



EAST-WEST CENTER

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## Thirty-Second Summer Seminar on Population

31 May – 30 June 2001 ■ Honolulu, Hawaii

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*The 2001 Summer Seminar on Population will consist of three workshops:*

### Workshop 1

- Researching Sensitive Issues in Sexuality and Reproductive Health

### Workshop 2

- Population Aging in Asia and the Pacific: The Challenge for Healthcare Systems

### Workshop 3

- Communicating Population and Health Research to Policymakers
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*For further information and application forms, contact:*

#### **32nd Summer Seminar on Population**

East-West Center, Population and Health Studies

1601 East-West Road

Honolulu, Hawaii 96848-1601, U.S.A.

Telephone: 1-808-944-7410 (Peter Xenos)

or: 1-808-944-7267 (June Kuramoto)

Fax: 1-808-944-7490

E-mail: [sumsem@EastWestCenter.org](mailto:sumsem@EastWestCenter.org)

Internet site: [www.ewc.hawaii.edu/events-ce-detail.asp?conf\\_ID=172](http://www.ewc.hawaii.edu/events-ce-detail.asp?conf_ID=172)

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# Workshop One: Researching Sensitive Issues in Sexuality and Reproductive Health

**M**any of today's most urgent social-welfare concerns involve sensitive areas of personal or family life. In addition to surveys on reproductive knowledge and behavior, researchers increasingly find themselves called upon to study such issues as premarital sexuality, sexual behavior related to disease transmission, sexual orientation, gender roles, sexual decision making, and domestic violence. In conducting such research, it is important to consider the expectations and priorities of both the policymakers, who are the primary audience for research findings, and of their intended beneficiaries. The need for a culturally sensitive approach to the entire research process becomes paramount.

In general, the role of scientific research is to promote orderly and informed discussion by providing sound, unbiased information so far as that can be obtained. In response to the needs and expectations of policymakers, however, the range of investigations in reproductive health has broadened in recent years beyond pure scientific "fact-finding" to encompass studies that are linked to the design, implementation, and evaluation of service activities and programs. Such studies tend to be "participatory" in nature: program staff and their clients, who are the subjects of research, may also be directly affected by the research process and outcomes.

When an investigation combines "action" and "science" in some fashion, the need for research quality may be even greater than otherwise. In addition, topics related to sexuality and reproductive health tend to provoke a great deal of media attention and public and policy discussion. In this situation, there is a premium on carrying out research that is of unquestionable quality and objectivity.

To address the demand that research be responsive, culturally sensitive, timely, and of the highest possible quality, investigators studying sensitive issues have developed a diverse array of qualitative and quantitative methods and techniques. This is a rapidly expanding body of methodology. Many of the methods that have been developed in recent years require careful standard-setting so that the hallmarks of a reliable set of research findings are widely recognized. Current attention also focuses on approaches for combining quantitative and qualitative methods in a fruitful manner to achieve research goals.

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## WORKSHOP OBJECTIVES

Participants in this workshop will explore a range of research issues in two broad areas: (1) measurement of knowledge, attitudes, and—especially—behavior of a potentially sensitive nature; and (2) research design options weighed against objectives as well as budgetary and other considerations. Approaches to measurement will include unstructured, semi-structured, and structured interviews and survey instruments. Topics relating to study design will encompass the issues of representation (including aspects of sampling) and inclusion that can arise in research that deals with sensitive subjects and focuses on special subgroups of the population. Traditional issues of controlled comparison and the like will also be discussed.

All topics will deliberately span both qualitative and quantitative methodologies. An integrating objective of the workshop will be to identify problems as well as approaches to combining methodologies that will produce more reliable and relevant results.

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## WHO SHOULD ATTEND?

This workshop is designed for researchers and program specialists who are responsible for providing or using research results. Many of the participants will be conducting research projects that focus on one or more sensitive behavioral topics or will be working out the design and instrumentation for such studies. Training in basic social science research methodology or equivalent program and field experience will provide sufficient technical preparation.

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## WORKSHOP SESSIONS

Workshop sessions will include presentations by the coordinators and resource persons, as well as by the participants. Presentations with associated readings and other documentation will focus on:

- Choosing the appropriate research approach for each specific topic: qualitative, quantitative, or a combination of both?
- Deciding when to use what research methods for what purposes
- Exploring the range of qualitative methods—from key informant interviews to focus groups, from cognitive mapping to more participatory approaches
- Sampling to represent special groups—in-school and household samples
- Reviewing the basics of questionnaire design
- Weighing different approaches to obtaining information on sensitive topics (sealed-envelope method, etc.)
- Analyzing textual data—determining the appropriate level of rigor required and choosing among the various kinds of software available for qualitative analysis
- Combining the results of quantitative and qualitative analysis

In presenting these materials, the workshop coordinators will be drawing upon their own extensive experience with small- and large-scale qualitative and quantitative studies. Each participant will also be expected to present detailed information on a research project, whether already in progress or contemplated. This will include a description of the social and cultural setting, an identification of study objectives, a review of the major design choices considered, and a discussion of the measurement techniques chosen as well as the specific protocols, questionnaires, or other instruments developed.

### ■ WORKSHOP RESOURCES

Coordinator **Peter Xenos** is a Senior Fellow in Population and Health Studies at the East-West Center. He holds a Ph.D. in sociology from the University of Chicago. Dr. Xenos has participated in the design and implementation of youth sexuality surveys in Hong Kong, the Philippines, Thailand, Indonesia, and Nepal. He has pioneered life-history data collection as well as sampling and data-collection methods for youth surveys. He has taught graduate courses in survey and research design and analysis and has conducted workshops on methodology for youth sexuality studies both at the East-West Center and internationally.

Other resource persons will contribute based on their experience with qualitative methods.

## Workshop Two: Population Aging in Asia and the Pacific: The Challenge for Healthcare Systems

**I**n many Asian and Pacific countries, declines in fertility, plus rising life expectancies, are producing unprecedented population aging. Elderly populations are expanding both in absolute numbers and as a proportion of national populations. In future decades, a similar trend is expected throughout the region.

Before the process of population aging begins, the age group 65 and above typically accounts for about 3 percent of a national population. In Asia as a whole, the proportion of the population in this age group will almost double in 30 years—from 5 percent in 1995 to 10 percent in 2025. By 2025, the elderly are projected to account for more than 20 percent of the national population in Japan and Singapore, more than 10 percent in South Korea, Taiwan, China, Sri Lanka, and Thailand, and 7 percent or more in Malaysia, India, Indonesia, Myanmar, the Philippines, and Vietnam.

In terms of absolute numbers, by 2025, there will be nearly 200 million elderly people in China, 110 million in India, 32 million in Japan, 23 million in Indonesia, and 14 million in Pakistan. Nearly everyone in these countries will be affected by population aging in some way. Will individuals be prepared financially for an extended period of old age? Will adult men and women, most with full-time jobs, have time to look after their elderly relatives? Will employers be willing to hire or retain older workers? Will medical and long-term care facilities and personnel be adequate? Will governments have the necessary policies and infrastructure in place?

The absolute number of elderly and the proportion of elderly in a society are two aspects of population aging that potentially affect a society in different ways. Rising numbers of elderly will increase the importance of certain types of medical care. Facilities and staff will be required to treat cardiovascular diseases, cancer (particularly lung cancer), chronic obstructive pulmonary disease, musculoskeletal conditions (including osteoporosis), dementia, and blindness and lesser visual impairments. Rising proportions of elderly will put financial pressure on pension schemes and health-insurance systems to the extent that they pay benefits to retirees out of the current contributions of adults still in the workforce.

In addition to their rising numbers, the health status of the elderly will have important implications for society, affecting such issues as overall medical expenditures and the need for long-term care services. There are two possible scenarios. As people live longer, they may remain healthy for most of their lives so that the overall need for medical care in the population as a whole stays the same or even goes down. Alternatively, the average lifespan may be prolonged, but many of the elderly may suffer from poor health or disabilities over long periods, increasing the overall need for medical treatment and long-term care.

How should we measure the health status of an aging population and its change over time? One proposal has been to measure “health expectancy” by dividing total life expectancy into two components—the healthy years and the unhealthy years. It is reasonable to assume that the health status of a nation has improved if the proportion of healthy years within total life expectancy increases.

To measure health expectancy, it is important to develop a good definition of health status. Health can be defined in terms of disease prevalence, disease incidence, loss of functioning, or disability. Active life expectancy (ALE), disability-free life expectancy (DFLE), and disability-adjusted life expectancy (DALE) are all definitions of health expectancy that use different definitions of health. Using such measures and other analytical tools, it is possible to identify trends in the health status of an elderly population.

A worsening trend in the health status of the elderly calls for remedial policies and programs. A rise in the proportion of unhealthy years may be attributable, for example, to an increasing number of people who have survived stroke or heart attack. Such information would provide the impetus for programs to prevent heart and cardiovascular disease. Programs such as these are needed to improve the quality of life by extending the length of healthy years, not just the length of life.

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## WORKSHOP OBJECTIVES

Participants in the workshop will explore the challenges of rapidly aging populations through lectures, discussions, computer-based research, use of the Internet, and field trips to Hawaii's publicly and privately funded government and community-based programs for the elderly. The objectives are to help participants:

- Enhance their access to health-related data using the Internet and other resources
- Improve their data-analysis skills using real data and SAS software for statistical analysis
- Develop their data-presentation skills using PowerPoint software
- Describe trends in the health status of the elderly in their countries
- Compute life- and health-expectancy statistics
- Explore the status of health insurance and long-term care in their countries
- Identify the health-related needs of the elderly
- Formulate policies to meet the medical and health-care needs of the elderly

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## WHO SHOULD ATTEND?

This workshop is designed primarily for researchers in fields related to population aging and health and for government officials concerned with these issues in ministries of health, social services, and planning. Participants will be asked to bring data on demographic and health trends in their countries. Each participant will have an opportunity to present his or her research results during the course of the workshop.

### ■ WORKSHOP RESOURCES

Coordinator **Yasuhiko Saito** is a Research Associate Professor at the University Research Center, Nihon University, Tokyo, Japan. He holds a Ph.D. in sociology from the University of Southern California. Dr. Saito's areas of specialization are demography and issues of aging and health. He has taught courses on computer applications for the social sciences and has published extensively on life expectancy and disability among older populations in the United States and Japan.

**Robert D. Retherford**, is Coordinator of Population and Health Studies at the East-West Center. He holds a Ph.D. in sociology from the University of California at Berkeley. Dr. Retherford has more than 25 years of experience working in the population and health field in Asian and Pacific countries and has published extensively in the areas of fertility, family planning, maternal and child health, population aging, and care of the elderly. His current work includes projects in India, Nepal, and Japan.

# Workshop Three: Communicating Population and Health Research to Policymakers

Population and health studies, demographic surveys, censuses, and other research findings can play a key role in guiding policy and resource-allocation decisions. Yet every year, millions of dollars are spent to produce research results that fail to reach policymakers and, consequently, are not used to shape policies and programs.

This research-to-policy gap can arise for a number of reasons. Sometimes, due to their unfamiliarity with the needs of policymakers, researchers do not ask the right questions. Consequently, their research does not address the most important issues or provide the information that policymakers would find most useful. In other cases, researchers may fail to see the policy relevance of their own work. As a result, they do not make the extra effort to communicate their research findings in nontechnical language or to shape messages specifically for policy audiences.

The East-West Center and the Population Reference Bureau have been conducting workshops since 1996 to help bridge the gap between researchers and policymakers. Sessions are designed to help participants identify the policy implications of survey data and research studies, understand how research can influence the policy process, and communicate research findings in simple and compelling formats.

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## WORKSHOP OBJECTIVE

The objective of this workshop is to increase the use of research findings for the improvement of policies and programs. Specifically, participants will:

- Identify the policy implications of their research
- Create a policy-level communication strategy
- Develop skills for communicating with policymakers and working with the media

Each participant will have several opportunities to make oral presentations as well as written summaries in appropriate formats for policy audiences. Participants will learn how to use computer-graphics software to enhance their oral and written presentation skills.

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## WHO SHOULD ATTEND?

The workshop has been planned primarily for researchers in fields related to population and reproductive health. Program managers and others responsible for formulating and implementing population and health programs will also benefit if they have a strong background in research and data analysis. Preferably, participants should have previous computer experience.

Each participant should bring research results or survey data that can be used to address a policy problem. Ideally, participants should address issues relevant to their own programs. To make effective use of the training, participants should have access to computer facilities at their home institutions.

## ■ WORKSHOP SESSIONS

The workshop will consist of a combination of plenary and small working-group sessions, emphasizing a hands-on, participatory approach. Sessions will cover six areas, each with a corresponding output:

### ■ *Exploring the research-to-policy gap and designing policy-relevant research*

Workshop participants will examine contradictory ideas about the research process, differing roles of researchers and policymakers, and barriers to the use of research. Interactive exercises will use case studies that illustrate the design of policy-relevant research and participatory approaches to the research process.

### ■ *Developing strategies for communicating research results*

What are the key communication or advocacy objectives? Who are the primary and secondary audiences? What are the most important messages for these audiences? What are the most appropriate channels for delivering the messages? And finally, what are the audiences expected to do with the information they receive?

Each participant will develop a comprehensive communication strategy that answers these questions. Discussion will cover how to identify key communication constraints and opportunities, carry out an action plan, manage controversy, and evaluate the effectiveness of policy communications.

### ■ *Communicating research results through the media*

A comprehensive policy-communication strategy requires an under-

standing of how to work effectively with the media. Participants will design a media strategy to communicate their research results to policymakers through newspapers, radio, and television. Skill-building exercises will include drafting a press release, practicing interview techniques, and learning how to build and maintain good relationships with journalists.

### ■ *Conveying information in brief written formats*

Research results and policy messages must be presented in ways that policymakers can absorb quickly. One useful format is the short, well-written and well-designed fact sheet. Participants will prepare a two-page fact sheet based on the current population and health situation in their home countries.

### ■ *Preparing policy memoranda and briefings*

Policy audiences are the individuals and groups who have the power to enact laws, make regulations, set policies, design and implement programs, and allocate funding—or to influence these processes. Although powerful or influential groups are often difficult to reach, presentation techniques designed for such audiences can enhance communication efforts significantly. Participants will draft a policy memorandum and prepare a briefing for a high-level government official based on a case study. In a role-play exercise, participants will conduct policy briefings based on their memoranda.

### ■ *Making oral presentations using computer graphics*

The workshop will provide hands-on training in computer-graphics

presentations using Windows-based PowerPoint. Each participant will prepare a 10- to 15-minute oral presentation, supported by computer graphics, that communicates research findings to a selected policy audience. Presentations will be videotaped and critiqued. These sessions will introduce a step-by-step approach to organizing effective policy presentations and will provide design tips for presenting text, graphs, charts, and diagrams.

## ■ WORKSHOP RESOURCES

Co-coordinator **Rhonda Smith** is Deputy Director of the MEASURE Communication Project at the Population Reference Bureau. She holds an M.P.H. in health and population planning from the University of Michigan. Ms. Smith has spent nearly 20 years in international health program design and implementation, working with national institutions to develop population policies and policy reform agendas. She has conducted a number of workshops on policy communications with a focus on analyzing the research-to-policy process and designing communication strategies for policy audiences.

Co-coordinator **Sidney B. Westley** is Communications Specialist in Population and Health Studies at the East-West Center. She holds a B.A. in government from Smith College. Over the past 30 years, Ms. Westley has worked as a writer, editor, and communications director for international research organizations in Ethiopia, Kenya, and the United States. She specializes in helping researchers present their results to a broad audience and has taught courses in science writing for researchers and in science reporting for journalists.

# Information for Applicants

*The 2001 Summer Seminar on Population will consist of three workshops:*

- **Workshop 1: Researching Sensitive Issues in Sexuality and Reproductive Health**
- **Workshop 2: Population Aging in Asia and the Pacific: The Challenge for Healthcare Systems**
- **Workshop 3: Communicating Population and Health Research to Policymakers**

All workshops will be held at the East-West Center in Honolulu, Hawaii, from 31 May to 30 June 2001. Each workshop will have an independent instructional program, but common activities will provide ample opportunity for professional interaction among all participants.

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## SELECTION CRITERIA

Applicants for the Summer Seminar on Population should be university graduates proficient in English with training and experience in a field relevant to the topic of their workshop. Preference will be given to applicants holding appointments with universities, government agencies, or private organizations involved in research or planning and to doctoral candidates whose dissertation research is directly related to the workshop topic.

Individuals will be selected on the basis of their potential contribution to one of the Seminar's workshops and to future professional work. Assessment of each applicant's potential contribution will be based on the information provided in the application form plus the required workshop statement, other materials submitted as part of the application, and evidence of relevant experience and interest. In preparing application materials, applicants should take care to address the selection criteria that are specified in the relevant workshop description.

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## APPLICATION PROCEDURES AND DEADLINES

Persons who wish to take part in the 2001 Summer Seminar on Population should send the completed application form and other application documents as soon as possible to:

**32nd Summer Seminar on Population**

East-West Center, Population and Health Studies

1601 East-West Road

Honolulu, Hawaii 96848-1601, U.S.A.

Telephone: 1-808-944-7410 (Peter Xenos)

or: 1-808-944-7267 (June Kuramoto)

Fax: 1-808 944-7490

E-mail: [sumsem@EastWestCenter.org](mailto:sumsem@EastWestCenter.org)



Information on the 32nd Summer Seminar on Population is available on the Internet at: [www.ewc.hawaii.edu/events-ce-detail.asp?conf\\_ID=172](http://www.ewc.hawaii.edu/events-ce-detail.asp?conf_ID=172). Application forms can be downloaded from the web site. **Application material should arrive in Honolulu by 15 February 2001.** Applications sent by fax or email should be followed by an original sent by air mail. Incomplete applications will not be considered. Acceptance letters will be sent out by the middle of March.

Prospective applicants are advised to seek funding from their home organizations or from national or international agencies. The East-West Center can only provide tuition waivers to a very few outstanding candidates. Apart from these limited sources, applicants are expected to seek their own financial support. In submitting applications, evidence that support is available should be forwarded to the East-West Center as soon as possible. Information on funding is essential before documents can be sent out for visa purposes.

Applicants should submit their application forms to meet the 15 February 2001 deadline even if they are still in the process of obtaining funding. Interested candidates who obtain funding after the deadline are also encouraged to submit late applications, which will be seriously considered.

Citizens and permanent residents of Bangladesh, Samoa, Singapore, and Tonga must apply through their East-West Center country representatives. They should check with the country representatives listed here, who will explain in-country procedures and deadlines. All other candidates should apply directly to the East-West Center in Honolulu.

## SEMINAR COSTS

The table above gives estimated participant costs for the 2001 Summer Semi-

## ESTIMATES OF PARTICIPANT COSTS

Tuition	\$4,000
Housing (dormitory/hotel)	\$480/1,200*
Subsistence in Honolulu (\$30/day)	\$930*
Health insurance/repatriation	\$144*
Activity fee/bus pass	\$125
Taxi transport (hotel residents only, optional)	\$336
Total (not including airfare)	\$5,679–6,735

\*For arrival on 31 May and departure on 30 June 2001.

nar. These costs include all activities in Honolulu. **They do not include air travel.**

Two housing options are available. Graduate-student housing at the East-West Center includes private rooms in all-male, all-female, or mixed dormitory areas, all with shared bathrooms and kitchens. The cost is \$480.

The second option is off campus at the Ewa Hotel Waikiki. Rooms are air-conditioned and have private baths and small kitchens. The cost is \$1,200 per room, whether for single or double occupancy. The hotel is about 30 minutes from the East-West Center by bus or 10 minutes by taxi. Bus passes for the month of June will be provided to all participants. The taxi fare between the hotel and the Center is about \$8 each way.

Possibilities can be explored for participants to obtain academic credit from the University of Hawaii for workshop participation. Any such arrangement will entail additional charges from the University.

## STAFF

### Population and Health Studies

Coordinator: Robert Retherford

### Summer Seminar on Population

Coordinator: Peter Xenos  
([xenosp@hawaii.edu](mailto:xenosp@hawaii.edu))

Program Officer: June Kuramoto  
([kuramotj@EastWestCenter.org](mailto:kuramotj@EastWestCenter.org))

## COUNTRY REPRESENTATIVES

### Bangladesh

Public Affairs Section, U.S. Embassy  
Momenshahi House  
Road 27, House 110  
Banani, Dhaka 1213, Bangladesh  
Tel: (880-2) 881-3440-4  
Fax: (880-2) 988-1677

### Samoa

Mr. Mose Pouvi Sua  
Secretary for Foreign Affairs  
Foreign Affairs Department  
Government of Samoa  
P.O. Box L 1861  
Apia, Western Samoa  
Tel: (685) 21500/20295/20471  
Fax: (685) 21504  
(c/o Prime Minister's Office)

### Singapore

Mr. Khoo Swee Lock  
Training Coordinator  
Prime Minister's Office  
Public Service Division  
100 High Street #07-01  
The Treasury, Singapore 179434  
Tel: (65) 332-97287

*Private-sector applicants need not apply through the Public Service Division.*

### Tonga

Mr. S. Tu'a Taumoepeau-Tupou (FA)  
Secretary for Foreign Affairs  
Prime Minister's Office  
Kingdom of Tonga  
Nuku'alofa, Tonga  
Tel: (676) 23600; Fax: (676) 23888

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## EAST-WEST CENTER

The U.S. Congress established the East-West Center in 1960 with a mandate to “promote better relations and understanding between the United States and the nations of Asia and the Pacific through cooperative study, training, and research.” Officially known as the Center for Cultural and Technical Interchange between East and West, the Center is a public, nonprofit institution with an international Board of Governors. Funding for the Center comes from the U.S. government with additional support provided by private agencies, individuals, corporations, and a number of Asian and Pacific governments.

For 31 years, the East-West Center has been a world leader in research and education on population issues in the Asia-Pacific region. More recently, the Center has expanded its activities to examine important health issues facing Asia and the Pacific. The Center conducts basic and applied research, offers professional education and training, and facilitates the exchange of information between policymakers and scholars on critical health and population issues facing the region. The goal is to improve understanding of how social, economic, cultural, political, and environmental conditions interact with health and demographic trends.

The annual Summer Seminar on Population is one of the Center's most important professional-development activities. Since the first Summer Seminar in 1969, more than 1,800 participants have come to Honolulu from more than 30 countries. Former participants hold positions of responsibility in governments, universities, population programs, and research institutions, not only in Asia and the Pacific but also in Africa, Latin America, and the United States.

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## POPULATION REFERENCE BUREAU (PRB)

Founded in 1929, the Population Reference Bureau, Inc. is a leader in providing timely, objective information on U.S. and international population trends and their implications. PRB informs policymakers, educators, the media, and concerned citizens working in the public interest around the world through a broad range of activities. These include publications, information services, seminars and workshops, and technical support. PRB works with both public-sector and private-sector partners.

PRB is a nonprofit, nonadvocacy organization supported by government contracts, foundation grants, individual and corporate contributions, and the sale of publications. PRB is governed by a Board of Trustees representing diverse community and professional interests.