

PHR

Physicians for
Human Rights

The 2010 Global Health Week of Action Toolkit

*Supporting Health Workers
to Help Communities Worldwide
Realize their Right to Health*



April 4 - April 10, 2010

**Physicians for Human Rights
National Student Program**

Toolkit Table of Contents

Welcome	2
How to use this GHWA Toolkit	3
Planning Resources	4
Leading a Successful Global Health Week of Action	4
Building Alliances	6
Issue and Action Guide	8
GHWA Focus: The Global HEALTH Act of 2010	8
Global HEALTH Act Fact Sheet	9
How to Mobilize Your Campus	10
Resources	11
Appendix: Additional Ideas and Resources	13
A1: Event Ideas	13
A2: Additional Topics	14
A3: Recommended Resources	16

Welcome Letter from Hope O'Brien, National Student Program Coordinator

Every day, the members of PHR Chapters are unified by a demonstrated commitment to using their medical and public health skills to promote and protect human rights.

Another element brings us together as well: **the Global Health Week of Action**. Every year since 2003, PHR Chapters have simultaneously led the Global Health Week of Action (GHWA). The GHWA is an opportunity to learn about an issue in depth, and then to educate others and encourage them to act on their new knowledge.

In the past, PHR Chapters have reported that the GHWA was a great experience.

- It's an exciting opportunity to act on your convictions.
- Educating others is an excellent way to develop deep knowledge about a global health issue.
- Your Chapter will become more focused, cohesive, and visible on campus.
- The advocacy that you generate influences legislation, funding, and policy.

This year, you can help pass the **2010 Global Health Act**, which will be introduced soon in the House of Representatives. The Act is a critical opportunity for the US to increase its commitment to funding the strengthening of health systems worldwide.

To improve population health, health systems must rely on a key component: an adequately trained, motivated, and accessibly located **health workforce**. Many developing countries cannot train, pay, and retain enough skilled healthcare workers. Epidemics, like HIV, strain the health workforce in more ways than one: it increases the need for healthcare workers, and deprives the workforce of workers who have become sick themselves. Healthcare workers are enticed by the promise of a better life and higher wages in capital cities or even other countries - the notorious "brain drain" that cripples a country's capacity to provide healthcare.

Your Chapter has the chance to address what international organizations refer to as the global health workforce crisis. PHR has nearly a decade of expertise advocating to improve health systems by building health workforce capacity. **The GHWA Toolkit** builds on this foundation to offer information about the Global Health Act, resources, and ideas. We hope these resources - along with your creativity, energy, and skills in education and advocacy - will help ensure that your GHWA has real impact.

All the best,

Hope O'Brien
National Student Program Coordinator



How to Use this Global Health Week of Action Toolkit

This Toolkit provides information to plan a successful Global Health Week of Action (GHWA). It includes:

- Planning Resources
- An Issue and Action Guide
- An appendix with ideas for other activities and helpful resources

PLANNING RESOURCES

Read this first! This section contains information to help you plan for your GHWA.

To participate, you can do as many or as few activities as you like. Even one event or activity will make a difference in raising awareness of key global health and human rights issues.

ISSUE AND ACTION GUIDE

The theme of the 2010 Global Health Week of Action is building health workforce capacity. Our main focus is advocacy for the Global HEALTH Act of 2010, which would provide \$2 billion to support health workforce in developing countries. If your Chapter is interested in learning more and educating others about health system strengthening, you can use this guide to build your GHWA around this theme. The Issue and Action Guide offers information about the Global HEALTH Act to educate your campus and about how to secure Congressional co-sponsors.

Is your Chapter concerned about another global health issue? Your chapter might choose to focus on one issue for the entire week, or highlight a few related global health issues. Once you've decided, choose how you'll educate people about that issue and encourage their advocacy. Contact us if you need ideas or resources and we can brainstorm with you. See the Appendix for useful information.

APPENDIX: ADDITIONAL ACTIVITIES AND RESOURCES:

This section provides ideas for additional activities, information on other areas of concern in global health, and a list of useful resources. If your Chapter comes up with a great idea, please share it with PHR to include as a case study in next year's Toolkit!

Planning Resources: Leading a Successful Global Health Week of Action

WHEN TO HOLD YOUR GLOBAL HEALTH WEEK OF ACTION

The first step is to choose which week will be your Global Health Week of Action. Because April 7, 2010, is World Health Day, April 4-10, 2010, is an ideal week to lead your school's GHWA. We encourage chapters to choose this week to show the power of unified action across the country and to ensure that Senators and Representatives hear a consistent demand to support the Global Health Act.

However, these dates might coincide with spring break or exam schedules. If your school's schedule makes another week better, please choose the week that will allow the greatest engagement for your Chapter and the community – preferably within the month of April.

EVENT PLANNING 101

For each event or campaign, consider the basics:

- **WHO:**
 - Who is your target audience?
 - Who is going to help you organize/sponsor the event?
- **WHAT:**
 - What is your goal?
 - What tasks do you need to do to put on your event?
- **WHEN**
 - When will you conduct the event? What needs to be done and when?
- **WHERE**
 - Where will you hold your event(s)?
- **HOW:**
 - How will you achieve your goal—what activities will you undertake?
 - How will you advertise?

Extensive guidance is available on the PHR Student Blog:

<http://phrstudents.org/resources/student-chapter-toolkit/plan-an-event/>

MATERIALS

Please refer to the Issue and Action Guide for a list of materials provided by PHR.

PUBLICITY

Plan a multi-faceted outreach strategy to build anticipation over several weeks. Begin the first round of advertising three weeks out, if possible. Do another round of advertising within the week before, and more throughout the GHWA to ensure maximum participation and impact.

Here are some ideas for how you can spread the word about your events:

- **Use a variety of advertising:** emails, posters, announcements, reader boards, social media and more. Post flyers, fact sheets, posters, and banners in public places.

- **Explore all forms of media**, including campus and community cable television stations and radio stations. More information: <http://phrstudents.org/resources/student-chapter-toolkit/using-the-media/>
- **Reserve a table** in a high-traffic area on campus. Talk to fellow classmates about your chapter and event.
- **Get faculty involved**: ask your chapter mentor or other dedicated faculty to help promote your event by making announcements in classes. Occasionally, faculty will offer extra credit for students to attend events that are related to the course work... Ask your professors if this is an option.
- **Suggest that your school's Dean** officially declare a Global Health Week of Action at your university! This is a great way to publicize your event, garner high level institutional support, and impress the Dean.
- **Submit a summary or press release** to your school newspaper or radio station, and ask them to publish or announce your event. Post your event on campus or community calendars. Contact your school's public relations department.
- **Use visual appeal**. Get permission to paint a mural or hang a banner, or ask if you can use sidewalk chalk or picket signs at heavily trafficked areas on your campus. If you don't have the budget to print in color, use colored paper.
- **Wear it!** Raise funds and advertise by making shirts, bags, or stickers displaying your event information. Sell them a few weeks prior to the event; ask chapter members and volunteers to wear the promotional items.
- **Post events** for your GHWA on your campus newspaper's events calendar, where listings are often free.
- **Ask other organizations** and community groups to announce your event to their members.

FINANCIAL SUPPORT AND DONATIONS

Depending on your GHWA plan, you may need funding to cover the costs of copying, postage, meals with speakers, food for meetings and other events, materials for visual displays, and more.

- Consider securing support from the Dean's office, Multicultural office, Student Activities or other sources.
- When asking for funding, tailor your appeal to your specific audience. Offer reasons why it would be beneficial for them to support you: they can improve their reputation, visibility, or legitimacy by allying with a student organization.
- Ask your funding source for suggestions about other possible sources, how to reach a wider audience, and if they have any general advice for you as you plan your events.
- The Student Chapter Toolbox's *Fundraise for Your Chapter Guide* includes templates to request funding and tips on inviting financial support. <http://phrstudents.org/resources/student-chapter-toolkit/fundraising-for-your-chapter/>

Planning Resources: Building Alliances for the Global Health Week of Action

Community members and other organizations can be excellent assets for the GHWA, offering advice, publicity, materials, funding, and space.

STUDENTS

Who is currently involved in your chapter? Who would be best able to take on leadership roles? How can you use this opportunity to build leadership? You'll need organizers, volunteers, and event participants. Build a leadership team that includes people with a variety of networks to increase involvement in your GHWA. For larger events, consider assigning coordinators for specific tasks, such as:

- Logistics
- Volunteer recruitment and management
- Publicity and media relations
- Fundraising

Call every chapter member and email the general student body inviting everyone to a general interest meeting. Consider coordinating efforts among the nursing, public health, or undergraduate schools.

FACULTY

Meet with your faculty advisor to determine the best way to engage faculty. Are there professors at your school who are currently working on global health issues, or are from a country affected by a lack of health workers? Who has helped your chapter in the past? Who would you like to be involved in the future? Consult PHR's power-mapping tool to effectively seek support with any issues: <http://phrstudents.org/resources/student-chapter-toolkit/power-mapping-101/>

Try to garner official support from deans and prominent faculty members, and ask them to publicize your efforts. They will add legitimacy and bring attention to your announcements and requests for funding. It may increase faculty attendance and possibly qualify for financial support from student event or discretionary funds

DEPARTMENTS

What are various departments on campus doing on global health and health systems?

Departments across campus may offer financial support and publicity, or simply wish to participate:

- *Pediatrics, Infectious Diseases, Psychiatry, and Internal Medicine Departments*
- *Public health*
- *Nursing*
- *Dental*
- *Areas of study that also impact global health: engineering, environmental studies, policy, international affairs, law, business, and education*
- *Groups focusing on women's, international, and minority or behavioral health*

OTHER STUDENT GROUPS

Are there other groups working on global health or health and human rights issues? Consider partnering with other organizations on campus. They will share the work, and you will develop a useful alliance and reach a broader audience.

Be clear about what you need from them when you ask for their help. A helpful task that doesn't require a lot of time or effort on their part is to send an email (that you have written) to their listserv, publicizing the Week of Action events. You can also ask to make a presentation about the GHWA at one of their club meetings.

Consider asking other organizations to co-sponsor an event:

- *Student government or council*
- *International Federation of Medical Students' Association (IFMSA)*
- *American Medical Women's Association (AMWA)*
- *Student National Medical Association (SNMA)*
- *Physicians for a National Health Program (PNHP)*
- *Physicians for Social Responsibility (PSR)*
- *American Public Health Association (APHA)*
- *National Student Nursing Association (NSNA)*

COMMUNITY SUPPORT

Who in the community could you ask to speak, to volunteer, or to promote to their staff, clients, or members?

Consider the Department of Public Health, AIDS service agencies and advocacy groups, churches, city council/mayor, state legislators, and groups such as Amnesty International, RESULTS International, the World Affairs Council, etc.

POTENTIAL DONORS

Are there businesses who could donate materials? Do any of your members or volunteers have connections to someone who could donate supplies?

Consider restaurants, cafés, grocery stores, printers, bookstores, sign makers, fabric stores, or other businesses.

POTENTIAL HOSTS

Do prospective partners have space available for you to use? Are they free or can you negotiate a discount? When do you need to reserve it?

Consider all your options: lobbies, hallways, classrooms, lecture halls, dorms, lounges, auditoriums, gyms, cafeterias, cafés, galleries, and outdoor areas like sports fields, sidewalks and courtyards.

PHYSICIANS FOR HUMAN RIGHTS NATIONAL STUDENT PROGRAM

Want more support? Want to bounce ideas off us? Need more resources? Contact PHR National Student Program Coordinator Hope O'Brien at 617-301-4234 or hobrien@phrusa.org.

Issue and Action Guide

2010 Global Health Week of Action Focus: The Global HEALTH Act of 2010

Fact: Washington, DC, with a population of fewer than 600,000, has about twice as many physicians as the 80 million residents of Ethiopia.

Background: The Health Workforce Crisis in Africa

One of the most significant barriers to achieving universal access to healthcare and healthcare worker is the lack of health infrastructure in sub-Saharan Africa. In order to achieve universal access to comprehensive HIV prevention, treatment and care and support services; drastically cut maternal and child mortality; and achieve the other health-related Millennium Development Goals, **strong health systems are essential.**

We are making progress, thanks to the dedication of student activists like you. *PEPFAR II* included policy to train 140,000 new health care professionals and paraprofessionals, and the Global Fund is now giving more funds for health systems strengthening projects than ever before.

Despite this progress, health systems worldwide are still in crisis. More must be done to build health workforce capacity in the developing world.



Taking Action: The Global HEALTH Act of 2010

This spring, we have an exciting NEW opportunity to improve health workforce capacity in developing countries: The Global HEALTH Act of 2010.

Your Mission, Should You Choose to Accept It: Mobilize your campus and urge your Congressperson to cosponsor the Global HEALTH Act of 2010.

Included in this section are resources you can use to mobilize your campus:

- 1.) **Fact Sheet on the Global HEALTH Act:** Educate Yourself and Your Campus on the Global HEALTH Act.
- 2.) **Action Guide:** Find out what you can do during the GHWA to mobilize support for the Global HEALTH Act.
- 3.) **Resource Guide:** Find a list of videos, policy briefs, reports and more to help educate yourself and your community on the health workforce crisis in developing countries—and how you can help.

Fact: Washington, DC, with a population of fewer than 600,000, has about twice as many physicians as do over 80 million residents of Ethiopia.

Background

The global shortage of health workers poses one of the greatest challenges to health in developing countries. The World Health Organization (WHO) estimates that **57 countries have severe shortages** and require some 4.3 million health workers to fill critical workforce gaps. The greatest absolute shortages are in parts of Asia, while the effects are most severe in Africa, where a mere 3% of the world's health workers are struggling to combat 24% of the global disease burden with less than 1% of the world's health expenditures. According to WHO, countries that fail to meet the critical threshold of health workers are "very unlikely" to meet the health-related Millennium Development Goals.

Even as many countries lack the capacity to train to sufficient numbers of health workers, poor working conditions and salaries, lack of supervision and proper management, and a host of other factors drive existing health workers to leave the health sector or the country. More attractive conditions, as well as health workforce needs and policies within the United States and other countries, also contribute to health worker migration. Meanwhile, severe inequities in the distribution within countries exacerbate the impact of the shortage, particularly in rural areas.

The health workforce crisis is part of a broader problem of health systems that often fail to meet even people's most basic health needs – especially people who live in rural areas, or who are poor or belong to marginalized groups – or to respond to particular needs of women and girls and other groups. Fees of a few dollars can block people's access to health services, as can the need to walk hours to the nearest health clinic – which might not have medicines that people need, or functioning equipment.



Global HEALTH Act of 2010

The Global HEALTH Act of 2010 responds forcefully and comprehensively to health systems that are broken, with the health workers who are at the core of these systems often missing. At the bill's own core is a new Global Health Workforce Initiative to support a comprehensive approach to meeting their health workforce needs, including developing and implementing national health workforce plans. The Initiative would initially include at least 12 countries, with the bill authorizing \$2 billion over five years to help countries recruit, train, retain, equitably distribute, and increase the effectiveness of their health workforce.

What else does the bill do?

- Puts Congress on record as supporting an approach to addressing US domestic health workforce responsibly, without accelerating health worker migration from developing countries.
- Requires development of a comprehensive US global health strategy through a broad consultative process, with specific indicators and benchmarks to ensure progress and accountability, and addressing laws and policies that may undermine global health programs.
- Authorizes assistance to improve health service delivery and promote effective national health strategies in developing countries.
- Ensures that the US global health strategy addresses the role of local civil society in holding their governments accountable and how the United States will support meaningful civil society involvement in national health decision-making.
- Establishes policies that all health workers in US global health programs should have safe working conditions and access to health care, and be trained on women's rights, and stigma and discrimination, and people's right to access health services.
- Sets improving health services for marginalized populations as an overarching US global health objective, and encourages countries to similarly address equity within their own health strategies.

How to Mobilize Your Campus to Support the Global HEALTH Act

- **Hold Educational Events**

Build awareness within your campus community about health systems by hosting speakers, holding a film screening, or showing one of the Power Points or slideshows that PHR has developed that describe the overwhelming obstacles health workers in Africa are working to overcome.

- **Mobilize Student Action: Send Emails to Your Congressperson**

At education events, at lunch, on campus, anywhere: Collect signatures in support of the Global HEALTH Act. Have your classmates sign the petition urging your Representative to co-sponsor the Act. You can either set up laptops to have students sign on directly at the PHR website, or we'll provide you with the petition text and a paper sign on sheet.

Goal for each chapter: collect 100 signatures.

- **Mobilize the Power of Faculty and Deans: Elite Sign-On Letter**

PHR is organizing an elite sign-on letter in support of the Global HEALTH Act, to be signed by the world's leading health experts—including YOUR Dean and members of your faculty. We'll provide you with the sign on letter text, and a few high level signatures to start: you approach your Dean and/or faculty and see if they will sign on.

Goal for each chapter: Get two faculty to sign on.

- **Set Up an In-District Meeting about the Global HEALTH Act**

Have you ever met with your Senator or Representative's office? It is a wonderful way to influence policy and be part of the political process—and have fun. Set up a meeting with your Representative's local district office, and educate their staff on the health workforce crisis, and why the Global HEALTH Act is so important.

If you are interested in setting up an in-district meeting, email Barbara at bcastro@phrusa.org. PHR will help you set the meeting and provide talking points so you are ready to wow them. Meetings usually last 30 minutes: if you can carve out time for this, and put together a small team to join you, you can make a big difference.

- **Be Creative: Got a brilliant idea on how to mobilize your campus to support the Global HEALTH Act of 2010? Go for it! Let us know how we can support you to make your GHWA a success.**

Resources

Global HEALTH Act Resources

Included in this toolkit:

- **Fact Sheet on the Global HEALTH Act of 2010:** Use this fact sheet to educate yourselves and your campus on the potential impact of this bill and why your colleagues should support it.

To be sent to Chapters in late March:

- **Petition to Urge your Congressperson to co-sponsor the Act:** This petition will be available to you in late March via the PHR webpage.
- **Elite Sign-On Letter:** This sign-on letter, urging all Representatives to co-sponsor the Bill, will be available to you in late March.
- **Talking Points for In-District Meetings:** These will be available by late March and will help you to prepare for an in-district.

On the Student Blog:

Check out our series of blog posts on the Global HEALTH Act, starting March 1, 2010. You can find more facts, analysis and resources here, and share ideas with students from across the country.

General Health Workforce Resources:

For Campus Events:

- **Kenya Health Workforce Video:** Check out this 4 minute video which tells the story of the health workforce crisis from the point of view of four healthcare workers at Mbagathi Hospital in Kenya. Use this riveting video to start of a panel discussion or at the start of classes to educate and mobilize your peers.
<http://www.youtube.com/watch?v=Zmk35Nx4tFY>
- **Health Workforce Power Point:** Use this Power Point to educate your campus on the origins of the health workforce crisis—and how they can help.
- **Slide Shows:** Learn more about Jane Byarugaba and Dr. Fred Katumba who work in rural Lyantonde District in southwest Uganda
 - <http://physiciansforhumanrights.org/hiv-aids/partnerships-in-africa/uganda/clinical-officer-jane-byarugaba/>
 - <http://physiciansforhumanrights.org/hiv-aids/partnerships-in-africa/uganda/meet-dr-katumba/>

Reports and Web Resources:

Reports:

- **The Right to Health and Health Workforce Planning (2008)**
<http://physiciansforhumanrights.org/library/documents/reports/the-right-to-health-and-health-workforce-planning.pdf>
- **Bold Solutions to Africa's Health Worker Shortage (2006)**
<http://physiciansforhumanrights.org/library/documents/reports/report-boldsolutions-2006.pdf>
- **Health Systems and the Right to the Highest Attainable Standard of Health (Paul Hunt & Gunilla Backman, University of Essex Human Rights Centre, 2008)**
<http://physiciansforhumanrights.org/students/right-to-health-ghac/health-systems.pdf>

Policy Briefs:

- **Overcoming the Global Health Workforce Crisis: Proposals for the Obama Administration's Global Health Initiative**
<http://physiciansforhumanrights.org/library/report-2009-12-04-ghi.html>
- **Strategies to implement health workforce and related provisions in the PEPFAR reauthorization legislation**
 - Executive Summary: <http://physiciansforhumanrights.org/hiv-aids/pepfar-2-hcw-short.pdf>
 - Full Policy Brief: <http://physiciansforhumanrights.org/hiv-aids/pepfar-2-hcw-implementation.pdf>

Interested in the Right to Health more broadly?

- **A Conversation on the Right to Health:** Check out this conversation on the right to health with PHR expert Dr. Helen Potts for background on what the right to health is and how you can take action to make it a reality for people world-wide.
<http://physiciansforhumanrights.org/right-to-health/conversation-with-helen-potts.html>
- **Discussion Guide:** Check out our discussion guide on the right to health. You can use it to stimulate discussion at a film screening, panel presentation, etc:
<http://physiciansforhumanrights.org/students/right-to-health-ghac/discussion-guide.html>

Appendix 1: Event Ideas for the Global Health Week of Action

Events: Build visibility, awareness, and energy

Highlight your GHWA with an informational discussion, captivating visual display or performance, or memorable film. Host these on campus and elsewhere in the community.

Events can stimulate interest and build momentum. They are both educational and a chance for advocacy. Don't forget to bring a petition for participants to sign.

Be sure to photograph your event to use to promote your Chapter later. Share it with us to highlight your work on the student blog and PHR's student Flickr page:

<http://flickr.com/groups/phrstudents>

- **HOST A PANEL** - Invite faculty and community leaders to speak to students.
- **BROWN BAG LUNCH** - Invite a speaker or discuss relevant literature in a lunchtime journal club.
- **HOST A FILM** - Show a film and invite a speaker to host a post-film discussion. Be sure to have a sign-up sheet and plenty of postcards so people can stay involved after the event. For list of Global Health films, check out Media Matters website for a comprehensive database you can search by issue: <http://www.mediarights.org>
- **PUT TOGETHER A PHOTO EXHIBIT** - Photography can be a powerful medium to document the human impact of global health disparities. An exhibit can portray the issues with realism and have a very personal impact on the audience.
- **HOST A BATTLE OF BANDS OR TALENT SHOW** - Use difference types of performances to bring people together, spread awareness, raise money and advocate for a cause.
- **CREATE A PUBLIC DISPLAY** - Host a table in a busy part of campus, using displays (posters with charts, photos, art, costumed actors, or larger structures) to pull people in and educate them about global health. Be creative: put large AIDS ribbons on the campus green or do guerilla marketing by blanketing your campus with posters featuring startling facts about global health.

Appendix 2: Additional Areas of Concern in Global Health

Health and Human Rights Education (HHRE)

The link between health and human rights is not often taught at health professional schools. Making this connection is crucial for students interested in using their profession to advocate for increased social, economic and cultural rights. Use the GHWA to build your university's commitment to health and human rights education.

The PHR National Student Program has launched the Health and Human Rights Education initiative (HHRE), which provides educational content and organizational resources to expand health professional education, and supports student and faculty efforts to incorporate a health and human rights paradigm into the academic work. Check out the special HHRE section of the Student Program website for more information:

<http://physiciansforhumanrights.org/students/hhr-ed/>

The Right to Health within a Human Rights Framework

What is the right to health? What are the responsibilities of health professionals in helping patients realize this right? Take some time to explore the rights afforded to all, and the health consequences of being denied these rights. Engage your classmates in a discussion of the relationship between health and human rights. The *UN Declaration of Human Rights* and the *Covenant on Economic, Social and Cultural Rights* are great places to start! You can connect the right to health to any health issue—from reproductive health to genocide to malaria. Use right to health principles as the theme of your week, or weave them in to what issue you choose to focus on—and help build the movement for the right to health for all.

PHR offers more information: <http://physiciansforhumanrights.org/right-to-health/>

WHO's 2010 World Health Day theme: 1,000 Cities, 1,000 Lives

Urbanization affects health in myriad ways. The WHO is using this year's World Health Day to examine this impact and offers the tagline: "Join the global movement to make cities healthier." <http://www.who.int/world-health-day/2010/en/index.html>

Human Rights and HIV/AIDS: Now More Than Ever

At the 2006 United Nations High Level Meeting on HIV/AIDS, world leaders reaffirmed that "the full realization of all human rights and fundamental freedoms for all is an essential element in the global response to the HIV/AIDS pandemic." Yet, 25 years into the AIDS epidemic, this "essential element" remains the missing piece in the fight against AIDS. Now more than ever, law and human rights should occupy the center of the global HIV/AIDS struggle. This booklet, published by OSI's Law and Health Initiative, presents 10 reasons why, and could form the nucleus for a very cool AIDS and human rights themed Week of Action.

http://www.soros.org/initiatives/health/focus/law/articles_publications/publications/human_20071017/english_now-more-than-ever.pdf

Women's Rights and Health

Women world-wide face horrific human rights abuses that result in poor health outcomes. Explore the link between human rights and women's health through myriad lenses: AIDS, maternal mortality, gender based violence, rape as a weapon of war, and more.

Harm Reduction and Needle Exchange

More than 20 years of research in the US and internationally show that needle exchange is an effective public health approach to reducing the transmission of HIV, viral hepatitis, and other blood-borne pathogens. Research has also shown that syringe exchange programs do not encourage drug use nor increase crime rates in communities that offer these services. Yet ideology often trumps science in this debate. Take action to ensure Congress does not re-instate the needle exchange ban and educate your peers on the strong scientific basis for needle exchange and other harm reduction programs. Harm reduction is a central component of PHR's Global Health Action Campaign:

<http://physiciansforhumanrights.org/right-to-health/about.html>

Darfur

The conflict in Darfur rages on, with hundreds of thousands dead, villages and ways of life destroyed, and women made particularly vulnerable by widespread sexual violence. Use the Global Week of Action to raise awareness of the use of rape as a weapon of war—and the challenge of providing both services for survivors and justice for perpetrators. Check out <http://physiciansforhumanrights.org/sudan/> and Darfuriwoman.org for more resources.

Immigrants, including Refugees and Asylum Seekers

Healthcare, workplace safety, safe housing, and personal security for immigrant populations, and justice for refugees and asylum seekers, are complicated challenges for the United States. Explore immigrant health in your community: ask doctors from local clinics to speak about their experiences in treating immigrant and refugee populations. Ask immigrant rights activists to share their stories, and encourage students to volunteer locally to ensure that everyone has access to the highest attainable standard of physical and mental health.

Interested in asylum? Hold a panel on the rights of women or LGBT asylum seekers, explore the rights of asylum seekers in detention, or work with faculty to start an Asylum clinic, where students can shadow doctors as they do medical evaluations of asylum seekers and support the writing of affidavits and other testimony. Contact PHR for more resources or check out our Asylum Program online at <http://physiciansforhumanrights.org/asylum>.

Torture and Medical Ethics

In response to the systematic use of psychological and physical torture by US forces, PHR's *Campaign Against Torture* seeks to restore America's legacy of prohibiting torture, to ensure humane treatment of detainees, and to protect US health personnel from future involvement in detainee abuse. Detailed information is available online:

<http://physiciansforhumanrights.org/torture/campaign-against-torture.html>

You can help: educate your peers about how medicine has been weaponized. Help support the New York Campaign Against Torture (NYCAT) by collecting petition signatures in support of new legislation in New York which would outlaw health professional participation in torture. Want more info?—contact PHR or the medical student leaders who are leading the charge at NYMSCAT@gmail.com.

Appendix 3: Recommended Resources

Physicians for Human Rights

- Physicians for Human Rights: www.physiciansforhumanrights.org/
- PHR Student Activism website: www.physiciansforhumanrights.org/students/
- PHR's Student Blog: <http://phrstudents.org/>
- Become a PHR Member: https://donate-phr.org/05/phr_donate

Human Rights

- UN Declaration of Human Rights: www.un.org/Overview/rights.html
- International Covenant on Economic, Social and Cultural Rights: www.unhchr.ch/html/menu3/b/a_cescr.htm
- General Comment 14, which details the Right to Health: <http://www.unhchr.ch/tbs/doc.nsf/%28symbol%29/E.C.12.2000.4.En>
- WHO's 25 Facts on Health and Human Rights: <http://whqlibdoc.who.int/hq/2002/9241545690.pdf>
- Now More Than Ever: 10 Reasons Why Human Rights Should Occupy the Center of the Global AIDS Struggle: http://www.soros.org/initiatives/health/focus/law/articles_publications/publications/human_20071017

Global Health

- WHO's overview of Health System Strengthening, which includes improving human resources for health: <http://www.who.int/healthsystems/en/>
- UN site on the Millennium Development Goals: <http://www.un.org/millenniumgoals/>
- The Kaiser Family Foundation: <http://globalhealthfacts.org/>
- Animated health statistics: <http://www.gapminder.org/>