



CHILEANS SAY GOOD-BYE TO TOBACCO SMOKE

Several years ago EPES took stock of an alarming set of statistics: Chile has the highest rate of youth smokers and the fourth highest rate of women smokers in the world. The Ministry of Health estimates that 46 people die each day from tobacco-related causes. Consequently, we made the decision to channel staff, resources, and energy to persuade the Chilean government to ban smoking indoors in public places.

EPES staff Sonia Covarrubias and our long-time collaborator Lezak Shallat were the prime movers in creating the *Chile Libre de Tabaco* (Tobacco Free Chile) alliance that led advocacy efforts with legislators and mobilized widespread public support. The health promoters did their part by going to Congress many times and through their neighborhood educational campaigns.

Years of strategic, methodical work gave fruit in January when President Sebastian Piñera signed the new national law that bans smoking indoors in restaurants, bars, offices, and even stadiums. The law also bans the use of additives, including menthol, that can increase addiction, and requires tobacco companies to report to the Ministry of Health any donations they make to private or public institutions. One key aspect of the law gives greater enforcement capacity to municipalities, which will now receive the fines levied from infractions.

When the law came into effect March 1, Sonia, Lezak and others from EPES and the Tobacco Free Chile team were invited to the La Moneda presidential offices in recognition of their decisive contribution to this historic law. Afterwards, EPES led a celebratory march through downtown Santiago, dancing in the streets and handing out hundreds of *Chau Humo* (Goodbye Cigarette Smoke) stickers and fliers explaining the new regulations.

"Today is a day to celebrate because this law is a huge step to improve the health of all Chileans, both smokers and non-smokers," said Sonia. Public support from online networks, community groups and medical associations were key in overcoming the powerful lobby of the tobacco industry, she noted.

From the experience of other countries, we know that thousands of lives will be saved by this measure. In March, Patricia Sosa and Jake Palley from the US-based Campaign for Tobacco Free Kids visited EPES to celebrate the victory and help us plan for the next stage: implementation. This will include EPES-lead trainings of community monitors in the Santiago and Concepción to disseminate the new regulations and monitor compliance.



Above left: EPES staff with the Tobacco Free Chile coalition lead the march through Santiago on the day the law went into effect. Above: Health promoters at the Senate vote for the tobacco law.



EPES staff and the Tobacco Free Chile team with Santiago mayor Carolina Toha promoting new tobacco law.



Sonia Covarrubias and Lezak Shallat with representatives of the Pan American Health Organization in Chile at the government celebration of the new tobacco law on March 1st.



"THIRTY YEARS WEAVING DREAMS" MURAL OUTSIDE EPES OFFICES

EPES' celebration of 30 years of work culminated March 19 with the inauguration of a mural created by artist Carlos Lizama. Our three decades weaving dreams of dignity and the right to health for all are portrayed in this work of art, which now graces a wall outside EPES offices. Measuring 13 feet high and nearly 40 feet across, the mural highlights EPES history and the people who were key in making these dreams become a reality.



Mural artist Carlos Lizama

In the four months Carlos Lizama and his assistants worked on the mural, the artist constantly consulted with staff in order to produce a detailed, graphic portrayal of EPES campaigns and aspirations. The mural captures the process of transformation of women from passive, submissive individuals to self-confident advocates who bring change to their communities and their own lives.

On one corner of the mural, two women peer from the window of a flimsy, wooden dwelling at a weaver symbolizing women of low-income communities where EPES works. On the other side, a young woman with megaphone in hand displays the bold spirit instilled by empowerment. In between them the artist reproduced in minute detail, even down to the stitches on the cloth, the lavender patchwork art that appears on all EPES 30 years publications.

EPES Executive Director Rosario Castillo noted that the mural and the 30 years celebrations "renew our commitment to justice and dignity in health."

Former EPES Board member and nationally known human rights attorney, Fabiola Letelier, whose likeness is among those painted in the mural, described the mural as a motivating force "to continue fighting to



Depicted in EPES' 30th anniversary mural are people who have played an important role in the history of EPES, including Bishop Helmut Frenz (1933-2011). A brave and uncompromising fighter for justice and human rights, Bishop Frenz' life testimony inspired thousands of people around the world, including the staff of EPES. He will be remembered wherever people work for justice and human rights. Above: At the inauguration of the mural, current president of the Evangelical Lutheran Church in Chile, Pastor Luis Alvarez, mentioning the role Bishop Frenz played in his own life.

Top photo shows the mural "Thirty Years Weaving Dreams", depicting EPES' three decades of work and people who helped make it possible.

achieve a democratic, egalitarian society with the active participation of working people."

A video filmed during the inauguration ceremony is being played continuously at El Bosque public health facility waiting rooms and municipal offices.



Top photo: Former EPES Board member and nationally known human rights attorney, Fabiola Letelier, whose likeness is among those painted in the mural, speaks at the inauguration ceremony. Above: EPES staff pose in front of the new mural with artist Carlos Lizama and Patricia Sosa and Jake Palley from the Washington office of Tobacco Free Kids.



HEALTHY NUTRITION WORKSHOP GETS COOKING

In the fight against obesity and the medical problems that stem from unhealthy nutrition, a new EPES program aims to use a gender approach to tackle the challenge to change eating habits.

Forty women of San Ramon and El Bosque, as well as 40 health care employees of the same municipalities will participate in the program, to be launched thanks to support from the Evangelical Lutheran Church in America.

In the low-income neighborhoods where EPES works, income brought by a household's principal wage earner — men — largely defines access to markets and food choice. In addition, says program coordinator Susana Jiles, "The consumption of processed foods is an action of symbolic upward mobility. With social mobility not readily accessible via education, better jobs or better neighborhoods, eating at Kentucky Fried Chicken or McDonalds becomes a status symbol."

Drawing from a baseline study completed last year and after two pilot projects to test methodology, the innovative program will foster healthy eating through color, flavor and creativity, as well as a return to traditional Chilean culinary roots. Susana stresses, however, that it will not be primarily a cooking class; rather, women will learn how to implement strategies to boost their families' nutritional value.

FOURTH INTERNATIONAL POPULAR HEALTH COURSE

The EPES Foundation held its Fourth International Training Course on Popular Health from January 14-25, 2013, attended by 21 people from Uruguay, Haiti, Ecuador, United States and Chile. During two intense weeks participants attended workshops, participated in community health actions, and other related activities. The course included the seminar "The Use of Ethnographic Methods in Community Health" presented by Julia Paley, Ph.D., who traveled from Washington, D.C. to share her experience working with and documenting the Llaleta Health Group. Ron Labonte, an internationally-acclaimed expert on social determinants of health, gave a talk on "Health Promotion: Challenges and Practices of Primary Health Service."

This fourth version of EPES' international health course brings the number of participants to a total of 80, hailing from 13 countries. Kenya will be the setting for the fifth course, which will be coordinated in conjunction with Grace Mose, founder of the Hope Foundation for African Women.



HANDS-ON LEARNING FOR INTERNS

Through an agreement with Raul Silva Henriquez University School of Social Work, where EPES director of planning Maria Eugenia Calvin teaches, students have the option of fulfilling their practicum requirements by working at EPES. This year, four social work students are gaining hands-on experience in community work, while also contributing concretely to EPES programs.

Two of them are seniors Javiera Vergara and Ana Karina Campos, who are developing curriculum and convening participants for a workshop on dignity and justice in health, as well as a course on women's leadership in health. Both students value EPES' community-based, gender perspective. As they convene meetings with community organizations and health care workers, they also have learned how complex a participatory process can be.

Javiera's internship has highlighted for her that social workers "need to know and be in touch with what local people think." She adds, "It is important that we social workers have greater involvement in local health policy planning and incorporate the views of people who live it every day. This is something EPES has made possible for me to see."

Maria Eugenia Calvin, who supervises the interns, notes that EPES also contributes gender awareness to social work students' education. "Gender orientation is key because social workers implement policy," says Calvin. "If we lack a gender awareness approach, we as social workers will not be able to adequately respond to people's needs."



EPES interns University of Chile students Carolina Pardo and Nayade Pino co-wrote their thesis on the nutritional transition from malnutrition to childhood obesity in Chile and the work of EPES health team Circle of Women for Health. Here they pose with their professor Gabriel Salazar, the national history laureate, EPES staff, and health team members after their oral defense, and earning the highest grade on their thesis.

STAFF CHANGES

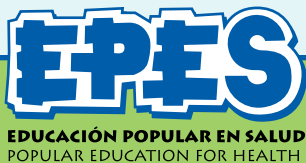
GOOD-LUCK LEZAK! WELCOME ISABEL!

During the past years, readers of the EPES website, this Update and many other things written in English about EPES have been familiar with the work of our long-term communications consultant Lezak. Then, proving she has a way with more than just words, Lezak initiated and helped lead the EPES program that culminated in the enactment of Chile's new indoor smoking ban last in March. And with that, and after nearly 30-years working in Chile as a journalist, Lezak left EPES to accept a job in her native California training community groups and public health groups in strategic communications. All of us at EPES will miss her and we wish her all the best.

Isabel Diaz, who honed her journalistic skills in radio and print, specializing in environmental and health issues, has joined EPES staff as our new communications coordinator. Welcome aboard, Isabel!



Right: Lezak Shallat in front of La Moneda at the official ceremony inaugurating Chile's new ban on indoor smoking. Above: Isabel Diaz, new communications coordinator for EPES.



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EPES was created in 1982 to promote health with dignity for the poor through empowerment, mobilization and collective action. It began as a program of the Evangelical Lutheran Church in Chile (IELCH) and maintains close ties nationally and internationally with the Lutheran church and is an ELCA Global Mission supported ministry. EPES became an independent, non-profit Chilean foundation in 2002.

THE EPES TEAM

Founder: Karen Anderson, Director, EPES International Training Course (ELCA Global Mission). **Board of Directors:** Ricardo Barra, University of Concepción; Jaime Bravo, GESTRA Consultores; Pamela Eguiguren, University of Chile; Hanni Grunpeter, public health specialist; Rev. Oscar Sanhueza, Evangelical Lutheran Church in Chile; Jorge Olivares, EPES staff representative. **Executive Committee:** Rosario Castillo, Executive Director; Dr. Lautaro López, Director, EPES Concepción; María Eugenia Calvin, Director of Planning; Virginia Norambuena, Education team, EPES Concepción; Sonia Covarrubias, Education team, EPES Santiago. **Administration/Education:** **SANTIAGO:** Marta Acuña, accountant; María Teresa Fuentealba, secretary; Angelina Jara, administration; Susana Jiles, nutrition project; Jorge Olivares, librarian; Anita Peña Saavedra, educator; Héctor Reyes, office manager; Isabel Diaz, communications coordinator; **CONCEPCIÓN:** Sandra Castañeda, educator, Maritza Provoste, administration.

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www.epes.cl or Action for Health in the Americas (AHA): www.actionforhealth.org or Chile Libre de Tabaco: www.chilelibredetabaco.cl **On Facebook:** EPES Fundación; Action for Health in the Americas; Red Chile Libre de Tabaco and Panoramas Sin Humo de Tabaco



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