



The structure and content of the report

- 1. Stage of the training preparation**
- 2. Stage of organizing a training**
- 3. Results/ Conclusion of training**

FIRST. STAGE OF THE TRAINING PREPARATION:

The Ministry of Health of Mongolia, WHO Regional Office for the Western Pacific, the National Centre for Public Health, and the Healthy City Network of Mongolia (HCSC NGO) jointly organized the training in order to provide information related to behavioral changes to promote health and the World Health Organization's guidelines and strategy, according to approved project proposal and budget, it held on the 10-12th of June 2019 in Ulaanbaatar. The training was organized for governors, health department heads, staff of urban health of 10 member cities of Healthy City Network and Ulaanbaatar city. The training has been successfully implemented within WHO support and technical assistance.

Directions for Organizers:

- Ministry of Health

The ministry has tasked with issuing official invitation letters for participants, issuing program content, and managing some of the activities during the training.

- WHO

In addition to funding the training, they have been providing technical assistance trainers and organizational management.

- National Center for Public Health

The National Center for Public health prepared lectures and presentations on the four topics (alcohol consumption, smoking, healthy eating & physical activity) for introducing the best practice in the prevention of non-communicable diseases in Mongolia

and the current situation. Also, they organized for training such as registering participants, training banners, flash memory sticks, and other materials, organizing lunch and tea breaks. The Center was responsible for preparing registration sheets of training on day-to-day training and paying business trip fees and travel expenses. Worked as a coordinator in the allocation of teams.

- Healthy City Program Capacity Building Center

Training manuals and presentations were translated from English to Mongolian and prepared distribution materials during group workshops and 5 Healthy City video materials of the training, take training satisfaction survey, to do integrated training report, work as a coordinator during group work, and supervision was conducted for the training.

Frame of training participants:

10 member cities of the network of Healthy Cities participated in the training, include;

- Sainshand city of Dornogovbi province,
- Chinggis city of Khentii province,
- Dalanzadgad city of Umnugobi province,
- Choibalsan city of Dornod province,
- Darkhan city of Darkhan Uul province,
- Erdenet city of Orkhon province,
- Altai city of Govi –Altai province,
- Sukhbaatar city of Selenge province,
- Bayankhongor city of Bayankhongor province,
- Murun city of Khuvsgul province,

The Capital City of Ulaanbaatar and its districts, Sukhbaatar, Chingeltei, Baganaur, Bagakhangai, Nalaikh, Bayangol, Khan-Uul, Songinokhairkhan, and Bayanzurkh districts attended in this training. Besides, governors of the cities and district governors, officials who responsible for Healthy City, chairmen of District Health Departments and Health Centers of the Aimag and districts 78 people have participated and the capacity of these people has been strengthened.

On 29 May 2019, the official letter of intent to attend training sent to the relevant departments through the Ministry of Health.

“TRAINING REPORT OF BEHAVIOURAL CHANGES TO PROMOTE HEALTH “



Хавсралт 1

“Хотын хүн амын эрүүл мэндийг дэмжих болон зан үйлийн өөрчлөлтөөр халдварт бус өвчний урьдчилан сэргийлэлтийг сайжруулах” сэдэвт сургалтыг оролцуулах

№	Аймагын нэр	Сургалтад оролцуулах үеийн тус		
		Ажлын өмнө дараа Хотын амьдрал	Эрүүл хотын үндэсний төвийн үйл ажиллагааны үр дүнд өөрчлөлт	Ажлын дараа Хотын амьдрал
1	Сайншанд	1	1	1
2	Чингис	1	1	1
3	Аравайхээр	1	1	1
4	Чойбалсан	1	1	1
5	Асхуй	1	1	1
6	Сүхбаатар	1	1	1
7	Баянхонгор	1	1	1
8	Мөрөн	1	1	1
9	Дархан	1	1	1
10	Дэлхийн	1	1	1
Нийт		10	10	10



Хавсралт 1

“Хотын хүн амын эрүүл мэндийг дэмжих болон зан үйлийн өөрчлөлтөөр халдварт бус өвчний урьдчилан сэргийлэлтийг сайжруулах” сэдэвт сургалтыг оролцуулах

№	Дүүргийн нэр	Сургалтад оролцуулах үеийн тус	
		Дүүргийн захирал дараа	Эрүүл хотын үндэсний төвийн үйл ажиллагааны үр дүнд өөрчлөлт
1	Сүхбаатар	1	1
2	Чингис	1	1
3	Аравайхээр	1	1
4	Чойбалсан	1	1
5	Асхуй	1	1
6	Сүхбаатар	1	1
7	Баянхонгор	1	1
8	Мөрөн	1	1
9	Дархан	1	1
10	Дэлхийн	1	1
Нийт		10	10

Consequently, the National Center for Public Health and the Healthy City Network of Mongolia (HCSC NGO) organized registration and provide an opportunity to participate 78 people to the training.

About the training program:

Totally three day training program consists of the following sections and topics of the trainers have prepared.

- 1) Opening ceremony
- 2) Healthy City programs, initiatives, results and experiences
- 3) Prevention activities of Noncommunicable Disease in Mongolia
- 4) The attitude of the communities behavioral changes to promote health, and methods of managing the campaign, and the efficient methodology
- 5) Best practices, policies and activities of Healthy Cities of the Regional Office for the Western Pacific, WHO.

The program was also developed in English and Mongolian.

About the speakers and trainers:

- The Inspection and Internal Audit Department of the Ministry of Health made presentation on the evaluation report of urban health of Mongolia,
- Dr Reeta Majaiy Hamalian, Dr Mitch Mijares Medina and Dr Anika Singh, WHO Consultants as trainers (organizers),

- The National Center for Public Health was presenting 4 topics' presentations such as Physical activities in Mongolia, Healthy Eating in Mongolia, Non-Smoking, non-harmful alcohol consumption,
- From Healthy City Network, they introduced the report of activities of Healthy Cities in Mongolia,
- Capital City Governor's Office made the presentation on the Healthy City Movement in Ulaanbaatar
- Chinggis City - Good practice of the Alcohol free city
- Dalanzadgad city - Good city practice of promotion on physical activity,
- Choibalsan city - Good practice creating a healthy environment,
- Darkhan city - Good practice supporting to cross-sectorial cooperation,
- Sainshand City - Good practice of Smoke free city project prepared as a video clip.

Separation of team work:

To facilitate training activities more effectively and accessible, the participants were divided into teams and we aimed to give the methodology for managing programs and projects to promote health in their cities and districts through their teamwork. From this perspective, we have divided the following into 8 teams, sharing experiences, information, and knowledge.

Other organizational arrangements under the training:

- The first day of training was held at the conference hall of the Ministry of Health, while the last two days were organized at the Hovsgol Lake hotel conference hall.
- The activities of the training were organized to suit with WHO's "Healthy" meetings and policies. For example, tea breaks provide a healthy meal, as well as fruit juices, fruits, cookies and cakes which is made with whole-grain flour contain low sugar content. During the two-hour training, regular exercise was conducted. In addition to producing less waste paper, 10 copies of the distribution materials were printed and all copies of the manuals and training materials were copied in flash memory stick to the participants.



- Lunch was hosted at Blue Sky Hotel on the first day and last 2 days at Hovsgol Lake Hotel and ordered healthy meals.

“TRAINING REPORT OF BEHAVIOURAL CHANGES TO PROMOTE HEALTH “

- Prepared stationery materials for the training and gave each participant it.
- 7 people from the National Center for Public Health and 3 staff of Healthy Cities Networks supported training activities and helped to teams.
- A good translator of English-Mongolian specialists was worked in relation to the speech of foreign trainers.
- Training banners and shelves are arranged and timely.
- Regularly collaborated with the participants in the training in order to providing information and support.
- Prepared certificates for participants and printed out the required quantities.

SECOND: STAGE OF ORGANIZING A TRAINING:



Workshop on Behavior Change Communication to Promote Health have been successfully organized in Ulaanbaatar on June 10-12, 2019 for Members of the Healthy City Network, The Healthy Cities of Mongolia, and Health Sector

Managers, coordinators and officials who are responsible for related issues



The training was opened by Vice Minister of Health, Mr. Byambasuren, she made speech and said, "... The health sector should emphasize prevention of diseases rather than cure, especially in the development of inter-sectoral cooperation."



WHO's Representative in Mongolia, Dr. Sergei Diorditsa, Ph.D. said in his opening remarks of the training: "... the urbanization is one of problematic issue that is not only in Mongolia, but also other countries in the world. That's why the United Nations has identified specific goals related to urbanization and health to SDGs. It is most important recommendation to make the "Urban

“TRAINING REPORT OF BEHAVIOURAL CHANGES TO PROMOTE HEALTH “

Health Index" to assess the health equity and to find the best and most appropriate ways of monitoring and regulation of urban health development.



1. In the beginning of the training, Ms Enkhjin S, Specialist of the Inspection and Internal Audit Department of MoH presented on the "Evaluation report of urban health", and she commented that, it will be very needful to accept and make the periodical assessment of urban health evaluation and implement necessary or

priority activities using evaluation reports urgently.



2. Dr. Sh. Tserendulam, Ph.D, Director of the Healthy City Program Capacity Building Center, and Mongolian Healthy Cities Network has presented a report on “Current development of Healthy City Activities of Mongolia”.



3. WHO Consultant, Dr. Reeta Majiya Hamaliaen, presented a speech on the "Healthy Cities in the Western Pacific Region". During her speech, she mentioned one of the three main principles of the WHO Health Promotion was the promotion of urban health that was caused by rapid urbanization, and it is our priority goal to support for the Healthy City activities.

4. R. Yagaantsetseg, official of the Capital City Governor's Office and related official of the authority of the Health Department of Capital



As for Ulaanbaatar city, the Health and Safety Index has been introduced over the past few years and has shown that it is very effective in promoting urban development.

city, presented presentations about the Healthy City activities of Ulaanbaatar and its good practice.



5. Training activities consist of 6 sections/parts:

- Why need to change behavior?
- The process of developing behavioral change communication
- Communication strategy
- Developing an Action Plan
- Monitoring and evaluation.

In order to give an understanding of these sections, participants divided into 8 teams to develop their own health promotion strategy.



Under the team division,
 Team 1: Sainshand city governor office , Health Department, Governor office of Sukhbaatar district of UB, Health center.
 Moderator: Sh.Tserendulam, director of the Healthy City Network of Mongolia,

Team 2: Governor's Office of Chinggis city, Health Department, Governor's Office of Bayanzurkh District, Health Department
 Moderator: Healthy Cities Network,

Mr.Tuvshinbayar

Team 3: Governor's Office of Dalanzadgad city, Health Department, Governor's Office of Chingeltei District, Health Department

Moderator: Mrs. Onongoo, Specialist of the National Center of Public Health

Team 4: Governor's office of Choibalsan city, Health department, Governor's office of Songinokhairkhan district, Health department

Moderator: Mrs. Oyunchimeg, specialist of the National center of the Public Health.

Team 5: Governor's Office of Altai city, Health Department, Governor's Office of Khan-Uul District, Health Department

Moderator: Mrs. Suvd, specialist of the National center of the Public Health.

Team 6: Sukhbaatar City Governor's Office, Health Department, Governor's Office of Nalaikh city, Bayangol districts, Health Departments

Moderator: Mr. Davaadorj, specialist of the National Center of the Public Health



Team 7: Governor's Office of Bayankhongor city, Health department, Governor's Office of Darkhan city, Health Department, Governor's Office of Baganuur District, Health Department

Moderator: Ms Suvd, NCPH's specialis



city, Health department, Governor's office of Erdenet city, Health department, Governor's office of Bagakhangai district, Health department

Moderator: NCPH's specialist Mrs Zolzaya was assigned.

Team 8: Governor's Office of Murun



6. Good practice and knowledge exchanges of cities

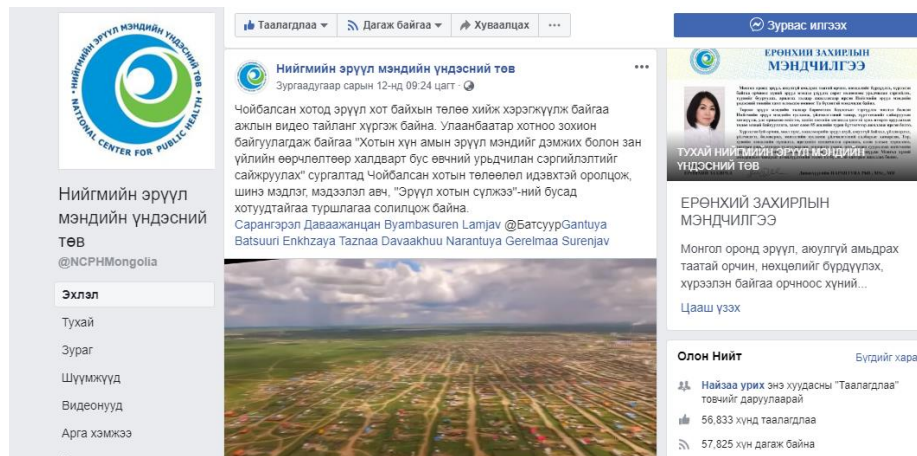
Good practices of the Healthy city initiatives and some developing cities which becoming models prepared video clips shown their unique activities and presented their good practices and exchanged experiences. For example,

- Chinggis City - Best practice of Alcohol free city in the setting of a city,

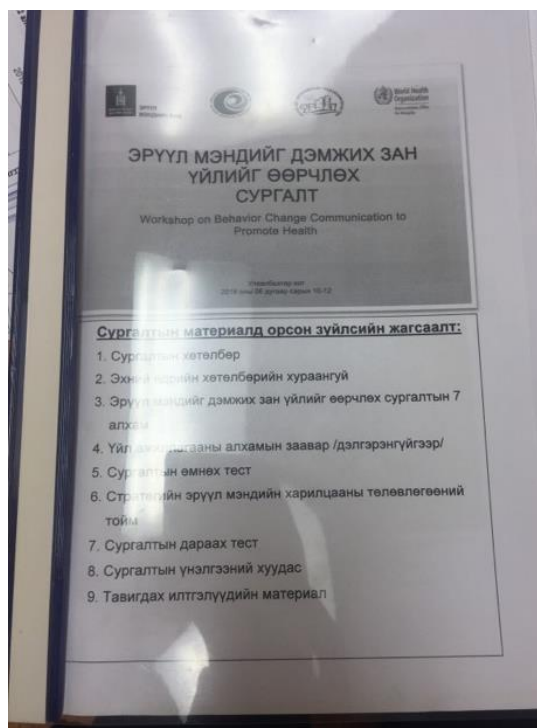
“TRAINING REPORT OF BEHAVIOURAL CHANGES TO PROMOTE HEALTH “

- Dalanzadgad city – Best practice on the promotion of physical activity in the setting of a city,
- Choibalsan city - Best practice for creating healthy environment,
- Darkhan city - Best practice to supporting to cross-sectoral cooperation,
- Sainshand City – Smoke Free City project were introduced by good practices of the Healthy cities.

7. We introduced training information to public by facepage and website of the NCPH.



8. The training materials for the participants were prepared and distributed.



9. At the end of the training, the certificates were handed to the participants and the evaluation sheet was taken from the participants and highlighted the issue of further training. For instance, a total of 34 participants involved in evaluation survey from 78 participants were evaluated as follows:

“TRAINING REPORT OF BEHAVIOURAL CHANGES TO PROMOTE HEALTH “



No	Criteria	Average point /1-10 points/
One. Impressions of participants in training and organizational activities		
1	The participation in this meeting was	8.8
2	The facilitation in this meeting was	9.4
3	The leadership in this meeting was	9.2
4	Facilities for this meeting were	9.3
5	Training materials for this meeting was	9.6
6	Accommodation for this meeting was	9.6
7	Meals provided during this meeting were	9.6
8	The overall impression of this meeting was	9.6
Two. The perceptions and impressions of participants on the quality and accessibility of the training		
9	Part 1 : Introduction+ The bigger picture: The WHY of behavior change communication	
9.1	to understand the objectives of the session	9.1
9.2	to exchange views and information in the discussions	9.3
10	Part 2: The process of developing behavior change communication	
10.1	to understand the objectives of the session	9.3
10.2	to exchange views and information in the discussions	9.4
11	Part 3: Communication strategy	
11.1	to understand the objectives of the session	9.4
11.2	to exchange views and information in the discussions	9.4
12	Part 4: Creating and testing communication products	
12.1	to understand the objectives of the session	9.1
12.2	to exchange views and information in the discussions	9.1
13	Part 5: Developing detailed workplan	
13.1	to understand the objectives of the session	9.3
13.2	to exchange views and information in the discussions	9.3
14	Part 6: Monitoring and Evaluation	
14.1	to understand the objectives of the session	9.2
14.2	to exchange views and information in the discussions	9.1

THIRD: RESULTS/ CONCLUSION OF TRAINING

The training was organized by WHO consultants, and it provided the opportunity for taking versatility information to be shared simultaneously, as well as including a wider range of participants.

Outcome 1: Urban and Local Governments and officials of related sectors who promoting healthy city activities became the capacity to plan, implement, monitor, assess and support long-term and short-term activities that behavioral changes to promote health.

Outcome 2: Learned national and international good practices to promote healthy behaviors and got stimulated initiatives to implement in their community.

Further consideration:

1. within the framework of the training:

1. Due to the lack participation and inactive involvement of participants of Ulaanbaatar city, it is important to consider this issue further training.

2. The translation service arrangement was not accessible and not enough, because participants lost some time to translation, and the participants have given training manuals and material in a flash memory stick, however, they requested printed materials for each participant.

2. Further work of Healthy Cities:

1. To organize again this type of training in the provincial level and city level based on the importance and benefits of the training and its content and materials.

2. To organize national training or seminars based on good local experience of Healthy Cities of Mongolia,

3. To publish a handbook or guidebook that helps to develop Healthy City in Mongolia and written on good practices of national Healthy city initiatives and distribute them to cities.

APPENDIX:

- 1) Training program
- 2) Name list of participants
- 3) Training evaluation report of training
- 4) Handouts and printed materials
- 5) Other relevant materials

HEALTHY CITY NETWORK OF MONGOLIA
(HCSC NGO)