

Healthcare Outreach Mongolia 2022

Bringing Healthcare to Nomadic Families in Mongolia



In September our International Team of 7 volunteers provided healthcare to [Tuvan and Kazakh ethnic nomads](#) living near the Kazakhstan border in the Altai Mountains of Western Mongolia. Here, a family's access to healthcare is extremely limited.

Generous donations to Health & Hope provided supplies needed to deliver basic healthcare. Each volunteer self-funded their travel. [Tour Mongolia](#) served as team interpreters and logistics with coordination by [Karma Quest](#).

Throughout former Soviet rule and in their landlocked position between Russia and China, the nomads' lifestyle hardships have remained relatively unchanged for the past 5 generations.

Living in gers (yurts – truly mobile homes!), heated by yak dung fires, with no plumbing, and living at 8200 feet in frigid temperatures, they move 2-3 times annually for fresh pastures to feed their goats, yaks, horses, camels, and sheep.



Our Outreach Team provided the first healthcare delivery of its kind to families who, at best, can seek limited services in small, distant villages.

"I have traveled throughout the world, but nothing was as meaningful or fun as the days I spent in Mongolia at the health clinics. This was an amazing cross-cultural experience. Volunteers receive on-the-ground training to provide meaningful health services. As a result of these services Mongolian families have improved health".
Allene Z., Attorney.

Embedded with Host Nomadic Families



We lived in our hosts' gers or our tents and traveled by horse, camel, or van.
Every day was a surprise - like waking up to snow and being nose-to-nose with a camel!



The heartwarming response of these nomadic tribes was overwhelming. Living with and becoming part of this community created friendships and a rich cultural experience. Our hosts shared with us their homes, meals, and the warmth of their fires.



As a thank you gift for healthcare delivery, our hosts gave demonstrations of their trained Golden Eagles' skills, traditional music, and dancing, as well as horse racing, archery, and wrestling competitions.

Healthcare Delivery

Medical, Dental, and Vision needs of 170 nomadic villagers were addressed from our mobile clinics. Guests came by foot, horseback, and motorcycle. Some families packed

into vans from distant villages driving over 8 hours and sleeping in below-freezing conditions to attend the Outreach.



Medical Care

93 nomads presented with a wide range of ailments. Most were diet related.

The local diet is rich in yak milk products high in fat and salted meats. Fruits and vegetables don't grow in this region, and safe drinking water is not plentiful. Common consequences are hypertension, constipation, urinary tract infection, as well as gallbladder and kidney diseases. Arthritis and overuse injuries are common.



Dental Care

Access to a dental exam, cleaning, or having a filling placed is very rare here. Our care was limited to addressing pain for 75 villagers resulting in the removal of 85 painful, non-restorable teeth. Each clinic guest received a toothbrush.

With limits to our equipment, we created a "dental chair" by propping the front seat of our van on top of the spare tire!



Creating Cavity Fighters!

Unfortunately, candy has found a home in rural Mongolia too!

To promote dental health, following our Outreach we visited a public school in a small village where 250 toothbrushes and toothbrushing education was provided to elementary students.



Vision Care

160 nomads attended the Vision Clinic. 72 were provided glasses for near-vision correction.

145 were provided UV-protected sunglasses to prevent eye damage and disease caused by dust and increased UV radiation at high altitudes.



Women's Healthcare

100 washable menstrual kits prepared by At-Home Volunteers were delivered to nomadic girls and women. Extra kits were left for nomadic girls away attending state boarding school.

They loved them! Health & Hope At-Home Volunteers have already packaged 100 more kits ready for mailing!!



Water Safety

Leaders of each nomadic tribe were given education, tools, and tests to determine if their water sources are safe to drink without treatment.

One tribe had safe sites, unfortunately, the other did not. They will use the boiling water method of treatment.

Do more than dream..... Do.

