



The Alpha Mongols

NextGen **CELEBRATIONS!** Mongolia

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Introducing Our New Health Officer

Hello, everyone! I'm Oyunzul A., the new Health Officer joining the NCD Project team. As a medical doctor working in the public health sector, I firmly believe that prevention is the best medicine. It's fascinating how many non-communicable diseases are preventable, yet they remain a significant challenge worldwide.



I am incredibly passionate about this field and eager to contribute to our efforts in making a difference. Together, I believe we can create meaningful changes and improve health outcomes for our community.

Oyunzul A.
NCD Health Officer

Upcoming Events

1. Data Collection for Baseline:

- Participants: 655 adolescents, 655 parents, and selected teachers from 4 target schools.
- Data Collectors: Approximately 20 experienced and trained data collectors.
- Focus: Assessing behavior, knowledge, attitudes, and practices related to non-communicable disease risk factors among students and their parents/guardians.
- Expected Start Date: April 8.

2. Barrier Analysis:

- Participants: 450 adolescents aged 12-15 from the 4 targeted schools.
- Method: face to face interviews on topics including healthy eating, physical activity, alcohol and tobacco use, and mental health.
- Expected Start Date: April 8.

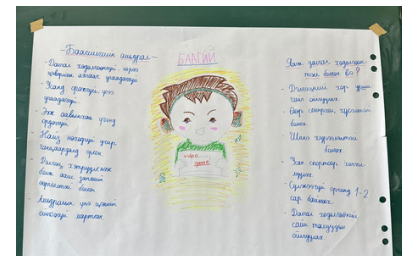
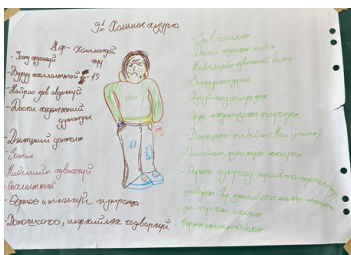
Collaborative Agreement for Research Project Implementation with NCMH

ADRA Mongolia, the National Mental Health Center, Loma Linda University School of Public Health, and ADRA International have collectively signed an agreement to execute the research project titled "Strengthening an adolescents-friendly school environment to promote healthy behaviors among 12-15-year-olds in Ulaanbaatar, Mongolia." This study aims to evaluate the outcomes and impacts of the "NextGen Celebrations! Mongolia" NCD project, implemented by ADRA Mongolia, in promoting healthy behaviors among adolescents aged 12-15 years. The research will span over 3 years. Additionally, the methodology of the study was deliberated during a meeting of the Medical Ethics Review Committee of the Ministry of Health on November 13, 2023. Subsequently, ethical permission to conduct the study was granted.



Human Centered Design (HCD) Workshops

In line with the project's action plan, we organized five workshops at Erdmiin Orgil School in Nalaih District, "Khugjil" Complex School in Songinohairkhan District, and 84th school in Bayanzurkh District. The goal of the workshops was to develop a program that resonates with the needs of adolescents, and gain insight from their preferences to develop human centered designs' methodology. A total of 60 children participated, sharing their views and ideas based on the principles of Choice, Exercise, Temperance, Optimism, Nutrition, and Social Support.



IRB Approval for Project Implementation Study

We're thrilled to share a significant milestone. The NCD Project team has officially secured approval from Loma Linda University of Public Health in the USA and the Medical Ethics Review Committee of the Ministry of Health for its Institutional Review Board (IRB). This endorsement underscores our unwavering dedication to maintaining ethical standards in both research and project implementation, marking a crucial step forward in our journey.

The study, titled "Strengthening an Adolescents-Friendly School Environment to Promote Healthy Behaviors Among 12-15-Year-Olds in Ulaanbaatar, Mongolia," is a collaborative initiative between ADRA Mongolia, the National Center for Mental Health, and Loma Linda University School of Public Health. We extend our best wishes to the dedicated research team. The baseline survey is scheduled for early 2024, with the evaluation planned for the spring of 2026.

Human Subjects Research Ethics and Research Compliance Training

We are delighted to share the success of our recent training initiative aimed at promoting healthy behaviors among 12-15-year-olds in Ulaanbaatar. From February 19-22, 2024, we conducted a week-long training at the Flower Hotel in Ulaanbaatar, Mongolia, focusing on Human Subjects Research Ethics and Research Compliance.

Organized by ADRA Mongolia and led by Gia Hernandez, the research coordinator from Loma Linda University of Public Health, the training was a success. We were thrilled to have 30 participants, including representatives from the Mongolian National Center of Mental Health, engaging actively in the sessions. At the end of the training week, all participants received completion of training certificates from Loma Linda University and ADRA Mongolia.

As part of our commitment to community engagement, on the last day of training, we invited 12 parents and 12 adolescents from the target schools to participate in the pilot survey.



Follow us on social media to stay connected: Facebook Page **ADRA Mongolia** and Facebook Group - **NextGen CELEBRATIONS! Mongolia - "Альфа үеийнхэн"** for regular updates on our progress.

You can also check our website www.adra.org.mn. We extend our heartfelt thanks to our early supporters, donors, and partners who are making this project possible. If you have any questions about our project, please contact us!





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