

2023

WORLD LUNGS DAY



PUBLIC HEALTH INITIATIVE

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INTRODUCTION

01

World Lungs Day, observed annually on September 25, serves as a vital global initiative with the overarching goal of promoting and enhancing lung health on a worldwide scale. The primary objective of this annual observance is to conscientiously raise awareness about the importance of maintaining optimal lung health and to advocate for collective actions that contribute to the betterment of respiratory well-being for all individuals.

World Lungs Day aims to mobilize diverse stakeholders, including individuals, communities, healthcare professionals, and policymakers, to collaboratively address issues related to lung health.

The Public Health Initiative was awarded a Healthy Lungs for Life grant by the European Lung Foundation (ELF) to conduct a range of local advocacy activities in Nepal. By utilizing the grant, the Public Health Initiative observed World Lungs Day in a collaborative manner with various local organizations and health institutions, including health posts in remote Nepal. The day celebration approach is an excellent way to spread awareness and promote lung health at the grassroots level in Nepal. In Nepal, our collaborative efforts with various organizations are pitched towards observing World Lungs Day and advancing local lung safety agendas, raising awareness about the importance of lung health, and fostering a culture of safety within healthcare practices.

We observed World Lungs Day with the global theme 'Access to Prevention and Treatment for All. Leave No One Behind,' and translated it into Nepali as विश्व फोक्सो दिवस: रोकथामका लागि पहुँच र सबैका लागि उपचार.

OBJECTIVE

02

"ACCESS TO PREVENTION AND TREATMENT FOR ALL"

“रोकथामका लागि पहुँच र सबैका लागि उपचार”

WORLD LUNGS DAY, September 25

विश्व फोक्सो दिवस-सेप्टेम्बर २५



मिति : २०८० असोज ८ गते
(सेप्टेम्बर २५, २०२३)

आयोजक



किमडाँडा स्वास्थ्य चौकी

स.न.पा.-८, अर्घाखाँची



The main objective of our event was to unite a diverse range of individuals and groups, including health workers, patients, families, female community health volunteers, schoolteachers, communities, youth clubs, mother's groups, and local policymakers, to demonstrate their commitment to lung health. The specific objectives were as follows:

- Raise awareness about the importance of lung health among healthcare providers, clients, and stakeholders.
- Promote the observance of World Lungs Day by local health facilities.
- Encourage the involvement and collaboration of various stakeholders, including healthcare workers, patients, families, policymakers, and healthcare organizations.
- Support local health workers in spreading key messages and organizing local awareness campaigns.

**विश्व फोक्सो
दिवसः
रोकथामका
लागि पहुँच र
सबैका लागि
उपचार.**

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APPROACH

Celebrating this day involved activities aimed at educating healthcare providers, patients, and the public about the importance of lungs health. The Public Health Initiative collaborated with various local organizations to observe World Lungs Day in Nepal. We adopted the global theme of "Access to Prevention and Treatment for All. Leave No One Behind," and translated it into Nepali as विश्व फोक्सो दिवस: रोकथामका लागि पहुँच र सबैका लागि उपचार." to prepare our promotional materials such as posters, banners, and social media posts to spread the message about the event.

We collaborated with the following local organizations to accomplish the day celebration event in Nepal:

- Nepal Public Health Students' Society (NPHSS), Institute of Medicine, Tribhuvan University
- Panchkhuwa Deurali Health Post, Gorkha
- Chaughada Health Post, Nuwakot
- Kimdada Health Post, Arghakhanchi
- Kerwani Health Post, Rupandehi



WORLD LUNGS DAY - 2023

25th September
 Venue : TU Teaching Hospital
 Time : 9 AM

Stall and Rally

Access to prevention and treatment for all.
 Leave no one behind...

 NPHSS
 Nepal Public Health Students' Society

 ERS
 European Respiratory Society

 PUBLIC HEALTH UPDATE
 Public Health Update

MAJOR ACTIVITIES

In collaboration with our local partners, we effectively carried out the following activities:

1. conducted orientation sessions and discussions with health workers, female community health volunteers (FCHVs), students, and patients at the health post.
2. organized an in-person awareness rally and a lungs health stall at Tribhuvan University Teaching Hospital premises.
3. facilitated interaction and orientation programs with female community health volunteers, health workers, teachers, clients, public representatives, clubs, parent representatives, and students.
4. utilized social media and online platforms to engage the public in discussions, share informative messages, and promote lung health.
5. organized a photo frame competition among public health students.
6. organized World Lungs Art, Meme, and Poster Competition

By targeting various stakeholders, from healthcare providers to community leaders and students, the initiative aimed to take a coordinated approach to observing World Lungs Day and promoting lung health in Nepal.



PEOPLE REACHED

Our activities successfully reached a diverse range of individuals and groups, as follows:

Female Community Health Volunteers (FCHVs): Sessions provided FCHVs with updated information related to World Lungs Day, lung health, and their roles in promoting lung health within their communities. FCHVs play a crucial role in bridging healthcare gaps at the grassroots level, so empowering them with knowledge was a key focus.

Health Workers: Health workers received further guidance on lung safety measures, best practices in healthcare delivery, and ways to enhance the quality of care. The goal was to ensure that healthcare professionals were well-informed and equipped to provide safe and effective services.

Teachers: Educators were included to help spread awareness about lungs health among students, emphasizing the importance of healthy lungs as part of the curriculum. They were encouraged to incorporate lung health-related topics into their health awareness program.

Patients and Clients: Lung health is not only the responsibility of healthcare providers but also of patients themselves. Clients were educated about their roles, preventive measures, and how to advocate for their own lung health.



Local Leaders and Public Representatives: Engaging public representatives is vital for advocating for policy changes and improvements in healthcare infrastructure. They were informed about the significance of lung health and encouraged to support initiatives that enhance it within the community.

Youth Club Members and Students: These sessions involved local community youth clubs and students. They were educated about how they could contribute to promoting lung health for all.

Social Media Users: Engaged social media users and public health students in discussions, sharing informative messages, and promoting lung health via photo frame competitions and World Lungs Art, Meme, and Poster competitions.

Provided orientation to female community health volunteers (35+).

Engaged health workers (40+)

Reached individuals through in-person activities (450+)

Reached individuals through social media activities, photo frames, art competitions, and posts (50,000+)

Engaged public health students and youth club members (50+)

Winners of three online competitions for the best video, poster, meme, and art related to World Lungs Day.

Awarded three winners for the most engaging World Lungs Day photo frame.

ACKNOWLEDGMENT

We would like to express our gratitude for the assistance received from our collaborators. We extend our heartfelt thanks to the The European Lung Foundation and partners for their generous grant to observe World Lungs Day 2023.

We are thankful for the support we received from our local partners, including Nepal Public Health Students' Society (NPHSS), Institute of Medicine at Tribhuvan University, Free Students Union, Maharajgunj Nursing Campus, Institute of Medicine at Tribhuvan University, Panchkhuwa Deurali Health Post in Gorkha, Chaughada Health Post, Kimdada Health Post and Kerwani Health Post and all the individuals who participated in our events.



PHOTOS

Health education, Discussion, interaction with COPD & Asthma Patients

Date: 25 Sep, 2023 (World Lungs Day)

Venue: Panchkhuwa Deurali Health Post



World Lung Day

25 September

SAGUN'S BLOG



PHOTOS



PHOTOS



CONCLUSION

In conclusion, the observation of World Lungs Day is of utmost importance as it directs attention to the critical issue of lung health, promotes global collaboration, and encourages actions to prevent respiratory issues and improve the quality of healthcare worldwide. This day presents an opportunity to prioritize and advance lung health as an integral part of healthcare systems and policies.

Through the organization of diverse activities and engagement with multiple stakeholders, the Public Health Initiative effectively highlighted the importance of lung health on World Lungs Day in 2023, fostering a culture of safety and awareness in local communities in Nepal.





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