

EPHA Signs MoU with EAS for Promotion of Health Researches



See on page 9

School of Public Health Celebrates 50th Golden Jubilee



were among the events that offered color and pomp to the 50th Golden jubilee celebrations.

On the occasion, the SPH gave an award of appreciation to EPHA in recognition of its continued support to the development of the public health.

In a related news, the University of Jimma has awarded a certificate of recognition to EPHA in recognition of its unreserved effort exerted towards the success of the Community Based Education (CBE).



The School of Public Health (SPH) at the Addis Ababa University, in collaboration with the School of Medicine (SoM), has celebrated its 50th golden jubilee from Dec 15- 19, 2014 in Addis Ababa.

Panel discussions, exhibitions, health checkups and graduation of medical students

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Strives to Enhance Pubic Health!!!

EPHA and EAS Organize Panel Discussion on EVD Outbreak



The Ethiopian Public Health Association (EPHA) in collaboration with the Ethiopian Academy of Sciences (EAS) organized and conducted a panel discussion on the current Ebola outbreak on November 19, 2014 at Ghion Hotel, Addis Ababa.

Professor Masresha Fetene, Executive Director of EAS, and S/r Fikirte Belete, Vice President of EPHA, warmly welcomed the guests and participants of the panel discussion on behalf of their respective organizations. They also appreciated the commitment and preparedness of the government to prevent an Ebola outbreak in Ethiopia.

In his opening remarks, Dr. Taye Tolera, Head of State Minister's Office and Advisor at the Federal Ministry of Health noted that Ebola is causing serious socio-economic and political repercussions particularly in West African countries affected by the outbreak.

He stressed that no incidence of EVD has been reported in Ethiopia so far and dwelt at length on the prevention and control measures being taken by the government of Ethiopia to preempt an Ebola outbreak in the country.

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felege-tena



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Producers:

Zewdie Teferra
Wudnesh Mamo

Editor:

Muluaem Denbegna

Editorial Team:

Tesfa Demilew
Muluaem Denbegna
Zewdie Teferra
Graphic Designer
Ayalew Worku

Tel: 251 114 16 60 41

251 114 16 60 83

Fax: 251 114 16 60 86

Email: info@etpha.org

www.etpha.org

P.O.Box 7117

Addis Ababa, Ethiopia

Our Guest Today is Professor Helmut Kloos an American Medical Geographer Who has Several Publications on Public Health in Ethiopia



Felege Tena: - Dear Professor, we would like to take this opportunity to thank you for taking time out of your busy schedule to meet us and answer our questions. Prof Please tell us about your back ground.

Prof. Thank You! I am an American citizen born in Germany. I am married and we have two children, a son (Benjamin), who is a computer engineer and a daughter (Jasmin), a ballet teacher. I received a BA in German literature from Fresno State College in 1968, MA in Geography from California State University Fresno in 1974 and a PhD in medical geography from the University of California in 1977. The PhD program included training in epidemiology, parasitology, nutrition, public health and medical anthropology.

FelegeTena: - When did you come first to Ethiopia?

Prof. I first came to Ethiopia in 1972 at the invitation of the late Dr. Aklilu Lemma to carry out the field work in the epidemiology of schistosomiasis as part of my PhD program.

Felege-Tena: - Are you a medical Anthropologist? What is medical anthropology and its relevance to Health?

Prof. I am not a medical anthropologist per se, as stated above, although I did receive training in this field from Professor Frederick L. Dunn at the University of California, San Francisco. Nevertheless, I like to offer the following information about medical anthropology:

Medical anthropology is an area of applied anthropology that studies human health and disease, health care systems, with an emphasis on social processes, cultural representations of health and disease, and their relevance for disease prevention and control. Specific areas of study include the nature and possible integration of traditional and alternative medicine in official health systems; the interaction of social, environmental, and biological factors with health, illness, and disease transmission in individuals and communities; and the patient-physician relationships and interactions between psychiatric services and different cultural groups.

Medical geography, on the other hand, studies geographical (spatial) aspects of health and disease, as well as of health services. This includes the examination of environmental, biotic, cultural and socioeconomic factors in the causation, transmission, spread, and control of disease and the accessibility and utilization of health services. I wrote an article on medical geography and its use and application in Africa, including Ethiopia, in the EJHD (vol. 2, no. 1, 1987).

Felege-Tena: What kind of medical anthropology researches did you do in Ethiopia?

Prof. I carried out research in medical anthropology on traditional medicines sold in Ethiopian markets, on human water contact behavior in the transmission of schistosomiasis, and perceptions of the cause of malaria and on culturally based treatment. The results of these studies were published in the Ethiopian Medical Journal and in the journal Ethnomedicine.

EPHA Forms Public Health Emergencies Preparedness and Response TWG

The Ethiopian Public Health Association (EPHA) has established Public Health Emergencies Preparedness and Response Technical Working Group (TWG) on December 26, 2014.

The TWG consists of 10 professionals with diversified background and experience. The TWG is intended to advise EPHA on emerging diseases and epidemic preparedness and subsequent interventions to be carried out.

In addition, it will give advice to the EPHA to mobilize resources for the implementation of activities related to Public Health Emergencies after identifying which need priority to be emphasized on.

The TWG developed TOR that would help as a working guideline.

Dr Afework Ayele was elected as a chairperson of the TWG. Dr Workeabeba Abebe and the EFETP project coordinator Ato Alemayehu Bekele were also elected as a Co-chair and Secretary for the TWG respectively.

It is to be recalled that EPHA has already been engaged in human resource development to support and strengthen the surveillance of diseases investigation and response to epidemics and disasters through the Ethiopian Field Epidemiology Training Program (EFETP).



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Role model cont'd... from page2

My studies in medical geography were in the following areas: the spatial distribution of schistosomiasis and its intermediate snail hosts in the Awash Valley and at the national level, on disease risk associated with the movement of settlers from the highlands to the western and southern lowlands, and the accessibility and utilization of hospitals, health centers, health stations, pharmacies and other drug retailers in various communities in central, western and southern Ethiopia.

Felege tena: You have a wide range of publications on health in Ethiopia. could you please highlight some of them and where they published?

Prof. My major publications include the following:

i. Aklilu Lemma, Donald Heyneman and Helmut Kloos (eds.), Studies on the Molluscicidal and Other Properties of the Endod Plant *Phytolacca Dodecandra*. University of California, Department of International Health, San Francisco, 522 pages.

This book summarizes all researches on the development of 'Endod' as a molluscicide and its application in the control of schistosomiasis.

ii. Zein Ahmed Zein and Helmut Kloos (eds.). The Ecology of Health and Disease in Ethiopia. Ministry of Health, Addis Ababa, 1988, 320 pages.

This represents the first attempt to describe all major endemic and epidemic diseases and the health services of Ethiopia.



Carrying out a survey of traditional medicines with Dr. Asfaw Debella and Ms Mebruka Mohamed in Merkato on June 2014

iii. H. Kloos and Zein A. Zein. Health and Disease in Ethiopia: A Guide to the Literature 1940-1985. Ministry of Health, Addis Ababa, 1988, 245 pages.

This is the first bibliography of published and unpublished research on all aspects of health in Ethiopia, including the publications of the occupying Italian military, the Ministry of Health, BA, BSc, MA and MSc theses prepared at Ethiopian universities, by NGOs and Ministry of Health reports, as well as conference proceedings, articles and books.

iv. Shibru Tedla, Helmut Kloos and Getachew Tilahun (eds). Schistosomiasis in Ethiopia. Addis Ababa University Press, 1989, 146 pages

This book summarizes the literature on the epidemiology, prevention and control of schistosomiasis in Ethiopia.

v. Helmut Kloos and Zein Ahmed Zein. Health, Disease, Medicine and Famine in Ethiopia: A Bibliography. Greenwood Press, New York and London, 1991, 404 pages

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This bibliography represents an update and expansion of the bibliography by H. Kloos and Z.A. Zein listed above. With 4,614 references it is the largest bibliographic source of published and unpublished researches on health and disease in Ethiopia, covering the period up to 1990.

vi. Helmut Kloos and Zein Ahmed Zein (eds.). The Ecology of Health and Disease in Ethiopia. Westview Press, Boulder (Colorado) and London, 1993, 540 pages

This is the second, updated and expanded edition of the 1988 Ecology of Health and Disease text by the same authors. New subjects treated include health impacts of war, movement toward modernization: a century of progress, the Ethiopian population, the economy, traditional medicine, water supply and sanitation, childhood diseases and immunization, acute childhood diarrhea, viral hepatitis, sexually transmitted diseases, social aspects of obstetrics and gynecology, AIDS, typhus and other rickettsial diseases, fluorosis, dental health, injuries, neurological disorders, and mental illness.



Attending the 25th Anniversary of the EPHA in February 2014, with Professor Yemane Berhane and Dr. Gebreselassie Okubagzhi

vii. Yemane Berhane, Damen Haile mariam and Helmut kloos (eds.). Epidemiology and Ecology of Health and Disease in Ethiopia. Shama Books, Addis Ababa, 2006, 849 pages.

This is an update and expansion of the above Ecology of Health and disease text book by H. Kloos and Z. A. Zein published in 1993. It covers new subjects on health and poverty reduction, famine and food security, housing and health, occupational health and industrial pollution, gender and health, burden of disease in Ethiopia, drug resistance, family planning, brain drain, reproductive health, health of the elderly, STIs, skin diseases, lymphatic filariasis, dracunculiasis, chronic respiratory diseases, and the way forward for a better public health.

viii. Helmut Kloos and Worku Legesse (eds.). Water Resources Management in Ethiopia: Implications for the Nile Basin. Cambria Press, Amherst, N.Y., 2010, 415 pages

The main focus of this book is on the management of water resources in Ethiopia and the wider Nile Basin in relation to the distribution of water resources, their management and utilization. It specifically examines the issues of water shortage and management in relation to the water resources development, the environment, water conservation and water-related diseases

ix. Getnet Tadele and Helmut Kloos (eds.). Vulnerabilities, Impacts, and Responses to HIV/AIDS in Sub-Saharan Africa. Palgrave McMillan, London, 2013, 274 pages..

EPHA's Member Awarded "Rising Star Award" of People to People, Inc.



Professor Afework Kassu, Life Member and Executive Board Member of the Ethiopian Public Health Association (EPHA), and former Vice President for Research and Community Service at the University of Gondar has won the "Rising Star Award" of People to People (P2P) for his exemplary academic and research excellence as well as effective leadership at his university including his role in strengthening international partnerships.

The award was given at the 6th Global Ethiopian Diaspora Conference on Health Care and Medical Education held at the Sheraton Pentagon City, in Arlington, VA, USA on September 20th, 2014 in the presence of His Excellency Dr. Keseteberhan Admasu, Ethiopian Minister of Health.

The opening ceremony was also attended by His Excellency Ambassador Girma Birru, Ambassador of Ethiopia to the USA, Mr. Matt Nosanchuk, Director for Outreach at the National Security Council of White House, as well as Ms. Tsehaynesh Abebe, Advisor at USAID Africa Bureau. The main theme of the conference was "Global Health and Its Significance for Ethiopia". About 250 Health Care Professionals from all corners of the United States attended the conference. While most attendees were of Ethiopian origin, non-Ethiopians with work experience or plans of future involvement in Ethiopia were also well represented. Following the award ceremonies, Professor Afework had given a key note lecture on "the historic 60th year Diamond Jubilee Celebration of the University of Gondar, the role of Alumni, and his perspectives on University Education in Ethiopia".

In addition to Professor Afework, P2P awarded two more individuals selected following a competitive process. Accordingly, Professor Fikre Workneh, Professor of Psychiatry at the Addis Ababa University was given the "Life Time Achievement Award" for his pioneering role in the development of Psychiatry in Ethiopia and Sister Tsigereda Yislawossen, Founder and Executive Director of Hospice Ethiopia, was given the "Public Service Award" for her pioneering role in establishing hospice services in Ethiopia.

People To People, Inc. is a Non-Governmental Organization (NGO) governed by a Board of Directors and operating under IRS code 501 (C) (3). It was founded in April 1999 in the state of Kentucky, USA as a non-profit organization. It has no political, ethnic or religious affiliation. It is comprised of people armed with spirit of compassion to bring hope to those who find themselves in hopeless situations brought about by various determinants. P2P is globally emerging as a bridge and network of the Ethiopian Diaspora committed and willing to give back to its motherland. It has developed strategies of mobilizing the Ethiopian Diaspora to provide support not just in health and education areas alone but also in other sectors of social and economic development. People To People, Inc. is headquartered in USA and operates in USA, Canada, Sweden, Finland and Ethiopia.

Face to Face with the Disease that has the Greatest Economic Impact in the Developing World:

BACK PAIN

Selam Aklilu, DC, MD

First Chiropractic and Rehabilitation Wellness Clinic

Addis Ababa, Ethiopia

WHAT WILL WE DO?

Our nation is going through a very exciting transformation where a seemingly endless stream of new business ideas are sprouting in the forms of buildings, roads, and other innovative forms of construction. The prospect that such development will present to the nation is remarkable when translated into the numerous job opportunities and services that are being made available for all to take advantage from. The one catch, however, is probably the one direct consequence that we have either failed to recognize or worse yet failed to give the due attention it deserves - the type of attention that would reverse the devastating impact this catch will have on our nation.

The most recent WHO Global Burden of Disease Report published in Lancet, in December 2012 (Murray et al, vos et al, 2012), reports that spinal pain contributes more to the global burden of disease (including death and disability) than HIV, Diabetes, Malaria, Stroke, Alzheimer's Disease, breast and lung cancer combined, traffic injuries, and lower respiratory infections. Low back pain has become the number one cause of disability worldwide, and in tandem with neck pain, has claimed up to one billion people. Within the developing world, spinal pain is four times more prevalent (Hou et al, 2010); it is reported that up to fifty-nine percent of the adult African population struggle with back pain, at any given time (Louw et al, 2007), and seventy-two percent will suffer from back pain over the course of a year.¹

Such comprehensive studies have not been done within the Ethiopian context to date, however, the population of people suffering from spinal conditions is estimated to be fearsomely more. According to the International Rehabilitation Review, nearly 10% of the world's population has disabilities, of which 80 % live in developing countries - disability estimates for Ethiopia are

around 10% of its population.² Needless to say, this alarming percentage is having devastating ramifications within the health sector, in the form of lost productivity, and the burden it has on families, and the society at large.

Looking beyond natural causes, the main source of large numbers of disability is lacking or possibly having inadequate awareness on how to care for the spine. Water and/or firewood carriers, construction workers, and others in similar working conditions, are constantly subjecting their spines to dangerously heavy loads that would probably render them permanently disabled before they are able to fully exhaust their working potential. What would have been easily avoided by having rudimentary knowledge on how to handle heavy loads or maintaining correct posture in various working situations, is now gradually, and mostly irrevocably, disabling the very people who are offering their lives to build our nation.

It is unfortunate to acknowledge that most people who are in dire need for spinal care, have little or no access to any form of quality health care that would address their debilitating conditions. Traditional Healers and Hospitals,

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Executive Board Members of EPHA

Dr Filimona Bisrat	President
S/r Fekerte Belete	Vice President
W/ro Hiwot Mengistu	Member
Ato Seifu Hagos	Member
Dr Alemayehu Mekonenn	Member
Dr Takele Geresu	Member
Prof Afework Kassu	Member
Dr Hailegnaw Eshete	Executive Director (Secretary of the Board)

Prof. Helmut Kloos Cont'd... from page 5

This book articulates the social science approach with the objective of broadening the understanding of the dynamics of the HIV/AIDS epidemic in Sub-Saharan Africa. By providing a wide interdisciplinary discourse, the 12 main chapters provide a wider interdisciplinary discourse than existing biomedical texts. This approach can facilitate contextualization of the epidemic and the development of equitable, culturally acceptable, and sustainable interventions within Sub-Saharan Africa.

Felege Tena: - Any recommendations you may have on health research, challenges and opportunities in Ethiopia?

Prof. Looking forward, I recommend that either the quota of undergraduate, Masters and PhD graduates be reduced and the student/teacher ratio decreased by either increasing the number of teachers or decreasing the number of graduates, to align class sizes with available resources with the objective of increasing the quality of education and research to levels of years past.



Attending the 25th Anniversary of the EPHA
with Professor Damen Haile Mariam

There is also a need for closer interdisciplinary and intersectoral collaboration between researchers and institutions, including universities, the Ministry of Health, and NGOs. One practical and promising first step toward this goal may be collaborative efforts to document the rapidly growing literature on pressing health problems and progress being generated by all Ethiopian schools and departments of medicine, public health and social sciences. The annual publication of the HIV/AIDS Updates in the Ethiopian Journal of Health Development since 2003 and the positive responses we have received from users indicates that this may not only be highly beneficial to researchers, practitioners and planners but also feasible.

Health Matters Cont'd... from page 7

who have replaced the critical roles of spinal care professionals, only utilize pain or anti-inflammation medications for treatment, lacking further resources that would have prevented their patients from either living highly compromised lives or surrendering to permanent disability.

Yes! We are all for the continuous development of our nation and the flourishing construction that is currently flooding the country. But the essential question right now is how we ensure that the very people that are making it all happen will be properly taken care of, continue to contribute towards development, and enjoy the fruits of their work.

The predicament we find ourselves in, of course, is that the very question of survival for the majority is contingent on the burdensome weight that is being carried back and forth on fragile backs, on a daily basis.

EPHA Signs . . .

The Ethiopian Public Health Association (EPHA) has signed a Memorandum of Understanding (MoU) with the Ethiopian Academy of Science (EAS) for collaboration in promotion of health and health researches in Ethiopia.

Dr. Filimona Bisrat, President of EPHA and Prof. Bahiru Zewdie, Vice President of EAS signed the MoU on behalf of their respective organizations on 31, October 2014 at EPHA conference Hall.

The MoU enables to conduct joint activities on adoptive and innovative health researches to ensure the dissemination and use of evidence and raise the standards of health and welfare of the Ethiopian people.

Dr. Filimona Bisrat, President of EPHA, noted on the occasion that the joint collaboration is a remarkable step to accelerate and promote health research in Ethiopia. He also appeals to promote the effort at the upcoming EPHA Annual Conference.

Prof. Bahiru Zewdie reaffirmed on his part the readiness of the Academy to work with various Associations including EPHA in the promotion of scientific researches. The MoU, he noted, will help to work together aggressively and minimize duplication of efforts and assist the effective utilization of resources.

Dr. Hailegnaw Eshete, Executive Director of EPHA, stated at the signing ceremony that the government of Ethiopia has given due attention to the advancement of science and technology to improve the quality of life of its people. Therefore, he added, the two-sided effort will have its own contribution for the attainment of this goal.

The Memorandum of Understanding (MoU) is signed for five years.

EPHA and EAS *Cont'd... from page 1*

Several presentations were made on the occasion by various panelists including internist, Dr. Admasu Tena (Internist; at the College of Health Sciences, AAU), Dr. Tewabeche Bishaw AFPHA Secretary General, Dr. Yeras-work Admasie Sociologist at the Addis Ababa University and Dr. Daddi Jimma, Deputy Director of the Ethiopian Public Health Institute. The sessions were moderated by Dr Takele Geresu (EPHA Board member) and Prof Sileshi LulSeged (The health sector president of EAS).

A joint position paper developed by the Ethiopia Public Health Association (EPHA) and the Ethiopian Academy of Sciences (EAS) regarding the current Ebola outbreak was read out by Dr. Hailegnaw Eshete, Executive Director of EPHA, at the conclusion of the panel discussion attended by more than 400 Participants



*Health Matters Cont'd... from page 8**This is the catch!*

It is this majority, each individual, who has been laboring so hard, that deserves due attention! It is this 'majority' who is at the precipice of a disaster that would not only rob them of the life they deserve to live, but will prove to be devastating to our nation. The critical stage we find ourselves in today is the stage where we hold in our hands the possibility to reverse this imminent tragedy. All it takes from each of us, is giving due attention to the spine of each individual - the very backbone of our nation's growth.

PROPOSAL TO LOWER THE NATIONAL ECONOMIC BURDEN OF SPINAL DISORDERS:

One of the urgent tasks being called for at present is spreading as much awareness on spinal care as possible throughout our nation. Of particular interest to each of us is maintaining correct posture in each role that we perform every day, even to the extent of how we get out of bed each morning and how we sleep every night. This will have an incredible impact on the ease at which we carry our bodies, relieving unexpected forms of physical and mental stress. Imagine the levels of energy that will explode when stress becomes no more; imagine how available we can be to our families, our colleagues and the level of work potential we can tap into.

So the proposal is that spinal care should be brought to the forefront of the health arena! All the attention and support to spread awareness in the form of mass spinal care information and advocacy campaigns, utilizing all forms of media - creative, eye-catching, easy, fun, practical methods - are what we are calling for.

Simultaneously, we would like to work towards the establishment of effective, easily accessible, high quality spinal care in all corners of Ethiopia. We are in urgent need for Physical Therapists, Neurologists, Spine Surgeons, Rheumatologists, and of particular focus to this article - Chiropractors.

As it may be known, Chiropractic is a health profession specializing in the diagnosis, treatment and prevention of mechanical disorders of the musculoskeletal system and the impact of these disorders on the function of the nervous system and general health. What makes Chiropractic care remarkably practical within our national context is the ability to provide readily available, caring and sympathetic, low cost, low risk, non-invasive and natural healing methods to relieve back pain, neck pain and certain types of headache. (More at Endnote)

To date, Ethiopia has only three Chiropractors who are diligently treating patients with debilitating spinal conditions, an endeavor which by no means addresses even a small percentage of the spinal care requirements throughout the country. While attracting more Chiropractors, as well as other professionals working in the spinal care field, may seem to be the obvious solution, a more practical approach would be to establish a Chiropractic College here in Ethiopia. A College that will develop and place Doctors of Chiropractic throughout the country, whose roles will be critical to integrate high-quality spinal care within the existing healthcare infrastructure, while substantially relieving the national burden of permanent disability and lost productivity. Concerted efforts to make this College a living possibility for Ethiopia are currently underway.

This College we believe, in tandem with mass information campaigns, will prove to be critical steps towards creating sustainable capacity for effective spinal care in Ethiopia; critical steps that will pave the path for many who are currently suffering, to live abundant lives of health and wellbeing - critical steps for the abundant life each individual deserves to live.

ENDNOTE

"Considering the high costs of medical care in the case of back-related problems - more often resulting in extensive diagnostic procedures, medication, surgery and hospitalization - it makes economic sense to offer patients with a more cost effective route... It is interesting to note that the Ministry of Health in Ontario, Canada, commissioned a study by three health economists led by Prof. Pran Manga to investigate the cost of back related problems to the State. The 216 page report listed several findings that could save Ontario approximately \$7 billion dollars annually by utilizing chiropractic services.

Prof. Manga stated, "There is an overwhelming body of evidence indicating that chiropractic management of low back pain is more cost effective than medical management."

(Excerpted from:

www.chiropractic.co.za/chiropractic/index.html?re=1)

1 All statistics from: www.worldspinecare.com/about

2 Business Valuations by Nexus Investment Solution, for First Chiropractic Rehabilitation and Wellness Clinic

Photo News

Partial View of the Site Handover
Event for the Construction of EPHA
Building Complex



An Orientation to Delegates from the
Democratic Republic of Congo's Ministry of
Public Health concerning the Health
Extension Program Support

