



EAST - WEST CENTER

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## Thirty-Fourth Summer Seminar on Population

29 May – 28 June 2003 ■ Honolulu, Hawaii

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*The 2003 Summer Seminar on Population will consist of three workshops:*

### Workshop 1

- **Evaluating the Impact of Reproductive Health Programs**

### 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:*

#### **34th Summer Seminar on Population**

East-West Center, Population and Health Studies

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# Workshop One: Evaluating the Impact of Reproductive Health Programs

The World Health Organization (WHO) defines reproductive health very broadly as “a condition in which the reproductive process is accomplished in a state of complete physical, mental, and social well-being.” WHO goes on to spell out five implications of this definition. Good reproductive health implies that:

- “People have the ability to reproduce
- “Women can go through pregnancy and childbirth safely
- “Infants survive and grow up healthy
- “People are able to regulate their fertility without risks to their health and
- “They are safe in having sex”

To meet these goals, governments and other agencies commit large amounts of resources to implement reproductive health programs. The rationale is that high-quality and widely accessible services—along with program activities that enhance knowledge and promote healthy behavior—add up to a strong positive influence on the health status of men, women, and children.

Despite widespread interest in the effectiveness of reproductive health programs, there have been few rigorous evaluations of their impact on health. Yet careful evaluation of program impact is essential if policymakers and managers are to make informed decisions about whether or not to continue existing programs or to make program changes aimed at improving effectiveness.

In a context of limited resources and growing concern about the performance of public programs in general, evaluation plays an important role by providing concrete evidence of the impact of program actions on target populations. Good evaluation uses appropriate research methods to determine whether programs have positive effects on their target populations and to assess the magnitude of those effects. Answers to these questions are essential for program design, implementation, and modification.

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## WORKSHOP OBJECTIVES

This workshop will provide intensive training in the concepts of impact evaluation and in state-of-the-art tools and techniques for evaluating program impact. The goal is to provide researchers and other professionals responsible for the evaluation of reproductive health programs with appropriate conceptual frameworks, quantitative methods, and related skills. Another important objective is to develop criteria for choosing the appropriate statistical techniques for program impact evaluation given different scenarios of data availability and program characteristics.

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## WORKSHOP SESSIONS

Participants will begin by reviewing the basic concepts for developing sound, practical monitoring and evaluation plans. They will then review conceptual frameworks for monitoring and evaluation, examine data systems, select reproductive health indicators, and review experimental and observational research designs for

conducting impact evaluation. Exercises and practical applications will use the Stata statistical software.

The workshop will include intensive training on statistical techniques for evaluating program impact. This hands-on training will cover the following areas:

- Designs for impact-evaluation studies
- Simple and multilevel regression analysis
- Statistical techniques to deal with problems of endogeneity
- Methods for using longitudinal or panel data sets

Sessions will also cover techniques for measuring socioeconomic status and designing samples for facility-based surveys. Focusing on the practical application of these skills, participants will work in small groups to conduct analyses using real data sets and will present their results back to the workshop.

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## WHO SHOULD ATTEND?

The workshop is designed for mid-level health and population researchers, administrators, program managers, and other professionals involved in the implementation and evaluation of reproductive health programs. Computer literacy, experience with data systems, and basic statistical knowledge (including some knowledge of regression analysis) will be essential.

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## COORDINATORS/ RESOURCE PERSONS

**Minja Kim Choe** (Ph.D. University of Hawaii) is a Senior Fellow in Population and Health Studies at the East-West Center. Dr. Choe has published many articles on the application of statistical methods to the study of demographic and health behavior and is coauthor (with Robert D. Retherford) of *Statistical methods for causal analysis* (New York: John Wiley, 1993). Her current research includes analysis of risk-taking behavior among Asian youth and changes in family formation in East Asia.

**Gustavo Angeles** (Ph.D. University of North Carolina) is an Assistant Professor in the Department of Maternal and Child Health at the University of North Carolina and a Fellow of the Carolina Population Center. His research focuses on analysis of the impact of socioeconomic factors on health outcomes and individual health-related behavior. He has conducted program impact evaluation studies in Paraguay, Nicaragua, Peru, Tanzania, and Bangladesh. Dr. Angeles has also conducted research on evaluation of targeted programs and the application of multi-level techniques for studying health-seeking behavior and program impact. He is currently Deputy Director of the MEASURE Evaluation Project.

**Amy Tsui** (Ph.D. University of Chicago) is Professor in the Department of Population and Family Health Sciences and Director of the Bill and Melinda Gates Institute for Population and Reproductive Health at the Johns Hopkins Bloomberg School of Public Health. She has conducted extensive research on the effects of family planning and health service delivery on contraceptive use, fertility, and sexual health in developing countries.

**Fiona Steele** (Ph.D. University of Southampton, UK) is a Research Lecturer in Statistics at the Institute of Education, University of London. Much of her research focuses on the application of statistical methods to the study of family planning and health behavior in developing countries. Previous research includes studies of contraceptive discontinuation and method switching in China, Bangladesh, Morocco, and Indonesia using multilevel event history analysis.

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

In some Asian and Pacific countries, rising life expectancies and fertility decline are already producing unprecedented population aging, as measured by increases in the proportion of populations who are elderly. In coming decades, a similar trend is expected throughout the Asia-Pacific 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 (comprising East Asia, Southeast Asia, and South-Central Asia), the proportion of the population who are elderly by this definition is projected to increase from 6 to 17 percent between 2000 and 2050. In Japan, which already has one of the oldest populations in the world, this proportion is projected to increase from 17 to 36 percent.

By 2050, the elderly are projected to account for more than 25 percent of the national populations of Japan, South Korea, and Singapore; 20–24 percent of the populations of China, Thailand, and Sri Lanka; and 15–19 percent of the populations of North Korea, Mongolia, Brunei Darussalam, Indonesia, Malaysia, Myanmar, Vietnam, India, Iran, Kazakhstan, Kyrgyzstan, and Uzbekistan. In terms of absolute numbers, Asia's elderly population is projected to rise from 207 to 857 million between 2000 and 2050—more than a fourfold increase.

What are the implications of these demographic pressures? 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 to cope with financial pressures on pension schemes and health-insurance systems? These are some of the questions that will be addressed during the workshop.

Another question is how the changing health status of the elderly will affect 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 life span 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 as it changes 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 defi-

nitions 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 population and health-related data using the Internet and other resources
- Improve their data-analysis skills using SAS software applied to their own data or to data provided for those who do not have their own
- Analyze the effects of population aging on health-care systems
- Analyze trends in the health status of the elderly in their countries
- Assess the health-related needs of the elderly
- Compute health-expectancy and related health statistics
- Explore the status of health insurance and long-term care in their countries
- Assess the effectiveness of policies and programs intended 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 in the course of the workshop.

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## **COORDINATORS**

**Yasuhiko Saito** (Ph.D. University of Southern California) is a Research Associate Professor at the University Research Center, Nihon University, Tokyo, Japan. 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. He currently directs the Nihon University Japanese Longitudinal Study of Aging, two rounds of which have been completed and are currently being analyzed. This national-level survey is designed to be comparable in most respects to the United States Longitudinal Study of Aging.

**Robert D. Retherford** (Ph.D. University of California at Berkeley) is Coordinator of Population and Health Studies at the East-West Center. Dr. Retherford has more than 25 years of experience working in population and health in Asian and Pacific countries and has published extensively on 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 and should play a key role in guiding policy and resource-allocation decisions. Yet every year, millions of dollars are spent on research that fails to reach influential audiences and, consequently, is not used to shape policies and programs.

This research-to-policy gap arises 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 (PRB) have conducted 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 and 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 designing 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.

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## **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*

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 to 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 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 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 understanding 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*

Although powerful or influential policymakers 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.

■ **Coordinators/Resource Persons**

**Sidney B. Westley** (B.A. Smith College) is Communications Special-

ist in Population and Health Studies at the East-West Center. 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 has taught courses in science writing for researchers and in science reporting for journalists.

**Nancy V. Yinger** (Ph.D. Johns Hopkins University) is the Director of PRB's International Programs and MEASURE Communication. Dr. Yinger is a demographer with more than 20 years of experience in reproductive health, family planning, population, gender, and policy communications. She conducts research and writes on reproductive health and gender and on policymakers' priorities and the role of information in the policy process.

**Gladys Villanueva-Cortez** (B.A. University of the Philippines) is the Health Education and Promotion Officer of the Philippine National AIDS Council, Department of Health. She provides technical assistance to government and private-sector agencies in developing materials, training, advocacy, media campaigns, social mobilization, and policy formulation.

**Sara Adkins-Blanch** (M.A. West Virginia University) is Administrator of PRB's International Programs. She is co-manager of the Women's Edition project, facilitates policy communication seminars, and provides training in Microsoft PowerPoint. Formerly, she served as managing editor of print and electronic publications. She has recently provided support to training in Costa Rica, the Dominican Republic, Honduras, Nicaragua, Morocco, Thailand, and South Africa.

# Information for Applicants

*The 2003 Summer Seminar on Population will consist of three workshops:*

- **Workshop 1: Evaluating the Impact of Reproductive Health Programs**
- **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 29 May to 28 June 2003. 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 2003 Summer Seminar on Population should send the completed application form and other application documents as soon as possible to:

**34th 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

Email: [sumsem@eastwestcenter.org](mailto:sumsem@eastwestcenter.org)



Information on the 34th Summer Seminar on Population is available on the Internet at: [www.eastwestcenter.org/events-ce-detail.asp?conf\\_ID=287](http://www.eastwestcenter.org/events-ce-detail.asp?conf_ID=287). Application forms can be downloaded from the web site.

**Application material should arrive in Honolulu by 8 February 2003.** 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 early 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 application forms to meet the 8 February 2003 deadline even if they are still in the process of obtaining funding. Interested candidates who obtain funding after the deadline are encouraged to submit late applications, which will be seriously considered.

Citizens and permanent residents of Bangladesh, Western 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

<b>PARTICIPANT COSTS</b>	
Tuition	\$4,000
Housing (dormitory)	\$510*
Subsistence in Honolulu (\$30/day)	\$930*
Health insurance/repatriation	\$315*
Activity fee/bus pass	\$130
Total (not including airfare)	\$5,885
*For arrival on 29 May and departure on 28 June 2003.	

should apply directly to the East-West Center in Honolulu.

### **SEMINAR COSTS**

The table above gives estimated participant costs for the 2003 Summer Seminar. These costs include all activities in Honolulu. **They do not include air travel.**

Graduate-student housing is available at the East-West Center. Accommodations comprise private rooms in all-male, all-female, or mixed dormitory areas, all with shared bathrooms and kitchens. The cost is \$510.

### **STAFF**

#### **Population and Health Studies**

Coordinator: Robert Retherford

#### **Summer Seminar on Population**

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

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

### **COUNTRY REPRESENTATIVES**

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#### **Western Samoa**

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Foreign Affairs Department  
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#### **Singapore**

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*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  
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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 34 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, about 2,100 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. (PRB) is the 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, educational 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.

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## **MEASURE EVALUATION PROJECT**

Workshop 1: Evaluating the Impact of Reproductive Health Programs is cosponsored by the MEASURE Evaluation Project and the Bill and Melinda Gates Institute for Population and Reproductive Health. The MEASURE EVALUATION PROJECT is a Cooperative Agreement between the United States Agency for International Development (USAID) and the University of North Carolina at Chapel Hill. The project develops and applies methods for monitoring and evaluating population, health, and nutrition programs in developing countries and works on improving monitoring and evaluation capabilities through technical assistance and training. The Gates Institute works to build individual and institutional capacity in countries of the developing world to strengthen the effectiveness of population, family planning, and reproductive health policies and programs.