Dear Friends,

Greetings and Tashi Delek from Tibetan Healing Fund. On behalf of Tibetan Healing Fund, we offer sincere thanks and gratitude to the many people who support us in providing hope, financial donations and resources to Tibetans. Through your generous support and the efforts of our staff and volunteer teams in Tibet and the US, we are producing exciting and tangible results in education and health care for Tibetans in Qinghai Province (Amdo). As 2007 closes, I am happy to highlight some of our projects that are nearing completion and that, with your help, will come to fruition in 2008.

**Tibetan Natural Birth and Health Training Center**

During the spring of 2007, we restarted construction after a long winter and began to lay the foundation of the first freestanding Tibetan Natural Birth and Health Training Center for Tibetans in Qinghai Province (Amdo), P.R. China.

The center will save the lives of women and children by providing safe, affordable, linguistically and culturally appropriate health services and health education. The center will also serve as a training facility for community midwives and health educators and a resource center for women to learn about personal and family health and nutrition.

The project could not have been conceived nor begun without the donations of time and resources from local Tibetans as well as the financial support of our donors. **Another $25,000 will allow us to finish construction and $10,000 will fill it with beds, supplies and furniture to serve hundreds of Tibetan women and children every year.**

**Community Health Assessment**

Tibetan Healing Fund conducted a Community Health Assessment, *Socioeconomic Status and Maternal and Child Health in Rural Tibetan Villages*. I led this project while working with professionals in Tibet and US including UCLA and Columbia University professors and doctoral students. The assessment was published in March 2007 in conjunction with California Center for Population Research, University of California Los Angeles.

The goal is to provide information on the lives and health status of rural Tibetans in Qinghai Province which can be used to design, evaluate and expand health, nutrition and social development programs to improve the lives of the Tibetan population. With this in mind, copies of the assessment were distributed to organizations working in Tibet; it is available online at UCLA and also on our website.

Of the 279 women surveyed:

- 96% gave birth at home, of these women, 95% delivered without the assistance of a trained health personnel.
- 0% had heard of Hepatitis B, STIs, HIV and AIDS

Clearly our training, health education outreach and birth center are critical to improving the health of rural Tibet.

**Community Health Education and Outreach**

In order to improve rural Tibetan women’s knowledge of basic family health, maternal and children’s health, we will conduct our 2nd Community Health Education Outreach project. In January and February, 50 Tibetan medical students from Qinghai University Tibetan Medical College are planning to travel to rural Tibetan villages from the Tibetan Autonomous Region, and Qinghai, Gansu, Sichuan Provinces to educate over 3,000 Tibetan women on basic maternal and child health using THF’s Maternal and Child Health Education Handbook. **$1,000.00 is needed to make this outreach a reality.**
Tibetan Maternal and Child Health System Resource Textbooks

There is a lack of maternal and child health care materials written in Tibetan for women and a lack of Tibetan Medicine textbooks for health care providers. In 2004 and 2006, THF sponsored conferences for local health institutions and professionals to develop a solution. 35 Tibetan health experts from across all the Tibetan speaking regions of P.R. China developed a series of four comprehensive and complementary medical textbooks, *Tibetan Maternal and Child Health System Resource Books*: Public Health Perspectives of Maternal and Child Care in Tibetan Context (two volumes) and Maternal Care and Delivery Manual (one volume) and the Maternal and Child Health Education Handbook (pictorial flipchart; THF published in 2005).

The final editing stage is in process and we are now ready to print. $15,000 is needed to print, publish and distribute 3,000 copies of each of the three textbooks. Once the textbooks are published, they will be recognized as an official publication in P.R. China and will be distributed in all Tibetan speaking regions. The textbooks will be utilized for Tibetan Community Midwifery trainings and as a guide for designing a curriculum for gynecology, obstetrics and pediatrics in Tibetan Medicine at Medical Colleges.

Tibetan Heritage Primer Textbooks

Until THF, many rural Tibetan children did not have any education materials written in their native Tibetan language, only official school textbooks written in Chinese. Tibetan Healing Fund worked with local education bureaus, school principals and teachers to create Tibetan language texts to be used in primary and middle schools. Content is based on both Tibet-wide folklore as well as regionally specific information such as history, legends, characters, sports, entertainment, geography, local customs, culture and art, biographies of well-known scholars, life skills, and significant historical events and sites.

The Tibetan Heritage Primer Textbooks will be a part of the regular school curriculum and serve to educate rural Tibetan children about their heritage locally and across the Tibetan plateau and as a means to motivate and inspire young Tibetans toward further education. *Donations will allow us to print and distribute additional textbooks for Tibetan primary and middle schools and children from three counties.*

Give the Tibetan people something they really need – the gift of a healthier and better educated future.

Rural Tibetans depend on us, and we depend on you. With your continued financial support, the Tibetan Natural Birth and Health Training Center will soon open its doors and we will be able to print and distribute the health and education textbooks and materials critical to improving the health and education of rural Tibetan women and children.

Please consider a year-end gift to THF. It is amazing how far your donation will go. For example, $50 will allow 20 primary school students to read textbooks in their native language. $150 will train 2 women as Community Midwives or help rural teachers attend bilingual teacher training. $250 will help buy the birth center a bed. $1,000 will provide all the funding necessary to send medical students to rural Tibet, sharing important maternal and child health information with 3,000 women.

On behalf of the Tibetan children and their families, we want to express our deep sense of gratitude for the continued financial support that creates opportunities for hope. Thank you for helping us pave the way for a healthier and better educated Tibet. May there be peace, good fortune and compassion in your families and the world this upcoming year. Happy Holidays and a Blessed New Year!

Dr. Kunchok Gyaltsen
Founder and President
UCLA School of Public Health, PhD student

Board Members of Tibetan Healing Fund