian mona ko jen mon wia ko im edik woneir ak elap tokjeir.

Kora rein rar al im kammolole coordinator in kin iien ko an.

R<sub>x</sub>  
for Good Health

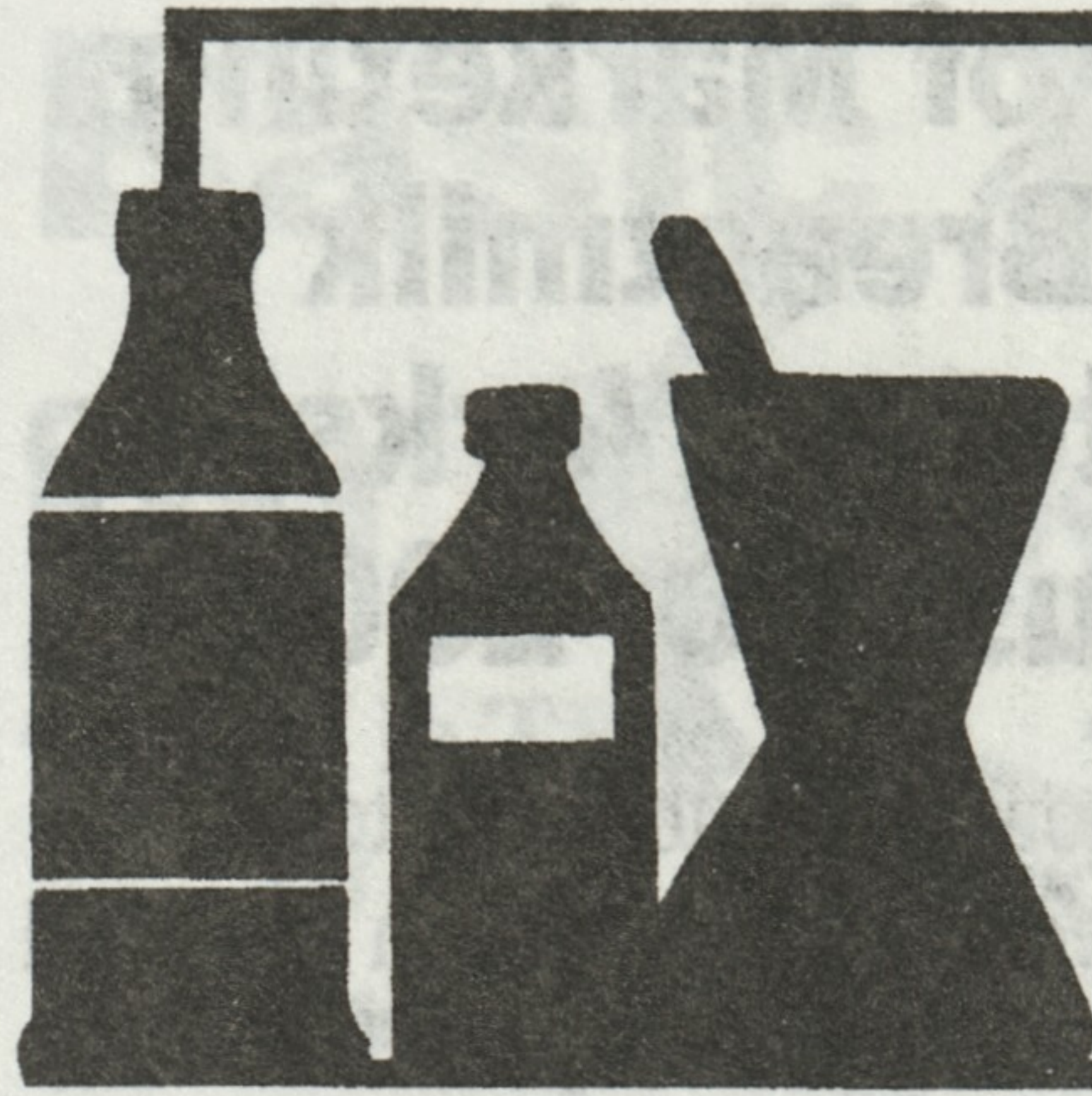
**Men can  
improve  
their  
family's  
health  
by:**



*"Practicing responsible fatherhood - supporting their partners in child-rearing and household tasks; protecting their children's health and investing in their future..."*

- Protecting their partners' health & supporting their choices—adopting sexually responsible behavior; communication about sexual and reproductive health concerns and working together to solve problems; considering adopting male methods of contraceptive (including vasectomy and condoms); and paying for transportation to services and for service costs;
- Confronting their own reproductive health risks - learning how to prevent or treat sexually transmitted infection, impotence, prostate cancer, infertility, sexual dysfunction and violent or abusive tendencies;
- Refraining from gender violence - themselves and opposing it in others, and promoting non-aggressive conceptions of male sexuality and masculinity;
- Practicing responsible fatherhood - supporting their partners in child-rearing and household tasks; protecting their children's health and investing in their future; teaching their sons respect for women's needs and perspectives; developing open and supportive relationships with their daughters; and providing their children with accurate and sensitive information;
- Promoting gender equality, health, and education - supporting the education and training of girls and women; promoting women's participation in health, education and economic activity; lobbying for increased funding for basic social services and working to improve the quality of programs; and demanding that family life education be taught in schools.





# COMMUNITY HEALTH COUNCIL MEETING

## ZONE 3

Ear wor juon kwelok im ear komman ilo July 13, 2000 ibben alap ro an Zone 3 (jen Mico ñan NTA) im ear maron kobatok Councilman Tony, Councilman Borrok, Councilman Iseiah nan ronjake melele ko jen Alap rein, Michael Torejak, Lettan Jello, Herman Napkin, Tare Jejere, Nery Nena, Toek-Bokdet, Karen Lakjob, Lillian Henow, Taklamen, Lani Lane im rijerbal ro jen MOHE im rej lolorjake zone in, Tamar Lakien, Laling Rillon, Marilyn Henson, Julia M. Alfred. Ear wor jet recommendation ko im rar komman:

1. Zone nurse ro renaaj kebaak alap ro nan komman kon nan lien ko rej lemnak in komman program ilo bukon ko kajjojo ilo Zone 3.
2. Alap ro renaaj lolorjake armej ro nan aer bed ilo lien program ko im lord karok ko jen takto ro aer.
3. Alap ro rej ba bwe emmenin aikuj bwe en wor midwife ilo kajjojo weto ainwot an lonlok kemmour ilo moko kin an laplok woneen takto.

Ejjelok midwife ilo Zone 3.

MALGOV emaron jipan ikijjien waween in ainwot sponsor ro im eitok limoer nan aer bed ilo kamminene ko im rejalet ejmour eo an jukjuk im bed ko. Ilo torein MALGOV ej jipan lolorjake Health Center ko ilo Laura im Rongrong im rej bok eddoon woneen Health Assistant ro ilo Health Center kein.

Ra eo an Jikin Ejmour ej plan juon lien kamminene nan midwife ro.

4. Nurse ro ren kommane juon aer schedule in jermal ilo kajjojo allon bwe en emman an Alap ro im armej ro jela im lore.

Ewor juon schedule in jermal an nurse ro im enaaj ajeej nan aolep alap ro.

5. Alap ro rej aikij lo kojela ko mokta jen aer walok ilo radio.
6. Alap ro rej monono in ejaake juon Community Health Council.
7. Bwe en komman juon bonbon armej ilo kajjojo weto im en wor an Alap ro copy nan an jela jete em, jete armej im rej bed ilo weto eo an.
8. Bwe en wor katakin ilo kajjojo weto ikijjien program ko rej jalet community eo bwe en emman im bolel an armej ro melele kaki.
9. Bwe en wor karreo ilo melan ko aolep.

Ej wor wot bukon ko rejjab karreo im jej kajitok ibben Alap ro bwe ren jouij im bar jipan ikijjien waween in. Elap ad monono in jipan coon. Councilman ro im rijerbal rein ami jen Ra eo an Jikin Ejmour repojak in jipan kom.

Kammol elap ñan aolep ro rar maroñ kota tok ilo iien in. Winner eo an kwelok in ej Alap Lani. Ear etal an kein jermal ilo jikin kallip eo an.

## Zone 5

*Alap's 2nd follow up meeting August 08, 2000*

**Ajeltake Elementary School 2:45 p.m. to 4:30 p.m.**

**ETAN AOLEP ALAPS IM STAFF RO RAR BED ILO KWELOK IN**

Rijerbal ro an jikin ejmour eo: Florina Nathan, Cathleen Zedkaia, Altina Anien, Hemity Kiluwe & Charlotte Makroro.

Alap ro: Mr. Crimson Hosia, Mr. Fredrick, Mrs. Liar Ritok, Mrs. Grace Balos, Mrs. Lubajok, Mrs. Milla Jibke, Mrs. Tarmille Ishoda, Mr. Ishamu Labin, Mrs. Annot Abnar, Mr. Biten Meloktakoñ, Mr. & Mrs. Tebet David, Mr. & Mrs. Kelet Jolikiap.

**PLAN KO JEN KWELOK EO KEIN KAJUÖN EMÖJ AER JINO KÖMAN**

1. Karreo mellan Ajeltake en (Emöj an Councilman en kömakit aolep youth ro ilo Ajeltake im emöj aer jino aer rarö im karreo ilo kajojo melan weto otemjej ilo Ajeltake en). Report jen Mrs. Tarmille Ishoda ear ba
2. Jibañ leto-letak köjella ko non Alaps (Emöj an jino wawön in).

**PLAN KO REJ ITON JINO KOMAN**

1. Aolep em ilo weto ko ion Ajeltake en wör aer em jidrik im nien dren in idrak (Ishamu Labin ej kajitök ibben supporting staff & zone nurses ro bwe ren buköt jikin remaroñ in bök jibañ jene - ak grant in aid).

2. Bönbön em im armij ilo Ajeltake en

**AIKUJ & KAJITÖK KO AN ZONE 5 NURSES**

1. Ewör juön em eo im elane kemij etal in wä ie, köra ro rejab könan böktok ajri ro nejier bwe ren wä.

**MENIN AIKUJ IM KAJITÖK AN ALAPS**

1. Ewör köra ro rej jiröñlok ke rejab könan lelok ajri ro nejier bwe nurse ro an public health ren wäik er bwe renaj kadök wa/uno.
2. Ewör ta ñön ajri ro im ilalin 18 iiö im rej etetal in bon? Ilo local government eo an Majuro ewör juön kakien eo im ej nae an ajri ro ilal in 18 iiö etetal elkin 10:00 awe boñ. Im bar juön, baba im mama ro rej er eo rej rikaki moktata ñön juön ajri ilo an ritolok, inem elañe enaj jejet katak ak kakabilöklök ko ñöne, inem enaj jela ke enana etetal in boñ. Kakien in ej jen 1980+ eo, inem elañe ajri eo nejim ej etetal in boñ call ie Ajeltake Local Police station eo bwe ren buköte, bötab enaj \$200.00 bakiñ eo an jinen im jemen.
3. Kajitök bwe en kajoorlok kakien in an Local Government eo an Majuro.
4. Kajitök bwe en kab etal juön jen MOHE ñön an kemelelik im kenono ibben PTA eo an Ajeltake Elementary School kin wä/uno ko an ajri bwe ren melele ilo naj iiö in school in 2000 ñön 2001.
5. Kajitök bwe jen lolorjake EPA bwe en etal in jok (check) ie dren eo an kien im ej itok ñön Ajeltake.

Eliktata im jab driktata, Zone 5 nurse ro im Supporting Staff eo kobalok ibben Supervisor eo an Zone nurse ro, Minister im Secretary MOHE, Asst. Secretary PHC, kemij könan bök ien in im lewaj amwöj naan in kamolol, Councilman eo, Iroj ro an Ajeltake, Mayor eo an MAL Gov't, im aolep Alap ro an Ajeltake kin karejar im naj jibañ ko ami relap ñön lolorjake im jurake ejmour ilo jukjuk in bed eo ilo Ajeltake. Kom emoltata.



## Obesity in the Pacific –



Workshop on Obesity Prevention and Control Strategies in the Pacific sponsored by WHO this past 26-29th of September. Above, Dr. Han Thieru, Dr Dauden Galea, Julia Alfred, and Dr. L. T. Cavalli-Sforza.

### A call for action

A Western Pacific Regional workshop sponsored by WHO focused on the prevention of OBESITY. Obesity in the Pacific Islands is now a serious epidemic. Obesity is casually linked to other diseases, including diabetes and heart disease among others, which themselves constitute major public health threats in the Pacific. It is also a disease carrying an increased risk of disability and death, needing prevention and control in its own right. Obesity already poses heavy burden on the health care systems of Pacific islands. The workshop focused on ways to response to obesity and came up with three fundamental elements: **THE CREATION OF SUPPORTIVE ENVIRONMENTS, THE PROMOTION OF POSITIVE BEHAVIORS, and THE MOUNTING OF A CLINICAL RESPONSE.** The communities, governments, and regional development partners of the Pacific islands are challenged to mount an urgent, coordinated response to the alarming threat of the obesity epidemic.

#### MINISTRY OF HEALTH & ENVIRONMENT

Population, Family Health, Health Promotion Division

Primary Health Care: "JINOIN KEJBAROK EJMOUR"

#### NEW MILLENNIUM WEIGHT (FAT) LOSS CHALLENGE

JANUARY 24 - DECEMBER 29, 2000

COMPETITION DATE:	Winner:	Total Loss:	Prize:
Part 1: Jan. 24 - Feb. 24	Mrs. Helpine Langrine	8 lbs. (1% body fat)	\$100.00
Part 2: Feb. 24 - Mar. 31	Mrs. Louise Erakdrik	7 lbs. (2% body fat)	\$30.00
Part 3 Mar. 31 - Apr. 28	Mrs. Carmen Joseph	7 lbs. (1 % body fat)	\$30.00
Part 4: Apr. 28 - May 26	Mrs. Neina Kejjo	13 lbs. (3% body fat)	\$115.00
Part 5: May 26 - Jun. 30	Mrs. Rosemen Andrike	11 lbs. (3% body fat)	\$60.00
Part 6: Jun. 30 - Jul. 28	Mrs. Anke Balos	11 lbs.	
Part 7: Jul. 28 - Aug. 30	Mrs. Elizabeth Tibon	8 lbs. (2% body fat)	\$50.00
Part 8: Aug. 30 - Oct. 4	Mrs. Clena Anke	5 lbs. (1% body fat)	\$45.00
Part 9: Oct. 4 - Oct. 31	Mrs. Helpine Langrine	5 lbs. (1 % body fat)	\$55.00
Part 10: Oct. 31 - Nov. 30	Mrs. Cathy Lautej	12 lbs. (3% body fat)	\$67.50

**Let's prevent Diabetes / High Blood Pressure / Obesity!**

COME AND JOIN OUR DAILY AEROBIC EXERCISE AT MAJURO HOSPITAL'S PHYSICAL THERAPY FROM 5:15-6:15 PM

## Code of Marketing of Breastmilk Substitutes Workshop August 10, 2000

As part of our efforts to promote and protect breastfeeding, the nutrition unit and UNICEF was able to coordinate a short workshop on behalf of the National Nutrition and Children's Council (NNCC) and it took place at the Outrigger Marshall Islands Resort Melele Room. Participants included members of the NNCC and MOHE Breastfeeding Committee. Objectives of this workshop were:

1. Introduce the CODE and why it is important and what it contains.
  2. Encourage the use of the CODE to monitor, create laws and make sure it is not violated.
- The CODE of MARKETING of BREASTMILK SUBSTITUTES is a tool that can be used to protect breastfeeding for the soul purpose of protecting the health and lives of children. If we are to continue to import and promote infant formulas/foods that replace breastfeeding, we must understand the risks and costs of treatments to our nation.

***Breastfeeding is our Nation's Best Investment. There is no substitute for breastfeeding.***

Ear wor juon workshop eo ear komman ikijjen CODE of MARKETING OF BREASTMILK SUBSTITUTES im ear komman ilo kar August eo ilo Melele Room. Ear juon workshop eo nan ro uaan National Nutrition & Children's Council (NNCC) im ro uaan MOHE Breastfeeding Committee nan:

1. Katakina er kin ta melele CODE in im aorok ko an im ta ko koppan.
  2. Nan rojan er bwe ren kojerbal CODE in nan etale wawein ko im rejalet kaninnin, nan komman kakien ikijjen kaninnin im lolorjake bwe armej renjab rube kakien kein.
- CODE OF MARKETING OF BREASTMILK SUBSTITUTE ej juon kein jermal nan kejarok kaninnin kin wunlelep eo nan kejarok ajmour im mour an ajri ro nejid. Ne jenaaj wonmaanlok wot im wia kake milik komman ko im mona ko kijen ninnin ro nan ad jolok kaninnin innem jej aikuj melele kin kauwatata ko im woneen ad naaj komadmod naninmej im enaaj an lal in ad eddo.

***Kaninnin ej juon wawein eo aorok tata nan lal in ad. Ebar ejjelok juon wawein eo emaron bok jonan aorok in kaninnin.***



# Basic Information on Tuberculosis

**• What is TB?**

"TB is an infectious disease that is caused by a type of bacteria called *Mycobacterium tuberculosis*.

**• Main symptoms of pulmonary TB.**

- Continuous coughing for 3 weeks or more (most common symptoms)
- Fever and sweating, often at night
- Loss of appetite
- Loss of weight
- Chest pain
- Blood-stained sputum (hemoptysis)

**• How is TB transmitted?**

When pulmonary TB patients cough, sneeze or spit, thousands of TB germs aerosolize into the air giving an easy passage to get into a healthy person's lungs. Once inhaled into the lung, a healthy person eventually gets infected with TB. (Of 100 exposed people, 10-15% will become infected; of the 15% infected cases, 5% will develop active TB cases.)"

**• How can TB be cured?**

In order for the patient to be cured, the following must be emphasized:

- A sound doctor-patient relationship
- Use of the WHO-recommended Directly Observed Therapy, Short-Course (DOTS).
- A full government support to the National Tuberculosis Programs in terms of:
  - Policies
  - Drugs
  - Financial package.

**• Drug Resistance:**

A drug-resistance case occurred when patients are not regularly taking TB drugs for the full course of treatment (6 months) or if doses are insufficient, not all TB bacteria will be killed. These survived TB bacteria eventually become tougher than the TB drugs and lived longer in the body, getting into other people.

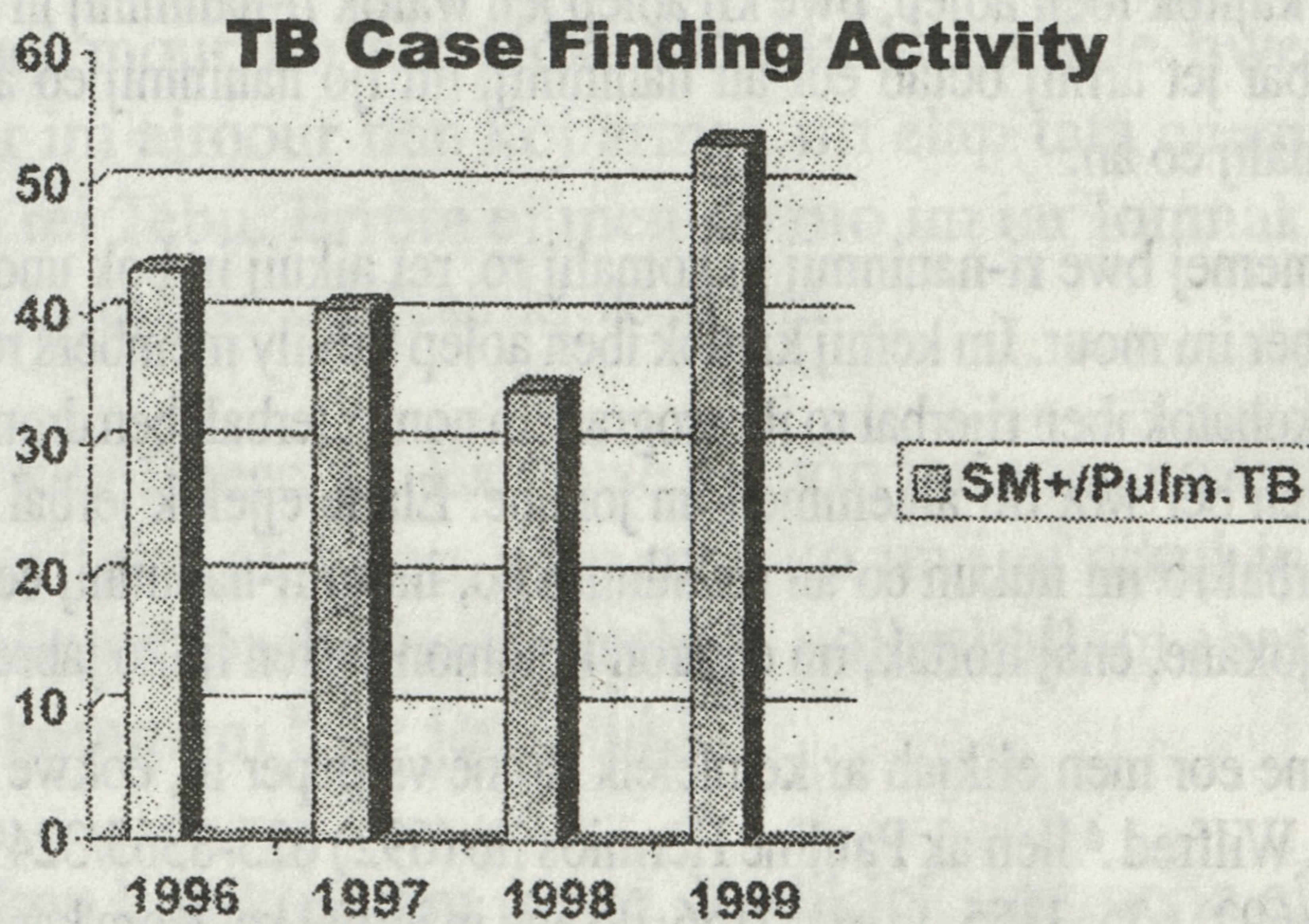


Pictured above: Telmina Throman, Address Ebot, Frances Laninbit, Momilani Eliu, and Saity Anien. More locals interested in the field of Community Nutrition. These HeadStart Teachers and staff members have completed course 1 of 3 of the Community Nutrition Certificate Course offered by the University of the South Pacific Extension Program and tutored by the Nutrition Unit Coordinator. Each course lasts about 4 months and if you're interested, contact USP center. Better Nutrition for Marshallese people.

NTP indicators and target, 1999

Indicator	Definition	1998	1999	Target
Proportion of smear positive among pulmonary TB	Number of SM+ No. of Pulm. TB cases	34% (11/32)	53.3% (16/30)	>65%
Smear positive among TB symptomatics	No. of SM+ cases No. of TB symptomatics smear examined	8.0% (11/138)	9.6% (16/166)	>10-15%
Three times of sputum examination	No. of 3 times sputum examination Tot. no. of sputum of sputum examination	72.5% (100/138)	45% (75/166)	>90%
Cure rate of new smear positive cases	No. of SM+ who cured No. of SM+ who started treatment	81.8% (9/11)	93% (13/14)	>85%
Implementation rate of DOT among SM+	No. of SM+ under DOT No. of SM+ cases	81.8% (9/11)	????	90%

Source: NTP, Public Health Division (Majuro)





OFFICE OF MENTAL HEALTH  
MINISTRY OF HEALTH & ENVIRONMENT  
REPUBLIC OF THE MARSHALL ISLANDS  
MAJURO MH 96960

Yokwe non aolep armij in Marshall.

Ij monono in karon aolep armij ikijien Office eo an Mental Health.

1. Office of Mental Health; Ej ber iomin Primary Health Care eo (PHC), ilo Jikin Ejmour eo Ear wor 4 rijerbal ro kar ilo Office in, botab ilo tore in, eor wot 2 Ri jermal ro rej bok edro im jermal ilo office in. Mrs. Pauline Hermios, ej Mental Heal Nurse eo an Program in, Im Wilfred U. Allen ej Coordinantor, eo an Programs ko an Mental Health.
2. Ilo FY 2000, jonaan ri-naninmij eo an programs kein ej 268, (lale table:2.4.3)

Table 2.4.3 Categorical Breakdown/ RMI Mentally III Clients FY 2000 to date:

	Majuro	Ebeye	Outer Islands	Total
SED Children (5-19)	26	02	04	32
SMI Adults	136	30	70	236
SMI adult males	101	22	33	156
SMI adult females	35	08	37	80

Elane kom naj lale woraan ajri ro ej, 32, Im ritto ro ej; 236, Total ej: 268.

Aolep ri-naninmij rein emoj an Takto ro etale ir im lo bwe eor air naninmij in komalij, eo me rej ba; Psychosis, emaron Schizophrenia, ak emaron Manic-depression, eokwe inem rej aikuij in bok uno ko air ekkar non ta eo emoj an Takto eo karoke. Ijoke Takto eo ej jermal ilo Program in ej mokta karoon family eo an client eo bwe en melele kin naninmij eo, kab kin uno eo an ri-naninmij eo, im elane emon iben family eo bwe ri-naninmij in en bok uno, inem ri-naninmij eo enaj etal wot im boki uno ko an ilo jejjet.

Ikonaan karoon aolep armij bwe naninmij in Komalij, ejjelok wotak jen bar naninmij ko jet an armij, botab ijo naninmij in ej ber ie ej ilo Komalij eo an armij eo, Ak ejelok wotak jen naninmij in monono, ej ber wot ilo monono eo an armij eo. Im bareinwot nainmij Tonal im bar naninmij ko jet. Ri-naninmij in komalij rein ar ilo Marshall Islands, kij aolep jen kememej bwe armij rein rej ri-naninmij, im jen kautiej ir, im level e ir, einwot im jonaan wot bar ri-naninmij ro jet. Ekka ar jab kanuij care kin kain ri-naninmij rot in im jab kautiej in Eokwe ij bar kajitok iben aolep, bwe kij aolep jen watok ri-naninmij in komalij rein bwe rej bar jet armij botab eor air naninmij, im ijo naninmij eo an ej ber ie ej ilo komalij eo an.

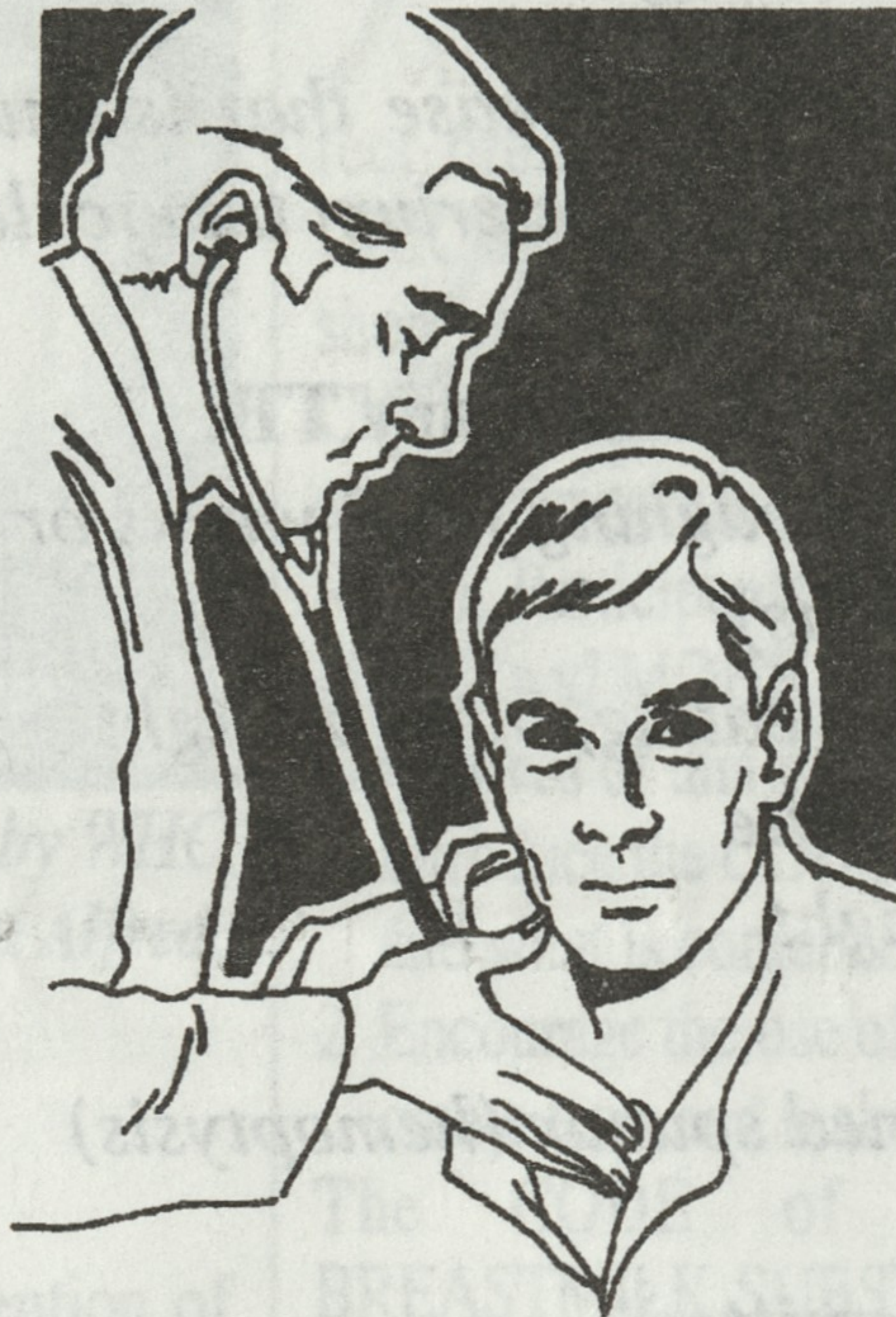
Kememej bwe ri-naninmij in komalij ro, rej aikuij in bok uno ko air, toon wot air ber im mour. Im kemij kajitok iben aolep family members ro, bwe komin joiim im kobatok iben rijerbal ro ilo program in non ar jermal iben dron, bwe ri-naninmij ro ren ber wot ilo ainemmon im jokane. Elane ejjelok jermal iben dron ikotan rijerbal ro im nukun eo an rinaninmij eo, inem ri-naninmij eo eban ainemmon im jokane, enaj itoitak, im emaron kommon jorren ijoko jabrewot.

Elane eor men elikjab ar kemleleik ilo news paper in, eokwe komaron Kir tok Na. Wilfred Allen ak Pauline Hermios ilo (692) 625-8365/3249 ak Dr. K.Briand ilo (692) 625-3355 ilo ext, 2156, ilo aua in jermal ko. Kom kanuij emmol tata ilo ami naj read im melele kin office in ami ikijien problems ko rejelet komalij.

Kom emmol tata.

## Ear, Nose, Throat (ENT) department

By Sangita Karki, ENT Doctor



The Ear, Nose, Throat (ENT) department started its services at Majuro Hospital since 4/17/00 for the first time. Before that the ENT care depended upon the yearly visit by the Australian sur-

geons under Pacific Islands Project. However, looking at the magnitude of the ENT problems in the Marshall Islands this help alone was not sufficient.

Ear disease is the most common as compared to the nose and throat, and more than 50% of these are children under 14 years. The commonest presentations are ear discharge, ear plugging and hearing loss of varying degree. Although these may appear as minor problem to the patients or the parents of children with ear problem, they may have grave sequel and fatal in some cases. Deafness itself is a problem, which is not only socially embarrassing, but also if of severe degree, makes a person handicapped and unable to work up to his or her potential. Although mostly it is acquired in later life due to infections of ear and other medical conditions, deafness may be congenital due to various genetic defects, maternal illness or mother taking ototoxic drugs during pregnancy. In children specially, deafness has great impact on their overall development. A deaf child may present in different ways. If mild hearing loss the child may not complain but he starts ignoring the words or things he did not hear and so the brain input is reduced. This leads to slow mental development; poor school performance and child may be restless and inattentive in class. Speech developments directly depends in one's hearing ability, so deafness in early childhood manifests as delayed speech- that is the child can make sounds and cry but cannot articulate or speak. Since deafness is



## ENT *continued...*

a preventable and the causes are mostly treatable, we must take measures for early detection and treatment. Even with those whom deafness is severe and untreatable, they can benefit with the use of suitable hearing aid. Similarly with children with delayed speech, we can help them with improved hearing and speech therapy so that they lead a normal healthy life instead of remaining a handicap.

Ear discharge is the commonest problem we see and again this is more common among children under 14 years. This can lead to deafness and serious brain infections and even death in some cases. Almost all ear discharge is preventable and medically or surgically curable, so the public health, the patients, as well as the parents of the children with ear disease should be aware of the disease and take steps towards early detection and medical attention so as to prevent the sequel and fatal consequences.

Here are some simple measures of preventing and helping yourself and your children from ear diseases:

1. Maintain good personal hygiene
2. Avoid water getting into ears as far as practicable, especially in discharging ears.
3. Do not scratch or pick your ears with sticks, feathers etc.
4. Avoid taking any medicines especially ototoxic medicines during pregnancy and lactation; consult your doctor if you need to take any.
5. Avoid being exposed to very loud sound, music.
6. Pay attention to your children, especially if they say they complain of impaired hearing, earache or ear discharge.
7. Seek early and timely medical attention if you or your child has any problem.

If we are aware of these simple measures, we can prevent ear diseases and deafness in our children, and early treatment or surgery may help them live a healthy and prosperous life. The public health service, doctors and the parents should work together as a team in order to achieve this goal.

## Ri-Jukuul ro an Uliga Elementary rej ba, "Kwon Ejmour im Jab Tebu!"

Kwon Ejmour im Jab Tebu! Enaan kein rear itok jen ajri ro nejid jen 7th kilaj eo ilo Uliga Elementary school. Ajri ro im rear bok konaer ilo makitkit eo an Raan in World Food Day eo, ikijen aer jeje naan im melele ko aer make kon MONA im TEBU. Ewor jiljilimjuon ajri ro rear itok limo in aer bok konaer im ewor kein nebar ko rear etal nan ibben kajojo ajri ren jen Jikin Ejmour eo. Ijin ilal kwonaj riitti naan im melele ko (essay) an ajri ro im rsar bok numba juon, ruo, im jilu:

### Numba Juon

Rijikuul Jumon Lanwe  
Grade 7, Section A  
Uliga Elementary School

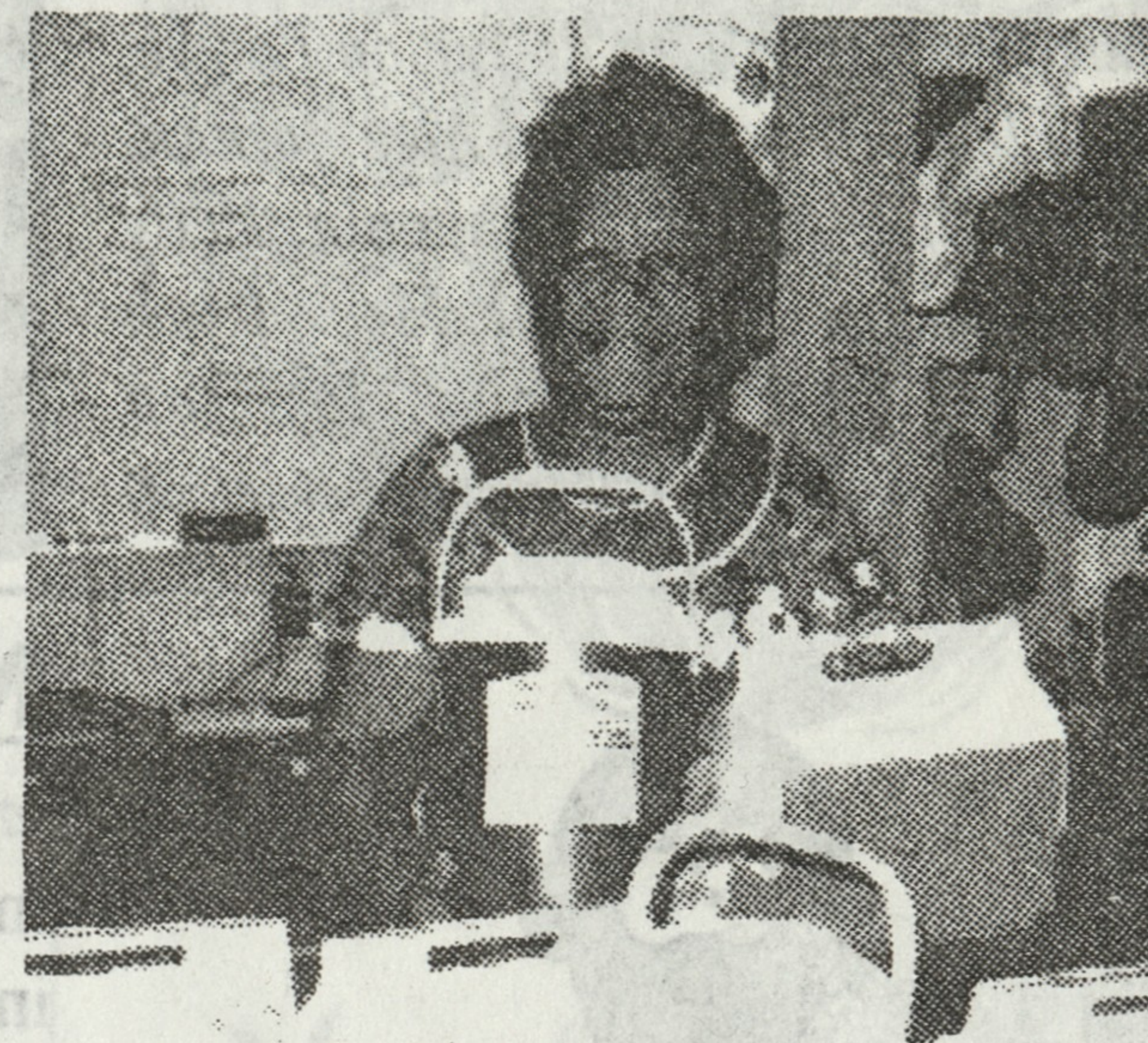
### JEN BOBRAE TEBU, JEN MOUR NAN AJMOUR.

Ilo pelakin lal in elon im lon armej ro im rej bok menin Tebu. Elon rej Tebu ak kilep kon an lap jen jonan aer mona im elon ro im rej etal im tonal, ak elon rej kirro, elon rej jorran in menono im elaptata apan aer makutkut. Ilo essay in ao inaj konono kon ruo un ko im renaaj kokommanmanlok an armej mour im aidiklok. Men kein iar lale bwe renaaj kanuij in letok mour im ajmour nan koj armej, im elap tata enaaj kaidiklok anwinnin ro im rej Tebu. Errein ej men ko ruo im iar lomnak bwe renaaj letok ajmour ej Exercise im Kadiklok Mona.

Kein kajuon, inaj konono kon Exercise. Exercise ej juon ian men eo im elap an bar aurok nan ro rej Tebu ak kilep, elon men ko im j ej aikuj in kommani ilo Exercise, jej aikuj in basketball, baseball, volleyball im ebar lon men ko im jemaron in kommani bwe jen aidiklok.

Kein karuo, inaj konono kon kadiklok am mona. Kadiklok am mona ej juon men eo im elap an armej jab lori ak rej komman nan aer konaan. Armej rekonan bwe ren mona jen iien nan iien im jen awa nan awa ak

Lale page 8



Above Uliga Elementary Vice Principal Mrs. Ruth Kaminaga poses with the prizes provide by the Diabetes Prevention Campaign.



**WINNERS:****"Kwon Ejmour  
im Jab Tebu!"**

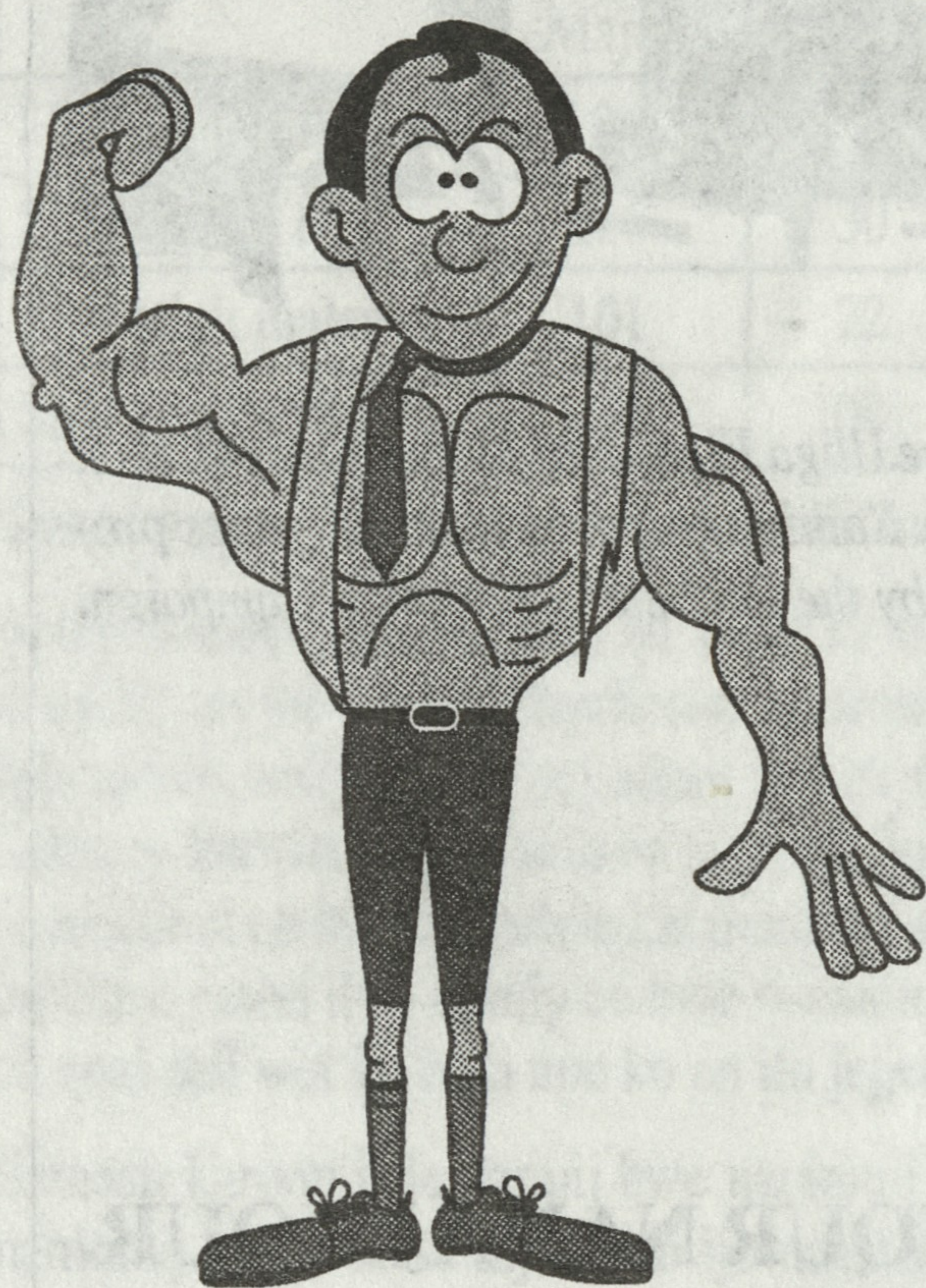
Pictured here from L to R: Jumon Lanwe, Uliga Elem. Principal Mr. Aleo Jorkan, Kessey Kattil, Jasmine Benjamin, Betty Morelik, Vice Principal Mrs. Ruth Kaminaga, Meloni Hermius, Joselynn Jetnil, and Jellyna Morris (photos by Julia Alfred)

**Numba Juon continued...**

armej rej aikuj kadiklok aer mona bwe ren jab Tebu, rej aikuj in jab mona mona ko rekurij im mona ko rotonal, im ebar lon kain men ko kwoj aikuj in jela bwe kwon ajmour.

Mokta jen ao kojemlok aolep men kein, Ikonaan lelok ao nebar im kammolol anij jemed ilan eo ej letok ad mour im ajmour im elap an kojparok koj jen jorran im jerata. Lelok ao kammolol mama im baba kin katak ko aer nan io im rej lale io jen jorran im naninmej, bareinwot ikonaan lelok ao nebar im kammolol Ri-kaki ro ao kon jiban ko aer nan io, rar jab likjab jen iien nan iien im rar letok jelalokjen nan kij rijikuul ro. Bareinwot ikonaan lelok nebar im kammolol jikin ajmour eo ad kon aer letok melele kein nan kim, bwe kim in kommane ilo juon wawein eo emman im melele ilo lale. Alikkata im ejjab diktata, ikonaan ba bwe ne enaaj wor en enaaj riiti essay in ao bwe naan kein iar kwaloki rej ao make im ne kwo konaan melele lok, kwon jouij im jibadoklok jikin ajmour eo an RM1.

Kom kanuij in emmoltata im anij en kojramman komiwoj kajojo.



A

*Prescription*

For

**Good Health****EXERCISE**



## Numba Ruo

### Essay Contest eo ear komman ikijjien "Jen Bobrae Tebu, Jen mour nan Ajmour", ilo ad kile im kauteej World Food Day, 2000

Rijikuul Jellynn M.  
Grade 7, Section C  
Ulga Elementary School

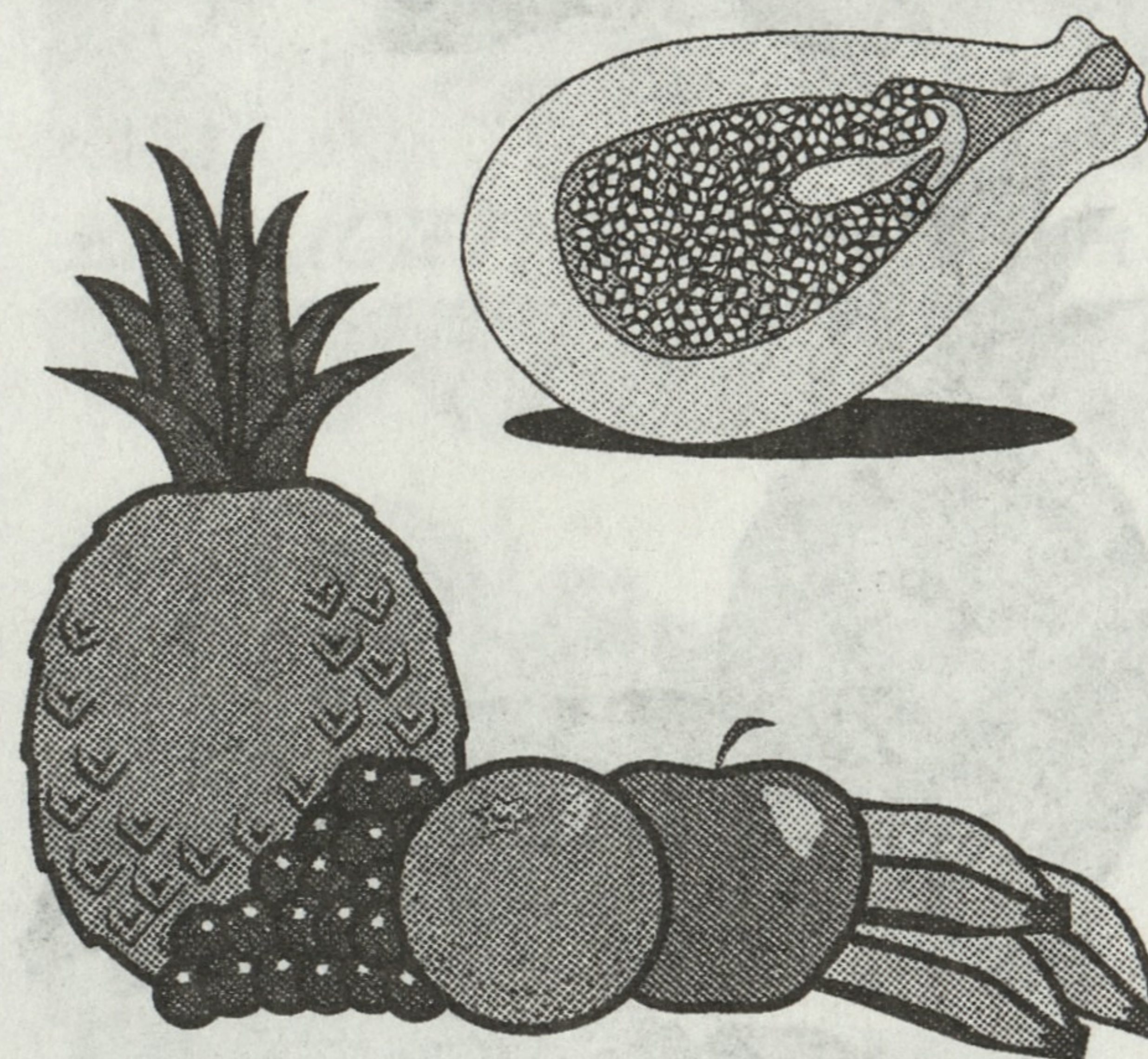
#### JEN BOBRAE TEBU, JEN MOUR NAN AJMOUR.

Ilo rainin an World Food Day, elukkun alikar im melele bwe aolep lal ren kile im kautije. Kinke ilo mool, mona ej juon men eo elukkun aurok nan armej. Elane armej ejab mona, reban mour. Ijo wot ke, elane armej ej mona im kejobale etar jen jonan innem ej walok elon kain problem ko. Ilo bar juon wawein ba, jen kejobal aolep kein mona ko ilo ad melele kaki. Jen mona ilo tiljek im kelet kab jela mona rot ko en lap ak drik ad boki. Un eo, kinke ewor jet kain mona ko rej letok mour nan juon ajmour eo emon im polomen. Im ebareinwot wor jet mona ko rej letok im renaaj letok apan im elon kain problem ko. Ilo lol in rainin im elaptata ilo Marshall in jej jelmae problem kein. Kij rijikuul ro motta, jej aikuj melele kin juon ian problem kein eo naetan Tebu ak tarjen jonan killep. Kin menin Tebu ak tarjen jonan killep jej aikuj bukot kilen im etale apan ko rej walok jene. Ilo an ro rekapeel ilo jikin ajmour ko lal in ba elon naninmej ko rej walok jen juon armej eo ekillep ainwot naninmej in menono, tonal, kirro im apan an makutkut. Rainin mene edrik an aujpitol eo ad jeen, ak elap wot an jolok jeen ko an nan komadmode naninmej kein.

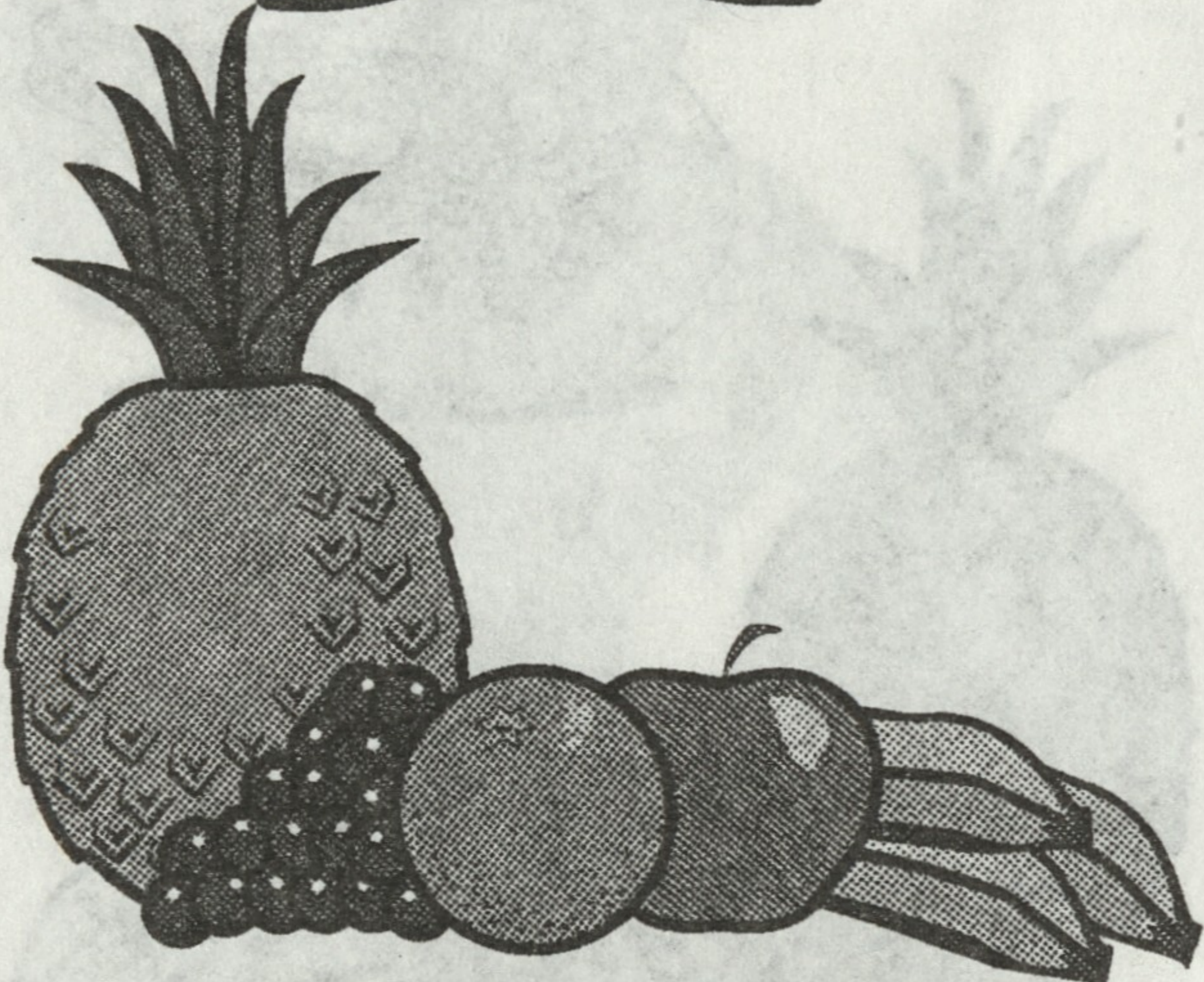
Em kio ak rainin etoren ad bobrae im kapojrak ad Tebu im killep. Kij aolep rijikuul ro jemaron read jen essay in im essay ko jet kab article ko rej katakin im kemeleleik kij kin kilen im wawein bobrae Tebu ak tar jen jonan killep. Erkein jet wawein ko jemaron bobrae apan ak problem in:

1. Jen kajeon bar jeplak nan exercise ko ad mokta
2. Jen kadiklok ad mona

Errein men ko rej bobrae koj jen Tebu ak tar jen jonan mona. Mour nan ajmour etiljek im weppen ej juon mour eo elemonono.







## Numba Jilu

### **Essay Contest eo ear komman ikijjien "Jen Bobrae Tebu, Jen mour nan Ajmour", ilo ad kile im kauteej World Food Day, 2000**

Rijikuul Jasmine Benjamin

Grade 7, Section C

Ulga Elementary School

### **Jen Bobrae Tebu, jen Mour nan Ajmour.**

Moktata inaj konaan lelok ao kammolol anij laplap jemedwoj ilan im kobalok wot Ministry eo an Health im bareinwot ro ilo jikin takto eo adwoj Ri-Majuro.

Tebu ej juon men eo im ej komman bwe juon armej en bok naninmej ko im rekawotata. Ewor ruo wawein ko im jemaron komman bwe jen jab Tebu. Wawein ko rej: Jej aikuj kommakutkut anbwinnid im eo juon ej: Jej aikuj kadiklok ad mona. Men ko kein ruo im enaaj lap ao kommelele kaki ilo naaj Essay in ao.

Inaaj kenono mokta kon kommakukut anbwinnid. Jej aikuj kommakutkut anbwinnid bwe jen jab bok naninmej ko rekawotata, bwe renaaj komman bwe juon armej en mej. Elanne juon armej ej kommakutkut anbwinnin ilo an Tebu enaaj driklok an Tebu, im enin wawein eo kein kajuon.

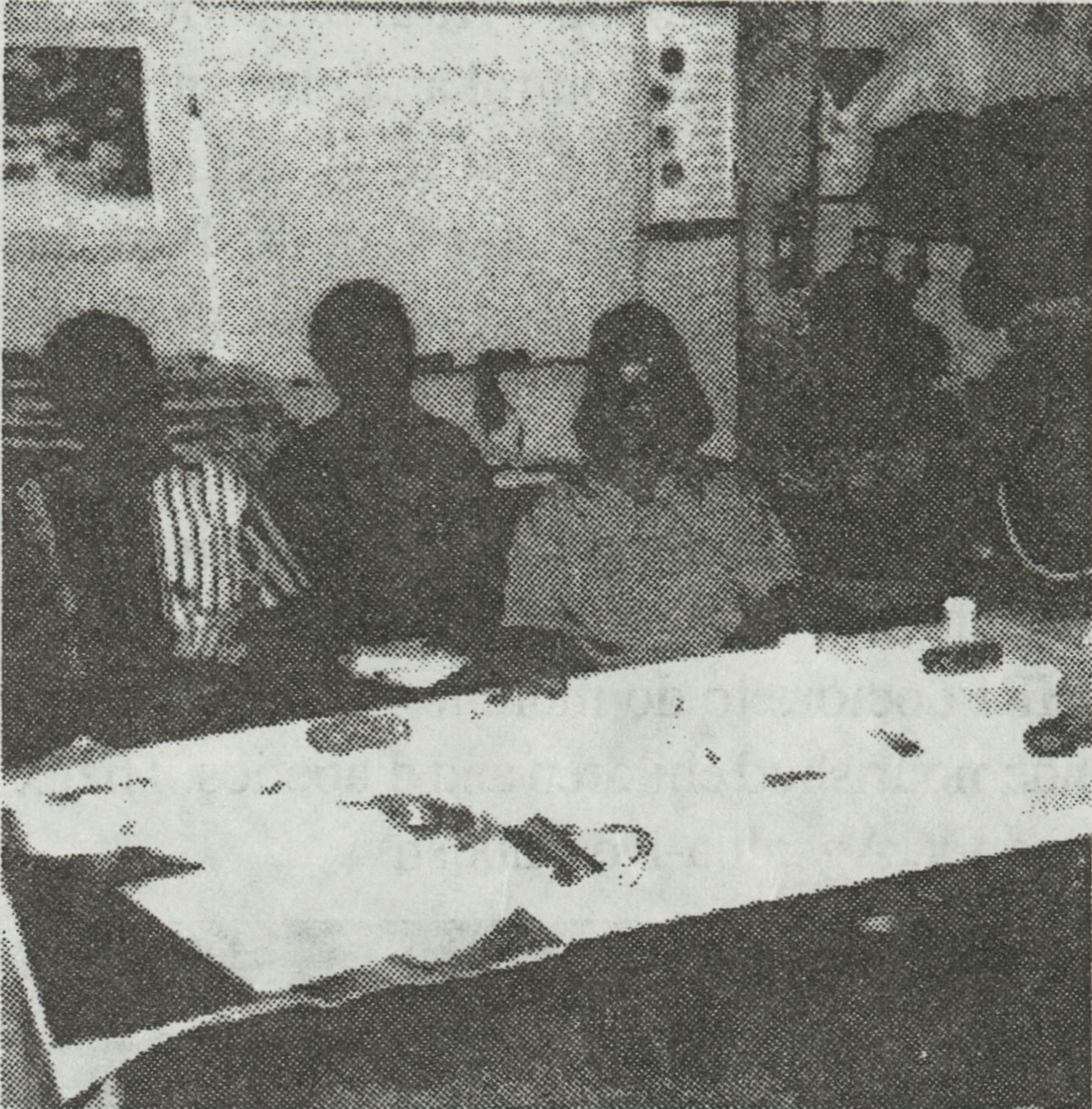
Tokalik inaj kenono kon wawein ad kadiklok ad mona ilo raan kein. Einwot ad jela ke epool armej en eTebu im ij karon kom bwe komin kadiklok ami mona. Elanne juon armej eo eTebu ejjab kommani men kein, enaaj mej. Kin menin eo eTebu, ikonaan karon kom bwe komin jouij im kadiklok ami mona.

Elanne komijjab ronjake ta ko takto ro rej ba kom naaj jerata ak elanne kwoj ronjake ta ko takto ro rej ba innem konaa; bed wot nan indeo im indeo. Innem eo enaaj riiti essay in ao, ikonaan lewoj ao kammolol eok im Anij en kojeraamman eok.

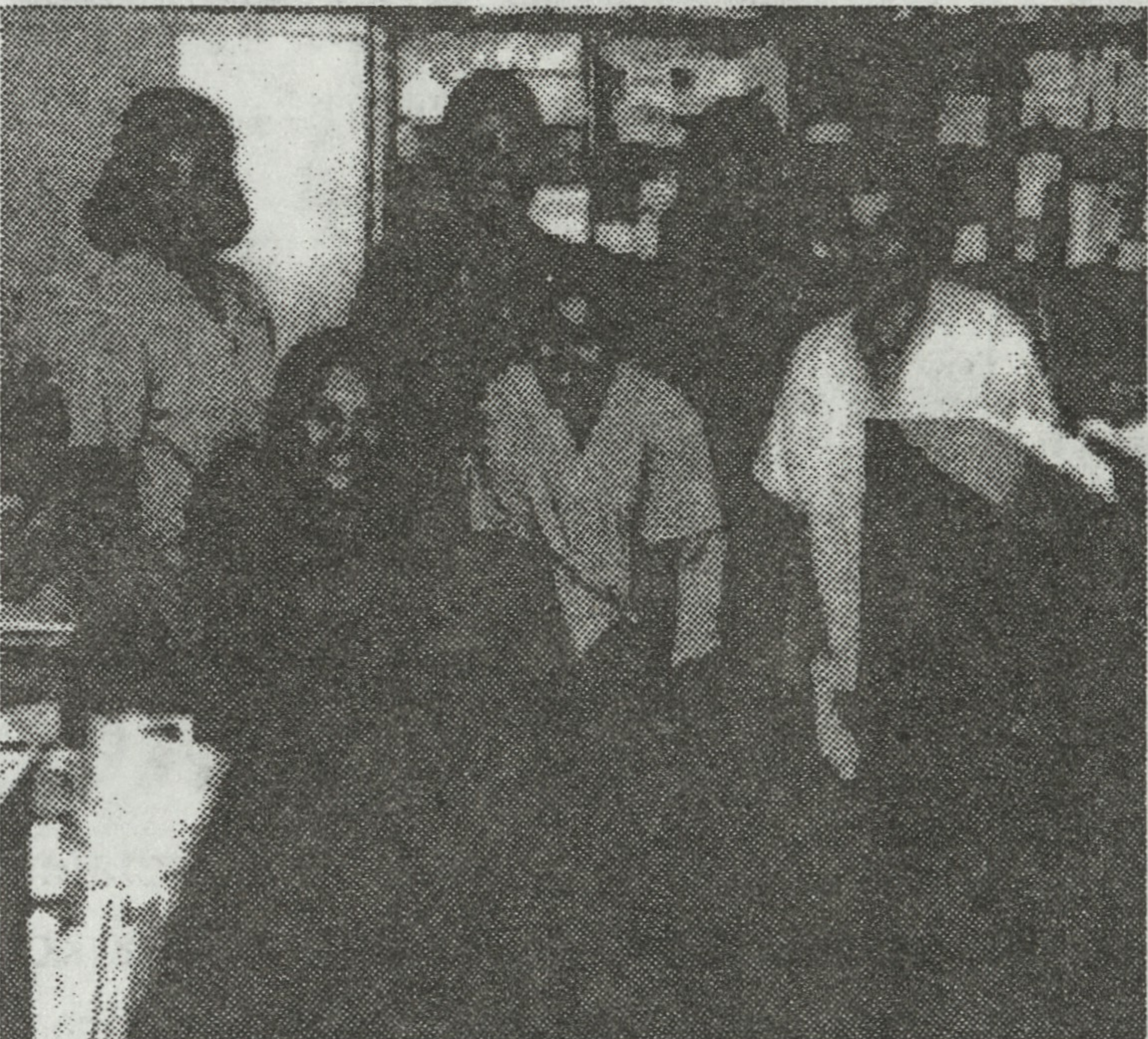
***Be Smart – Eat Right!***



# World Food Day Activities

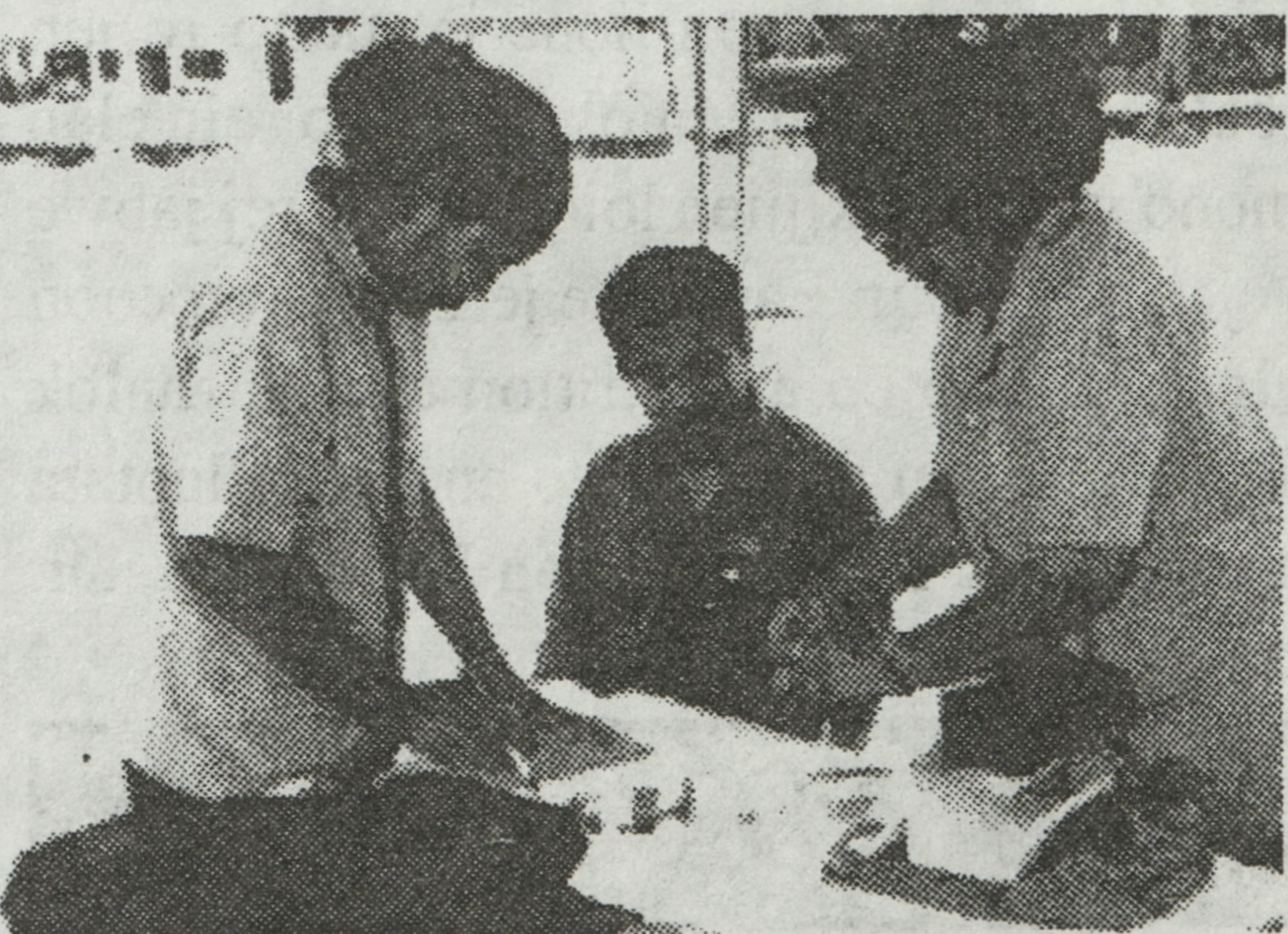


**World Food Day Planning Committee**



**World Food Day Team**

Jiktok, Julia, Cathleen, Janet, Kojene & Mineko (not pictured, Risen Lomae).



**World Food Day Health Screening**  
Kojene & Jiktok

**October 16, 2000**  
**Themes for this year:**  
**A Millennium Free**  
**From Hunger,**  
**Let's Prevent Obesity &**  
**Live a Healthy Lifestyle**

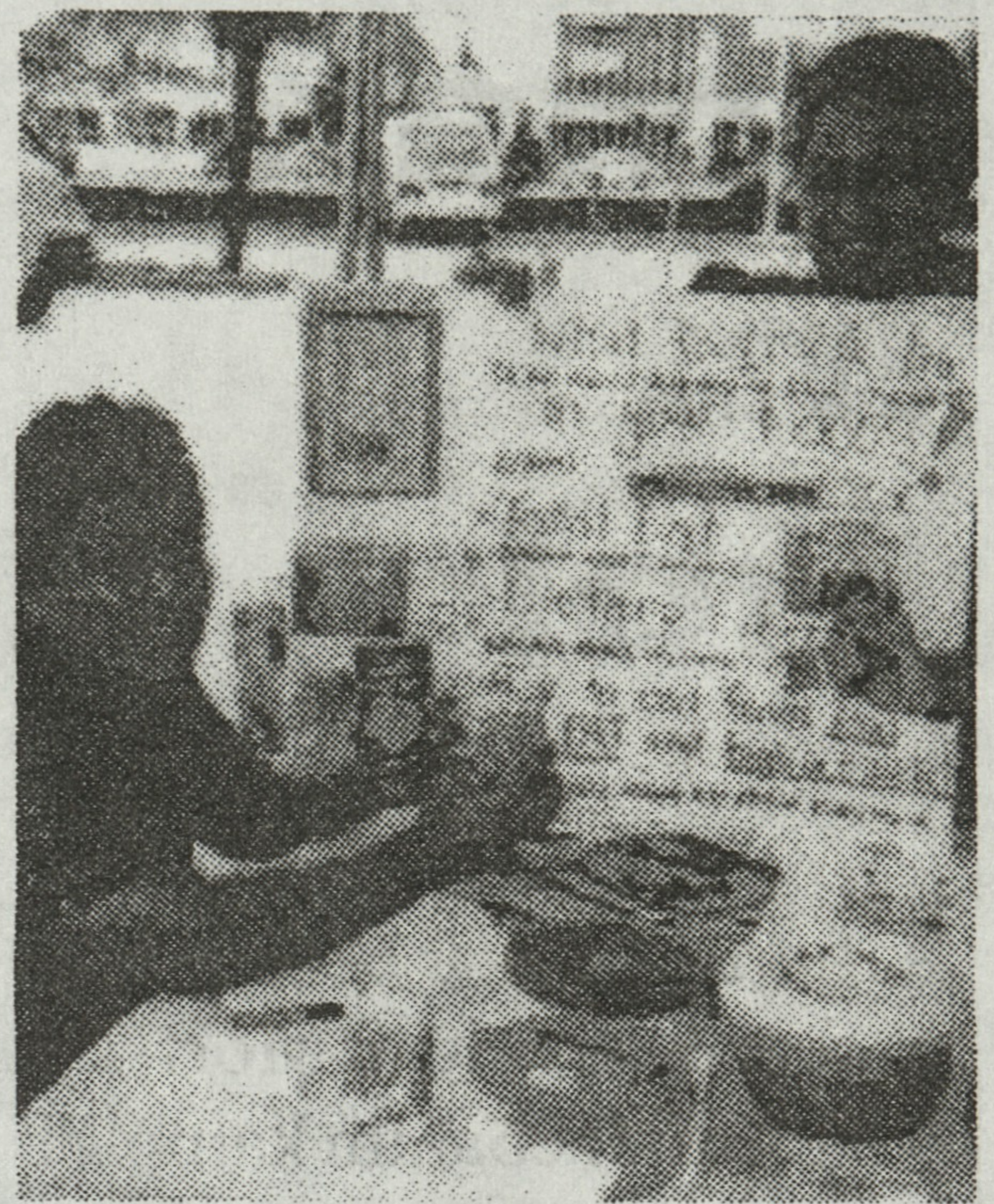
World Food Day is celebrated every year and the Ministry of Health & Environment, Ministry of Resources & Development, Land Grant, Majuro Atoll Local Government, and Gibson's pulled their resources together and planned a day of celebration.

Thank you Gibson's for setting up the tents and tables to accommodate vendors and health workers to sell local foods and conduct free health screenings.

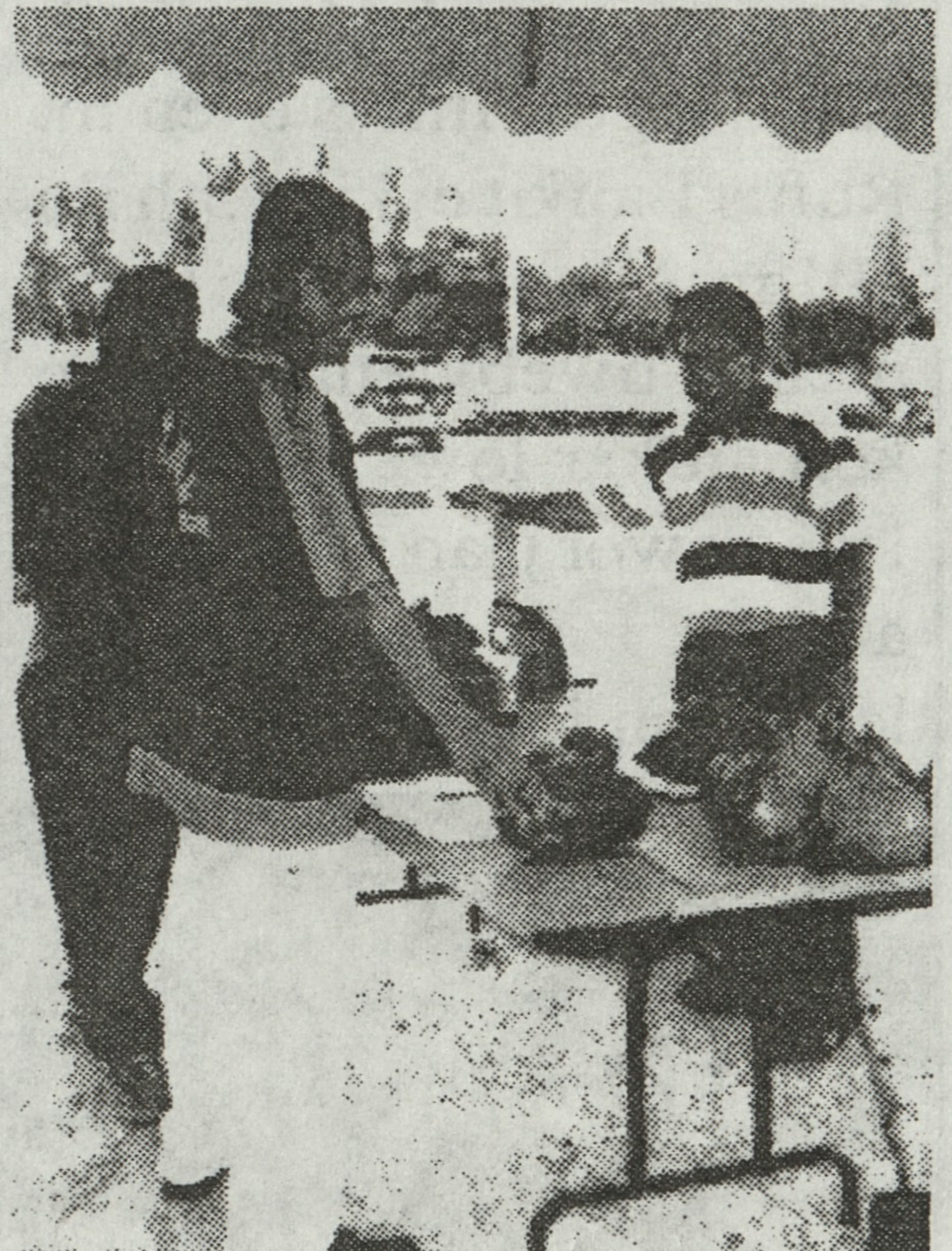
Thank you to Clerk of Nitijela Joe Riklon for assisting health workers in setting up for free health screening of capitol building staff members. A report on how these staff members checked out will be made available soon. Mr. President, we definitely need to start a health program for all staff members in the capitol building.

Thank you to Uliga Public Elementary School for their participation in the Primary School Essay Contest. Congratulations to these students who submitted their essays: Jumon Lanwe, Jellyn M., Jasmine Benjamin, Joselynn Jet, Kesey, Betty Morelik, Meloni.

Rairok Public Elementary School was able to work with MALGOV homegardening project to focus on planting pandanus trees (mmm, rich with Vitamin A).



**EAT RIGHT!** Cathleen & Janet



Jabukja - **"Local food is best!"**



Anko - **"Let's grow more food!"**



# Ladrik Eman im Mol

Ilo kar October 20 raan eo, na Janet Nemra im Julia Alfred komro ar bed im witness an Sr. Lois Morisky leiok kein nebar im kamolol nan Rufus Lajikit ilo an bar Vice principal Mrs. Ruth Kaminaga witness e ien in. Rufus Lajikit ej kilaj 5th ilo Uliga Elementary im ar menin bwebwenato kake kon an kar lowe juon wallet eo ewor jaan ie im bukot armij eo an wallet eo im lelok nan ie.



## Making use of available resources

The Nutrition Unit is responsible for many areas related to improving the nutritional status of Marshallese people from breastfeeding to better nutrition during pregnancy to diabetes control and prevention to obesity prevention and especially improving child nutrition. So making use of all available resources is a must. Nutrition Coordinator, Julia M. Alfred, is so grateful to have met several doctors on the PHRI program who have accepted graciously to accompany her during their spare time to do home visits to follow-up on undernourished children and provide basic medical screening and advise. "That's the kind of team effort and collaboration we need more of" she says. The nutrition unit looks forward to working With more PHRI doctors to do more home-visit activities, specifically in regards to undernourished children and diabetics. Thank you to Dr. Ysawa, Dr. Bison, and Dr. Agsalda-Rosenbush.



Above, Dr. Ysawa, Dr. Bison, Coordinator Julia M. Alfred and Dr. Onhmar Tut.

## KAWOR TOKJEN JIPAN KO

Program eo an Nutrition ej bok eddoin elon jermal ko im rejalet ejmour eo an armej in Majol ikijjien mona. Jen kaninnin nan mona ko kijen kurae ro nan komadmod im bobrae naninmej in tonal nan bobrae tebu im laptata nan kokommanmanlok ejmour an ajri jidik ro im rej jabwe on. Im kin an lon eddo kein nan an jet wot loloorjaki, innem ekkar bwe jen kawor tokjen jipan im kapeel ko an ro jet. Coordinator eo an Nutrition Program eo, elap an kammolol kin an kar maron iione jet takto ro jen Program eo an PHRI im rej jermal ilo Hawaii im Majol. Im takto rein elap aer jouij im rar kwalok aer monono in jipan ikijjien lolok ajri ro rej jabwe on ilo imoko imweir nan etale ej et aer mour. Ear ba ke jermal ibben coon ej juon men eo elap ad aikuj. Im program eo an nutrition ej reimaanlok wot nan an maron jermal ibben takto ro jen program eo an PHRI laptata ikijjien ajri ro rej jabwe on im ritonal rot Kammolol nan Dr. Ysawa, Dr. Bison, im Dr. Agsalda-Rosenbush.

**BE WISE, EXERCISE!**

**We welcome all news articles from all MOHE departments. Submit to Health Education.**