

WFP AI-Rusaifa Region, Jordan's Health Educational Program

Fusayo Irikura
November 8, 2023



In order to enhance health awareness among women and their families, a collaborative health educational event was conducted on November 8, 2023, for which WFP Jordan - Al-Rusaifa Region, in coordination with the Islamic Hospital in Jordan, gathered 40 participants. This hospital is internationally accredited and is the first private hospital established in Jordan in 1980. It has 400 beds capacity and the best health care program in Jordan. It also has a well-established financial support program for poor patients.





The health educational event included the following important sections:

- * An interactive lecture on health, safety and nutrition.
- * Nutrition exhibition of healthy food items to select when deciding to cook.
- * A lecture highlighting the importance of healthy shopping and cooking for the Jordanian household.
- * Recommendations on the importance of health screening for Jordanian women, for an early detection of important diseases, such as breast cancer, other kinds of cancer, diabetes, osteoporosis, anemia, heart diseases, hypertension and more.



The message was clear for those women: they need to adopt a healthy lifestyle for themselves and their families. Key practices must include proper nutrition, exercise, stress management and no smoking.

The session ended with questions and answers from the audience.

This educational event was conducted by Dr. Basem Abu Baker, internationally accredited health and nutrition expert, in coordination with the Public Relations Department of the Islamic Hospital in Amman, Jordan.

WFPW Jordan would also like to extend its thanks and appreciation to Dr. Mohammed Al Thounaibat, General Manager of the Islamic Hospital, for his support in establishing an ongoing collaboration between the Islamic Hospital and the WFPW chapter of Jordan. We are very grateful for this informative event for our members, and we hope to develop an ongoing cooperation with more programs for women and children. We strive to raise the living standard of our area in Al Rusaifa and provide resources to our members to develop a healthy body and mind.