

Workshop on Community-Based Projects and the Role of NGOs

The following are scenarios that are in need of cardiovascular health promotion programs. Choose one of the following scenarios and design a program that will improve the quality of life of those described. What type of intervention will you design? What will be the components of your intervention? What will be your objectives? How will you get the individuals to participate?

Factory Workers

After reviewing company data on employee productivity, the president of a large manufacturing company in Mongolia realizes that his employees from several of his departments have been missing work due to illness. Upon further inspection, he learns that many of the illnesses, such as heart disease, were smoke-related and that 79% of his employees were smokers. The majority of those employees are men between the ages of 30 and 40 years. With a desire to increase his company's productivity and a genuine concern for his employees, the president contracts your NGO to design and implement a program that would decrease his employees' sick days and improve their health.

Students

At a large university in Mongolia, the student health services administrator has decided to organize a CHD screening program on campus and has hired your agency to develop and conduct the program. The administrator tells you that 8% of the female and 34% of the male undergraduate and graduate students (19 through 29 years of age) smoke. In addition, only 26% of the students engage in regular exercise activities, claiming that they do not have the time or energy for physical activity.