

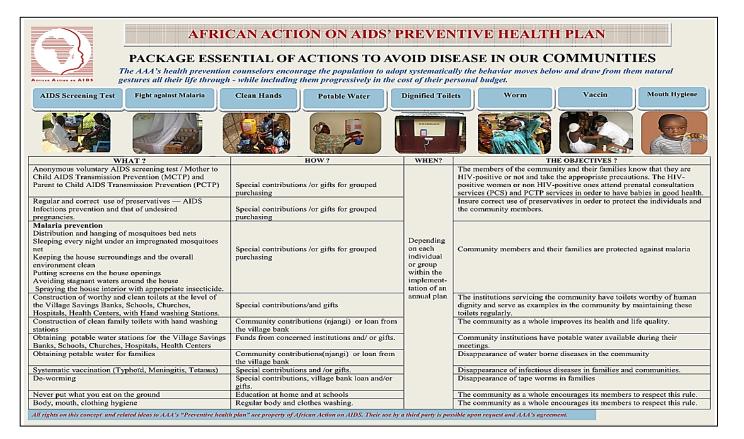
FIGHT AGAINST THE SPREAD OF AIDS THROUGH THE AAA'S PREVENTIVE HEALTH PLAN

INTRODUCTION

The AAA Strategic Objective leads local populations to the appropriation of their own welfare by creating a positive environment that enables them (CVECA, schools, health centres, Private homes) to prevent diseases including HIV/AIDS, Malaria, Water borne diseases.

The Expected results of this strategy is the Development of a Personal Responsibility Attitude, a commitment of a life time that leads to healthy habits as outlined in the "Evidence Based Preventive Health Plan below. Please be aware that this report is a compilation of documents that were prepared in French, English or local languages according to different situations in our multilingual country Cameroon.







African Action on AIDS, INC. (AAA)

AFRICAN ACTION ON AIDS, INC. P.O.Box 1680 New York, NY10163-1680 www.africanactiononaids.org www.facebook.com/africanactiononaids AAA - Yaounde Office B.P. 4340 Yaoundé, Cameroun Tel/Fax: (237) 22 20 54 86/75024839

E-Mail: ruthengoaaa@gmail.com; francois_ebaa2010@yaho.fr/ francoisebaaaaa@gmail.com AAA Representative UN Centre, Vienna Schottenfeldgasse 20/9 1070 Vienna, Austria hpkaschitz@aol.com

Yaounde 25th May 2019

Founder/President and Executive Director: Ruth Bamela Engo-Tjéga

BOARD OF DIRECTORS

Dr. Joan Mac Vicar, Professor Emeritus, Hanorary Chairperson - Monterey Meets Ngalla Committee – USA.

Ms. Laraine Lippe: Chairperson of the Board, Monterey Meets Ngalla Committee.

Mr Jimmy Byongchan Yoon, Vice - Chairperson of the Board - Lead software Engineer VIACOM, Inc

Ms. Loris Crawford, President Savacou Gallery: Treasurer of the Board

Dr. Herta Kaschitz - Wustenhagen: Former UN Official: AAA Representative to the UN Centre In Vienna

Dr. Elisabeth Scheper, Fellow, Harvard Center of International Affairs and former Director of East and South Asia Department of NOVIB Dr. Hanifa Mezoui, Former UN Official Mme. Africa Byonchan Yoon née Engo, President, Girl Behind the Camera Productions: Head Representative of AAA to the United Nations

Ms. Mariama Djibo, Secretary of the Board Former UN Official – International Consultant Ms Marlene Melton, Owner at African Ventures Inc. New York Life Insurance Company, AAA Representative to the UN, New York.

INTERNATIONAL ADVISORY BOARD

Super Scale, - Cameroon.

Dr. Ricardo Diez-Hochleitner, Honorary President of the Club of Rome

Dr. Ashok Khosla, Chairman, Development Alternatives, India – Club of Rome. Mr. Felix MBAYU, Minister Plenipotentiary

Mr. Simon Yon, Director, Microfinance et Développement, (MIFED), Cameroon – Président: "AAA Comité de pilotage " Dr. Esther Cameroon Confision Comités Malage (COMM)

Coalition against Malaria (CCAM) Dr. Jeanne Honorée Bayiha, Clinique Médicochirurgicale, Yaoundé

Ms. Sabine Mpacko, RELISH, Germany Mme Christiane Okang, Poétesse et Ecrivaine, Yaoundé.

Prof. Charly Gabriel Mbock, Directeur de Recherche en Anthropologie, Membre pour l'Afrique du Comité Scientifique de MOST-UNESCO.

Mme Djapa Ngassam Charlotte, Enseigante -Fondatrice du Collège Privé Laïc Fleming, Yooundé

Mme Galéga née FEH Helen, Directeur des droits de l'Homme et de la Coopération Internationale, Cameroon.

Dr. Andreas Heinecke, Director General, Consens Ausstellungs GmbH, Germany Dr. Elizabeth Bowen, Morehause School of Medecine, Department of Health and Preventive Medecine, Atlanta, GA

Dr. Cathey Falvo, AAA Medical Adviser.

Ms. Kathle Frome, The Monterey Meets Ngalla
Committee

Ms. Eileen Lawlor, The Monterey Meets Ngalla Committee

Vivek Aranha, AAA Representative in Asia Anne Heartt Gregory, Artist Durham, NC USA Eyebe Eyebe Jeanne, Representative of AAA Girls, Yaoundé.

FOUNDING MEMBERS

Ms. Barbara Abomo Engo Ms. Mariama Darboe Mr. Paul Bamela Engo Junior

CENTRES OF EXCELLENCE

Cameroon: Teclaire Ntomb, GICPAB

Presidents of AFAC/CVECA Cameroon

Subject: 30TH ANNIVERSARY of SI Tokyo - Shinjuku

Dear President MURAKAMI,

We are grateful and honored to be included in your 30th Anniversary Celebration. It is a further honor to be represented today by our dear friend and Sister Yoko Komori Olson, who was responsible for bringing us together. As we send this message of Congratulations and wishes of Longer Life to SI Tokyo – Shinjuku Club, we would like to take the opportunity to send the same wishes to all club members, who have become friends and family to African Action on AIDS.

AAA is about PREVENTION. During our long partnership with African villages, we observed that a weak basic health system in a community has a direct impact on a community's ability to improve outcomes of efforts that combat AIDS. Therefore, AAA links HIV/AIDS prevention to the kind of quality basic health and sanitation that can dramatically reduce the Impact of AIDS, not only for individuals but communities of all sorts. Our interventions strengthen basic health and sanitation systems in ways that have a broader impact.

SI Tokyo – Shinjuku's permanent Water Well at the Primary School in Abem, has enabled its children to practice proper hygiene and sanitation. You have therefore contributed in the strengthening of their IMMUNE SYSTEM and that of their families. In so doing, you have created a base for better HEALTHY HUMAN PRACTICES at a small village level.

At the same time, you have planted the seed that will produce responsible citizens who will spend more ENERGY on preventive methods and less on purely curative health! You have planted a seed for people whose self-esteem will grow based on their own Informed Actions.

In a less optimistic world, you have helped create an environment where people can cultivate the sort of energy needed for GLOBAL PEACE.



So in congratulating you for your good deeds during the last 30 years, our only wish is, to be like SI Tokyo –Shinjuku club when we grow up! ONLY THE VERY BEST FOR YOUR WORK.





HIV/AIDS PREVENTION: BETTER ROADS TO REACH RURAL PEOPLE

HIV/AIDS, and in general the prevention of diseases, are not solely based on their involvement with medical infrastructure and healthy behaviors. They are **also about access**. Provide access for rural people to the kind of health information that matches local health needs as well as better roads for adequate transportation of their goods and services to minimize trade loss from bad roads.

Furthermore, we must encourage the rural population to contribute to funding disease prevention (which is cheaper than getting sick) and progressively limit dependency for sustainability. We hope this understanding will nourish Cameroon's National Health Policy in 2013. Million thanks to our friends and supporters. In different languages, we wish you all a:

MBA MBA MBU! NWINLAM! KUNDA'A MVU! HAPPY NEW YEAR! BONNE ANNEE 2013.

President of African Action on AIDS traveling to explain AAA Preventive

Health Plan to rural populations



Farmers' goods being transported to market



Submitted by Ruth Bamela Engo, AAA President









ReproNet-Africa

C/O Zambia Forum for Health Research (ZAMFOHR) 1 Flat 1B Parliament Flats Off Parliament Road Lusaka, Zambia

Phone:+260 211261718 Fax: +260 211261719

Your Contribution is Important!

Special thanks for suggestions and article contributions made towards this issue go to:

Dr Heli Bathija

Geneva Foundation for Medical Education and Research, Switzerland

Dr Mags Beksisnka

Maternal Adolescent and Child Health (MatCH), South Africa

Barbara Kayser

RHR World Health Organisation, Switzerland

Janine White-Jacobs

Wits Reproductive Health and HIV Institute (WRHI), South Africa

Ruth Bamela Engo

African Action on AIDS (AAA), Cameroon

Aliyu Aminu Ahmed

Association for Reproductive and Family Health (ARFH)

Thank you all so much for your comments, contributions and suggestions towards the December issue. We look forward to receiving more of your article suggestions for future issues. These as well as any feedback you may have can be forwarded at any time to nkundav@gmail.com.

> Best wishes Nkunda Vundamina, Coordinator

Improving reproductive health through:



Forging Partnerships



Strengthening Research Disseminating Evidence



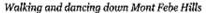




HIV/AIDS PREVENTION:

MENTAL AND PHYSICAL FITNESS







"Bikutsi Tae Bo" - Parcours Vita Mont Febe

Prevention of HIV/AIDS and diseases in general is also about mental and physical fitness

MENTAL FITNESS involves optimism. It is the readiness to face challenges and Win. It is a decision not to attract pity, the fighting spirit that removes one from the category of victims to a Conqueror status, starting from where you stand.

PHYSICAL FITNESS involves movement. Up and Down; Inspiration and Expiration; Helping the body to fully sustain life and beauty. Mental and Physical fitness are complementary – START ONE AND GET ONE FREE! Mental and Physical fitness is a personal declaration of Love to oneself: I love ME and would make ME be the starting point of a healthy, happy life!

Anyone who walks around Yaoundé, the Capital of Cameroon early mornings and evenings will meet thousands of people who love themselves. People alert with happy faces, young and old. The hills of Mont Febe where many run, walk and dance "Bikutsi Tae Bo" will soon be known as Mont Fitness. Fitness as life style definitely has an impact on the global effort to prevent diseases ... HEALTHY AFRICA, HERE I COME!!!

About African Action on AIDS (AAA)

AAA is a tax exempt non-profit organization registered in the USA and operating under section 501 (c) 3 of the IRS code. It is also registered in Cameroon (auth. No00174/A/MINAT/DAP/SDLP/SAC). It has special consultative status with the United Nations ECOSOC and the UN Department of Information.

Ruth Bamela Engo, AAA President



INSIDE THIS ISSUE

REPRONET-AFRICA

on untheetta regional

Network linking,
concilinating &
strengthening existing
reproductive health
cescacele institutions for
the purpose of improving
the reproductive health
status in Africa."

