

HCN Accomplishments: Yarmouk, Kuwait



[Healthy Cities Network](#)

Yarmouk HCP Progress & Accomplishments

Overview

The evaluation visit to Yarmouk occurred on 24 – 26 April 2018. Based on the systematic assessment of the processes, outputs, progress, relevance, efficiency, and impact of the HCP in Yarmouk, it was found that Yarmouk has met the requirements to receive the Healthy City accreditation. An overview of the various initiatives in place has indicated that Yarmouk has implemented the 80 WHO indicators. The core achievements stemming from the HCP have been described in detail below.

Infrastructural Modifications

The sidewalks and pathways in Yarmouk have deteriorated in recent years, and as a part of efforts pertinent to the HCP, additional walkways were paved, and preexisting walkways were renovated accordingly. Furthermore, green areas containing facilities for physical activity were established alongside the construction of green parks specially designed to accommodate the elderly, children, and families.

As an environmentally friendly city, Yarmouk has spearheaded a special community initiative “Breaths أنفاس” which aims to turn all parks into healthy lifestyle promoting areas. Two parks have been constructed and equipped with needed instruments for physical activities. Two parks and two walkways are under construction. The HC committee established a collaboration with a private company (Omniya) for plastic recycling. A park that is now accessible to the community has been constructed using recycled materials, and it highlights the concept of waste management and recycling among the public.

Health Promoting Schools

The Health Promoting Schools initiative has launched a program aiming to reduce obesity through the enhancement of physical activities and healthy nutritional habits. Schools also adopt skill development programs, such as gardening, which is reinforced through the inclusion of teachers and parents. A joint initiative in collaboration with the National Food & Nutrition Authority has been implemented to reduce obesity among students and impressive results have

been achieved so far. Most of the schools in Yarmouk introduced innovative initiatives to promote leadership among students (e.g. Fursan Al-Rufaie).

Stellar Health Services

In an attempt to reduce the burden of NCDs in Yarmouk, the health center performs active screening for early detection and management of non-communicable diseases along with raising public awareness about the risk factors. The center has been recognized as the best childcare clinic, and the best clinic for the diagnosis of diabetes through HbA1c measurements, and the best blood pressure control and treatment center in Kuwait through a family practice-based approach. The Yarmouk health center brings into action all the elements of PHC including: comprehensiveness, quality, accessibility, acceptability, and affordability of health services for their defined catchment population through a family practice-based approach with basic diagnostic measures (x-ray, mammography and ultrasonography). The family medicine specialists cover the families in their catchment areas and provide health services related to pediatrics, nutrition, mental health, NCDs and internal medicine in addition to regular visits of orthopedics (two times per week) to the center from the local hospital. A FP (family practice) specialized surgeon is available to perform minor surgeries and follow up on emergency cases until they are referred to higher levels of care. Comprehensive dental care services are available free of charge for Kuwait nationals and minimal payment for expatriates who are registered in the center. The center is open from 7 AM until 12 PM during the whole week. The center is accredited by Canadian authorities and is used as a training center for FM (family medicine) post graduate students. The Yarmouk health center has implemented many evidence based innovative approaches in response to community needs (through the conduction of opinion surveys on a regular basis) such as reducing the waiting time by implementing the “fast track clinic” and taking appointments online (using a mobile application produced by a private company) that has reduced the waiting time to two minutes. The center provides comprehensive PHC services to nearly 500 clients per day (that makes 5-6 visits per person per year). In an attempt to respond to the community needs and improve the



provided services, the Yarmouk center respects the right of the patients and assesses their satisfaction with each visit in addition to establishing a complaint box that is checked regularly and suggested solutions provided by relevant staff. The staff satisfaction is also assessed on annual basis. Treatment protocols based on the international standards are available in each clinic and accessible to all staff.

Additionally, 10% of the community members in Yarmouk received training on resuscitation measures (قلب ينبض initiative) in collaboration with the Yarmouk Health Center.

The Social Cooperative

The Social Corporate is a community-managed cooperative market where community members can get shares in the cooperative supermarket and receive yearly profits. The Cooperate runs by a board who are elected by the local Community. The board is responsible about planning, administrative and financial issues of the cooperate market along with providing support and implementing some projects in response to community needs. The goods in the cooperative market are selected based on the safety and health measures of MoH and are subsidized by the government. Part of the supermarket profit is utilized for city development activities like: construction of walking tracks, maintenance of schools, mosque and providing some awards and prizes to school children etc.



Yarmouk's HCP & City Officials

Mayor of Yarmouk, national MoH HCP coordinator, HCP coordinator in Yarmouk appreciated the support of WHO and providing them with the needed technical support since registering in

the RHCN and conducting the workshop in rolling out HCP in Kuwait. The Mayor reiterated his commitment to put health on the top of priority agenda and at the center of development. Yarmouk will be considered as a model for expanding HCP as a multisectoral platform for achieving SDGs and integrate HiAP.

Among the key salient features that were noticed in Yarmouk's HCP interventions are the high levels of political commitment at the ministerial, governmental and community levels, well planned coordination mechanism, community involvement, motivated and trained volunteers, well equipped facilities, efficient HIS, and continuous monitoring and supportive supervision from all parties and stakeholders.

Yarmouk As an Age Friendly City

“Age Friendly Cities” initiative is implemented under the umbrella of HCP using WHO guidelines and standards and designating 4 healthcare centers for providing healthcare for elderly. They achieved 125 out of the 168 indicators for implementing “Age Friendly Cities”.

The Community-Based Information Committee

The Community-Based Information Committee in the context of HCP plays a very effective role in:

- o Training of members of the inter-sectoral team and volunteers to collect key information, analyze it and use it for local development planning.
- o Knowledge transfer with the community and other relevant sectors/partners
- o Use of key information for advocacy and monitoring purposes by the local community, development committee and other stakeholders.
- o Documentation of baseline data, updated results, and information on current projects available from the local community development committee and the healthy city focal point.



They create knowledge for planning and policymaking through conducting a survey to monitor and identify priority areas for reforms and design a specific action plan for its improvement.

They used an online electronic questionnaire [GOOGLE FORMS] which was prepared both in Arabic and English. They called for volunteers through co-operative and HCO Instagram account as well as what's app. Volunteers applied through Yarmouk healthy city webpage.

The survey has been divided into different phased categories, in order to meet the Healthy city initiative standards, put by World Health Organization. The survey aimed to collect demographic data, community needs (including elderly and people with special needs), supermarket needs, technology needs, safety and security needs, environmental and other needs.

Emergency preparedness and response plan has been developed by 2 active parties: the health emergency department and civil defense institution. The civil defense institution has a unit specific for training and volunteerism with very active role in volunteers training and organization.