

HCN Accomplishments: Manama, Bahrain



[Healthy Cities Network](#)

Manama HCP Progress & Accomplishments

Overview

The evaluation visit to Manama has shown that the HCP in Manama has met the requirements of the 80 WHO HCP indicators, and the city is therefore eligible for ‘Healthy City’ accreditation. The HCP has successfully facilitated collaboration among different sectors and the local community, and integrated health-based principles into city planning thereby addressing social determinants of health and NCD risk factors. The support provided by higher authorities to the Intersectoral Action for Health (ISA) and high levels of community engagement are also among Manama’s success factors. To enable expansion to other cities in Bahrain, the HCP expansion plan will require further development to scale-up effectively.

Among the 80 HCP standards, various achievements were marked for their notability as core examples of multilateral collaboration, mindful planning and impactful institutional development that reflect the values and goals of the program. The various initiatives that have met the requirements of the 7 HCP dimensions consist of the following:

A. Community organization and mobilization for health and development:

- a. HCP is recognized as an intersectoral platform for community development, health and wellbeing which is institutionalized in Ministry of Health and the Capital Governorate Office structure demonstrating high political commitment and sustainability.
- b. The Intersectoral Action for Health (ISA) is reflected on the organized work across all sectors under the leadership of MoH and capital governorate office aiming to improve health and influence its determinants.
- c. Volunteerism is seriously taken especially among youth and women groups ensuring community ownership and empowerment. The Capital Governorate office issues a special ID for volunteers called “Pass” where all the activities are registered and stamped from relevant parties with special system to calculate volunteerism hours as credit hours. The volunteers participate in different activities related to health and social development.

- d. Manama Entrepreneurship Week for skill development and innovation is conducted on annual basis to share international experiences and provide skill development for youth.
- e. Communication channels are well established with community representatives to assess their need and respond accordingly.
- f. Partners and stakeholders have been mapped representing governmental, private sectors and civil society.



B. Intersectoral collaboration, partnership, and advocacy

- a. Networking and partnerships have been built with key partners such as NGOs, other ministries, social and solidarity parties.
- b. There is a well-established modality in the governorate office to follow financial issues related to HCP.
- c. Success stories are documented and disseminated through media channels and campaigns.
- d. MoH Bahrain is pioneer in implementing creative health promoting activities with other sectors such as “Healthy Malls” and “Healthy Places”



Bahrain's 'Healthy Malls' Initiative

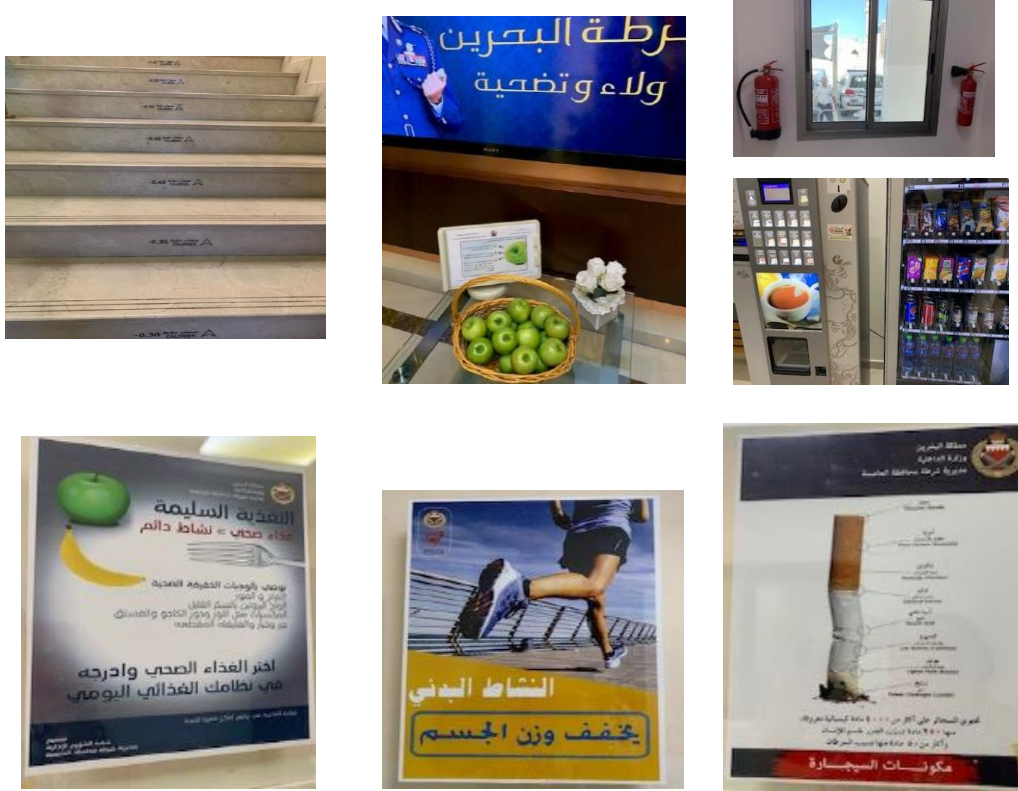
- Bahrain's first 'Healthy Mall' was conceptualized as a center for the enablement of community engagement with the HCP's health and development objectives, and it aims to meet the following objectives:
- Opening the mall before the working hours for physical activities and walking taking to overcome the high temperature of bad weather circumstances of outdoor walking.
- The criteria for implementing the initiative are related to: banning smoking inside the mall, providing healthy food choices and opening the mall for physical activity before the working hours, implementing 2 big activities related to health promotion in collaboration with MoH, availability of waste containers for recycling, displaying health promoting messages, availability of dedicated places for breast feeding and establishing different modalities for measuring community satisfaction and feedback.
- The malls can be categorized according to the implemented activities into: health promoting mall or health friendly malls.
- Currently there are 15 malls participating in the initiative in different areas of the capital governorate.

Bahrain's 'Healthy Places' Initiative

- It is a joint program with Health Promotion Department in MoH to encourage governmental organizations and institutions to implement measures and criteria of healthy workplaces.
- Several meetings were conducted with Security Officers Club and the Capital Security Directorate that have 13 workplaces in addition to Capital Governorate. Those places got awarded by MoH as "Healthy Places" as they implemented related criteria and standards. The places were visited during the evaluation



visit and it has been found that they are implementing innovative and creative health promotion idea related to the workplace and surrounding community such as encouraging using stairs, promoting healthy snacks, building awareness on key health issues and risk factors and taking safety measures.



Encouraging taking the stairs by indicating calories burned, and offering healthy snacks

- The public transportation in Manama is served by 85 public stations with well-equipped buses with low and affordable cost. There are 25 public transport lines covering 77% of Bahrain areas from and to Manama.



Distribution of public transport lines

- The Governor’s Office received recognition from cabinet for their establishment of communication channels with the community to facilitate an exchange of inputs and feedback.

C. Microcredit Activities

- A database of low-income population is established in Manama in collaboration with relevant sectors.
- Beneficiaries are identified as per well identified criteria and modalities.
- Many programs and activities are supported to empower low-income populations and support them in running their own business and projects such as: “Step Program برنامج خطوة” and “The capital complex for Bahraini Hands’ products”
- Linking vocational training centers and microcredit programs.
- Sponsoring entrepreneurial projects and encouraging young innovators.



Distribution of public transport lines

D. Education & Literacy

- All schools in Manama are Health Promoting Schools and are closely monitored by the MoH, MoE and HCP coordination team.
- They have a screening system for early detection of noncommunicable diseases and its risk factors among students.



Hettin School receiving the Health Promoting School certification from the Capital Governorate and MoH



Regular meeting with MoH, MoE and HCP coordination team

- There are periodic meetings with parents in the context of parents' council to discuss needs and proposed actions.
- There are joint actions to organize and conduct awareness campaigns and exhibitions
- Health and safety programs are conducted in all schools in collaboration with scouts' teams in schools.
- Students with special needs are integrated in school system with organizing special education and health programs suiting their needs and mandates.



Literacy classes for adults

- Pioneers and creative students are identified and recognized on regular basis.
- There are 3 schools in Manama conducting literacy and awareness classes for adults with total number of 234 students, males and females.

E. Health Development

- Manama has 4 health centers: Sabah Al Salem, Alhoora, Ibn Sainaa, Al Naeem.
- Quality control is closely followed by the Canadian accreditation team to improve and develop conducted services. All centers in Manama are accredited with more than 99%.
- During the visit, Alhoora center was visited. The center provides comprehensive PHC services for around 100,000 population in its catchment area including Bahraini and non-Bahraini. The center implements health promotive activities in addition to disease managements through family health approach providing comprehensive care for the community in the catchment area with well establish e-recording of family folders and effective referral system to higher level of care. The center also has a "Health Promotion Committee" that work with the community including schools performing medical examination for children before enrolling in primary and preparatory schools as a requisite for accepting the students.



Services offered in Alhoora Health Center: diabetes clinic, MCH, smoking cessation and x-ray (among others)

- A strategy for implementing physical activity is in place and implemented in the context of HCP, especially during different events and activities.



The 'Protect Your Heart' Team

- The campaign under the name of “Protect Your Heart إحم قلبك” under the leadership of MoH conduct regular visits to governmental institutions for early detection of noncommunicable diseases and refer them to get needed care.



“أصدقاء تعزيز إحم قلبك Health Promotion Friends”

- A health workforce has been established under the name of “Health Promotion Friends” to organize and participate in community-based events after building their capacity.
- The ‘Health Guide المرشد الصحي’ program targets fresh graduates from medical and health science schools to build their capacity on needed skills for healthy lifestyle to enable them to raise awareness in Manama as volunteers.
- The ‘Generation without Smoking أجيال بلا تدخين’ program targets primary school students (5th grade) to raise their awareness about hazards of different types of tobacco and how to protect themselves from active and passive smoking.
- The ‘Young health leaders قادة الصحة الصغار’ program targets kindergarteners and focuses on personal hygiene, gardening, physical activity and healthy food.

- Health Promoting Malls initiative is a pioneer initiative by MoH aiming to creating a supportive environment inside shopping malls according to 8 criteria for awarding them as per 3 levels (as mentioned before).



‘Young Health Leaders قادة الصحة الصغار’

- Ministry of Labor and Social Development provides support to people with disabilities and special needs of 100 BD (around \$ 266). Beneficial in the Capital Governorates 3181 out of 10959 in all Bahrain.
- Ministry of Interior closely follows criminal cases especially the ones related to alcohol and substance abuse. The statistics indicate that during 2018, 69% of reported cases in Manama is in 5 areas out of 22 areas of Manama due to overcrowdings of such areas in addition to having more numbers of expatriates in those areas.
- Mental health in Bahrain witnessed great improvement and has been integrated in school health promotive programs. A national committee for prevention of substance abuse has been established. Such interventions led to decrease suicidal cases from 11 to 0.7 per 100,00 population during 2005 to 2014.

- In the context of HCP and promoting mental health, an important initiative took place under the name “Colors, Healing and Happiness سعادة. شفاء. ألوان” to use painting and drawing to improve mental status in the mental health hospital in Manama through wall painting in a designated area in the hospital. This initiative has been implemented based on the results of a study conducted by Bahrain University on effect of colors and drawing on mental health. Many artists voluntarily participated in this initiative to draw and supervise activities in addition to planting the area.



“ألوان. شفاء. سعادة Colors, Healing and Happiness Initiative”

- Center for child protection has a hot line and is concerned with providing services for children protection through assessment and monitoring of reported cases related to abuse, physical and psychological harassment in collaboration with relevant parties and stakeholders. The center has been visited during the evaluation visit.

- The Governor’s Office, in the context of HCP, provided a very successful initiative related to the renovations of old houses and buildings in the industrial area completing the 65 industrial facilities in Salman Port.

- Ministry of Health specified unites for social services in all health centers aiming to promote family, social and psychological steadiness for family and community members through providing counselling and support. In this regard and as per the statistical information of the 4 health centers in Manama, the total beneficiaries from this service during 2019, 452 cases from different age groups. 353 cases benefited from marital counseling and others were



Center of Child Protection and its hotline

cases exposed to family-based violence, post-partum depression in addition to financial issues.

- In the Capital Governorate, there are 8 sports clubs and facilities in addition to 5 Youth Centers to encourage physical activities and adapting healthy lifestyle.

F. Water, sanitation, food safety, and air pollution

- All areas of Manama are covered with safe water and sanitation services.
- Different events related to water consumption occur regularly.
- There is regular maintenance for sump and main pumping stations.
- Emergency suction tanks are installed during emergency situations.



Suction tanks used during emergency situations

- A series of meetings were conducted in coordination with the Ministry of Public Works, municipalities and urban planning in addition to contracted companies to ensure the availability of suitable waste containers as per the required standards, population number in each area and the number of skilled and equipped workers (there are currently 286 workers in Manama).
- Certain containers have been specified for recycling materials and distributing as needed.

- “The Educational Bus الباص التثقيفي” is a bus made of recycled materials that travels to all schools in Manama; it contains screens and materials for raising awareness on environmental issues.



Suction tanks used during emergency situations

- A smart application has been established to receive feedback and complaints related to the environment, waste and pollution.
- The green areas in Manama are appropriately planned and established with an overall space of 328330 m². The individual distribution is 0.58 m² and work is in progress to increase the green areas in collaboration with relevant sectors and civil society to achieve a “green Capital Governorate”.
- There is a collaboration between Governmental Office and Department of Crimes Prevention under the name of “سامع” in the context of the Healthy City in Manama to implement alternative punishment to cultivate gardens in 8 areas in Manama, as a form of rehabilitation for convicted felons.



Alternative punishment to cultivate gardens in 8 areas in Manama

- The Capital Governorate requires all contracted companies to provide educational and awareness sessions about waste management and recycling.
- A food inspection committee has been established by the Capital Governorate Office and is membered by Capital Secretariat, MoH, Electricity and water Council and Civil Defense to inspect restaurants and ensure applying safety measures and procedures. During 2019, 224 restaurants were inspected out of 293.



Before



After

- There is a smart application to receive all complaints related to food safety (“عاصمتي تطبيق”).
- Big shopping outlets encourage healthy food choices in collaboration with MoH and Capital Governorate to facilitate availability of healthy options.
- In collaboration with High Council for Environmental Health, regular reports about air quality in Manama are regularly made.



- There are 2 stations for measuring air quality in Manama in addition to another one in Om El Hassam that is close to Manama.
- Tobacco control measures are widely implemented in Manama in the context of HCP including awareness activities and campaigns, implementing tobacco free places and establishing smoking cessation clinics in Al Hoora health center. During 2019, 734 cases benefited from the smoke cessation clinic.



Stations for measuring air quality

G. Community-based information center:

- Communication took place with all sectors requesting information and statistics needed for developing city health profile and informed planning. Database has been developed along with analyzing data to identify needs and gaps.
- Documentation of interventions and activities is taking place on regular basis.
- Data and information are used to track progress by HCP committee with timely dissemination.

H. Skill development, vocational training and capacity-building

- There are many interventions and activities are going on in relation to skill development and capacity building targeting different groups such as:
 - Performance development of employees: through the ‘Aadaa’ Governmental Program’ (“برنامج أداء”) and conducting training programs and workshops for employees in the governmental sector.

- Skill development of students through youth centers and community service programs.
- Supporting income generation projects: through the “Tamkeen Program”(تمكين) and Manama Business Week. Moreover, the Ministry of Business and Social Development implement relevant programs such as the “Step Program” (برنامج خطوة) and the capital complex for productive families.



Manama business week

I. Emergency preparedness and response

- In 2018, Emergency Preparedness and Response Committee has been formulated
- by a governmental decree in addition to establishing a field team in this regard
- There is continuous coordination with the Supreme national Committee for emergency preparedness and response. In this regard, an emergency plan has been developed at national and city level in collaboration with all concerned parties such as health, civil defense, social affairs...etc.
- Shelter sites (30 sites) are assigned and designated with proper signage along with periodic follow up on its readiness and



Distribution of shelter sites in Manama

equipment. They include police centers, schools, hospitals and health centers, sports clubs, and mosques.

- Awareness and training activities take place targeting different sectors and community members
- Community volunteers join activities through the online platform “My Capital” (عاصمتي)
- There are many subcommittees under emergency preparedness and response to ensure safety and prevent home-based and industrial accidents such as:
 - Housing inspection committee: to ensure that safety standards and criteria are in place. They conduct inspection visits and bid owners to implement safety measures and modify the house accordingly.



- Factory Security and Safety Committee: the committee inspected 65 industrial facilities in Salman Port and safety and security measures have been. The committee is membered by Civil Defense, Electricity and Water Authority, Ministry of Commerce, Industry and Tourism, Ministry of Labour, Government Office.

