

## WFP Jordan: Health Ambassadors Training Course Supporting Women's Health

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WFP Jordan hosted in its center in Al Rusaifa City, a health educational program organized by the Nutrition Team of the internationally accredited Islamic Hospital in Amman, the Hashemite Kingdom of Jordan. The Nutrition Team's Director, Dr Basem Abu Baker, an Internationally Accredited Health, and Nutrition Expert, personally conducted the interactive health and wellness program in four sessions during February 2024.



The theme was "Health Ambassadors." Twenty-five women were selected and trained in several issues of health and wellness. The purpose was for them to become advocates of good health and encourage other Jordanian women of all ages, to adopt healthy habits in their everyday life. This program has been approved by the Ministry of Culture and Social Development/National Library and included in its four interactive sessions: Weight Management, Immunity Nutrition, Healthy and Safe Home, and Brain/ Heart /Bones Health. The graduation of the participants will take place on March 8, 2024, on International Women's Day.

The sessions were interactive, with slide shows, educational material, case discussions, demonstration of



examples, and evaluation of the participants' performance. The aim was to equip the participants with the required knowledge and skills to educate and encourage other Jordanian women to invest in their health for the sake of their selves, their families, and the society at large. It is a unique project, the first of its kind to be conducted in Jordan. Supported by Dr. Zoe Bennett, WFP International Vice President of Middle East and North Africa, and coordinated with Mrs. Fusayo Irikura, Manager of WFP, Jordan Branch, under the direction of Dr. Basem Abu Baker, this Health and Wellness Program is planned to be extended throughout the year.



Dr. Basem Abu Baker with the Nutrition Team of the Islamic Hospital has organized this outstanding program for Jordan to support women's health and wellness, as stated by Dr. Zoe Bennett and Dr Basem Abu Baker. It carries a strong message for Jordanian women of all ages to invest in their health thus creating a society of healthy women and their families. For this reason, the ongoing collaboration between the Islamic Hospital in Amman, Jordan and WFP Jordan is very important.

In addition, the Nutrition Team (Dr. Basem Abu Baker) and the Jordanian Society for Food and Nutrition (Mrs. Hiba Kamal Al-Horani) met with Dr. Zoe Bennett, and Mrs Fusayo Irikura, during their visit to the Islamic Hospital and discussed an extended collaboration in 2024. They are planning to conduct more health and wellness programs for the benefit of the women of the Jordanian Society.

