

IPPNW Student Group Start-Up Kit

Adapted from
Student Physicians for Social Responsibility
Chapter Start-Up Kit
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International Physicians for the Prevention of Nuclear War



1985 Nobel Peace Prize Recipient

727 MASSACHUSETTS AVENUE
CAMBRIDGE, MA 02139
USA

Telephone: (617) 868-5050
e-mail: ippnwbos@ippnw.org
web site: <http://www.ippnw.org>

WELCOME TO IPPNW

About IPPNW

IPPNW is a non-partisan, global federation of national medical organizations in more than 60 countries dedicated to research, education, and advocacy relevant to the prevention of nuclear war. To this end, IPPNW seeks to prevent all wars, to promote non-violent conflict resolution, and to minimize the effects of war and preparations for war on health, development, and the environment.

IPPNW works for

- ✧ Abolition of all nuclear weapons
- ✧ Demilitarization of the global economy and an end to the arms trade
- ✧ Re-allocation of resources from military to civilian needs, especially to basic health care and human necessities
- ✧ Sustainable and ecologically sound economic development

IPPNW is the only international medical organization dedicated to the abolition of nuclear weapons. Our principal program areas beyond the core mission of nuclear abolition include projects to end the threats posed by landmines, small arms and light weapons, chemical and biological weapons, and the burden of debt on developing nations.

IPPNW affiliates worldwide are working to advance these goals with diverse and imaginative programs.

A Brief History

Founded in 1980, IPPNW was an inspiration born of the Cold War. With the world divided into two militarized camps poised on the brink of nuclear war, a small group of Soviet and American doctors took a leap of faith. They reasoned that their common interest in survival was more powerful than the ideological divides between them. They believed that their obligation as physicians included a common commitment to the prevention of nuclear war.



Led by co-founders Drs. Bernard Lown of the US and Eugueni Chazov of the Soviet Union, they organized a team to conduct meticulous scientific research based on data collected by Japanese colleagues who had studied the effects of the atomic bombs dropped on Hiroshima and Nagasaki. And they drew upon their knowledge of the medical effects of burn, blast, and radiation injuries.

The doctors sounded a medical warning to humanity: that nuclear war would be the final epidemic; that there would be no cure and no meaningful medical response. Their message reached millions of people around the world. In the words of former New Zealand Prime Minister David Lange, "IPPNW made medical reality a part of political reality."

In its first five years, IPPNW, working closely with its US affiliate Physicians for Social Responsibility and IPPNW-Russia, educated health professionals, political leaders, and the public about the medical and environmental consequences of nuclear warfare. For this effort, which united physicians across the Cold War divide, IPPNW was awarded the UNESCO Peace Education Prize in 1984 and the 1985 Nobel Peace Prize in 1985.

Throughout the 1980s and the 1990s, IPPNW comprehensively documented the health and environmental effects of the production, testing, and use of nuclear weapons. In a series of well-researched, authoritative books and numerous articles and op-ed pieces in medical journals and the popular press, IPPNW spelled out the tremendous price nuclear weapons states are paying in their pursuit of nuclear weaponry.

From uranium mining to nuclear testing and production, from Nevada to Moruroa and Hanford to Chelyabinsk, IPPNW and its affiliates collected and analyzed data that provides the public with a frightening assessment of the health and environmental costs of pursuing security through nuclear weapons.

IPPNW and its affiliates not only educated the public, they also organized citizens in the nuclear states to protest and change their governments' policies. IPPNW believes that the active involvement of millions of people is essential if we are to prevent war and abolish nuclear weapons.

Physician-activists were instrumental in the campaigns to ban atmospheric and underground nuclear test explosions and in helping to shut down nuclear weapons testing sites and production facilities.

As the Cold War came to an end, IPPNW had grown to comprise some 200,000 physicians, health care workers, and concerned citizens every region of the world.

Major Accomplishments

When IPPNW mobilizes its vast network of medical organizations throughout the world in support of a campaign, a great deal gets accomplished. IPPNW physician-activists:

- ✧ Created an international medical movement to disseminate factual information about the consequences of nuclear warfare worldwide, receiving the 1985 Nobel Peace Prize for this effort.
- ✧ Promoted Soviet-American dialogue at the height of the Cold War by organizing Soviet and American doctors to bring a non-partisan anti-nuclear message to the people of both countries, reaching millions.
- ✧ Helped stop underground nuclear testing by influencing the Soviet Union to initiate and extend a unilateral moratorium on nuclear testing from 1985-1987.
- ✧ Organized the International Citizens Congress for a Nuclear Test Ban in Kazakhstan, a key event that led to the 1991 closing of the Soviet Union's principal test site at Semipalatinsk.
- ✧ Helped lead an international lobbying effort in support of a nuclear test ban.
- ✧ Created SatelLife, a health development project that provides state-of-the-art communications technology to exchange critically needed medical information between the North and the South.
- ✧ Established an International Commission to Investigate the Health and Environmental Effects of Nuclear Weapons Production and Testing and worked with the Institute for Energy and Environmental Research to document these effects.
- ✧ Worked with INFACT to organize medical professionals in the GE Boycott, which successfully moved the multinational corporation out of the nuclear weapons industry.
- ✧ Helped document with the Harvard Study Team the health effects of the Gulf War.
- ✧ Co-founded the World Court Project with the International Association of Lawyers Against Nuclear Arms and the International Peace Bureau that secured a landmark ruling from the International Court of Justice confirming the illegality of the threat and use of nuclear weapons.
- ✧ Helped spearhead the launch of Abolition 2000, a global campaign to build worldwide support for a signed agreement that sets a firm timetable for nuclear abolition.
- ✧ Participated in the Canberra Commission on the Elimination of Nuclear Weapons.
- ✧ Organized with IPPNW-Russia and the International Campaign to Ban Landmines the first conference on landmines in Russia, a major manufacturer of landmines.
- ✧ Helped launch the Middle Powers Initiative to mobilize key non-nuclear weapons states to encourage the leaders of the nuclear weapons states to commit themselves to the elimination of nuclear weapons.
- ✧ Submitted a revised Model Nuclear Weapons Convention to the United Nations. The treaty was drafted by the Lawyers Committee for Nuclear Policy, the International Network of Engineers and Scientists Against Proliferation, and IPPNW.

As this list of accomplishments shows, IPPNW successfully partners with other leading professional and grassroots organizations to further our goals of nuclear abolition and prevention of war.

Milestones – IPPNW’s First Two Decades

1980

- ✧ Drs. Bernard Lown, James Muller, and Eric Chivian from the US meet in Geneva with Drs. Eugueni Chazov, Leonid Ilyin, and Mikhail Kuzin from the Soviet Union and agree to organize an international physicians movement to combat the nuclear threat.



1981

- ✧ IPPNW's First World Congress is held in Airlie, Virginia, and is attended by 80 physicians from 12 countries. The Congress attracts press coverage, generates scientific research, and provides the foundation for building an international movement.

1982

- ✧ The Second World Congress is held in Cambridge, UK, and is attended by 200 physicians from 31 countries.
- ✧ Soviet and U.S. physicians from IPPNW appear on Soviet television for an unprecedented live, unedited discussion on the consequences of nuclear war. Seen by 100 million Soviet viewers, the program is later broadcast in the US.
- ✧ IPPNW publishes Last Aid: the Medical Dimension of Nuclear War. The book is translated into several languages and is used at leading medical schools worldwide.

1983

- ✧ The Third World Congress is held in Amsterdam, the Netherlands, and is attended by more than 300 physicians from 43 countries.

1984

- ✧ The Fourth World Congress is held in Espoo, Finland, and is attended by 500 physicians from 53 countries. The Impact of Nuclear War on Children and Adolescents, an international research study co-sponsored by IPPNW, is presented.
- ✧ UNESCO honors IPPNW with its Peace Education Prize, citing "especially remarkable activity to inform public activity and mobilize the conscience of mankind for peace."

1985

- ✧ During the first tour of IPPNW's new East-West Physicians Campaign, a team of Soviet and US physicians visits five US cities to educate the public about the medical consequences of nuclear war and to promote East-West relations.

- ✧ The Fifth World Congress of IPPNW is held in Budapest, Hungary, and is attended by 800 physicians from 60 countries. The federation now represents more than 135,000 physicians in 41 national affiliates. New emphasis is placed on the relationship between development and disarmament and the need for a nuclear test ban.
- ✧ IPPNW formulates a "Medical Prescription," calling for a moratorium on nuclear testing. Weeks later, the USSR announces that it will discontinue its testing program for the rest of the year. IPPNW launches an international campaign for a mutual moratorium.



✧ In December, IPPNW receives the 1985 Nobel Peace Prize in Oslo. The Nobel Committee commends IPPNW for "considerable service to mankind by spreading authoritative information and in creating an awareness of the catastrophic consequences of atomic warfare."

✧ IPPNW Co-Presidents Lown and Chazov meet with Mikhail Gorbachev and help persuade him to extend the Soviet Union's unilateral moratorium on nuclear weapons testing.

1986

- ✧ Fifteen hundred physicians from 65 countries examine the moral and ethical aspects of nuclear weapons at IPPNW's Sixth World Congress in Cologne, Germany.
- ✧ IPPNW leaders travel through the USSR, China, and Japan on the first leg of IPPNW's Global Campaign. Subsequent legs take IPPNW leaders through five continents on their mission to educate physicians and build the movement.

1987

- ✧ The Seventh World Congress is held in Moscow, USSR, and is attended by more than 2,000 physicians from 70 countries. Representing more than 175,000 physicians, IPPNW is now the fastest growing medical organization in the world.

1988

- ✧ IPPNW co-sponsors the International Scientific Symposium on a Nuclear Test Ban in Las Vegas, Nevada. The Soviet Union conducts the first nuclear test of 1988, triggering protests from IPPNW affiliates as part of the new Cease-Fire campaign. Affiliates continue to protest every single nuclear test.



✧ The Eighth World Congress is held in Montreal, Canada, and is attended by 2,500 physicians from nearly 80 countries.

- ✧ Crosby, Stills and Nash and Bruce Cockburn, together with musicians from the USSR and Canada perform at IPPNW's Concert for Peace. IPPNW's Concert Tour for Peace begins in Berlin (West). Under the direction of the late Antal Dorati, an international orchestra and chorus perform Beethoven's "Missa Solemnis" in four cities in five days.
- ✧ In response to a growing crisis created by nuclear weapon manufacture, IPPNW creates the International Commission to Investigate the Health and Environmental Effects of Nuclear Weapons Production.
- ✧ In December, an earthquake devastates parts of Soviet Armenia. IPPNW secures millions of dollars worth of medical supplies and arranges for medical teams to enter the quake-stricken region.

1989

- ✧ SatelLife is incorporated under the auspices of IPPNW to develop programs using space technology for medical purposes with an emphasis on the developing world.
- ✧ A new IPPNW publication, *Medicine and Nuclear War: A Model Curriculum*, helps medical school faculty include information on medicine and nuclear war in their programs.
- ✧ At IPPNW's Ninth World Congress in October, 3,000 physicians meet in the two cities victimized by the atomic bombs: Hiroshima and Nagasaki.

1990

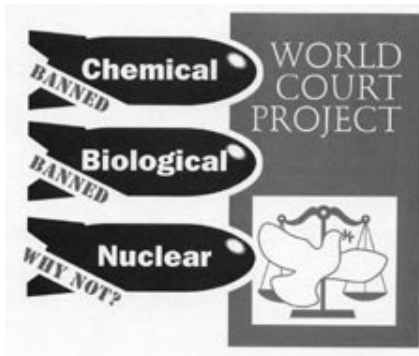
- ✧ Together with the Soviet grass-roots movement "Nevada-Semipalatinsk-Moruroa," IPPNW convenes the International Citizens Congress for a Nuclear Test Ban in Alma-Ata and Semipalatinsk, USSR. The historic event revitalizes the Comprehensive Test Ban campaign.
- ✧ SatelLife plans next year's launch of a communications satellite that would provide vital information services to medical communities in the developing world.

1991

- ✧ IPPNW releases *Radioactive Heaven and Earth*, the first formal report of IPPNW's International Commission to Investigate the Health and Environmental Consequences of Nuclear Weapons Testing and Production.
- ✧ SatelLife creates HealthNet, an inexpensive, reliable communication system providing physicians in both hemispheres a means of solving problems together.
- ✧ More than 1,300 IPPNW activists from 80 nations assemble in Stockholm, Sweden for IPPNW's Tenth Anniversary World Congress.
- ✧ During the Gulf War, IPPNW sends investigators, publicizes the health effects of the war, advocates for peace, and delivers tons of medical and nutritional supplies.

1992

- ✧ The second volume of research by the International Commission, *Plutonium: Deadly Gold of the Nuclear Age*, is published.
- ✧ Medical supplies and equipment are delivered to the former Soviet Union in response to shortages following its breakup.
- ✧ To help persuade the new nuclear states Belarus, Kazakhstan, and Ukraine to give up the nuclear arsenals they inherited from the Soviet Union, IPPNW works with its Russian affiliate on a broad educational and media campaign.



- ✧ The World Court Project is launched in conjunction with the International Peace Bureau and the International Association of Lawyers Against Nuclear Arms. The goal of the project is to have the International Court of Justice issue an advisory opinion on the illegality of nuclear weapons.
- ✧ African affiliates aid refugees from the war in Somalia and help document the health effects of the war.

1993

- ✧ The Eleventh World Congress takes place in Mexico City, the first in the developing world.
- ✧ At IPPNW's urging, the World Health Organization votes to petition the World Court for an advisory opinion on the legality of nuclear weapons use.
- ✧ Demonstrations and letter writing help lead to an extension of the nuclear testing moratorium.
- ✧ Russian and Japanese affiliates lead the federation's protest against Russian dumping of liquid radioactive waste in violation of a ten year moratorium. This was followed by a world ban on nuclear and industrial waste dumping at sea by the London Convention.
- ✧ IPPNW works with Medipaz, our Nicaraguan affiliate, to produce a study on *The War in Nicaragua: The Effects of Low-Intensity Conflict on an Underdeveloped Country*.

1994

- ✧ The United Nations General Assembly requests an advisory opinion from the World Court on the legality of the threat or use of nuclear weapons; 34 national governments submit legal arguments to the Court. IPPNW joins in presenting 110 million citizens' signatures to the Court in opposition to nuclear weapons.

- ✧ An unprecedented tour by Russian Physicians for the Prevention of Nuclear War (RPPNW) to four principal nuclear weapons sites in the U.S. takes place as part of RPPNW's continuing public education campaign on the nuclear threat.
- ✧ The Abolition 2000 campaign is launched with the goal of building worldwide support for a signed global agreement by the year 2000 that sets a firm timetable for nuclear abolition.

1995

- ✧ At a top-level NPT symposium, IPPNW's case for nuclear abolition is received enthusiastically by an audience that included diplomats, disarmament experts, and the public.
- ✧ A senior IPPNW delegation travels to Paris to meet in person with high-level French officials to protest planned nuclear tests in the South Pacific.
- ✧ The release of Nuclear Wastelands, the magnum opus of IPPNW's International Commission, is publicly lauded as the most comprehensive and authoritative reference on the devastating health and environmental effects of fifty years of nuclear weapons production.
- ✧ Chinese physicians join IPPNW, giving it an affiliate in every nuclear weapons state. Abolition 2000 -- Handbook for a World Without Nuclear Weapons is released to help physician-activists develop their dialogue and non-confrontational communication skills for use with governments and decision-makers.

1996

- ✧ IPPNW releases the first report of a new information series: Global Health Watch. Crude Nuclear Weapons: Proliferation and the Terrorist Threat evaluates the risks and potential consequences of nuclear terrorism in a world where fissile materials could fall into the hands of terrorists.
- ✧ The 12th World Congress is held at the College of the Holy Cross in Worcester, Massachusetts (USA). The theme of the Congress is Peace Through Health: Agenda for the New Millennium.
- ✧ Dr. R. S. McCoy, IPPNW Co-President, sits on the prestigious Canberra Commission on the Elimination of Nuclear Weapons.
- ✧ IPPNW helps push through a final agreement on the long-awaited Comprehensive Test Ban Treaty.

1997

- ✧ IPPNW produces the comprehensive report Landmines: A Global Health Crisis, the second in the Global Health Watch series.

- ✧ IPPNW joins commission of Nobel Peace Laureates to promote an International Code of Conduct on Arms Transfers.
- ✧ As part of the International Campaign to Ban Landmines, IPPNW celebrates the award of the 1997 Nobel Peace Prize to Jody Williams and the ICBL.
- ✧ Medicine & Global Survival and Medicine, Conflict and Survival are designated IPPNW journals.

1998

- ✧ Efforts to secure an international agreement on the elimination of nuclear weapons by the year 2000 were advanced in a Geneva meeting among NGOs, including IPPNW, and dozens of state representatives to the UN Conference on Disarmament.
- ✧ With IPPNW support, the Middle Powers Initiative is launched -- an effort by several NGOs to mobilize the influence of key non-nuclear states to press the nuclear powers on disarmament issues.
- ✧ IPPNW organizes its first ever North Asia regional meeting to address critical nuclear security issues among Japan, China, and the Koreans.
- ✧ IPPNW organizes a major conference on landmines in Moscow with the International Campaign to Ban Landmines. This is the first such forum held in Russia, a major manufacturer of landmines.

1999



**HAGUE APPEAL
FOR PEACE**

- ✧ IPPNW works with IALANA, the International Peace Bureau, and other peace, disarmament, and human rights groups to help organize the Hague Appeal for Peace; IPPNW members conduct workshops and IPPNW medical students organize a 10-day training session on peace and disarmament issues.
- ✧ IPPNW publishes *Is Everything Secure? Myths and Realities of Nuclear Disarmament*.

- ✧ The Australian affiliate holds the 13th World Congress in Melbourne.
- ✧ *Security and Survival: The Case for a Nuclear Weapons Convention* is produced by IPPNW in cooperation with the Lawyers Committee for Nuclear Policy and the International Network of Engineers and Scientists Against Proliferation. The book, released at the UN during the Non-Proliferation Treaty PrepCom, is a valuable organizing tool in the campaign for nuclear abolition.
- ✧ IPPNW leaders meet with India's Prime Minister to call for nuclear abolition. *Bombing Bombay: The Effects of Nuclear Weapons and a Case Study of a Hypothetical Explosion* is released in South Asia to help activists campaign for nuclear abolition.

1985 Nobel Peace Prize



Official Statement of the Nobel Committee Upon Awarding the 1985 Nobel Peace Prize to IPPNW

“The Norwegian Nobel Committee has decided to award the Nobel Peace Prize for 1985 to the organization International Physicians for the Prevention of Nuclear War.

It is the committee's opinion that this organization has performed a considerable service to mankind by spreading authoritative information and by creating an awareness of the catastrophic consequences of atomic warfare.

The committee believes that this in turn contributes to an increase in the pressure of public opposition to the proliferation of atomic weapons and to a redefining of priorities, with greater attention being paid to health and other humanitarian issues.

Such an awakening of public opinion as is now apparent both in the East and the West, in the North and in the South, can give the present arms limitation negotiations new perspectives and a new seriousness.



In this connection, the committee attaches particular importance to the fact that the organization was formed as a result of a joint initiative by Soviet and American physicians and that it now draws support from the physicians in over 40 countries all over the world.

It is the committee's intention to invite the organization's two founders, who share the title of president -- Professor Bernard Lown from the USA and Professor Eugueni Chazov from the Soviet Union -- to receive the Peace Prize on behalf of their organization.”

IPPNW GOALS AND STRATEGIES

IPPNW Today

Working to Abolish Nuclear Weapons

IPPNW continues to unite and activate people across political divides to prevent nuclear war. The abolition of nuclear weapons remains our highest priority because the global threat posed by nuclear weapons is more acute, immediate, insidious, and entrenched than ever.

None of the gains organizations like IPPNW and many others have made over some 50 years of intense work to prevent nuclear war have changed the potential for human devastation of even a single nuclear explosion. Our understanding of this potential is rooted in the terrible experience of the people of Hiroshima and Nagasaki. But the weapons used in 1945 were tiny compared to most of the approximately 30,000 weapons in today's arsenals. A single modern weapon, exploded either intentionally or accidentally over a large city, is capable of slaughtering millions. If a larger number of weapons are exploded in warfare, the overall consequences will include not only short- and medium-term medical injuries but also severe environmental effects, disruption of transportation and delivery of food, fuel, and basic medical supplies, and possible famine and mass starvation on a global level.

The effects of a nuclear explosion are so devastating that many people today are in denial about the continued threat. And a succession of arms control agreements and the end of the Cold War have combined to create a popular myth that the threat of nuclear war has ended.

IPPNW works to dispel this dangerous myth that has lessened public pressure for the steps needed to end the nuclear threat. The myth is also dangerous because it under-estimates the capacity and willingness of nations to make war when their perceived interests are at stake and to use whatever weapons are necessary to secure those interests. And it is dangerous because it perpetuates the system of nuclear double standards that grants the powerful few permission to maintain nuclear arsenals.

What is really happening in the nuclear world today?

Here are some facts:

- ✧ Billions of dollars are pouring into new technologies in the nuclear weapons labs as the nuclear weapons states modernize their arsenals.
- ✧ Nuclear weapons expenditures in the US, under the guise of the Stockpile Stewardship Program, are at levels comparable or higher than those during the Cold War.
- ✧ India and Pakistan are now openly declared nuclear adversaries, with Kashmir a smoldering potential flashpoint. The use of just one 150-kiloton nuclear bomb over a city like Bombay could cause up to 8,660,000 deaths.
- ✧ Israel's suspected arsenal of some 200 nuclear weapons is encouraging other states in the Middle East such as Iraq and Iran to obtain them, too.
- ✧ The US Congressional leadership is committed to deploying a national missile defense system, jeopardizing the ABM Treaty and hardening Russia's reliance on its nuclear arsenal.
- ✧ The decay in Russia's nuclear command and control, coupled with the Y2K computer problems and the current economic and political chaos, has greatly increased the probability of accidental nuclear war.
- ✧ An accidental launch from just 1 Russian submarine targeting 8 US cities would cause nearly 7 million immediate deaths from firestorms with another 6-12 million deaths from radiation in the aftermath.
- ✧ Five thousand nuclear weapons remain on hair-trigger alert, ready to be launched within 15 minutes.
- ✧ The rise in terrorism combined with loose control over the fissile materials (plutonium and uranium) used to make nuclear bombs have increased the prospect of nuclear terrorism.
- ✧ Disarmament talks have stalled on all fronts. The Russian Duma refuses to ratify START II, and the Comprehensive Test Ban Treaty is blocked in the US Senate.

When people do think about nuclear weapons and are asked if they favor nuclear abolition, an overwhelming majority (87 percent in the US) says Yes. In fact, a poll conducted by the Pew Research Center for People and the Press found that a majority of people polled rank nuclear weapons as the worst invention of the century.

Despite some gains in recent years, the leaders of the nuclear weapons states are far from carrying out the will of the people. We find that what our leaders say and what they do are often entirely different.

For example, the US government repeatedly states that it favors the elimination of nuclear weapons. Yet it is modernizing its nuclear arsenal, conducting subcritical nuclear weapons tests,

and has admitted that reliance on nuclear weapons will remain a cornerstone of national security policy for the indefinite future. The other nuclear states -- and near-nuclear states -- follow the leader.

With our affiliated organizations in the top five nuclear weapons states -- the US, Russia, the UK, France, and China -- IPPNW works to change national government policies and to divest these countries of their huge arsenals. IPPNW is also active in South Asia, North Asia, and the Middle East where nuclear arms races are in early stages. In these regions, IPPNW is mobilizing physicians, citizens, and policy makers to stop nuclear proliferation.

IPPNW also works to effect change at the international level. As a principal sponsor of the World Court Project which succeeded in obtaining a ruling from the International Court of Justice on the illegality of the threat or use of nuclear weapons, affiliates were instrumental in obtaining support from the World Health Organization for this effort.

IPPNW helped spearhead the launch of the global Abolition 2000 campaign, which now includes some 1,400 non-governmental (NGO) organizations worldwide. The campaign's goal is to achieve a signed global agreement committing the nations of the world to a timetable for complete nuclear disarmament.

The major thrust of IPPNW's Nuclear Abolition campaign focuses on promotion, advocacy, and political organizing in support of an international convention (a treaty) to eliminate nuclear weapons -- a Nuclear Weapons Convention similar to the treaties banning chemical and biological weapons and landmines.

By mobilizing the medical community, IPPNW is working to bring the collective influence of physicians and the health professions to bear on eliminating the nuclear threat.

Promoting Peace and Development

Because of our concern for global health in the broadest sense, IPPNW expanded its mission in 1991 to include the prevention of all forms of warfare and the promotion of alternate means of conflict resolution.

Conventional war is responsible for human suffering and death on a pandemic scale. The 20th century has been the most violent in history, killing at least 110 million people. Since the fall of the Berlin wall, more than four million people, many of them women and children, have died in violent conflicts. In early 1997 more than 35 million people were refugees or had been displaced by war.

For many IPPNW affiliates -- especially those in the developing world -- the effects of war on public health are a reality of every day life. In war-torn countries, doctors work to heal the physical and psychological wounds of violent conflict.

Because prevention of war is essential to ensuring health, IPPNW physicians travel to areas of worsening conflict to promote peaceful means of conflict resolution. Members of IPPNW's affiliates have been active in promoting peace in the Middle East, Africa, Latin America, and in the former Yugoslavia.

Teams of IPPNW doctors also conduct fact-finding missions to assess and publicize the effects of conventional war and so-called low-intensity conflict on health. IPPNW medical students focus on the effects of war on children and are active in the Landmines campaign.

IPPNW recognizes that war and militarism rob both rich and poor societies -- especially the poor -- of the resources needed to protect and promote health. In a world armed to the teeth, precious resources are poured into the military while billions go without food and health care. Accordingly, IPPNW advocates a reordering of global priorities that leads to a just and lasting peace.

Whether delivering antibiotics and vitamins to famine victims in North Korea, speaking out on behalf of brutalized physicians in Nicaragua, conducting needs assessment of HIV/AIDS orphans in Kenya, or introducing a war and health curriculum in Cuban medical schools, IPPNW physicians are working to counteract the overwhelming culture of violence and change it to one of peace.

IPPNW is also aware that environmental degradation, inequitable use of the world's scarce resources, and population growth are potential sources of future conflicts. Freedom from war is a prerequisite to the global cooperation that will be needed to redress the environmental crisis. IPPNW sees opposition to war and militarism as an essential contribution to restoring and protecting the global environment.

Educational Outreach

As community, national, and regional leaders, IPPNW physicians, medical students, and other health professionals reach millions with our message of peace and health for all. Through speaking tours, symposia, and media campaigns, IPPNW is helping to create a new way of thinking about global security. Our activists help educate decision makers and the public about the continuing nuclear threat and the enormous costs of war to public health.

IPPNW publishes books and reports on its core issues as well as the newsletter Vital Signs and the journal Medicine and Global Survival. IPPNW experts frequently publish articles in newspapers and appear on television and radio around the world.

IPPNW World Congresses bring thousands of physicians, scientists, world leaders, and activists together to share new scientific information on IPPNW issues and to express their common commitment to ending nuclearism and militarism. IPPNW has held Congresses in the US, the UK, the Netherlands, Finland, Hungary, Germany, the Russia, Canada, Japan, Sweden, and Mexico. The 14th World Congress will be held in Paris.

GETTING YOUR STUDENT IPPNW CHAPTER STARTED

All it takes is one committed person to serve as a nucleus, a couple of friends who share your ideals, and a little time and effort. You will be amazed to discover how many of your classmates will want to get involved, especially with an organization who is internationally recognized and a Nobel Peace Prize recipient. By providing concrete projects with which they can get involved, you are giving your fellow classmates a chance to expand their horizons and realize their potential to change the world in which we live.

The following sections are aimed to give you a framework and suggestions for how to build a core group, recruit and maintain members and develop a chapter statement. We will also suggest possible projects and outline evaluation and feedback protocols to assess the effectiveness of your activities. Remember that this is only a framework and should be guided and amended to best suit your individual environments.

Faculty Liaisons/Sponsors

In launching your chapter you may want to seriously consider recruiting a sympathetic faculty member(s) to join your efforts. Many chapters have profited by the participation of interested faculty. Involvement of faculty either as a board of advisors or more integral members of the chapter can ensure continuity of the chapter after your graduation. In addition to the expert knowledge and experience they can contribute, faculty may also act as effective liaisons with administrators at your academic institution and thus give more institutional credibility and support for your efforts.

Building a Core Group of Members

This can be as simple as joining together with two or three of your closest friends and declaring yourselves an IPPNW student chapter. Alternatively, you may be able to approach students in your class who have expressed interest in the global issues IPPNW addresses. Once you have a few companions, and have recruited a faculty sponsor (if you so choose) you are ready to plan your first meeting and start advertising to your fellow classmates.

One effective way to let incoming students know about your chapter is to include a letter describing your group in the spring and summer mailings that the admissions office sends to new students. When school starts, you can follow this up by posting some flyers. You may also want to create a basic web site for your chapter that can link to both your school and IPPNW. Given the increased dependence of students on the Internet, this will surely be a good mechanism to attract attention to your cause. Another way to attract attention is to set up a table during student

orientation, distribute literature, and tell students about IPPNW. You can have sign-up sheets to collect names, phone numbers, and email addresses for upcoming meetings.

Your First Meeting

Your first meeting is very important. This is your chance to increase awareness about IPPNW among your fellow students and convince them to get involved. Advertise exhaustively to get as many participants as possible. Let people know of your meeting by posting posters, making email announcements, and spreading the news by word of mouth. It often helps to personally invite individuals who may be less likely to respond to mass advertisements.

You can start the meeting by introducing your core group and briefly describing IPPNW, its history, the international scope and your specific chapter mission. You may also wish to ask participants to say a little about themselves and perhaps why they are interested in IPPNW. That way, everyone will be recognized and they will begin the meeting as active participants. You can then begin to share your ideas about possible future projects and get input from all the participants. In choosing projects, decide on a few that offer variety within the scope of IPPNW, serve the needs of the community, and provide the most interest for students. Try to stay focussed on the few projects chosen to ensure complete follow through and rewarding outcomes.

It is important at this point to begin to get volunteers who would be willing to commit to particular aspects of various projects. You may want to pass around a sheet and ask members to sign up for the project in which they may be most interested. Committees can then be formed and coordinators can be elected for each project.

The next step is to ensure timely and dependable communication between the members as well as with the faculty advisor and administrators. Make sure to obtain member contact information before they leave the first meeting and let them know to expect messages from you on a regular basis. It is also highly recommended that you maintain contact with your regional representative and keep them updated as to your activities and likewise keep your members updated as to activities underway internationally among other student IPPNW chapters.

It is vital that you plan some sort of activity soon after your first meeting so as to ensure chapter momentum. Interested students may be turned off if they feel that their time is unproductive.

Suggested Chapter Structure

The following outlines suggested chapter structure. You may amend this to best suit your chapter but we recommend that you maintain a written copy of your chapter structure and position responsibilities to avoid possible future conflicts.

Officers

Co-Presidents: Especially with the rigorous schedules of medical students, two heads are better than one.

Treasurer: The treasurer is responsible for monitoring and disbursing chapter funds as well as coordinating fundraising efforts to support chapter projects.

Secretary: The secretary is the institutional memory of your chapter and its link with the general public. The secretary keeps minutes of chapter meetings and reports on its activities. S/he also handles publicity with the media, gets the word out to fellow students, and writes the reports for the regional directors.

Web Master: The web master is responsible for creating and maintaining a local web site. They will work with the secretary on publicity and stay in contact with regional representatives. A simple web site linked to your school.

Committee Heads:

The committee heads are responsible for coordinating any one of the projects your chapter has chosen to pursue. They will be responsible for coordinating efforts for the particular project and reporting the progress to the chapter as a whole.

Liaisons:

The duty of a liaison is to network with other organizations: to let them know what you are doing, to keep track of events they sponsor, and to use their expertise when appropriate. The number of liaisons necessary will depend on the number of organizations at your respective schools.

BUILDING EFFECTIVE PROJECTS AND PROGRAMS

Your chapter activities may range from the very small, to the very large. No matter what activities your chapter decides to pursue, there are a few simple steps that will make sure your time and effort will be spent as effectively and efficiently as possible. It may be convenient to consider your chapter activities in terms of projects and programs. Projects are discreet activities with a defined beginning and an end. Programs are longer-term, continuous activities that may well continue beyond your student years. One of the major challenges with establishing programs is ensuring continuity from year to year even after your graduation. It is a good idea to try and have a combination of both short-term projects and long-term programs.

Before planning any sort of activity, you should have an idea of where your efforts will have the most impact. Then, you need to devise a specific set of goals based on your findings. These goals should be clear, attainable, and ideally should be measurable. By articulating your goals clearly, you will have a better idea of what needs to be done to achieve them, and what problems

may arise. You can also develop strategies for determining whether or not these goals are being met (this will be discussed in more detail below).

By researching previous efforts, both within your chapter and internationally among other student chapters, it is possible to save yourself an enormous amount of time and effort, and avoid making the same mistakes that may have been made by your predecessors. This is not to say that you cannot come up with your own creative solutions, just that you should do so with the benefit of prior history. It is also essential that you investigate background issues relevant to your particular set of goals.

It would also be advantageous to conduct a resource assessment. Find out what resources are available to help you meet your goals. This would include people resources, material resources and institutional resources.

People resources

How many students can be recruited. Are there faculty with relevant expertise or the desire to work with you? Who in the community would be interested in helping you achieve your goals?

Material resources

Money, computer equipment, access to printers and copy machines, postage, audiovisual equipment. Necessary materials will vary depending on your project and goals.

Institutional resources

Are there relevant foundations or other sources of grant money? Interested or experienced people at other IPPNW chapters? Are there local or national groups dedicated to your issues that you can tap for ideas, materials or maybe even seed money? If you have not already identified and spoken to community leaders in your area, you should take the time to do so. By networking and/or collaborating with other organizations, you can avoid redundancy, gain valuable perspectives on the problems you wish to address, and often discover allies who will help your cause.

In deciding on projects and programs, remember that it is important to focus your efforts. Given limited resources and time, you want to develop projects and programs that are most likely to succeed. In choosing among various ideas you may want to ask:

- Can this project reasonably be completed in the time available?
- Are there enough potential volunteers?
- Does this project specifically address the goals you have outlined for your chapter?
- Are there clear outcomes or endpoints that can be used to evaluate your effectiveness?
- Will there be interest within your school/community about this project/program?

PROJECT EVALUATION AND FEEDBACK

Evaluating projects and using this information to continuously improve your efforts is a vital part of being an effective student chapter. While program evaluation is an important means of ensuring that your chapter's resources are being deployed as effectively as possible, it is important not to get caught up in an overly quantitative approach. Many of your important goals may be very difficult to measure. Following are some suggestions.

No matter what your strategy for evaluation, it is important to use this information. In the case of an ongoing program, you may want to have periodic reviews and modify the program according to your results. If you are evaluating the effectiveness of a one-time project, this information will be useful for future planning, and can be shared with other chapters that might wish to plan similar events. By posting your evaluations on a web site, you will enable other groups to benefit from your experience and enable them to contact you with their questions.

Informal Evaluations

- How many people were involved in the organization?
- How many people participated in the event?
- Who was your target population and were they effectively reached?
- What other populations were reached?
- How much money did it cost?
- Was the activity adequately publicized?
- What were your goals for the project?
- Did the activity achieve your goals? Why or why not.
- Given the resources needed, was this activity cost-effective?
- Would you do this activity again?
- What would you differently next time?

Slightly more formal evaluations

- Projects that have concrete, easily measured endpoints can be evaluated more carefully. If one of your goals is to raise awareness of an issue, poll students and faculty before and after the event. The act of polling itself can be a tool for generating interest. You can develop a survey that best suits your particular project and will effectively convey achievement of your specific goals.
- Measure (count) approximately what proportion of your target population was exposed to the message
- Evaluate whether you influenced the behavior or knowledge base of those exposed.
- Determine whether you should concentrate on reaching more people or on refining your

- message to be more compelling
- If your project has a legislative bent, determine how many students were actually motivated to call/write/etc.

CONSTANT RECRUITMENT

One of the fastest ways to kill off your new chapter is to stop recruiting. No matter how successful your chapter has been in the past, if no one takes over, it will die. So always solicit new students and present them with new ideas. If your chapter is not attracting as much interest as you would like, you need to find the reason and amend the situation. It could be as simple as lack of publicity. One of the best ways to insure long-term participation is to provide your members with opportunities to be leaders as well as followers. By distributing responsibility throughout the membership, you ensure that members feel 'ownership' of the projects in which they participate, increase the level of chapter participation, and build a cadre of enthusiastic student leaders for next year's chapter. It is a good idea to hold an organizational meeting within three weeks after your first event. Everyone should be invited to this meeting in which you and the project heads work out the details of the individual projects.

Maintaining Contact with Graduated Student Members

At the very least, maintain a contacts database and keep graduated members up to date on chapter activities. You may wish to solicit the input of past members, especially those who have particular interests or areas of expertise. Try to organize events periodically that may be more amenable to graduate schedules (such that if they are still in the community, they may be able to attend). At a minimum, keep them informed by email and/or newsletter.

You may also decide to create a chapter 'advisory board' that includes graduated members. This will ensure that the wisdom and experience they gained as part of IPPNW contributes to the long-term planning and sustainability of your chapter.