

ፌዴራል ጤና

## Newsletter of the Ethiopian Public Health Association

Quarterly newsletter of the Ethiopian Public Health Association



### News and Updates

Volume 20, No.1

EPHA UPDATES



EPHA 21st Annual Conference

### The Ethiopian Public Health Association convened 21st Annual Conference

The EPHA delivered the 21st EPHA annual conference from 26-28, October 2010 under the main theme of the year "Maternal and Newborn Health in Ethiopia" at Martyr's Hall in Mekelle, Tigray Regional State.

During the annual conference There were a number of panel discussion sessions on major public health issues such as , Family Planning , Reproductive Health, Climate Change and Health, Health priorities in Tigray Regional State , non communicable diseases, HIV/AIDS/PMTCT and Mental Health. In addition , experts in the field have presented and shared their research findings and best practices . There were also paper and poster presentations in three concurrent sessions.

EPHA awarded professionals and institutions for their best contribution in public health in the 21st Annual conference. Hence Dr. Yigeremu Abebe received the senior Public Health Service Award. The Senior Public Health Research award was presented to Dr. Hailu Yeneneh , the young Public Health Research award was honored for Dr.Tegbar Yigzaw. In addition OSSA was given

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*Be member of  
EPHA, enhance  
public health  
situation!*

## Calendar: Upcoming Events

### Alzheimer Awareness Month

Over the next 30 years, the number of people living with dementia is projected to more than double, with the total economic costs increasing ten-fold.

In short, our aging population is fueling a rising tide of dementia that threatens to overwhelm our health and social support systems.

**This January** during Alzheimer Awareness Month, the Alzheimer Society is calling on Canadian governments, and the Canadian public, to take action against this growing tide.

According to Rising Tide, every five minutes someone in Canada develops dementia.

### Thematic con...cont'd (from P-9)

than 1% among immunized children. As of December 2006, 164 countries vaccinate infants against hepatitis B during national immunization programmes - a major increase compared with 31 countries in 1992, the year that the World Health Assembly passed a resolution to recommend global vaccination against hepatitis B.

Source:- [www.medicinenet.com](http://www.medicinenet.com)

### World Leprosy Day

World Leprosy Day is observed internationally on **January 31** or it's nearest Sunday to increase the public awareness of the Leprosy or Hansen's Disease.

This day was chosen in commemoration of the death of Gandhi, the leader of India who understood the importance of leprosy.

Leprosy is one of the oldest recorded diseases in the world. It is an infectious chronic disease that targets the nervous system, especially the nerves in the cooler parts of the body - the hands, feet, and face.

Source :-<http://www.unac.org/en/events>

### Emerging con....cont'd (from P-10)

instrumental in identifying increased data collection efforts in recent years including the special systems to capture data on maternal deaths.

There are however major gaps in the availability and quality of data for many countries where maternal mortality levels are high, and only through statistical modeling is it possible to obtain an understanding of the trend.

Source:- <http://www.who.int>

### Social Aspects...cont'd (from p-11)

#### Treatment

Alcoholism is a disease that requires professional treatment. Treatment usually consists of several phases. It begins with an assessment by a specialist to determine the correct level of treatment for the individual.

First, an alcoholic may need to be admitted to a medical unit in order to safely detox. Any medical issues related to alcohol can be addressed at this time, as well.

Many alcoholics need to be admitted to an inpatient alcoholism rehabilitation unit for intensive treatment. This treatment phase usually lasts about 21 – 28 days.

Following discharge, they will be referred to outpatient care.

Outpatient alcoholism treatment may consist of sessions several days per week, or may consist of simply one session per week, depending on the individual's needs. Again, a professional assessment will determine the needed level of care. Alcoholics are often advised to attend support groups like Alcoholics Anonymous, as well.

Source:- <http://www.alcoholism.com>

## Thematic concern

### Hepatitis B

Hepatitis B is a potentially life-threatening liver infection caused by the hepatitis B virus. It is a major global health problem and the most serious type of viral hepatitis. It can cause chronic liver disease and puts people at high risk of death from cirrhosis of the liver and liver cancer.

Worldwide, an estimated two billion people have been infected with the hepatitis B virus (HBV), and more than 350 million have chronic (long-term) liver infections.

A vaccine against hepatitis B has been available since 1982. Hepatitis B vaccine is 95% effective in preventing HBV infection and its chronic consequences, and is the first vaccine against a major human cancer.

### Symptoms

Hepatitis B virus can cause an acute illness with symptoms that last several weeks, including yellowing of the skin and eyes (jaundice), dark urine, extreme fatigue, nausea, vomiting and abdominal pain. Patients can take several months up to a year

to recover from the symptoms. HBV can also cause a chronic liver infection that can later develop into cirrhosis of the liver or liver cancer.

### Who is most at risk for chronic disease?

The likelihood that an HBV infection will become chronic depends upon the age at which a person becomes infected, with young children who become infected with HBV being the most likely to develop chronic infections. About 90% of infants infected during the first year of life develop chronic infections; 30% to 50% of children infected between one to four years of age develop chronic infections. About 25% of adults who become chronically infected during childhood die from HBV-related liver cancer or cirrhosis.

About 90% of healthy adults who are infected with HBV will recover and be completely rid of the virus within six months.

### Where is hepatitis B most common?

Hepatitis B is endemic in China and other parts of Asia. Most

people in the region become infected with HBV during childhood. In these regions, 8% to 10% of the adult population are chronically infected. Liver cancer caused by HBV is among the first three causes of death from cancer in men, and a major cause of cancer in women. High rates of chronic infections are also found in the Amazon and the southern parts of eastern and central Europe. In the Middle East and Indian sub-continent, an estimated 2% to 5% of the general population is chronically infected. Less than 1% of the population in western Europe and North American is chronically infected.

### Transmission

Hepatitis B virus is transmitted between people by contact with the blood or other body fluids (i.e. semen and vaginal fluid) of an infected person. Modes of transmission are the same for the human immunodeficiency virus (HIV), but HBV is 50 to 100 times more infectious. Unlike HIV, HBV can survive outside the body for at least 7 days. During that time,

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# Summary of Research findings

SUMMARY OF RESEARCH FINDINGS

“እውቅና ባላገኙ” ወንድ የጉዳና ህፃናት ላይ የሚደርሰውን ጥቃት አስመልክቶ የተደረገ ጥናት በመርከቶ አካባቢ አዲስ አበባ

ጌትነት ታደሰ

ካለፈው ዕትም የተጠለ

ባለፈው ቅፅ 19 ቁጥር 5 ፈለገ ጤና ዜና መጽሔት እትም በወንድ የጉዳና ህፃናት ላይ የሚደርሰውን የወሲብ ጥቃት አስመልክቶ በቀረበው የጥናት ውጤት የችግሩ ጥልቀትና አስከፊነት በስፋት ተዳሏል። ቀጣዩ ክፍል ከምክንያቶች ይጀምራል።

ወንድ የጉዳና ህፃናትን ለወሲብ

ተጠቂነት የሚዳርጓቸው ምክንያቶች

የወሲብ ጥቃት ችግርን ለማየት የወሲብ ጥቃት ለምን ይከሰታል? የሚለውን ማየት ተገቢ ነው። ህፃናቱ ያለ ጠባቂ ጎዳና ላይ ከመሆናቸው ባለፈ እነኚህን ወንድ የጉዳና ህፃናት ለወሲብ የሚዳርጉ ሌሎች መንስኤዎችን እንዲለዩ የጥናቱ ተሳታፊዎች ተጠይቀው ነበር።

በጥናቱ የተካተቱት ቁልፍ የመረጃ ምንጮችና የተለያዩ ቡድኖች የተወያዩባቸው መንስኤዎች የሚከተሉት ናቸው።

የልጆቹ ብስለት ማጣት

ይህን መሰሉ ተግባር በኢትዮጵያ ባህልም ሆነ ሀይማኖት የተወገዘ ህገወጥ ተግባር ስለሆነ በህብረተሰቡ ዘንድ በከፍተኛ ሁኔታ የሚነወርና በጥቂቶች

ብቻ ተቀባይነት ሊያገኝ የቻለ ተግባር ስለሆነ አጥቂዎቹ ትልልቅ ሰዎችን ለዚህ ተግባር መጠየቅ ስለሚፈሩና፣ በአካልና በእምሮ ያልበሰሉ

... ወደ አዲስ አበባ እንደመጣሁ “ቡሽቲ” የሚል አዲስ ቃል ሰማሁ። እናም በመጀመሪያ ቃሉን እንደሰማሁ ጓደኛዬን ትርጉሙን ጠየቅኩት። ጓደኛዬም ወንዶች ከወንዶች ጋር ወሲብ ሲፈጽሙ የሚሰጥ ስያሜ እንደሆነ ነገረኝ። ነገሩ ለእኔ እንግዳ ነበርና በጣም ደነገጥኩ። ከጥቂት ቀናት በኋላ ይኸው ጓደኛዬ መርከቶ አካባቢ ካሉ ቪዲዮ ቤቶች ፊልም ጋብዘኝና “ቡልሽቶች” እንዴት ወሲብ እንደሚፈጽሙ አሳየኝ።

ለመከላከልም በማይችሉ ህፃናት ላይ ድርጊቱን ይፈፅማሉ።

የወሲብ ፊልሞችና ቪዲዮዎችን የማየት አጋጣሚ

በሁሉም የውይይት ጊዜ የወሲብ ፊልሞች እንደ ዋና ምክንያት ቀርበዋል። አንድ አብርሃም የተባለ የ14 ዓመት የጉዳና ወጣት እንደገለፀው “ከ2 ዓመት በፊት ወደ አዲስ አበባ እንደመጣሁ “ቡሽቲ” የሚል አዲስ ቃል ሰማሁ። እናም በመጀመሪያ ቃሉን እንደሰማሁ ጓደኛዬን ትርጉሙን ጠየቅኩት። ጓደኛዬም ወንዶች ከወንዶች ጋር ወሲብ ሲፈጽሙ የሚሰጥ ስያሜ እንደሆነ ነገረኝ። ነገሩ ለእኔ እንግዳ ነበርና በጣም ደነገጥኩ። ከጥቂት ቀናት በኋላ ይኸው ጓደኛዬ መርከቶ አካባቢ ካሉ ቪዲዮ ቤቶች ፊልም ጋብዘኝና

“ቡልሽቶች” እንዴት ወሲብ እንደሚፈጽሙ አሳየኝ” ብሏል።

የወሲብ ቪዲዮዎች፣ ፊልሞች

እና መጽሔቶች በተለይም

በወሲብ ዙሪያ የጠለቀ እውቀት ለሌላቸው ለተጠቂ ህፃናት የተሳሳተ መረጃ ይሰጣሉ።

እንደተለመደው ህጋዊ ተግባር ወይም የሰለጠነ የወሲብ ልምድ አድርገው እንዲወስዱትና ራሳቸውንም ለድርጊቱ እንዲያለማምዱት

ያደርጋል። በጎዳና ህፃናት ጥበቃ ላይ ከሚሰሩ መንግስታዊ ያልሆኑ ድርጅቶች መካከል የአንዱ ዳይሬክተር ከድር የተባለ በሁለት ወንድማማቶች በአንድ ጊዜ የተደፈረ የ14 ዓመት ታዳጊ የጉዳና ወጣት ገጠመኝን እንዲህ ያስታውሰዋል።

ከጥቃቱ በኋላ ታዳጊው በምክር አገልግሎቱ ጊዜ በብሻታ ውስጥ ነበር። ለራሱም ደጋግሞ ጥያቄ ያቀርብ ነበር። “እኔ ሴት ነኝን?” የሚል። “እንዴት ወንድ ልጅ ወንድን ለወሲብ ይፈልጋል?” የሚል ግራ መጋባት አደረበት። ይሁንና ከጊዜ በኋላ ምላሹን ከቪዲዮ ቤቶች አገኘው። ወንድ ከወንድ ጋር ወሲብ ሲፈጽም ተመለከተ። ከዚህ ወደ ገፅ 5 ዞሯል



Summary of Research ...cont'd (from page 4)

በኋላ የታዳገው ግራ መጋባት ተወገደ። ድርጊቱን የተለመደና ነውር የሌለበት ባህሪ አድርጎ ወሰደው። እናም እርሱም ከሌሎች እንደተማረው በእድሜ ከእርሱ በታች ባሉ ህፃናት ላይ ይተገብረው ጀመር።

የኢኮኖሚ ሁኔታ

በተሳታፊዎቹ የተጠቀሰው ሌላው ምክንያት በተለይም አዲስ መጤ ህፃናት በጥቂት ገንዘብና በገቢዎች ስጦታዎች መደለል ነው። የጎዳና ህፃናት የእለት ጉርስ፣ ልብስና መጠለያ ለማግኘት ይቸገራሉ። አብዛኞቹ ደግሞ የሲጋራና የጫት ስላሳቸው ናቸው። እና ለጥቂት ህፃናት ከወንዶች ጋር ወሲብ መፈጸም እንደ ገቢ ምንጭም ይቆጠራል።

ጥቂት የጎዳና ወንድ ህፃናት ቋሚ የወሲብ ደንበኞች እንዳሏቸው ተጠቅሷል። በሌላ በኩል ኑሮን ለመግፋት በሌሊት በናይት ክለቦችና በቡና ቤቶች ሲጋራና ጫት የሚሸጡ ህፃናትም ለወሲብ ጥቃት ይዳረጋሉ።

የእጽ ተጠቃሚነትና ጥቃት

የአልኮል ሱስና የሌሎች እያች ተጠቃሚነት የጎዳና ወንድ ህፃናት ላይ ጥቃቱን እንዳባባሰው ይናገራሉ። ጥቃት ፈፃሚዎቹ ህፃናቱ እስኪሰክሩ ድረስ መጠጥ እንዲጠጡና በጎዳና ህፃናት ዘንድ በስፋት የተለመደውን ማሪዋና የተባለ እጽ እንዲወስዱ ካደረጉ በኋላ ራሳቸውን መቆጣጠር ሲሳናቸው ጥቃቱን ይፈጽማሉ።

የመጠለያ እጥረት በጎዳና ህይወት

አብዛኞቹ የጎዳና ህፃናት ደጋፊ፣ ተንከባካቢና ተመልካች የሌላቸው፣ በጎዳና ህይወት የመጠለያ ችግር መኖር ለህፃናት የጥቃት ተጋላጭነት ትልቁን ስፍራ ይይዛል። አንዳንዶቹ ሌሊቱን ያለ ፍርሃት ሲዘሩ ያድሩና ቀን ይተኛሉ። የ14 ዓመቱ የጎዳና ህፃን ካሳሁን እንደገለፀው "ማንኛውም የጎዳና ህፃን ቢያንስ አንድ ጊዜ ጥቃቱ ሳይደርስበት ይቀራል ብሎ ማሰብ የማይታሰብ ነው። ወደ ጎዳና በመጣ በመጀመሪያዎቹ ሳምንታት ለጥቃት ይጋለጣል። ጎዳናን ያህል ኑሮ ተቀላቅሎ ያለ ችግር ተጠብቆ በሰላም ይኖራል ማለት ዘበት ነው። "

በመርከቶ አካባቢ ያሉ ንጽህናቸው ያልተጠበቁ ሆኑሎች፣ የተጨናነቁና የፈራረሱ ቤቶችና ማደሪያዎችም ለችግሩ መስፋፋትና ለአጥቂዎቹ ምቹ ሁኔታን በመፍጠር ረገድ የራሳቸው ድርሻ አላቸው። በተጨማሪም በጎዳና ህፃናት መካከል ያለ የመኝታ ስፍራና ልብስ የመጋራት ልምድ እንዲሁም በተደጋጋሚ ተጠጋግቶ የመተኛትና የመተቃቀፍ ሁኔታ ቀስ በቀስ ወደ ወሲባዊ ንክኪ እየተለወጠ ይመጣል።

ድብቅነት፣ የግንዛቤ ማነስና ትኩረት አለመስጠት

ወደ ጎዳና የተቀላቀሉ አዳዲስ ህፃናት በይበልጥ ተጎጂ እንደሆኑ ቀደም ሲል

ተጠቅሷል። ለዚህም ዋናው ምክንያት ስለ ጉዳዩ ምንም አይነት መረጃ አለመኖራቸው ነው። ወንድ ከወንድ ጋር የሚያደርገው ወሲብ መገለልን የሚያስከትል በመሆኑ ድብቅ ነው። ጉዳዩም በሀዘቡም ዘንድ እንደ ችግር አይታይም። ወላጆችም በሴት ልጆቻቸው የሚደርሰው ችግር በወንዶችም ላይ ሊደርስ እንደሚችል አያስቡም። በመሆኑም ወንድ ህፃናት ወንዶች ከወንዶች ጋር ወሲብ እንደሚያደርጉ እና ይህን መሰል ጥቃት ከሚያደርሱ ሰዎች ራሳቸውን እንዲጠብቁ አያሳስቧቸውም። ከአንድ መንግስታዊ ያልሆነ ድርጅት ባልደረባ የመረጃ ምንጭ እንደተጠቀሰው አንዳንድ ጊዜ ከማህበረሰቡ በኩል የሚመጣ ተቃውሞም አለ። "በአጥቂዎች ላይ ለፖሊስ ሪፖርት በምናደርግበት ጊዜ ከፍተኛ ተግዳሮት የሚገጥመን የችግሩ ኢላማ ከሆነው ህብረተሰብ ዘንድ ነው። "የጥቃት ፈፃሚው ቤተሰቦችና ጎረቤቶች ቢሮ ድረስ መጥተው ይጮሁብናል። ይህን አሳፋሪ ድርጊት በማሳወቃችን ይኮንኑናል። ክሱን እንድናቋርጥም ያስገድዱናል።" በማለት ገልፀዋል።

ሌላው የመረጃ ምንጭ የጥናቱ ተሳታፊ እንደገለጸው ስለ ጉዳዩ ግልጽ ውይይት ያለመኖሩ ለችግሩ መባባስ የራሱን አስተዋጽኦ አበርክቷል። ህፃናት አንዳንድ ጊዜ በቤተሰቦቻቸው አባላትም ተጠቅተው ይገኛሉ።

ወደ ገጽ 7 ዙሪያ

**Thematic con...cont'd** (from page 3)

the virus can still cause infection if it enters the body of a person who is not infected.

Common modes of transmission in developing countries are:

- prenatal (from mother to baby at birth)
- early childhood infections (in apparent infection through close interpersonal contact with infected household contacts)
- unsafe injections practices
- blood transfusions
- sexual contact

In many developed countries (e.g. those in western Europe and North America), patterns of transmission are different than those mentioned above. Today, the majority of infections in these countries are transmitted during young adulthood by sexual activity and injecting drug use. HBV is a major infectious occupational hazard of health workers.

HBV is not spread by contaminated food or water, and cannot be spread casually in the workplace.

The virus incubation period is 90 days on average, but can vary from about 30 to 180 days. HBV

may be detected 30 to 60 days after infection and persist for widely variable periods of time.

**Treatment**

There is no specific treatment for acute hepatitis B. Care is aimed at maintaining comfort and adequate nutritional balance, including replacement of fluids that are lost from vomiting and diarrhea.

Chronic hepatitis B can be treated with drugs, including interferon and anti-viral agents, which can help some patients. Treatment can cost thousands of dollars per year and is not available to most patients in developing countries.

Liver cancer is almost always fatal, and often develops in people at an age when they are most productive and have family responsibilities. In developing countries, most people with liver cancer die within months of diagnosis. In higher income countries, surgery and chemotherapy can prolong life for up to a few years in some patients.

Patients with cirrhosis are sometimes given liver transplants, with varying success.

**Prevention**

All infants should receive the

hepatitis B vaccine: this is the mainstay of hepatitis B prevention.

The vaccine can be given as either three or four separate doses, as part of existing routine immunization schedules. In areas where mother-to-infant spread of HBV is common, the first dose of vaccine should be given as soon as possible after birth (i.e. within 24 hours).

The complete vaccine series induces protective antibody levels in more than 95% of infants, children and young adults. After age 40, protection following the primary vaccination series drops below 90%. At 60 years old, protective antibody levels are achieved in only 65 to 75% of those vaccinated. Protection lasts at least 20 years and should be lifelong.

All children and adolescents younger than 18 years old and not previously vaccinated should receive the vaccine. People in high risk groups should also be vaccinated, including:

- persons with high-risk sexual behaviour;

(To page 9)

# Summary of Research...cont'd (from page 5)

SUMMARY OF RESEARCH FINDINGS

መንግስታዊና መንግስታዊ ያልሆኑ ድርጅቶች በችግሩ ላይ ያላቸውን ትኩረት አስመልክቶ ለቀረበው ጥያቄ የሁሉም ምላሽ ተመሳሳይ ነው። በበቂ ሁኔታ እየተሰራበት አይደለም ብለው ያምናሉ። አንድ የፖሊስ መኮንን የሚከተለውን ተረክልኝ። “መንግስታዊና መንግስታዊ ያልሆኑ ድርጅቶች ችግሩን በመዋጋት ሂደት እየተሳተፉ ነው ለማለት አልችልም። አንድ ጊዜ የኢትዮጵያ ቴሌቪዥን ጥቃት የደረሰባቸውን ህፃናት ፊታቸውን ከልሎ በብልጭታ አሳይቶ ነበር። ይህ ግን ህብረተሰቡ ችግሩን ለማስቆም እንዲነሳሳ አላደረገውም። በህብረተሰቡ ዘንድም የችግሩን ስፋት ለመቅረፍ ጥረት ሲደረግ አይታይም።

ለአቅመ አዳም ያልደረሱ በርካታ ህፃናት የወሲብ ጥቃት እየደረሰባቸው ነው። ችግሩ በአስከፊ ደረጃ ላይ ነው ያለው። መገናኛ ብዙሃን ድርጊቱን ለማስቆም የራሳቸውን ድርሻ እየተወጡ አይደለም። በሴቶች ላይ ስለሚደርሰው ጥቃት ብቻ ነው ሲያወሩ የሚደመጡት። በመገናኛ ብዙሃንም ሆነ በሌሎች ከጉዳዩ ጋር ግንኙነት ባላቸው ተቋማት ችላ የተባለው የወንዶች ጥቃት ግን በሚያስፈራ ሁኔታ እየጨመረ ነው።”

ሌላውም የጥናቱ ተሳታፊ የእርሱን ሀሳብ አስተጋብቷል። “ማንም ሰው ይህን መሰል አስቃቂ ወንጀል ሲሰማ ጥሩ አይሰማውም ማለት እችላለሁ። ግን ከህግ አውጭዎችም ሆነ ከሌሎች ከጉዳዩ ጋር ተያያዥነት ባለው ስራ ላይ ከተሰማሩ

አካላት ድርጊቱን ለማስቆም የሚደረግ ምንም አይነት ተጨባጭ እንቅስቃሴ የለም።

ጉዳዩ በቀጥታ የሚመለከታቸው የመንግስት የሥራ ሀላፊዎች ለስብሰባ በምንጠራቸው ጊዜ እንኳ አይገኙም። ይልቁንም ተወካዮቻቸውን ይልካሉ። ለውይይት በምንጋብዛቸው ጊዜ በጉዳዩ ላይ መነጋገርን የሚጠሉ ሀላፊዎችና ህግ አውጭዎችም አጋጥመውናል። ከሚመለከታቸው አካላትም ሆነ ከህብረተሰቡ በኩል ያለው ትኩረት ማነስና ለጉዳዩ ቀና አመለካከት አለመኖር የሚመነጨው ስለ ችግሩ ካላቸው ውስን ግንዛቤ የተነሳ ነው። በዚህ መሰል ዝምታ ውስጥ ግን ህፃናት በተለይም የጎዳና ልጆች በከፍተኛ ጥቃት ውስጥ ያልፋሉ።” ብሏል።

## ውሱን የህግ ክለሳ

የጎዳና ህፃናት የወሲብ ጥቃትን አስመልክቶ በህጉ ላይ ጫና ማሳደር የሚገባቸው አካላት ቸል ብለው ይታያሉ።

መገናኛ ብዙሃን ድርጊቱን ለማስቆም የራሳቸውን ድርሻ እየተወጡ አይደለም። በሴቶች ላይ ስለሚደርሰው ጥቃት ብቻ ነው ሲያወሩ የሚደመጡት። በመገናኛ ብዙሃንም ሆነ በሌሎች ከጉዳዩ ጋር ግንኙነት ባላቸው ተቋማት ችላ የተባለው የወንዶች ጥቃት ግን በሚያስፈራ ሁኔታ እየጨመረ ነው።”

በሁሉም የውይይት ጊዜ ተሳታፊዎች በአጠቃላይ በህጉ ላይ ባለው ውሱን ጥበቃ

እንደማይደሰቱ ገልፀዋል። እንዳውም አስመላሽ የተባለ የ17 ዓመት የጎዳና ታዳጊ መከፋቱን እንዲህ ገልፆታል። “በእኔ አመለካከት የህግ ክለሳው ተስፋ ሰጭ አይደለም። ፖሊስ በሙስና ውስጥ እስካለ ድረስ መፍትሔ አይገኝም። ጥቃት ፈፃሚዎች ብዙውን ጊዜ በማግስቱ ይለቀቃሉ። በሚገርም ሁኔታ ፖሊሶቹ የጎዳና ህፃናትን እንደምስክር አይቀበሉም። ምክንያቱም ውሸታሞች አድርገው ይቆጥሩናል። የወሲብ ጥቃት በደረሰብን ጊዜ ለፖሊስ ሪፖርት እናደርጋለን። ነገር ግን የፖሊስ አባላቱ አያምኑንም። የምንናገረውን ሁሉ አይቀበሉንም። ለገንዘብና ለጥቅም ስንል የፈፀምነው አድርገው ይወስዱታል።”

በጥናቱ የተሳተፉ የፖሊስ አባላት ቀደም ሲል የቀረበው ሀሳብ ተጨባጭነት እንዳለው ተስማምተዋል። በጣቢያው የህፃናት ጉዳዮችን ሪፖርት የሚያደምጡበት ምቹ ሁኔታ እንደሌለ ተስማምተዋል። ሌሎች የፖሊስ አባላት ግን ሀሳቡን ተቃውመውታል።

“እርግጥ ነው ህፃናቱ ችግራቸውን በግልጽ ለመናገር የሚፈሩበት ሁኔታ ይፈጠራል። እንደተባለው የመጀመሪያው ችግር ህፃናቱ ጉዳታቸውን በፖሊስ ፊት ለመናገር



## Benefit More

### Smoking Statistics

Statistics show that there are 1 billion smokers in the world which of five million die every year, and this number is expected to increase to 10 million by the year 2020.

\* According to scientific studies, smoking leads to the loss of 8 years of the smoker activity and ability as well as economic losses.

\* About a third of the male adult of the global population smokes.

\* Smoking related-diseases kill one in 10 adults globally, or cause four million deaths. if current trends continue, By 2030, smoking will kill one in six people.

\* Every eight seconds, someone dies from tobacco use.

\* Smoking is on the rise in the developing world. In the developing world, tobacco consumption is rising by 3.4% per year.

\* About 15 billion cigarettes are

sold daily - or 10 million every minute.

Among WHO Regions, the Western Pacific Region which covers East Asia and the Pacific - has the highest smoking rate, with nearly two-thirds of men smoking.

About one in three cigarettes are consumed in the Western Pacific Region.

### Youth

- Among young teens (aged 13 to 15), about one in five smokes exist worldwide.
- Between 80,000 and 100,000 children worldwide start smoking every day - roughly half of whom live in Asia.
- Evidence shows that around 50% of those who start smoking in adolescent years go on to smoke for 15 to 20 years.
- About a quarter of youth alive in the Western Pacific Region will die from smoking.

### Health

\* Every cigarette smoked cuts at least five minutes of life on average - about the time taken to

smoke it.

\* Smoking is the single largest preventable cause of disease and premature death.

\* It is a prime factor in heart disease, stroke and chronic lung disease.

\* It can cause cancer of the lungs, larynx, esophagus, mouth, and bladder, and contributes to cancer of the cervix, pancreas, and kidneys.

\* More than 4,000 toxic or carcinogenic chemicals have been found in tobacco smoke.

\* At least a quarter of all deaths from heart diseases and about three-quarters of world's chronic bronchitis are related to smoking.

\* Tobacco is no doubt the single most cause of death in the world.

\* Tobacco kills more than 5 million people which is much more than HIV/Aids, tuberculosis, malaria combined.

\* By 2030 tobacco is going to kill 8 million people a year.

Source: www. Who.com



**Summary of Research ...cont'd**

(from page 7)

**News and Updates ...Cont'd ( from page 1)**

መፍራት ነው። ሆኖም ግን ህፃናቱ ከዚህ ህይወት ለመውጣትና ድርጊቱን ለማቆም አይፈልጉም። ገቢ እስካገኙበት ድረስ ከወንዶች ጋር የሚደረገውን የወሲብ ግንኙነት የማድረግ ልምዱን ማቋረጥ አይፈልጉም። የዕለት ተዕለት ችግራቸውን የሚፈቱበትን የገቢ ምንጭ የሚያገኙትም ከዚህ ነው። ሌላው ምክንያት ደግሞ በግብረሰዶም ድርጊት ተስበዋል። በእኔ እምነት ከዚህ መሰል አስጸያፊ ድርጊት እንዲወጡ የህክምና ባለሙያ እርዳታ የሚያስፈልጋቸው ይመስለኛል።" የሚል ሃሳብ ሰንዘረዋል። አንድ የፖሊስ መኮንን አባል።

ቁልፍ የመረጃ ምንጮች እንደሚያሳዩት ፖሊሶችና ሌሎች ባለሙያዎች በጥቃቱ ተሳታፊ መሆናቸው ብቻ ሳይሆን የምርመራው ሂደት ውጤታማ እንዳይሆን የከፍተኛ የመንግስት ባለስልጣናት ተጽእኖም አለበት።

አንድ የፖሊስ መኮንን ባልደረባ ቃል በቃል እንደተናገረው “በጉዳዩ ጥቂት ደረጃ ላይ እንደደረሰክ ርቀህ እንዳትሄድ በአንዳንድ ሀላፊዎች ትክለክላለህ። ከተወሰነ ደረጃ በኋላም ክትትልህን እንድታቆም ትታዘዛለህ።

የዚህ ጥናት ባለቤት /አጥኝ/ ጥቃቱ በምስክሮች ሊደገፍ የሚችል ድርጊት ካለመሆኑ አንፃር አጥቂዎችን ለመወንጀል አስቸጋሪ ነው ብሎ ያምናል። ይህም ህግ አውጭዎች በጉዳዩ ላይ በሚመክሩበት ጊዜ በርካታ ተግዳሮትና ፍርሃትን ይፈጥራል።

ምንጭ:- የኢትዮጵያ ጤና ልማት መዕከት vol.23

the Institutional Award of EPHA. Moreover for the remarkable contribution to the communities EPHA presented a cup for “Mums for Mum” from Tigray Regional State.

Prior to the 21st EPHA annual conference, a one day pre-conference discussion was held on the major theme “ Maternal and Newborn Health in Ethiopia” was held accompanied with a mass-walk. On this very day, colorful mass rally was held from the center of mekelle town (around Lucy park) destined to Commercial Bank of Ethiopia .

At the end of the conference Dr. Alemayehu Mekonen, Ato Seyife Hagos, and w/ro Hiwot Mengistu were elected as the EPHA Executive Board Members replacing board members who completed their term.

**Thematic con...cont'd (from page 6)**

- partners and household contacts of HBV infected persons;
- injecting drug users;
- persons who frequently require blood or blood products;
- recipients of solid organ transplantation;
- those at occupational risk of HBV infection, including health care workers; and
- international travellers to countries with high rates of HBV.

The vaccine has an outstanding record of safety and effectiveness. Since 1982, over one billion doses of hepatitis B vaccine have been used worldwide. In many countries where 8% to 15% of children used to become chronically infected with HBV, vaccination has reduced the rate of chronic infection to less

(To page 2)

## Emerging Concern

### Maternal deaths worldwide drop by third

UN estimates reveal that fewer women dying from pregnancy-related causes, but 1,000 still die a day and more needs to be done to achieve the set targets

The number of women dying due to complications during pregnancy and childbirth has decreased by 34% from an estimated 546,000 in 1990 to 358,000 in 2008, according to a new report, released jointly by the World Health Organization (WHO), the United Nations Children's Fund (UNICEF), the United Nations Population Fund (UNFPA) and the World Bank.

The progress is notable, but the annual rate of decline is less than half of what is needed to achieve the Millennium Development Goal (MDG) target of reducing the maternal mortality ratio by 75% between 1990 and 2015. This will require an annual decline of 5.5%. The 34% decline since 1990 translates into an average annual decline of just

2.3%.

Pregnant women still die from four major causes: severe bleeding after childbirth, infections, hypertensive disorders, and unsafe abortion. Every day, about 1000 women died due to these complications in 2008.

The risk of a woman in a developing country dying from a pregnancy-related cause during her lifetime is about 36 times higher compared to a woman living in a developed country.

The new estimates show that it is possible to prevent many more women from dying. Countries need to invest in their health systems and in the quality of care.

UN agencies, donors and other partners have increasingly coordinated their assistance to countries. WHO, UNICEF, UNFPA and the World Bank are focusing on the countries with the greatest burden and help governments to develop and align their national health plans in order to accelerate progress in maternal and newborn health. The report that covers the period from 1990 to

2008 also highlights the following.

- Ten out of 87 countries with maternal mortality ratios equal to or over 100 in 1990, are on track with an annual decline of 5.5% between 1990 and 2008. At the other extreme, 30 made insufficient or no progress since 1990.
- The study shows progress in sub-Saharan Africa where maternal mortality decreased by 26%.
- In Asia, the number of maternal deaths is estimated to have dropped from 315 000 to 139 000 between 1990 and 2008, a 52% decrease.
- 99% of all maternal deaths in 2008 occurred in developing regions, with sub-Saharan Africa and South Asia accounting for 57% and 30% of all deaths respectively.

The UN maternal mortality estimates are developed in close collaboration with an international expert group and use all available country data on maternal mortality, as well as improved methods of estimation.

The intensive country consultation carried out as part of the development of these estimates has been (To page 2)

## Social Aspects of Health

### Alcoholism

Alcoholism is a condition in which a person is addicted to alcohol. Many people drink alcohol without being addicted, but drinking becomes alcoholism when they are unable to control their drinking and their drinking has a negative effect on their lives.

Alcoholism is a serious disease. It affects many areas of a person's life. Let's look at some of those in detail.

#### Emotional

Alcoholics often drink to cover a number of emotional problems, including stress, anxiety, and depression. However, alcohol is a depressant, so it causes them to feel more depressed once they sober up. Of course, this usually just makes them want to drink more. They often feel guilty about their drinking as well. They may have mood swings.

#### Mental

Alcohol impairs a person's judgment, causing them to make poor decisions and to do things when intoxicated that they would not do when sober. They may regret these things the next day or be embarrassed about them.

Sometimes they have "blackouts" and don't remember things they did while intoxicated.

#### Behavioral

Alcoholics often do things while drunk that they wouldn't do when they are sober. They may engage in risky behaviors, like driving drunk. They may get into fights or behave violently. They have accidents, such as falling down.

#### Social

There is also a social component to alcoholism. Alcoholics tend to withdraw from family and friends, who often criticize their drinking. Instead, they spend more and more time drinking. They often drink alone, but may also spend time socializing with other drinkers.

#### Relationships

As a person begins drinking more and more, close relationships suffer. Family members and close friends often express concern about how much an alcoholic is drinking, and the alcoholic becomes angry when confronted. The alcoholic then begins to withdraw from the relationship. The relationship

becomes strained and communication breaks down.

#### Financial

Alcoholism can also have severe financial consequences. Alcoholics may miss work due to drinking or being hung over. Their work performance may suffer due to their drinking. They may lose their job. They may also spend an inordinate amount of money on alcohol.

#### Legal

There can be legal consequences to alcoholism, as well. The most common is arrest for driving while intoxicated. In many states, there is mandatory jail time for this offense. Drunk drivers usually lose their drivers' licenses and face hefty fines, as well. Other legal problems may include other traffic offenses, getting into fights, and disorderly conduct while intoxicated.

#### Physical

Alcoholism causes a number of health problems, including nutritional deficiencies, heart disease, and liver disease. About 15% of chronic alcoholics develop cirrhosis of the liver, which can be deadly. (To page 2)

# Newsletter of the Ethiopian Public Health Association

## Editor's message

## Humors



**Dear Reader,**

**Dear Readers,**

One of the major goals of the Ethiopian Public Health Association is improving knowledge, and practices of public health professionals in the various areas of health. In line with its objectives, EPHA kept on introducing latest research findings, best practices and success stories to the general public through public health practitioners, trainers, planners and researchers. Through publications such as 'Public Health Digest, Ethiopian Journal of Health Development, and others, EPHA further tries to motivate health workers to engage themselves in operational studies through dissemination of abstracts from studies conducted by health professionals working in health units and training institutions.

'Felge tena' newsletter is one of those publications which strive to make its contents more readable, reliable and up-to-date. In the same fashion, this edition come up with agendas such as the organizational updates, research findings and best practices, humors, thematic concerns as well as information on upcoming events.

In view of enhancing the service, we strongly believe that your feedbacks on topics of mutual concern significantly augment the debate and practice in the public health issues. Thus, don't hesitate to forward your views and comments to:

Publications Officer, EPHA

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**My child has swallowed a contraceptive**

The tired doctor was awakened by a phone call in the middle of the night.

"Please, you have to come right over," pleaded the distraught young mother. "My child has swallowed a contraceptive."

The physician dressed quickly; but before he could get out the door, the phone rang again.

"You don't have to come over after all," the woman said with a sigh of relief. "My husband just found another one."

### EPHA Executive Board Members.....

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***Your comments, suggestions and ideas will improve our Felege Tena***