

Planning Of Action: Health

Focus Question: As peace relates to health, what do we hope to see in place by the year 2010.

Vision: Our vision is to;

- Strengthen the exchange of health knowledge globally
- Promote an increase in leadership accountability globally
- Implement current, international agreements regarding maternal and child health
- Aggressively expand and protect existing water supply, well-drilling, and sanitation
- Expand the practice of total well-being, beginning with me and radiating out
- Facilitate health education for all people in all countries

Actions:

(The women in this group made a commitment to stay in touch via email to share successes and celebrate each other)

Increase social advocacy and political involvement

- Write letters and emails to leaders, voicing concerns and making suggestions (vote!)
- Increase political involvement
- Become an expert on a specific health issue or policy, and share this knowledge via letters to policy-makers, news media, editorials, web blogs or web sites
- Promote, through letters to the editor, encouraging the change in thinking from alleviating the symptom, to dealing with the cause

Take a step toward peace with self-care

- Make a personal commitment to improve my own mind-body-spirit connection....my own wellness can benefit others
- Daily medication
- Encourage healthy living through person, simplistic means

Learn and support health initiatives (ex. Clean water, maternal mortality, food, etc)

- Learn about and support international health practices
- Save women's lives through "34 Million Friends"
- Learn what international agencies have as project have related to infant, maternal and child health.

Health

- Provide financial support and participate in fund raising for key health projects
- Check on water quality where I live and take appropriate actions.

Build networks and bridge differences

- Build a network at a local level by facilitating the creation of a contact list for the purpose of inter-cultural dialogue and sharing
- Bridging differences through the exchange of personal stories toward health and peace

Know your “stuff” and volunteer

- Engage in a personal quest for knowledge/resources about a specific issue and seek volunteer/dialogue opportunities for this cause.

Individual Commitments:

- Learn more about the global health initiative in Seattle, WA and use that information with the Board of Trustees at a local hospital
- Hold retreats on my ranch
- Commit to what I've been doing with more passion
- Continue to do work, but opening up to the value of a network
- Give financially to organizations that provide water pumps to Africa
- Share with grandchildren healthy and peaceful habits
- Find out about women's health care issues in Jordan
- Establish a dialogue with women to talk about health care rights
- Make personal connections with new refugees in my area, i.e. adopt a family
- Take back new ideas to my agency in India
- Write editorials and journal articles that include the point from today (as part of my doctoral work)
- Continue my work on my documentary on women's health issues
- Look further into conditions in Guatemala where I live

Resource List (Created and shared by the group)

www.CDC.gov

www.Unfpa.org (UN population fund)

World Health Organization

Center for Reproductive Rights

Kaiser Family Foundation

Peace x Peace

Closing:

Participant conducted a breathing exercise called Pranayam, in the closing circle, for relaxation and meditation as we departed.

Preliminary Work

Expectations

- To learn a lot
- Share a whole lot
- Learn about global initiative
- A plan to guide younger generations
- To make contacts/and work together with others from other countries
- A starting place
- “How to’s” , methods to get the job done
- Get feedback on my ideas
- Get information about resources and sources of information
- Priority list of fundamental health needs

What We Know Now

- Vaccines
- An increased awareness of HIV and Aids
- Nutritional formula for malnourished children
- Spiritual aspect of healing, mind-spirit-body
- Expanded idea of public health
- Developments in family planning
- Malaria and “river blindness” breakthroughs in treatment
- Success of private sector contributions to health initiatives
- Increase in diagnostic procedures

Current Reality

Strengths	Weaknesses
<ul style="list-style-type: none">• Voting counts!• The web and technology• Heightened awareness of issues• Productive NGO's• Dedication• Knowing/connecting with people	<ul style="list-style-type: none">• Voice not heard• Oppression of media• Lack of awareness• Profit model (exploitation) on the part of corporations• Apathy

Health

<p>of other countries/cultures</p> <ul style="list-style-type: none">• Lots of knowledge and ways to spread knowledge• Increased globalization and means of travel• Traditional healing methods have more credibility• Positive cultural mores• Availability of financial support• Positive thinking	<ul style="list-style-type: none">• The negative impact of globalization on some people• Money wasted• Traditional healing methods prevent use of modern techniques• Poor environmental practice• Personal stress• Negative thinking• Belief system regarding treatment of disease
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Preliminary Work