



المجعية التوعية للصحة
Royal Health Awareness Society

Royal Health Awareness Society



A year of achievements report 2007-2008

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Royal Health Awareness Society

Table of contents

<i>Table of contents</i>	<i>a</i>
<i>Introduction</i>	<i>1</i>
<i>RHAS Projects</i>	<i>2</i>
<i>Healthy Schools</i>	<i>2</i>
<i>KAFA</i>	<i>5</i>
<i>Global Micro-Clinic Project (GMCP)</i>	<i>10</i>
<i>King Abdullah II Award for Physical National Health Campaign</i>	<i>14</i>
<i>National Health Campaign</i>	<i>19</i>
<i>Think First</i>	<i>22</i>
<i>Partners</i>	<i>25</i>

Introduction

This report celebrates one year of action and achievements of the Royal Health Awareness Society (RHAS). In this booklet, you will learn more about RHAS, what we do, our mission, our goals, and our partners, in addition to our most important project achievements.

RHAS designs and implements its projects in partnership with community members in accordance to their needs. In order to ensure that these projects are fully catered to the community needs, RHAS also believes in joining efforts between relevant stakeholders in private, public, and civil society institutions. Most important of all, RHAS works in partnership with the local community to ensure community ownership of the projects thus contributing to projects' success and sustainability.

This report is intended for you to learn more about our accomplishments and to encourage you to get involved in our national health endeavor. We will keep you up to date with our news and accomplishments through quarterly reports.

RHAS Projects

Healthy Schools

A national pioneering project known as "Healthy Schools" was launched in 26 schools across several directorates aiming to enhance and develop a healthy environment to render the school a safe place to learn and work. In September 2008, RHAS joined efforts with Her Majesty Queen Rania Abdullah's initiative, "Madrasati", with the aim of accrediting 40 Madrasati schools as healthy schools. The targeted schools must abide by health standards approved by the World Health Organization (WHO) in order to become accredited.

The project is being implemented by RHAS in cooperation with the Ministry of Health (MoH) and the Ministry of Education (MoE), with the aim of expanding it to all schools in the Kingdom. A specialized committee was formed from the Ministry of Health, Ministry of Education, WHO, UNICEF, the Jordan Health Communication Partnership Program and RHAS to develop the national school health accreditation guidelines whereby schools will be trained on how to implement these standards and thereafter evaluate them and accredit them as healthy schools.

The health accreditation takes the following into account:

1. Management and leadership.
2. School environment and safety.
3. Health education.
4. Staff competence; health services.
5. Community participation.
6. Health services provided to students and teachers.
7. Social and psychological support.
8. Physical activity.
9. Nutrition.

Healthy Schools

RHAS Projects



RHAS was certified by the Ministry of Health and Ministry of Education as the national body that evaluates schools adherence to the students, and grants the accreditation certificate.

Impact on the communities

Some of the Kingdom's schools are in extreme need of rehabilitation, the majority of which lack safe and healthy environment and health promoting activities that contribute to the wellbeing of students and teachers.

The Healthy Schools project promotes health at schools and empowers them to adopt "the school health standards". Schools that succeed in implementing the standards will be evaluated and accredited as a healthy school, after which the schools' performance is to be monitored through continuous follow-up visits conducted by RHAS in cooperation with Ministry of Health and Ministry of Education to ensure that the schools abide by the implementation of the healthy standards.

RHAS has partnered with Jordan Health Communication Partnership Program (JHCP) to train the schools on the health kit that includes several health related topics such as: physical fitness; nutrition; oral health; personal hygiene; traffic awareness; and smoking.

Future

The healthy schools project aims to cover all the Kingdom's schools to consolidate a healthy lifestyle in the new generation and contribute to a healthy and safe future. RHAS will develop a comprehensive media campaign to introduce and promote the concept of healthy schools and to encourage the local community and the private sector to share the responsibility of collectively developing healthy and safe schools.

KAFKA

RHAS Projects



KAFA

Background information and objectives:

At the initiative of Her Majesty Queen Rania Al-Abdullah, "KAFA" a traffic awareness program was launched with the aim of raising traffic awareness and encouraging Jordanians to become more responsible while on the road.

KAFA is a comprehensive project that has three main components: KAFA youth, KAFA kids and KAFA for all. The project focuses on kids and youth and empowers them to take a leadership role to reduce traffic accidents in Jordan.

RHAS is part of the main committee, formed by the Prime Ministry, and charged with developing a national strategy for road safety in Jordan. RHAS also chairs the Awareness and Education Sub-committee, part of the high committee, that aims to develop a strategy for traffic awareness and education in Jordan, the implementation of which is undertaken by all the related entities from the private and public sectors, and civil society institutions.

"KAFA" was chosen as a slogan for the campaign which signifies 'enough reckless driving, enough speeding, and enough killing of the innocent.'

KAFA aims to:

- Raise traffic awareness to the general public stressing the importance of traffic problems in Jordan.
- Enhance and encourage youth-led initiatives at the grassroots level which induce behavioral change.
- Foster private-public sector partnerships while enhancing involvement from civil society.
- Influence and complement social policies, legislation, law enforcement, and infrastructure.

Impact on the communities

Road accidents are the second leading cause of death in Jordan whereby an adult is killed every 9 hours and a child every 36 hours. The age group 0-17 is the most affected community segment with a recorded number of 277 deaths in 2007. Collective responsibility is becoming vital if we are to guarantee positive traffic-related behavioral changes.

KAFA has three major community-based components, all of which espouse community-based strategies that encourage the grassroots. They are:

1. KAFA For All:

RHAS is implementing a national media campaign that utilizes several media vehicles to raise traffic awareness to community members that lead to behavior change. The messages used are based on statistical analysis and reports developed by the Public Security Department and Jordan Traffic Institute. The campaign's first message was on "speeding" as one of the major causes of traffic accidents in Jordan. Other messages include pedestrians, wearing seatbelts, changing lanes, among others.

2. KAFA Youth:

This is a volunteer project that included 22 ambassadors from all governorates in its first phase who were empowered to develop initiatives that enhance traffic-related behavior change in their communities. The result was the creation of a focal network of volunteers on the national level that plays a significant role in achieving traffic-related behavior change and hence contributing to the fulfillment of the project's objectives.

The youth ambassadors were provided with training on youth led initiatives, advocacy, communication, and teamwork. Each ambassador, in his or her governorate, could become a liaison officer for the national traffic awareness project and responsible to create and train youth groups in order to work together on developing projects that reflect the needs of their local communities.

some of the most effective and distinguished initiatives include: creating traffic education games in Karak, planning an open day for traffic safety in Zarqa in addition to various activities such as traffic gardens. In its second phase Kafa Youth will be launched in eight Jordanian Universities, recruiting 50 ambassadors who will be trained for implementing awareness activities within their universities and communities.

3. KAFA Kids:

This project aims at increasing traffic awareness among school students and deepening their understanding of the importance of traffic safety.

Traffic Committees from each school were recruited to include students and teachers who will be qualified to implement activities that contribute towards the increase of traffic awareness in their schools and the surrounding areas, and provide each school with a traffic safety kit.

KAFA Kids aims to:

- Increase traffic awareness among school students and the importance of traffic safety.
- Help transform schools into safe environments that promote traffic safety principles.
- Encourage students to develop effective traffic activities in their schools and local communities.
- Empower teachers to raise students' traffic road safety awareness through extra-curricular activities.

The project's activities include regular morning assemblies and creative activities that utilize art and music and other talents in traffic awareness, as well as group activities such as seminars, competitions, conferences, field activities, etc.

This project is currently being implemented in 24 governmental schools in eight governorates. KAFA kids also distributes activity booklets to students, targeting age groups from 6-9 and 10-14 years old to enhance traffic awareness among all students who are trained on the use of the booklet by their teachers.

Future outlook

RHAS will implement "KAFA" program for at least five years to ensure maximum outreach to the community and contribute to behavior change in traffic.

Success story

The Traffic Ambassadors Project was launched as a result of Their Majesties' vision to empower our youth to take a leadership role in creating the necessary change in their communities. Youth participants played a significant role in influencing their communities through the implementation of initiatives that were very successful and left a positive impact on the community.

"This project was set to be an extra-curricular activity for the youth. We never thought that it would have such a profound effect on us and on the society. We have achieved so much in a year," said Doua Aqeel, an Ambassador in the province of Zarqa.

The aim of the Traffic Ambassadors project was to form volunteer groups from the youth community to be in charge of road safety awareness in their governorates by introducing a youth led initiative. This initiative did indeed contribute to a behavioral change towards traffic and road safety amongst the society and especially the younger generations.

The efforts and achievements of the Traffic Ambassadors gained the support of esteemed organizations as well as decision makers and officials, and were granted funding for their initiatives and other activities for the benefit of the community.

Global Micro-Clinic Project (GMCP)

Launched in April 2008 by The World Diabetes Foundation, The Ministry of Health, and The Royal Health Awareness Society, The Global Micro-Clinic Project aims to empower citizens to prevent and control diabetes, especially those who are 18 years and above.

GMCP aims to:

- Address the diabetes epidemic in Jordan at the grassroots level.
- Provide shared access to appropriate technology, such as a glucose monitor and HbA1C monitors for economically disadvantaged Jordanians.
- Utilize existing social and familial networks in spreading awareness about the diabetes epidemic and to dispel commonly held myths about the disease.
- Provide improved access to education through the use of social activities, lectures, small group visits, and distribution of educational materials.
- Empower individuals through the use of support groups (i.e. micro-clinics) in caring for their health and well being.
- Provide necessary support to the Ministry of Health in expanding access to health services in underserved communities and strengthening the social infrastructure.
- Strengthen civic involvement and the spirit of volunteerism.

This pioneering project was launched in Ein Al Basha and Jabal Al Naser Health Centers. It revolves around a community-driven philosophy, creating diabetic patient's clinics in the form of group support, each consisting of three to eight diabetic patients who support each other through meetings and also obtain the support of specialists in order to control their illness. In addition, it revolves around forming partnership between healthcare professionals, government and civil societies, and members of the local communities.

RHAS Projects



The project seeks to educate diabetic patients about the disease, its types, symptoms, complications and how to avoid them. It also provides the necessary training so that they can perform blood tests and HbA1C tests, and also trains them on self-planning for physical activity and a healthy nutritional plan.

Impact on the communities:

- **HbA1c results:**

The HbA1c results among the participants (out of 89 who attended) in Jabal Al Naser showed that 75 (84.3%) of the participants had reduced HbA1c results and 29 (32.6%) reached the normal HbA1c results.

- **Weight loss:**

The weight results for the participants (out of 65 who attended) in Jabal Al Naser showed that 59 (90.8%) of the participants had weight loss ranging from 1 Kg to 16 Kg.

- **Changing Lifestyle:**

All participants were empowered to change to a healthier lifestyle, and as a result the participants noticed remarkable improvement in their overall results of blood tests, weight loss and complications.

Future outlook

The success of the pilot project so far means that it will be expanded to 700 micro-clinics in 2009. A health educator will be available in each medical center to educate and provide diabetic patients with the needed follow up.

Success stories

The majority of diabetic patients show improved blood glucose levels after 3 weeks of participating in this project. In just three weeks from implementing this project blood glucose levels improved in 51% of participants in Jabal al-Naser and 48.5% of participants in Ain Al Basha.

For many diabetic patients, controlling their blood sugar is difficult because it involves changing their lifestyles and their habits. Attending the GMCP workshops is crucial to the success of diabetic patients because it provides them with the support they need and encourages them to return to the clinic for further follow up.

Participant, Mohammed Yousef Kutkut, 42, said, "I lost about 13 kilograms and reached the normal blood glucose levels after my training sessions. After three months my HbA1c was reduced by 7.5% and reached the normal level (5.8), and the doctor stopped my medication, knowing that before I joined this program my blood glucose level never went below 350 and my HbA1c was 13.3."

Another participant, Ansaf Al-Azza, said, "I am very happy". She added: "Finally, after more than 10 years since my husband's diagnosis with diabetes, I was able to help him control his blood glucose level to reach a normal HbA1c value – for the first time ever. We managed to do that by adjusting our habits and lifestyle at home (according to what I learned in this project)."

King Abdullah II Award for Physical Fitness (KAJIA)

The King Abdullah II Award for Physical Fitness has been ongoing since 2006 with the support of the King Abdullah II Fund for Development, and in cooperation with The President Challenge Organization, USA, The Ministry of Education, The Ministry of Health, and the USA Embassy.

The KAJIA is a national project that engages students in sports one hour a day for five days each week during a total of six consecutive weeks. A performance level test that measures five fitness exercises is then carried out on all participants, which includes push-ups, sit-ups, flexibility tests, shuttle runs, and endurance runs. Awards are distributed accordingly.

The project targets students in public schools aged 9 – 16 and aims to:

- Build and enhance their self confidence.
- Love competition and self challenge.
- Acquire knowledge in health, sports and nutrition.
- Practice sports activities voluntarily and on regular basis.
- Enhance the idea of entertainment.
- Improve their physical fitness and health.
- Discover and develop their special abilities, and skills.
- Benefit from the opportunity of healthy social interaction.
- Prevent illnesses pertaining to this century.
- Positively benefit from their spare time.

King Abdullah II Award for Physical Fitness

RHAS Projects



Impact on the communities

Since its inception, the award program has received tremendous support from the participating students, parents, and the local community and has seen quite a dramatic improvement in fitness levels and weights.

In consideration of the excellent students' efforts, RHAS in cooperation with the Ministry of Education has linked those students with the various Jordanian sports clubs so that they may develop their skills as well as provide those clubs with excellent players.

A total of 148 schools participated in 2006; 307 schools participated in 2007; 710 schools participated in 2008; and 1400 schools (%50 of schools in Jordan) are participating in 2009.

Future outlook

By 2010, all schools around the Kingdom, including the army and UNRWA schools, are expected to be part of this project whereby it will become an integral part of the physical fitness curriculum of the Ministry of Education.

RHAS has developed an electronic system as part of the Education Eduwave system of the Ministry of Education, to enter the participating students' results. It will be used in the fourth phase of this project (2008-2009) in order to facilitate the process of retrieving results and create a database for research and project evaluation.

Sports exchange program Jordan-USA

Ten winning students in the Gold category of the King Abdullah II Physical Fitness award for the scholastic year 2007/2008 (5 male and 5 female) participated in the Jordanian-American exchange program. The delegation included KAIA project manager with the participation of the head of the physical fitness department at the Ministry of Education in addition to two supervisors, one for the male students and the other for the female students.

The 10-day program included visits to various academic and educational institutions such as the American University, Delaware University, Hollywood Elementary School, and McGruder Secondary School. Students participated in various sports training sessions as well as other sports activities and training for the award. They also exhibited various training methods and popular Jordanian games. It was evident that the award program improved the participants' physical fitness and that they portrayed themselves as good ambassadors of their country and represented the true image of sports and sportspeople in Jordan.

The project contributed to promoting greater understanding of American culture, society, and educational systems through interacting with American youth, physical educators, coaches, athletic administrators, and fitness professionals, what role sports and physical activity play in American society and how sports can promote understanding and cooperation among cultures and countries.

The team further discovered how to incorporate as a lifetime goal physical fitness, which also translates into the development of leadership and life skills, respect for teamwork, and achievement in the classroom.

Success stories

Ruqaya Manasir, 14 years old, from Salt:

Ruqaya suffers from a health problem which affected her social relations at school. After joining the project, Ruqaya lost weight and became more confident. She started interacting with other students and made good friends.

Qutaiba Mayta, 9 years old, from Karak:

Qutaiba has one kidney and he was always afraid to do any physical activity. When the project started, Qutaiba's teachers encouraged him to join and provided him with all the support he needed. Since then, everyone, including Qutaiba's parents, has noticed a major positive change in his personality. Teachers say that he is now an active student who interacts with everyone.

National Health Campaign

RHAS Projects

عيلة ابوسام



National Health Campaign

In September 2008, during Ramadan, RHAS launched a National Health Campaign that targeted the local communities aiming at spreading and raising awareness about several health-related issues. The project was designed to spread health messages to the community via TV, radio, and print through cartoon characters. The plot consists of a dialog among members of an imaginary Jordanian family, the Abu Saleem family, who has bad health habits, especially Abu Saleem. Their neighbor is educated and tries to lead a healthy lifestyle. Through dialog among the characters, health messages will be sent to the audience, and will be summarized by the doctor, who is represented by one of the characters.

The project started communicating the health tips during the Holy Month of Ramadan on JTV and Nourmina TV through airing a 2-minute animated clip, delivering health tips focusing on the behaviors within the Holy Month of Ramadan. RHAS developed its communication campaign for a year, each month dealing with a different topic such as heart diseases, diabetes, obesity, allergy and others.

These health topics were chosen in accordance to the national health priorities and in harmony with the international agenda of the WHO in Jordan, whereby the calendar will be consistent with the local and international health events.

Impact on the communities:

Unhealthy habits are spreading rapidly and have been frequently observed among individuals. The project is geared to change the mindset and create momentum for the adoption of healthy habits through education and the understanding of a variety of health topics.

The slogan of the campaign is "Think, Right, Live Healthy", which is meant to stress on the importance of the right thinking in order to adopt the right healthy habits and commit to them.

Future outlook:

The tool for creating a health-conscious Jordanian family has no boundaries of expansion for the future. We seek to have the Abu Saleem family represented as educational tools, such as toys, calendars, and video series, among others. The expansion is unlimited. This campaign will continue for at least a year and will utilize all media available, visual, audio and print.

Think First

Brain and spinal cord injuries, resulting from different types of accidents, are high in Jordan. With this realization, in July 2008, RHAS decided to adopt the Think First injury prevention program that was originally developed in Canada and the United States and to localize it to suit the Jordanian community. The program aims to adopt educational material and techniques that encourage young people to embrace safer behavior and practices while developing their skills in problem solving, critical thinking, and analysis to help them make safe decisions.

In partnership with the Ministry of Education, Palestine Hospital, and Rubicon, Think First will be implemented as a digital curriculum in schools on a national level, using creative, child-friendly methods of teaching.

The project goal is to help students understand why their first choice must be to Think First. The project targets school students between grades KG to 8.

Think First aims to:

- Promote safe behavior through developing educational material that targets students, teachers, and parents.
- Empower kids and youth to prevent brain and spinal cord injuries by developing credible injury prevention curriculum catered to Jordan.
- Raise awareness on the importance of injury prevention among local communities by introducing educational activities that are fun and participatory.
- Bring injury prevention into the spotlight of public attention by communicating key injury prevention messages.
- Develop students' knowledge and skills in problem solving, critical thinking, and analysis to help them make safe decisions.

Think First

RHAS Projects



Impact on communities

At present, the project "Think First" is in the planning and curriculum development phases. The project is expected to have tremendous impact since it is the first such comprehensive project that deals with prevention of injuries and that involves teachers, parents and ultimately the entire community.

Future Outlook

Think First project will be implemented nationwide, in all MoE and private sector schools, eventually covering the entire Kingdom. Teachers around the country will be trained on how to teach this innovative and engaging curriculum.

Future Projects

Future projects are to be selected based on the national health priority.

List of Partners:

RHAS Partners:

- AED- USAID
- Children's Museum
- CopyWrite
- Ein Al Bash Medical Center
- German Embassy
- GMCP – Global Micro-Clinic Project
- Greater Amman Municipality
- Hikmat Road Safety
- Idea Advertising
- International Diabetes Foundation
- Jabal AL Nasser Medical Center
- Jordan Education Initiative
- Jordan Television JTV
- Jordan Traffic Institute
- Junior Road Safety Club - UK
- King Abdullah Fund For Development
- Media Plus
- Ministry of Education
- Ministry of Health
- Ministry of interior
- Ministry of Public Works
- Nasser Ladies Society
- Palestine Hospital
- PRI – Prevention Routiere International
- Public Security Department
- Queen Rania Park
- Queen Rania Family and Child Center
- Roche Diagnostics
- Rubicon
- Team Young and Rubicam
- The Jordan Federation for School Sports
- The Jordan Health Communication Partnership Program (JHCP)
- The President Challenge Organization – USA
- VAMOS – Volunteers Always on the Move for Road Safety
- World Diabetes Foundation
- World Health Organization

Television

- JTV
- Nourmina
- Seven Stars
- Petra

Media Partners:

Outdoor

- KASSAB
- Picasso

Newspapers

- Al Rai
- Al Dustour
- Al Ghad
- Al Arab Al yawm
- Jordan Times
- Petra
- Ammoun
- Saraya
- Star
- Al Ordon Ard Shifa'a

Magazines

- Luxury Magazine
- Family Flavors
- Living Well
- Layalina
- VIVA
- U
- JO

Radio Stations

- Amman FM
- Beat
- Mood
- Mazaj FM
- Rotana
- Energy
- Fann
- Amin FM
- Hayat FM
- Sawt El Ghad
- Al Balad FM
- Sawt Al Madina
- Wattan
- Nas FM
- Play FM
- Jordan Radio
- Yarmouk FM

RHAS Volunteers

- Tariq Nasser
- Alia Kanaan
- Ali khasharmeh
- Noor Gharybeh
- Mohamad Homsi
- Rawdah Maqableh
- Mohammad bani Khaled
- Fatena Khaldi
- Mohammad Kilani
- Mohammad Abdeen
- Hanaa Jumaa
- Hanaa Hour
- Waleed Lahham
- Dous Aqeel
- Rami Rawashdeh
- Majd Rawashdeh
- Ahmad Khleifat
- Ali Khleifat
- Anas Khleifat
- Wasan Adwan
- Eyas Madanat

- Nuwar Abdel Fatah Aziz Azam
- Leen Ahmad Abdel Mahdi Qaradah
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- Aba Mohammad Naim Jarrar
- Majdi Mohammad Ismail Abu Sundus
- Aya Subhi Mohammad Zagha
- Ragheb Faris Alayan Shreyyem
- Obaida Faris Alayan Shreyyem
- Lina Musa Saqr
- Raja Abdulrahman Raja Juma'a
- Hawazin Mohammad Khataibeh
- Hanada Mohammad Khataibeh
- Adla Ziyad Al Haj Ahmad
- Othman Ahmad Hassan Al-Othaibat
- Rania Ali Fayyad Al-Da'ajeh
- Nour Nayef Ahmad Al-Momani
- Jude Salim Beni Atta
- Mohammad Al-Qudah
- Ahmad Jamal Ababneh
- Hassan Al-Qudah
- Nassiba Al-Momani
- Motasem Al-Miqdadi
- Tarek Al-Momani
- Mohammad Shawashra
- Ayham Smadi
- Rula Ababneh
- Mujahid Al-Qudah
- Doua Al-Momani
- Khaled Al-Qudah
- Hiba Shawashreh
- Radad Al-Kayed
- Ala Ali Mamhoud Al-Otoum
- Hamza Abu Arqoub
- Yousef Nidami

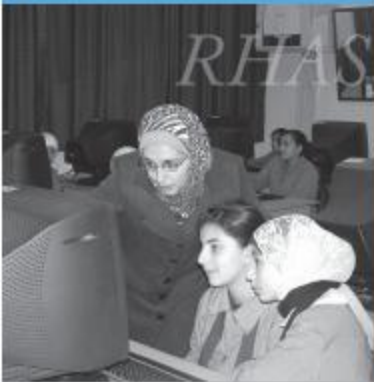
- Ali Mansour Mohammed Al-Otoum
- Isa Walid Isa Momani
- Wala Otoum
- Amira Ali Mahmoud Otoum
- Mohammad Khair Ayasra
- Yazan Abed Ibrahim Al Abadi
- Hana Mohammad Banat
- Irsheed Al-Qqaydi
- Ihab Daoud Al-Kassasbeh
- Mohammad Adel Al-Shawwreh
- Dima Mohammad Al-Matarneh
- Ahmad Al-Karaki
- Asma Fathi Al-Mobaideen
- Amin Saleh Al-Dhunaibat
- Shadi Dhabab Al-Alawi
- Bayan Al So'ub
- Sami Jamil Al-Oshaybat
- Wafa Shehadeh Al-Ghuwaiyin
- Sufian Kamel Abu Safi
- Salameh Mohammed Al-Karaleh
- Maan Khleif Al-Karadeh
- Rawan Mohammad Al-Matarneh
- Sabrin Abdel Wahab Majali
- Mohammad Al-Omoush
- Suzanne Barakat
- Ala Qasim
- Ali Odeh
- Rafat Badran
- Rasha Obeidat
- Ayat Shawish
- Motasem Ziyood
- Ala Qadoumi
- Asma Ramadan
- Tamara Al-Hayajneh

- Mohannad Al-Hami
- Tahani Haddad
- Amer Mohammad Sarhan Khlaifat
- Oqleh Ibrahim Al-Sa'eedat
- Shadi Haroun Atiyeh Al-Sa'eedat
- Ayman Haroun Falah Al-Khlaifat
- Motaz Hamed Al-Khalaifeh
- Ghassan Mustafa Khlaifat
- Hamzeh Ibrahim Khlaifat
- Mohammad Khalifeh Khlaifat
- Shereen Abdullah Khlaifat
- Wissam Mheidat
- Mohammad Al-Zoubi
- Sarah Al Ahmad
- Songul Walar
- Basher Khataibeh
- Muin Mahmoud Ishbil
- Aya Abu Ashtira
- Salah Al-Khalidi
- Abdel Hamid
- Anas Isam Al-Tahhan
- Ahmad Hamed Mahasen Al-Shara'a
- Haneen Munir Tu'meh Al-Khalil
- Mohammad Nabil Abu Rumman
- Ghadeer Khnelsar Al-Rushud
- Ziyad Alaimat

RHAS Projects



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A year of achievements report 2007-2008

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