

The team of facilitators then visited a very well known "Ducha" foundation in Torun where they learned about rehabilitation methods for disabled persons. The foundation organizes physical activities such as mountain climbing, exercise, and other excursions. The success of the foundation has been possible thanks to the dedication of the permanent workers and the many volunteers who support the foundation's activities. Good, strong, and understanding families make even huge problems seem easy to solve. The PSBH® family from the Kujawsko-Pomorskie Province, together with our relatives from all over the world, is ready to face any problem and solve it, all in the name of improving health.

*Submitted by Ms. Malgorzata Leznicka
Department of Health and Social Policy, Marshall's Office of the
Kujawsko-Pomorskie Province and Dr. Jan Sobotka, Regional Coordinator, Europe & The Middle East*

Healthy and Beautiful Teeth in Targoviste

A health education program for 25 children in School No. 8 was developed as a result of a PSBH® workshop in Targoviste in 2002. The project leader, Ms. Veronica Istrate, a public health nurse, was aware of the fact that dentists treat a growing number of patients with tooth decay as a result of poor oral hygiene. Veronica decided that the aim of her project would be to educate parents and teachers about the correct way to brush teeth and the necessity for regular dental check-ups.

So far, the children have undergone training in correct brushing techniques. In-class training was conducted twice a week under the supervision of the project coordinator, the teacher, and a dentist. On the other days of the week, the teacher helped the children brush their teeth after lunch break. A dentist agreed to get involved in the program by regularly monitoring the evolution of bacterial plaque over a period of three months.

The questionnaires that the parents filled out before and after the training indicated a positive change in the children's behavior as they became aware of the need to keep their teeth healthy by brushing. The Colgate-Palmolive Company was kind enough to provide materials such as bacterial plaque indicators, toothbrushes, and toothpaste to motivate children to continue brushing.

While awaiting the results of dental examinations that should show a reduction in the incidence of decays, Ms. Istrate has employed the results of the questionnaires. She has also obtained additional support from Colgate-Palmolive to replicate this project with another 1,500 children from four other schools in Targoviste.

A methodological meeting was held in November 2002 at the School Inspectorate with school training headmasters. During this meeting, statistical data on the occurrence of tooth decays were presented. If this project is successful, it will be possible to replicate it among all primary school children in Dambovitia County.

*Submitted by Ms. Veronica Istrate
Project Leader*

...IN ROMANIA

High School Sex Education

Although there are many programs that offer sexual education, especially on the incidence of sexually transmitted diseases (STDs), it was necessary to initiate a new project to help reduce the number of cases of teenage pregnancies and abortions. In order to address this problem, I developed a PSBH® project in Targoviste, in the most famous and the best high school in town!

The first step was to find out what teenagers knew about methods of contraception, STDs, pregnancy, and abortion. A quiz was given to a group of 27 high school students to assess these questions. The second step was to inform the students, using educational materials such as posters and booklets, about different methods of contraception. The third step was an open dialogue among the students where they were able to ask questions and receive answers to their individual questions. The final step was evaluation.

In the end, the students were very satisfied with the information they had received. Now we plan to extend our project to all of the high school classes, teaching other students to enjoy their lives, preventing pregnancy, abortion, and infections (STDs).

Many thanks to all those who helped offer these teenagers a better way of living their lives.

*Submitted by Ms. Andreea Maria Popescu
(Student) Project Leader*



The Role of Dental Hygiene in Reducing the Number of Students Who Wear Braces in the "N. Cioranescu" High School Project

PSBH® Follow-Up Workshop Held in Targoviste

A PSBH® follow-up workshop was held October 9, 2002, at the Dambovita County Council's Guest House. The 47 participants gave progress reports on their projects. The facilitators were: Dr. Jan Sobotka (Poland), Dr. Katarzyna Broczek (Poland), Dr. Daniel Levine (USA), Dr. Maria Telishevska (Ukraine), Mrs. Yanka Tzvetanova (Bulgaria), and from Romania: Ms. Tamara Iscru, Dr. Camelia Savu, Dr. Mirela Calafeteanu, Mrs. Viorica Olaru, Mrs. Oana Raducanu, Ms. Ana Pitu, and Mr. Paul Florea.

Some of the local and international facilitators visited three high schools in Targoviste where the following four projects, presented at the workshop, were based:

- Correct Information as a First Step Towards Saying No to Drugs in Students at the "Ion Ghica" Economic College - *Ms. Bobe Nicoleta Veronica*
- Program for Intellectual Education, The Stress Caused by Over-Achieving in Students at the "Ienachita Vacarescu" National College in Targoviste - *Mrs. Carmen Trandafir*
- The Role of a Balanced Diet in the Development Process of Teenagers at the "Ion Ghica" Economic College - *Mrs. Tanislav Cristina*
- The Role of Dental Hygiene in Reducing the Number of Students Who Wear Braces in the "N. Cioranescu" High School College - *Dr. Ingrid Adriana Ivan* (see picture on previous page)

The Dambovita Initiative Workshop Held in Targoviste

The Dambovita Initiative workshop took place October 10-12, 2002, in Targoviste, the capital city of Dambovita county. It was organized by the Dambovita Public Health Division in cooperation with the Andrea Foundation. There was also representation from the County Council; the Public Health Division; the Sanitary-Veterinarian Division; Valahia University; and the School Inspectorate, Consumer Protection and Social Assistance Division. The topic for this initiative was *Healthy Diet Regional Network* and was chosen in order to develop a regional network of public health projects. The objectives of this initiative were:

- To assure consumers that they are being offered safe and quality food
- To create an intersectoral and interdisciplinary regional network to function as a consulting body for decentralized divisions
- To decrease the number of diet-related diseases

The 47 participants who attended this workshop generated 45 project plans. The participants were doctors, nurses, social workers, psychologists, sociologists, professors, teachers, kindergarten instructors, engineers, and economists. They were assisted by the following international facilitators: Dr. Jan Sobotka (Poland), Dr. Katarzyna Broczek (Poland), Dr. Daniel Levine (USA), Dr. Maria Telishevska (Ukraine), Mrs. Yanka Tzvetanova (Bulgaria), in addition to a team of Romanian facilitators and Mr. Paul Florea, the PSBH® Coordinator in Romania.

*Submitted by Mr. Paul Florea
PSBH®/CBH® Coordinator, Romania*

UP-COMING MEETINGS

January

Cameroon

Bamenda - PSBH® Follow-Up Workshop

February

Indonesia

Jakarta - PSBH® Workshop
Semarang, Central Java - PSBH® Follow-Up Workshop

Ukraine

Ivano-Frankivsk - Ivano-Frankivsk Initiative Workshop

March

Indonesia

Jakarta - PSBHN™ Follow-Up Workshop and PSBHN™ Workshop
South Sulawesi - PSBH® Workshop