

## Spotlight on Tuberculosis and Cancer



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Promoting public health and social change through participation and community building



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#### **MISSION STATEMENT**

HEDEN's Mission is to build the capacity of vulnerable groups through information education, communication and health programmes so that individuals and communities Can live meaningful lives, improve their health and well-being and have a sense of dignity as humans in a 'new community'

#### VISION

A world in which communication saves lives, improves health and enhances well being.



## STATISTICAL INFO-GRAPHIC OF HEDEN PROJECTS

Projects and Populations Reached Over the Years:

- SWP- Sweet Mother Program
- E4Y Empowerment for Youth
- IMH In My Hands
- C4H- Community for Health
- **OA** Open Advocate





**HEDEN Projects/Population Reached** 









ighlights from the past 5 years

Dear Friends and partners in development, we bring you highlights from our activities from the past five years. Over the past 5 years HEDEN had blaze the trail in our interventions. Our projects continue to achieve remarkable success in some of the most hard-to-reach communities and underserved populations.

Our not printing the newsletters over the past years has been largely due to capacity building efforts designed to better equip us to realize our mission

to build the capacity of vulnerable groups through information, education, communication and health programs, so that individuals and communities can live meaningful lives, improve their well-being and have a sense of dignity as humans in a "New Community"

We are excited to reach out to you now with great news about what we have been doing and a commitment to be more regularly in touch with you in the months and years ahead. This edition of our newsletter summarizes the combined accomplishments of HEDEN during the past few years. It will also give you a glimpse of where we are headed in the next few years- a journey that you can take together with us.

Together, we will strive for a world where everyone has access to health information, where children have access to the nutritional support they need, where no woman dies from pregnancy-relates causes, and where NO ONE IS LEFT BEHIND.

Due to the collective action of our partners and friends in development, we have made significant strides forward mobilizing actions and support towards maternal and child health, TB awareness, drugs and substance abuse prevention, malaria, HIV/AIDS, cancer awareness and prevention, childhood immunization, youth empowerment, reproductive health, research, water sanitation and hygiene.

This 2018 newsletter captures years of growth and rich collaboration across the HEDEN partnership. In the world of changing landscape of global health financing, HEDEN recorded big program implementation wins across its focal areas of public health.

We kept the whole fulcrum of infectious diseases from falling off our development radar by conducting a lot of outreaches in hard-to-reach communities. We also began framing our priorities and activities within our new five-year Strategic Framework (2019 –2024), put together our first-ever annual report, and updated our website.

HEDEN therefore intends to amplify its work at the grassroots towards significantly better outcomes, great impact and wider coverage and eliminate barriers to right to health and life-saving interventions to underserved communities. We are therefore reinforcing the spirit of volunteerism and will be taking in more volunteers and interns in the years ahead.

We are poised to strengthen our commitment to address the Sustainable Development Goals. HEDEN is determined to bring forth the connection between the various SDGs and take an approach that brings them together, mutually re-enforce them, accelerate change and ensure the durability of those changes. No doubt, you will agree that a lot still needs to be done to reach this goal. To this end HEDEN is seeking your support in cash and kind. **One major area of great need for HEDEN is a project vehicle to help us in navigating the hard-to-reach communities where we work.** 

On the fundraising angle, it has been a very challenging period. Nevertheless, we want to thank all you our supporters, who make this life-changing work possible. At the same time, we reach out to you to support some of our projects

During this past year, our Sweet Mother Program continue to wax stronger and reaching many more communities. We had the support of Child Health Foundation in developing the Sweet Mother App – An App being developed to fill the gap in knowledge and information of mothers as regards maternal and child health. The App is being developed in 5 languages of Yoruba, Hausa, Igbo, English and Pidgin English.

We further partnered as a sub-grantee of MacArthur Foundation with Action Health Incorporated in monitoring of the Home-Grown School Feeding Program in Ogun state. We also got a seed grant from World Alliance for Breastfeeding Action (WABA) for the world breastfeeding week for our Breastmilk Advocate Project.

The past year also saw HEDEN kick-start her In My Hands project with the physically challenged group in Lagos state. HEDEN was also selected to participate as community mobilizer in the Nigeria AIDS Indicators and Impact Survey (NAIIS) – A project of the federal government, the Global Fund, National Agency for the Control of AIDS (NACA) and Centre for Disease Control (CDC)

In our proposal development, moving forward, HEDEN has imbibed the **theory of change** in determining the impact of her interventions at the grassroots. In the months ahead, HEDEN seeks to strengthen its Drama for Development project.

#### WHAT IS NEW?

HEDEN's dream as an immunization center for child health was realized on March 2017, when the team from the primary healthcare center at Ifo attended our sweet mother program at Itoki community health center. The team later visited our office for inspection to ascertain whether it's fit for an immunization center.

Having met the criteria, the team approved HEDEN's office as an immunization center. Sequel to this, the immunization clinic was launched on August 1 2017, during the World Breastfeeding Week.

We are also humbled to renovate a dilapidated building (a 5-bedroom bungalow and a training hall) as our permanent site during this period to cater for the demanding workspace and for ease of operations.

This past year, HEDEN also became a member of the Open Government Partnership (OGP). Taking this forward, HEDEN has been a regular voice under the Open Advocate – A monthly radio program on Sweet FM 107.1 hosted by the Office of the Citizen to bridge the gap between government health services and community members.

This edition of newsletter focuses on Tuberculosis and the ravaging effects of cancer. We may not be able to highlight all that we have done over the past years in this editorial corner. As such we implore you to take the time to peruse this edition of newsletter for greater insight into our past activities.

We do hope it will make an interesting read.

## The Burden of TUBERCULOSIS



uberculosis, also referred to as TB, is a highly contagious respiratory infection caused by the bacteria known as 'mycobacterium tuberculosis. (TB) is a bacterial infection spread through inhaling tiny droplets from the coughs or sneezes of an infected person. It is a serious condition but can be cured with proper treatment. TB mainly affects the lungs. However, it can affect any part of the body, including the glands, bones and nervous system.

According to the statistics TB is an infectious disease that usually affects the lungs. It is the second greatest killer due to a single infectious agent worldwide.

TB is highly contagious, there are high chances of catching TB from someone whom you see and have physical contact with or live and work with. When most people with active TB start to receive appropriate treatment for at least two weeks the probability of contacting TB from them is very slim.

#### **Facts on tuberculosis**

- TB is a deadly disease but it is curable and preventable.
- In 2014 not less than 1.5 million people died of TB of which one quarter of a million of them were living with HIV
- About 95% of death happened in developing country 1n 2014 were caused by TB.
- Majority of TB victims are women within age of 15 and 50 years.
- The most common diagnostic test for

tuberculosis is a skin test.

• Tobacco use has been found to increase the risk of developing active TB with more than 20% of TB cases worldwide attributable to smoking.

**Causes of Tuberculosis** All cases of TB are passed from person to person through body fluid/droplets. When someone with TB infection in their lungs coughs, sneezes, spits, laughs or talks the tiny droplets of saliva or mucus are expelled into the air, which can be inhaled by another person.

#### Symptoms/Signs of Tuberculosis

A person with TB infection will have no symptoms. A person with active TB disease may have any or all of the following symptoms:

- Constant fatigue
- Coughing up blood
- Coughing that lasts three or more weeks
- Chest pain, or pain with breathing or coughing
- Fever
- Loss of appetite
- · Weight loss

#### How to diagnose Tuberculosis

There are several TB tests available to diagnosis

- Chest X-ray
- Culturing bacteria to test for TB
- Fluorescent microscopy
- Serological tests (TB blood tests)
- Sputum smear microscopy
- TB drug susceptibility tests
- The TB skin test (TST)

The most common diagnostic test for tuberculosis is a skin test.

#### **How to Prevent Tuberculosis**

According to the World Health Organization (WHO) estimates that one-third of the world's population is infected with the bacteria that cause TB.

To avoid getting an active TB infection there are many things you need to know:

- Avoid any contact with tiny droplets of saliva or mucus that expelled from TB patients.
- Cut down on alcohol consumption and avoid smoking or taking drugs.
- Do not use any cloth or handkerchief of TB patient unless he has taken proper treatment

#### **SPOTLIGHT ON TUBERCULOSIS**

for at least two weeks.

- Do not share house utensils such as cup, spoon and plate with anyone that has active infection.
- Do not spend long periods of time in stuffy, enclosed rooms with anyone who has active TB until that person has been treated for at least 2 weeks.
- Eat a healthy, balanced diet with plenty of fruit, vegetables, whole grains and lean meat. Avoid fatty, sugary and processed foods.
- Get the BCG vaccination to prevent TB. Use protective measures, such as face masks, if you work in a facility that cares for people who have untreated TB.
- If you live with someone who has active TB, help and encourage the person to follow treatment instructions.

- Health-care workers
- HIV patients, (they have an immune system problem)
- Someone who have lived in a crowded condition, such as prisons
- People who have severe kidney disease
- People who have certain cancers
- Someone who has taken some kind of cancer treatment, such as chemotherapy
- People that are using some hard drugs to treat rheumatoid arthritis, Crohn's disease and psoriasis
- Malnutrition
- Smokers

#### **TB IN NIGERIA**

 Nigeria has the 2nd highest burden of TB in Africa and 7th globally





TB disease can be treated by taking several drugs for 6 to 9 months. There are 10 drugs currently approved by the U.S. Food and Drug Administration (FDA) for treating TB. Of the approved drugs, the first-line anti-TB agents that form the core of t r e a t m e n t r e g i m e n s i n c l u d e :

- isoniazid (INH)
- rifampin (RIF)
- ethambutol (EMB)
- pyrazinamide (PZA)

#### Note:

Treatment takes that long because the disease organisms grow very slowly and, unfortunately, also die very slowly.

#### Who Is at Risk for TB Disease?

Everybody can contact TB but some people are most at risk:



- About 70% of the TB budget in 2017 were unfunded
- TB services are provided in only 20% of the health facilities in the country
- A total of 104,904 Tb cases were notified in 2017 out of the estimated 420,000 huge TB cases.
- Over 300,000 TB cases were missed and not detected in 2017
- The huge number of missing TB cases in the country remain the source of continuous transmission in the community
- One TB case can infect 10-15 persons annually
- Finding the missing cases remain a great challenge for TB programme in Nigeria
- The sub-optimal resources available for TB control in Nigeria has impeded efforts at finding the missing TB cases

## **HEDEN** Participates in 1st National **Public Private Mix Summit For Tuberculosis Control In Nigeria**

EDEN was part of the public private mix summit for tuberculosis control in Nigeria organized by World Health Organization (WHO) in collaboration with Federal Ministry of Health and Lagos state ministry of health. The conference took place at the conference hall of the Sheraton hotel, Ikeja. Lagos from August 3-4, 2018.

The epoch-making event was a conglomeration of CSOs, public and private organizations lending their



Participants at the summit



Group photograph of participants

voices and support to tuberculosis control in Nigeria.

Nigeria ranks 7th amongst the high TB burden countries globally and second in Africa, which has further underscored the need for concerted efforts towards the reduction of the burden of the disease. Nigeria is one of the countries on the list of 30 high burden TB, TB/HIV and MDR-TB countries as compiled by the World Health Organisation (WHO). consonance with all the WHO recommended strategies.

While disclosing these and other facts at the 1st National Summit on Public Private Mix (PPM) for TB Control in Nigeria, the Medical Director, Chevron Nigeria Limited, Dr. Fagade Olubukunola, said interventions of the Agbami Parties include construction of chest clinics, awareness campaigns and protection of those who care for others.

At the event organised by the World Health Organisation in collaboration with the Federal Ministry of Health and Lagos State Ministry of Health, Fagade, in a presentation of the Agbami Social Investments in Tuberculosis Management, noted: "From 2008, the Agbami parties have built, equipped and donated 25 chest clinics to institutions and hospital across the country as part of efforts to support the control, treatment and eradication of TB from the country. The clinics were built at the cost of N2.2 billion.

Between 2015 and 2017, 48,487 presumptive TB cases were registered while 11,349 cases were confirmed, according to Agbami aggregated



Exhibition stand of the Agbami Co-venture

performance data. Giving a comparative analysis of the 2017 National TB data and data from Agbami chest clinics, Fagade said there were 611,572 presumptive TB cases recorded nationally compared to 17,362 registered by Agbami.

The event included presentations, plenary discussions, 4-minute video clip on TB, video presentations, group action plan, questions and answers.

#### **SPOTLIGHT ON TUBERCULOSIS**

The highlight of the 2-day event is the presentation of the GeneXpert MTB/RIF machine to EL-Lab laboratories by the minister of health, Professor Isaac Adewole.

The **KEY ASKS** during the summit in engaging private sector in TB control are:

- Accelerate TB diagnosis by procuring and placing 384 GeneXpert diagnostic machines in health facilities in LGAs
- Support the development and airing of Radio/TV jingles and documentaries on TB on local and national stations at primetime
- Support placement of billboards on TB in strategic areas to raise awareness
- Promote TB awareness on organizational

## HEDEN Employs School-based Strategy to Tackle Tuberculosis

n other to achieve the goal of ending the TB burden by 2030, HEDEN extended the TB awareness campaign to schools In Ogun state. The awareness campaign kicked off with program at High Grade School, Arepo, Ijoko. Ogun state. The event includes talks on TB, the basic facts about TB, visual aids presentation on cases of TB in the



Students during video show on Tuberculosis

country, and video presentation on TB and its ravaging effects.

The school-based strategy by HEDEN is that the students, once aware, will be able to serve as

platforms, information materials

- Support production and airing of TB drama series in collaboration with Nollywood on national television
- Adopt health facilities for the provision of TB services by supporting infrastructural renovation, upgrade and maintenance
- Integrate TB in workplace health and safety policies
- Procure and install digital X-ray in secondary health facilities to aid TB screening and diagnosis among children and adults
- Support the commemoration of the world TB day on 24th of March every year

The TB call center toll-free line is: 08002255282

advocates in their respective homes and neighborhoods by spreading the message. This is critical because the proportion of undetected TB cases is even higher in children where 87% of the estimated TB cases in this group are undetected, hence the need to reach these young ones with life-saving information.

HEDEN is working hard to end the menace through such school-based program, outreaches and awareness in the communities. The organization has decided to infuse this awareness into our school-based programmes by reaching in-school



·Group photograph of students after the program

youths as this will have a multiplier effect on the reach of information on the disease. The TB tollfree line (08002255282) was displayed for the students to copy in case there are suspected cases of TB in their neighborhood so they can contact this number. Group photo of students adding their voice to stop TB spread

The program concludes with questions and answer session. students watching the video presentation on the ravaging effects of TB

HEDEN's target is to get to about 50 schools before the end of 2018.

#### **SPOTLIGHT ON CANCER**

## Spotlight on Cancer

ore than 14 million people develop cancer every year and this is set to rise to 21 million by 2030. Cancer kills 8.8 million every year; most people diagnosed with cancer live in low and middle-income countries, where 70% of cancer deaths occur. In 2017 about 252,710 new diagnoses of breast cancer are expected in women and about 40,610 women are likely to die from the disease. (WHO, nd)

**Cancer** is the rapid creation of abnormal cells that grow beyond their usual boundaries, and which can invade adjoining parts of the body and spreads to other organs.

**Breast cancer** is a cancer that forms in the cells of the breast. It is the most common and the second main cause of cancer death in women worldwide. With early detection and treatment, most women can continue a normal life. Awareness of the symptoms and the need for screening are important ways of reducing the risk. Breast cancer can affect men too, but it is common in women.

**Symptoms** include a lump or thickening of the breast, changes to the skin or the nipple, lump in the armpit, pain in the armpit, nipple discharge possibly containing blood, breast that does not change with the monthly cycle, sunken or Inverted nipple and changes in the size or shape of the breast. Many breast lumps are not cancerous but any woman who is concerned about a lump or change should see a doctor.

#### **Risk factors**

- The risk increases with age. At 20 years, the chances of developing breast cancer are low. But by the age of 70 years the chances increase
- If a close relative has or has had breast cancer, the risk is higher because it is genetic or hereditary.
- A history of breast cancer or breast lumps
- Dense breast tissue
- Being exposed to estrogen for a longer period appears to increase the risk of breast cancer
- Women who are overweight or have obesity after menopause may have higher risk

- A higher risk of regular alcohol consumption
- Undergoing radiation treatment

#### Prevention

- Limit the intake of alcohol
- Limit the dose and duration of hormones therapy
- Avoid exposure to radiation and environmental pollution
- Eating a healthy diet
- Don't smoke
- Be physically active
- Breastfeed
- Control your weight

#### **Cervical cancer**

Cervical cancer is cancer that begins in the uterine cervix, the lower end of the uterus that contacts the upper vagina. Cervical cancer occurs in almost 13,000 women each year in the U.S., leading to about 4,100 deaths. Since 1980, the incidence of cervical cancer has fallen by 45%, and the mortality (death) rate for cervical cancer has declined by 49%. Cervical cancer remains a common cause of cancer and cancer death in women in developing countries without access to screening (Pap testing) for cervical cancer or vaccines against human papilloma viruses (HPVs). (WHO, nd)

If detected early, cervical cancer has a very high cure rate. Vaccination against HPVs, which are known to cause cervical cancer, is an effective preventive measure.

Almost all cervical cancers are caused by longstanding infection with one of the HPVs. HPV infection is very common, and most people with HPV infection do not develop cancer. There are over 100 types of HPVs, and only certain types have been linked to cancers. Other HPV types cause benign warts on the skin or genitals. The so-called "high risk" HPV types have been shown to cause cancers of the cervix as well as cancers of the penis in men. HPVs can also cause cancers of the mouth, throat, and anus in people of both sexes.

HPV infection is spread through sexual contact or skin-to-skin contact. Many studies have shown that HPV infection is common and that a majority of people will be infected with HPV at some point in life. The infection typically resolves on its own.

In some women, the HPV infection persists and causes precancerous changes in the cells of the cervix. These changes can be detected by regular cervical cancer screening (known as Pap testing).

#### **SPOTLIGHT ON CANCER**

With Pap testing, a superficial sample of cells from the cervix is taken with a brush or swab during a routine pelvic examination and sent to a laboratory for analysis of the cells' appearance.

Cervical cancer may not produce any symptoms or signs. In particular, early stage cervical cancers, like precancerous changes, typically do not produce symptoms. Symptoms may develop when the cervical cancer cells start to invade surrounding tissues.

#### Symptoms and signs of cervical cancer include:

- Abnormal vaginal bleeding
- Vaginal bleeding after menopause
- Vaginal bleeding after sex
- Bleeding or spotting between periods
- Longer or heavier menstrual periods than usual
- Other abnormal vaginal discharge
- Pain during sexual intercourse
- Abnormal vaginal bleeding,
- Bleeding after going through menopause,
- Pelvic pain.

It is important to note that these symptoms are not specific for cervical cancer and can be caused by a variety of conditions.

Precancerous changes in the cervix may be treated with cryosurgery, cauterization, or laser surgery. Chest X-rays, CT scan, MRI, and a PET scan may be used to determine the stage of cervical cancer. Cervical cancer can be diagnosed using a Pap smear or other procedures that sample the cervix tissue.

**Cancer of the cervix** requires different treatment than cancer that begins in other parts of the uterus. **Treatment options** for cervical cancer include radiation therapy, surgery, and chemotherapy.

A vaccine is available to prevent HPV infection with the most common HPV types that are associated with cancers.

The prognosis of cervical cancer depends upon the stage and type of cervical cancer as well as the tumor size.

In its early stages, cervical cancer typically does not cause symptoms. It may be detected on Pap screening and subsequent testing even before symptoms have developed. When symptoms do occur, one of the most common symptoms is abnormal vaginal bleeding.

**Certain risk factors** have been identified that increase a woman's risk for developing cervical cancer:

- smoking
- Sexually transmitted infection (STI)
- Immune system suppression

- Past or current Chlamydia infection
- Family history of cervical
- Multiple Sexual partners, becoming sexually active early
- Sexual intercourse with an HPV infected partner
- Multiple pregnancies
- Contraceptive pill

#### **Postate Cancer**

- When cancer starts in the prostate, it is called prostate cancer. Except for skin cancer, prostate cancer is the most common cancer in men.
- Many men with prostate cancer—especially those with tumors that have not spread beyond the prostate—die of other causes without ever having any symptoms from the cancer.
- The prostate is a part of the male reproductive system. All men are at risk for prostate cancer. The most common risk factor is age. Some men are at increased risk for prostate cancer. Different men have different symptoms for prostate cancer. Some men do not have symptoms at all. The goal of screening for prostate cancer is to find cancers that may be at high risk for spreading if not treated, and to find them early before they spread.
- Prostate cancer may cause no signs or symptoms in its early stages. Prostate cancer that's more advanced may cause signs and symptoms such as:

**Trouble urinating** 

Decreased force in the stream of urine Blood in semen

Discomfort in the pelvic area

Bone pain

**Erectile dysfunction** 



#### SPOTLIGHT ON CANCER

## Community For Health (C4H) Project CERVICAL CANCER

HEDEN AND SOCIETY FOR FAMILY HEALTH PARTNERS ON CERVICAL CANCER AWARENESS PROGRAMME

s a result of the high mortality from cervical cancer, Health Education and Empowerment Initiative (HEDEN) A participant mentioned that she has never heard about cervical cancer before and she wonder whether IUD family planning method can caus e it.

The Executive Director of HEDEN Mrs. Folasade Ofurune, keeps emphasizing the need to go for screening early once a sign is noticed adding that cervical cancer is preventable by receiving the HPV vaccine before first sex from age 11 above. Parents are urged to vaccinate both boys and girl because HPV causes other diseases aside of cervical cancer. According ICO Information Center on HPV there are 14,089 cervical cancer cases and 8,240 deaths in Nigeria annually. The national burden of cervical cancer is high which indicate a great need for

c o m m e n c e d massive public a wareness in u n d e r s e r v e d communities in Ogun state. During the past years, Health Education and Empowerment Initiative (HEDEN) c o n ti n u e d i t Cervical Cancer A w a r e n e s s campaign to

Faith-Based and women groups at Abule, Ijoko and Ado-Odo Ota in Ogun state. HEDEN collaborated with Society for Family Health (SFH) to screen and treat women who tested positive to the screening.

The program includes talks, videos on symptoms of Cervical Cancer, Cervical Cancer

## **CERVICAL CANCER**



on cervical cancer

progression, stories of how early detection saves lives and question and answer session. Many of the women expressed surprise at the subtle signs and symptoms of cervical cancer. awareness, early detection and treatment.

HEDEN has continued to promote public health and social change through participation and community building, especially at the grassroots.

·Cervical cancer awareness at Arepo

## Breast Cancer Awareness Program

he recent alarm on rising global incidence of cancer by the World Health Organisation (WHO) is a worry to HEDEN, because HEDEN operates in Nigeria, where the disease is most prevalent. Thus, as part of her Breast Health Education program, HEDEN launched community control and awareness program to provide breast cancer education and early detection services to express their appreciation to HEDEN for bringing the life-saving program to their hard to reach communities at the grassroots. They mentioned that there are many more women that need this program. Some requested for the program to extend to other communities and different faithbased groups they belong to.

In Nigeria, about 10,000 cancer deaths are recorded annually while 250,000 new cases are recorded yearly. It is also worrisome that only 17 percent of African countries are said to have sufficiently funded cancer control programmes, while less than half of all countries in the world



women at community outreaches across Ogun state.

During this period, HEDEN has kept educating women about the importance of early detection and informing them about information, help and resources that are available in the fight against breast cancer. The intervention consists of talks, presentations, videos on breast self-examination, question and answer sessions and how to detect lumps early enough. Many women continue to \_\_\_\_\_

have functional plans to prevent the disease and provide treatment and care to patients.

In line with HEDEN's vision of a world, in which communication saves live s, improves heal th and enhances well-being, it will continue this campaign in the years ahead by extending it to underserved populations. Available statistics show that cancer killed 7.6 million persons in 2008 worldwide, and there is indication that the figure could double to 13 million by 2030.

## HEDEN takes campaign to AJOWA Tipper Lorry Drivers Association

s part of her community for health project, HEDEN expanded her intervention to the Tipper lorry drivers' association in ljoko, Ogun State. HEDEN's project with the association includes: Tuberculosis awareness program, Drug and substance abuse prevention and awareness program, cancer awareness program and a whole gamut of reproductive health.

During the period, various tests on diabetes, malaria, blood pressure were also conducted for



·Listening to talks on prostate cancer

#### members of the association.

HEDEN's choice of intervention with the association stems from research conducted and anecdotal evidence suggesting the high rate of coughing, drugs and substance abuse prevalent among the group.

Till date HEDEN has continued to work with the association every last Tuesday of every month at the association's meeting hall in their garage.



·Diabetes test for members of AJOWA



·Listening to talks on Tuberculosis awareness



·Testing and treatment of malaria

#### **COMMUNITY FOR HEALTH**

## In My Hands Project – Addressing The Needs Of The Physically Challenged

n other to address the health challenges of the physically challenged, HEDEN carried out a community health fair in abattoir community in Abule Egba, Lagos.

HEDEN has been working with these underserved population by extending her interventions to their doorsteps. The project is titled In My Hands because due to the peculiar nature of their handicap, the target population make use of their hands in moving from place to place and as such are extremely susceptible to dirt and infections picked up from the major streets and on the road.

During the program, health talks and discussions are held, videos on health issues are shown, various tests such as malaria tests etc are carried out, and required drugs are given out to those needing them, while a question and answers sessions are entertained from the physically challenged group.



·Testing for malaria



·Physically challenged wanting to be tested and treated



**Corridors, October 2018** 

## Open Advocate-bridging The Gap Between Government Health Services And Community Members.

pen advocate is program held once in a month on Office of the citizen at sweet FM 107.1 Abeokuta. The aim of this program is to bridge the gap between the government and the people in the community. With the help of this program the members of the community are allowed to voice their needs, also they are enlightened on all the government health services that are available for use.

The program started September 2017 and has being held ever since. The topics that have been discussed are: bridging the gap between the government health services and community members, tuberculosis, child sexual abuse, drug and substance abuse, environmental health, understanding and accessing the National Health Insurance scheme and immunization. With the help of open advocate, a large number of people have been reached. Office of the citizen is a project of BudgIT, Enough is Enough and WARDC.



·Radio sessions on public health



·Group photo of Open Government Partnership (OGP) members

## Sweet Mother Program- A Maternal And Child Health Education Program

he state of newborns reflects the inadequacy and inaccessibility of the mothers to health services, wrong information received, unmotorable roads and electricity. A mother's health is inextricably linked to the health of her newborn.

Maternal mortality is not just a health issue- it has far-reaching medical, social and economic implications for the newborn, family, community and the world at large. When mothers are malnourished or received inadequate antenatal care and care during childbirth, they and their babies face higher risk of disease and premature death.

Currently, Nigeria has the second highest burden of maternal mortality in the world and contributes about 15 per cent of the annual total global deaths which represent two per cent of the global population.

Through her entertainment-education program tagged Sweet Mother Program (SMP), HEDEN is targeting pregnant women and nursing mothers at the grassroots.

Currently it is being held in Suburban areas in hard to reach communities where mothers have limited access to health facilities and infrastructures. In order to reach these women, the program is being held at 5 community health centers once in a month and it has been of tremendous help in empowering parents especially the mothers and families with skills and knowledge necessary to improve child

Continued on Pg 20





•Sweet Mother program at community health center

·Cervical cancer awareness program

·Malaria Testing Session



·World AIDS Day program - Tudell School



#### ·Sweet Mother program at community health center

·Radio Programme on Public Health

·Tuberculosis awareness-Sapphire Model school



·HIV/AIDS Awareness Programme

·Sweet Mother program at community health center

- FOCOM School

#### **PHOTO SPLASH**



·Testing for malaria

Street campaign- World **Breastfeeding Week** 



·Testing for malaria

·Testing for malaria

(CISHAN) visit to HEDEN



·Health talks at community health center

·Cervical Cancer Awareness Programme

·Cervical Cancer Awareness Programme



·Home-Grown School Feeding program

·MANGO training in Ghana

·Leadership training for Seeds of Hope members



·Radio Program on Tuberculosis

#### SWEET MOTHER PROGRAM

#### Continued from Pg 18

health, maternal health, safe motherhood and well-being of the family as a whole.

This one-hour program features talks, video presentation, discussion, question and answer session and demonstration held monthly. It is facilitated in the language easily understood by the audience. It could be the local language, pidgin or English language. By 2017, we have reached five communities namely; Robiyan, Itoki, Oniyoyo and Ope ilu communities in their community health centers and Arepo in HEDEN office.

The topics treated are child nutrition, family planning, orgasm, breastfeeding, immunization, Diarrhea diseases, preparation of homemade ORT, environmental health, personal hygiene, exercise during pregnancy and sex during pregnancy.



·Participating mother breastfeeding baby



## From 2007- 2017, over 1,500,000 nursing mothers and pregnant women

were reached, IEC materials on maternal and child health, condoms and mosquito nets were distributed.



Pregnancy health talk

·Pregnant mother



Pregnancy care lecture



·Ante-natal counselling session



·Session on child care



·Immunization session



·Session on child care



·Session on child care



·A child being immunized

CAMPAIGN

## **HEDEN Features** In Documentary On Maternal Mortality by Oyemberi Films

SUNSET- A documentary on maternal mortality

yemberi Film Productions with support of HEDEN in 2017 undertook a project in Nigeria to help raise awareness of a national epidemic. Sunset is a documentary of maternal mortality that highlights the struggles women of childbearing age face in a society where access to health remains a luxury.

HEDEN had the honor of hosting the lead producer of the documentary from Texas USA. Ms Adaku Uwandu. In other to capture the stark reality of losing a woman from childbirth, HEDEN in conjunction with Oyemberi films visited some of her beneficiaries who have been victims of maternal mortality.

These were interviewed to x-ray the pain of such avoidable deaths. During this visit, some health centers were also visited to get a glimpse of the state of health facilities in hard-to-reach communities. As part of her gestures, Ms. Adaku donated a weighing scale to Itoki community health center.

By the end of this year approximately 50,000 women will die at childbirth. Many for avoidable reasons. In a country rich in natural and human resources, why is there such a disparity?

Sunset explores this epidemic by looking into the lives of Nigerian women who face this staggering reality and HEDEN will not rest on its oars in stemming the tide of the hydraheaded monster of maternal and child mortality. For more information, https://www.oyemberi.productions/sunset visit:



Sunset Film Poster



Itoki community health center

**Corridors, October 2018** 

# Empowerment For Youth (E4Y) Project

he Empowerment for Youth (E4Y) project of HEDEN has continued to expand its reach with many more in-school youths. During these past years, the seeds of hope club have been formed in may schools across the state.

The Seeds of Hope Club is a life skills club of peer educators comprising students from various intervention schools, who are taught life skills on topics such as: building self esteem; drugs and substance abuse prevention; sexual reproductive health and rights; Hygiene; leadership skills; growing up; studying skills; tuberculosis and other diseases



Reproductive health program



·HIV/AIDS documentary



HIV/AIDS program



·Session on HIV/AIDS

#### CAMPAIGN



·Leadership training session



Reproductive health training

prevention; coping with peer pressure.

This project in the schools involve roleplay, drama, video presentations, talks and discussions.

Over the years, these clubs have grown to sustain itself in various schools as capacity building programmes have continuously been carried out for these clubs.



·Session on drugs and substance abuse prevention

Session on sexual abuse prevention

Noteworthy is the fact that members of these clubs have grown to become players in the industry and the corporate world as the project has spanned 14 years! Some of the graduated members are invited from time to time to speak and serve as mentors to the upcoming ones and this has been a force for good. The E4Y project has reached over 15 schools and has over 3,000 members.

## HEDEN Office Approved as Immunization Clinic

A s a major milestone in year 2017, the HEDEN office was approved by the Ogun State Primary Healthcare Board, Ifo Local Government as an immunization center in Arepo community in Ogun state. This is part of intensified effort to get to hard to reach communities where HEDEN works. To achieve this, a team of committee members visited the organization's office to evaluate the requirements for approval. After the evaluation visit, it was determined that HEDEN met the requirement, hence approval was granted. To further build the capacity of HEDEN staff, vaccination training was conducted for the staff by the primary healthcare board. HEDEN has since then carried out immunization every Wednesday for nursing mothers.





·Immunization training for HEDEN staff



·Immunization training session

#### PARTNERSHIP

## Home-grown School Feeding Project - HEDEN Partners with Action Health Incorporated As Macarthur Sub-grantee In Ogun State

n other to effectively implement the Ogun State Home Grown School Feeding Program (HGSF), Action Health Incorporated, after series of NGO mapping, appointed HEDEN as a sub-grantee of MacArthur Foundation. Under this program, HEDEN will monitor the administration of the project in Ifo local Government.



·HGSFP Community Watch Group photo



Grown School Feeding Program

The Home-Grown School Feeding (HGSF) aims to deliver government-led, cost-effective school feeding programmes using food that is locally grown by smallholder farmers. These interventions have been described as a win-win for children and farmers alike, with aims to:

tackle hunger and improve nutrition;

increase children's access, participation and achievement in school;



• and support local livelihoods. The School feeding is widely recognized for its multiple benefits for schoolchildren, particularly in low and middle income countries. Evidence shows that children are more likely to stay, attend and be able to learn through the provision of school meals. Recent research in particular has also highlighted the value of these programmes for the most vulnerable children, with their benefits particularly impacting girls and other excluded groups.

Today at least 20 African countries implement HGSF programmes, ranging from government programmes that are partially supported by development partners to fully government-funded programmes. The transition from programmes that still require external support to those that are fully owned by national governments is a key objective of HGSF.

HGSF is therefore one response for different sectors from health, education and agriculture, to join-up their work to achieve positive combined results.

## No One Left Behind

**N** o-one Left Behind' is ethical imperative of new development agenda of Sustainable Development Goals (SDGs). This is the underlying moral code of the 2030 Agenda for Sustainable Development.

As a call to action, HEDEN underscores the fact that every actor, every country, every international and



·Leave No One Behind Conference – Group session

#### **PUBLIC HEALTH**



regional organization has a responsibility to work in synergy, translating the Agenda into practical realities on the ground.

HEDEN's drive is that we must be ready to think - and to act - comprehensively and holistically. Joining voice to the SDGs, HEDENs programmes and interventions stresses everything from zero poverty, zero hunger, good health, quality education, gender



equality, clean water and sanitation, and affordable clean energy, to decent work and economic growth, innovation, reduced inequalities, sustainable cities, responsible consumption, climate action, unpolluted oceans and land, and partnerships to achieve the goals

As a result of commitment to these course, HEDEN was involved in series of events and activities harping on the spirit of the LEAVE NO ONE BEHIND

## World Immunization Week

earing in mind that vaccination is a key strategy to containing various diseases and ensuring continued protection for the current and future generation, HEDEN joined her voice in marking World Immunization Week. As part of activities carried out by the organization were house to house campaigns about critical importance of immunization.

In other to mainstream gender into her campaign for immunization and vaccination, HEDEN involved the men group in her community efforts. The week included talks, community outreaches, immunization sessions, health talks in community health centers,

including question and answer sessions.

During the week, children under 5 years of age were vaccinated against diseases such as Malaria, Polio, Tuberculosis, Measles, Brain fever, & Hepatitis. Malaria drugs were also distributed to those who tested positive to malaria symptoms.

Noting that the list of diseases that vaccines can help prevent continues to grow, HEDEN recognizes Immunization as one of the most successful and costeffective health interventions. As such HEDEN's goal is to protect lives with information and integrated interventions, including vaccines against potentially deadly diseases.



Women waiting to be vaccinated

·Vaccination under the tent



on benefits of immunization

#### YOUTH DEVELOPMENT



·HEDEN Team

A child ready for immunization

Parents waiting to immunize their children



Immunization session

·Distributing Anti-malarial drugs

·Child being immunized

## Annual Youth Service Day - AYSD

n other to explore the creative energies of the young ones and elicit their innate abilities, HEDEN inaugurated the Annual Youth Service Day (AYSD). To do this HEDEN invites all schools where It has worked over time to the event. Supporting corporate organizations are also part of the activities.

The yearly program, held every December, includes: talks, drama presentations, debates, discussions, video presentations, songs, dance, poems recitations, Speech by corporate organizations, art and guiz competition on various issues affecting our youths. After the event, and through the support of various corporate organizations, gifts and awards are given to participating schools and students, including



outstanding Seeds of Hope clubs and members. Coordinators of the club in respective schools are also recognized with awards. The past year witnessed over 20 schools who actively participated in the event, with 750 in attendance. The concluding highlight of the yearly event is the reeling out of awards to supporting corporate organization that have shown sterling support to the event as part of their Corporate Social Responsibility (CSR), especially toward the youths. The event has been seen as a festival of youths where young ones are able to express their skills, talents, abilities and ingenuity in various outstanding ways. The event has always held at Bezer Hotels in Sango Ota, Ogun state.



Audience of students and panel of judges



·Cross-section of students



·Students performing on stage

# HEDEN Participates In The Nigeria AIDS Indicators And Impact Survey (NAIIS)

uring the period under consideration, HEDEN participated as community mobilizer under the Nigeria AIDS Indicators and Impact Survey (NAIIS). The project is a project of the Federal Government of Nigeria, The Global Fund, PEPFAR, National Agency for the Control of AIDS (NACA) and Center for Disease Control (CDC). The program will assist Nigeria to implement householdbased assessment for HIV/AIDS research. This survey



·Mapping the community for entry



·House to house mobilization



Community mobilisers training session

is the largest in the world. Through the survey, Nigeria will help to establish the prevalence of HIV/AIDS in the country and help to plan better, know where to pay more attention and deploy resources appropriately. It will guide the government to plan and develop more effective programs to control HIV and Hepatitis in Nigeria leading to healthier individuals and families. HEDEN carried out the community mobilization in some hard-to reach communities in Ogun state.



·Group photograph of NAIIS community mobilizers





**Corridors, October 2018** 

**WORKSHOPS** 

## Trainings, Conferences, Workshops



Workshop on Proposal Writing

·MANGO training in Ghana

Community Engagement



Open Government Partnership (OGP) training



·Workshop on building sustainability

Group photo of Access Bank training



· Workshop on VOICE grant



·Maternal Perinatal Death Surveillance Report – MPDSR workshop

·Save the Children training on management of childhood illnesses



·CCHub Safe Online training

Presentation on AIDS impact on world health

•Strategic Partnerships for Higher Education Innovation and Reform- PHIER



·NNNGO annual conference 2016



Seminar on investing in the people of Nigeria

## Stories From The Field

- A woman said that in her village (Igbo community) palm kernel oil is believed to send the spirit of convulsion away. She mentioned that it is the old women that are not menstruating that can produce the process the palm kernel in her community and while doing it, they must not respond to greetings.
- A woman said that her seventeen years old nephew had convulsion in the church and was restrained in the process of making him recover. After the convulsion subsided, his hand was dislocated and the church members said that it is evil spirit that came to the church and it is the one that caused it.
- A man mentioned the effect of illiteracy on his community. He said a woman was passing by a wall and he read a notice on the wall. She quickly went around houses in the community and informed them that armed robbers have written the day they are coming to the community. She now said that people should go to the wall to confirm her story. The crowd ran to the said wall. The notice on the wall was "call plumber: 080..." Despite the fact that the woman's statement was false an old woman in the community could not sleep for three days.
- A woman advised a man who complained that his wife has lump in her breast to go for surgery, that an early surgery will prevent the development of breast cancer. The man reacted very strongly and said that his wife will not have breast cancer in "Jesus name". And he refused to take her to the hospital for surgery. He took her from one church to another and from one mountain of prayer to another. The woman died three years after from breast cancer

## World Breastfeeding Week- 1-7 August

The world breastfeeding week is coordinated by the World Alliance for Breastfeeding Action (WABA), a global network of individuals and organizations concerned with the protection, promotion and support of breastfeeding worldwide based on the innocent Declarations, the ten links for nurturing the future and the WHO/UNICEF global strategy for infant and young child feeding.

As a member of WABA, HEDEN carried out a campaign to promote, support and protect exclusive breastfeeding. This campaign was carried out at suburban areas like Arepo, Itoki, Robiyan, Ope ilu communities. This year, HEDEN implemented a project titled 'Breastmilk Advocate Project".

This project is a participatory behavioral change communication approach to promote sustainable breastfeeding through; advocacy to Medical officer of health of the local government, seminar for nurses on promoting exclusive breastfeeding, education of traditional birth attendants on exclusive breastfeeding and maternal education which includes dispelling myths, practice session of supplementary foods from above 6 months using low cost home grown foodstuffs, education on how to increase breast milk flow and positive experience sharing.

The project was integrated into HEDEN's Sweet Mother Program which holds in 4 community health centers targeting post and antenatal mothers. In other to expand its reach, HEDEN carried out interventions in 4 community health centers, 3 communities

The program was facilitated in local dialect in some communities in other to send the message across to the people. Video presentation was also used as reinforcer of knowledge, while IEC materials posters/fliers were also distributed in the

28

#### **WORLD BREAST FEEDING WEEK**

communities, with a house to house advocacy campaign.

This sustainable breastfeeding project was designed to reduce infant malnutrition and achieving the Sustainable Development Goals 1, 3,4,10 and 11 (No poverty, Good health and well-being, Quality education, reduced inequalities, and sustainable cities and communities).



Advocacy visit to Ifo LGA chairman, Hon Hakeem Bello



·Breastmilk Advocate program in community health center



·HEDEN on Radio (Sweet FM 107.1) on breastfeeding Advocacy



·Traditional Birth Attendants during training





·Breastmilk Advocate program in community health center



·SDGs facilitation to nurses relating to breastfeeding



·Cross-section of TBAs trained on breastmilk advocacy

#### FACTS FOR LIFE

## ESSENTIAL MESSAGES Culled from FACTS FOR LIFE

- The health of women and children can be significantly improved when births are spaced at least two years between the birth of the last child and the beginning of the next pregnancy. Health risks increase for both the mother and the child when pregnancy occurs before age 18 or after age 35. Both men and women, including adolescents, need to know about the health benefits of family planning so they can make informed choices.
- 2. All pregnant women should visit a trained health worker for prenatal and post-natal care, and all births should be assisted by a skilled birth attendant. All pregnant women and their families need to know the warning signs of problems during and after pregnancy and the options for seeking assistance. They also need to have plans and resources for obtaining skilled care for the birth and immediate help if problems arise.
- 3. **Children** learn from the moment of birth. They grow and learn best when they receive attention, affection and stimulation, in addition to good nutrition and proper health care. Encouraging girls and boys equally to observe and express themselves and to play and explore helps them learn and develop socially, physically, emotionally and intellectually.
- 4. Breastmilk alone is the best food and drink for an infant for the first six months of life. After six months, infants need other nutritious foods, in addition to breastfeeding up to two years and beyond, to meet their growth and development needs.

- 5. **Poor nutrition** during the mother's pregnancy or the child's first two years can slow a child's mental and physical development for life. Children need a wellbalanced diet that includes protein and energy foods as well as vitamins and minerals, such as iron and vitamin A, to ensure good health and development. From birth to age 1, children should be weighed every month and from age 1 to age 2, at least every three months. If a child does not appear to be growing, the child should be seen by a trained health worker.
- 6. Every child should complete the recommended series of immunizations. Immunizations during a child's first year of life and into the second year are especially important for early protection against diseases that can cause poor growth, disability or death. All women of childbearing age, including adolescent girls, need to be protected against tetanus for their own benefit and for their future babies. Over time, five doses of tetanus vaccine are recommended for lifelong protection. A booster should be given during pregnancy if the woman has not yet received five doses.
- 7. A child with diarrhoea needs plenty of the right liquids — breastmilk and ORS (oral rehydration salts) solution – and, if older than 6 months, other nutritious liquids and foods should be added. Zinc should be given to reduce the severity of the diarrhoea. If the diarrhoea is mixed with blood or is frequent and watery, the child is in danger and should be taken to a trained health worker for immediate treatment.
- 8. **Most children** with coughs or colds will get better on their own. But if a child with a cough and fever is breathing rapidly or with difficulty, the child is in danger and needs to be taken to a trained health worker for immediate treatment.

#### **FACTS FOR LIFE**

- 9. Many illnesses can be prevented by good hygienic practices: washing hands with soap and water (or a substitute, such as ash and water) after defecating or cleaning a child who has defecated, using clean toilets or latrines, disposing of faeces away from play and living areas and water sources, washing hands before handling food, using water from a safe source, disinfecting drinking water if its safety is in question, and keeping food and water clean.
- 10. **Malaria**, which is transmitted through mosquito bites, can be fatal. Wherever malaria is present, people should sleep under insecticide-treated mosquito nets; any child with a fever should be examined by a trained health worker for treatment and sponged gently with cool (not cold) water; and pregnant women should take antimalarial tablets as recommended by a trained health worker.
- 11. HIV (human immunodeficiency virus), the virus that causes AIDS (acquired immunodeficiency syndrome), is preventable and treatable, but incurable. HIV is transmitted through unprotected sex with an HIV-infected person; transmission from an HIV-infected mother to her child during pregnancy, childbirth or breastfeeding; and blood from HIV-contaminated syringes, needles or other sharp instruments and transfusion with HIV-contaminated blood. Educating all people on HIV and reducing stigma and discrimination should be part of the information, education and communication on HIV prevention, testing and care. Early diagnosis and treatment of children and adults can better ensure their survival and a longer and healthier life. Children and families affected by HIV should have access to child-friendly health and nutritional care and social welfare services. All people living with HIV should know their rights.

- 12. **Girls and boys** should be equally protected within their family, school and community. If these protective environments are lacking, children are more vulnerable to violence, abuse, sexual exploitation, trafficking, child labour, harmful practices and discrimination. Living with family, birth registration, access to basic services, protection from violence, a child-friendly justice system based on child rights, and children's active engagement in developing their knowledge and skills to protect themselves are important building blocks in constructing protective environments in which children can develop and fulfil their potential.
- 13. **Many serious injuries** that can result in disabilities or death can be prevented if parents or other caregivers watch young children carefully, keep their environment safe and teach them how to avoid accidents and injuries.
- 14. Families and communities must prepare for emergencies. In disasters, conflicts, epidemics or pandemics, children and women must be the first to receive attention, including essential health care, adequate nutrition, support for breastfeeding and protection from violence, abuse and exploitation. Children should have access to recreation and learning opportunities in safe, child-friendly schools and spaces that give them a sense of normalcy and stability. Children should be cared for by their parents or other familiar adults, so that they feel secure.

#### ARTICLES

## How to Make Food Safer

ccording to the World Health Organization (WHO), about 130 million people are affected by foodborne disease each year. In the United Kingdom alone, over 100,000 cases of food poisoning—causing about 200 deaths-were reported in 1998. It is estimated that in the United States, some 76 million illnesses result from foodborne disease each year and that of those cases, 325,000 involve hospitalization and 5,000 end in death. WHO reports that in 1998, approximately 2.2 million people died from diarrheic diseases—1.8 million of them being children. The report notes: "A great proportion of these cases can be attributed to contamination of food and drinking water."

The risk is real and sobering. What causes food to bring on illnesses, and what can be done to reduce the risk?

#### **Causes of Foodborne Illness**

A remarkable number of diseases can be passed along in food—more than 200 of them, says the journal Emerging Infectious Diseases. But the culprits causing all those diseases are not so numerous. According to Dr. Iain Swadling, food information officer for the International Food Information Service, about 90 percent of all cases of foodborne disease are caused by "probably less than two dozen" species of microorganisms. How do the various disease-causing agents—the viruses, bacteria, parasites, toxins, and so forth—find their way into food?

Dr. Swadling lists five of the most common ways that food is contaminated: "Using contaminated raw foodstuffs; infected/ill people preparing meals; inadequate storage combined with preparation of food several hours before consumption; cross-contamination during food preparation; insufficient cooking or reheating of food."

Grim though that list may appear to be, it conveys a potent bit of good news. Most instances of foodborne illness are readily preventable. For what you can do to ensure the safety of the food you consume, note the following steps you should take:

- Wash. Be sure to wash your hands in soapy water before preparing each dish. Always wash after using the bathroom, dealing with a baby's or a child's hygienic needs (such as changing a diaper or wiping a nose), or handling any animal, including household pets. Wash any utensils, cutting boards, and countertops with hot soapy water after preparing each dish—especially after handling raw meat, poultry, or seafood. "Wash fruit and vegetables in lukewarm water," suggests Test magazine, to get rid of insects and pesticide residue. In many cases skinning, peeling, and boiling are the best ways to cleanse foodstuffs. With lettuce or cabbage, remove and throw away the outermost leaves.
- Cook thoroughly. If the internal heat of food exceeds 160 degrees Fahrenheit [70°C], even briefly, almost all bacteria, viruses, and parasites will be killed. Poultry should be cooked even more than that, to 180 degrees Fahrenheit [80°C]. Reheated food should be brought to a temperature of 165 degrees Fahrenheit [75°C], or it should be hot and steaming. Avoid eating poultry that is still pink inside, eggs with runny yolks or whites, or fish that is not yet opaque and that you cannot readily flake apart with a fork.
- Keep foods separate. Keep raw meat, poultry, or seafood separate from other food at all times—when shopping for it, storing it, and preparing it. Do not let the juices flow or drip onto each other or onto other foods. Also, never put cooked food onto a dish that formerly held raw meat, fish, or poultry, unless that dish has been thoroughly washed with hot soapy water.
- Store and chill food properly. The refrigerator can inhibit the growth of dangerous bacteria, but the temperature should be 40 degrees
   Fahrenheit [4°C]. The freezer should be 0 degrees Fahrenheit [-17°C]. Put perishable food items away within two hours. If setting out food

#### **ARTICLES/RESEARCH**

before the meal, cover all dishes to keep flies away.

• Be cautious when dining out. By one estimate, from about 60 to 80 percent of the cases of foodborne disease in some developed lands originate in meals that are cooked and bought outside the home. Make sure that any restaurant you visit satisfies the health standards required by law. Order meat well-cooked. When it comes to take-out food, make sure to eat it within two hours of the time you buy it. If more time elapses,

## Faces of Poverty

Continued from last Edition

#### INTERCONNECTED PROBLEMS

Poverty and its harbingers abounds and no one can pretend that development is fast enough for hundred of millions of people who continue to live in poverty.

#### **POVERTY AND DISEASES**

The challenge of diseases is not just about making ill people better, but enabling both the sick and their careers to get back to work into education. It is shocking to note that there is an inextricable link between poverty and the most serious diseases the world faces at present -HIV/AIDS, Tuberculosis & Cancer.

HIV / AIDS, Tuberculosis & Cancer and poverty go hand in hand, they are twins. People still die of AIDS, Tuberculosis & Cancer related diseases because they can't get the very simple and cheaper drugs that are needed to treat the symptoms that come with HIV / AIDS, Tuberculosis & Cancer. Victims overtime become too weak to work and family resources are pulled together to treat the victim. Hence, the circle of poverty continues, the labour force shrinks while at the same time there are even more demands on the already overwhelmed government, economic and health care systems.

AIDS, Tuberculosis & Cancer more than other diseases, is critical in setting back a country's development because it attacks it's people in their most productive years. According to the United Nations, Human Development report 2004, the AIDS Pandemic explain why 20 countries have suffered development reversals since 1990-thirteen of these are in sub-Saharan Africa, where in such places life expectancy has fallen to 40 years or less. Hence, HIV / AIDS, Tuberculosis & Cancer can be described as the diseases that rides poverty for reheat the food to a temperature of 165 degrees Fahrenheit [75°C].

- Throw out questionable food. If you are in doubt as to whether some food item is good or spoiled, err on the side of safety and throw it out. Granted, it is unwise to waste good food. Still, getting sick from bad food may prove even more costly.
- —Based largely on Food Safety Tips, provided by the Food Safety Technology Council in the United States.

both individual and a nation.

#### **POVERTY AND ILLITERACY**

Literacy has been described in the life document as "an indispensable means for effective social and economic participation, contributing to human development and poverty reduction. Literacy empowers and nurtures inclusive societies and contributes to the fair implementation of human rights (UNESCO, 2005). It has always been pointed out that the world map of illiteracy corresponds with the world map of poverty and the World Bank had indicated in 1995 that the poor are often illiterates, have poor health, poor nutrition value and short life span. An illiterate person is simply more vulnerable to ill health, and less likely to seek medical help for themselves, their community.

According to Mrs Oyatunji – South west zone coordinator of National Mass Education Commission (NMEC) "Nigeria still has many illiterates in the country. About 78 million Nigerians are illiterates, 60 percent of them are women while 10 million children of school age are not in school (Nigerian tribune, 2008).

Literacy gives people access to information, through both print and electronic media, equips them to cope better with work and family responsibilities and changes the image they have for themselves. It gives disadvantaged people the tools they need to move from exclusion to full participation in their society.

Literacy also empowers entire nations because educated citizen and workers have the skills to make democracy institution function effectively, to meet the demand for a more sophisticated work force, to work for a cleaner environment and to meet their obligation as parents and citizens (UNESCO, 1997).

to be Continued

#### **HEDEN PERMANENT OFFICE**

## HEDEN Renovated Her Permanent Office

As part of HEDEN's sustainability plan, the organization renovated her permanent office to meet up with demanding workspace and to support the effective functionality of the entire staff and to ease operations.

Through the support of the board members, we renovated the hall and the dilapidated 5-bedroom bungalow to suit the operational needs of the organization.

We are humbled by the stride of working from our permanent office which has the following amenities namely:

- A training hall with a capacity of about 60
- A general office
- A library
- A boardroom
- Kitchenette
- Store for IEC materials
- 6 offices (rooms)
- A generator house

You will find below pictures showing the before and after state of the building.





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- Agri-Business



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## Thank You

#### Organizations/Associations

- Child Health Foundation, USA
- Action Health Incorporated
- MacArthur Foundation
- World Alliance for Breastfeeding Action (WABA)
- Rainbow Cards Limited
- Olubayo Nigeria Limited
- Sweet FM 107.1
- Society for Family Health
- Sona Agro-Allied Company
- NNNGO
- National Mirror
- Ariez Ventures
- The Punch Newspaper
- The Street Reporters
- Eagle online
- CSR-In- Action
- MANGO, UK
- Ogun State Ministry of Health
- Onyemberi Films

- Emtund Ventures
- Bezer Hotels
- Olufemi Jaiyesinmi & Co
- Open Alliance
- American Center (U.S. Embassy)
- Spectra foods

#### Individuals

- Dr. Anthony B. Azeez
- Ms. Adaku Uwandu
- Mr. Olufemi Jaiyesinmi
- Mr. Reuben Aina
- Mr. Olalekan Alayande
- Mr. Joseph Egbesola
- Dr. Paul Nwangoh
- Mr Sakibu Olokojobi

#### Schools

- High Grade college, Arepo
- Whiterose college, Ope Ilu

- Muibat college, ljoko
- School Rock of God, Arepo
- Smith Covenant college, Ijoko
- Bema Int. School, Ope Ilu
- Great success, Arepo
- FOCOM school, Arepo
- Tudell Academy
- Saphire Model School

#### Health Centres

- Itoki community Health
  Centre
- Ope-Illu community health
  centre
- Robiyan health centre
- Pacific hospital

#### Communities

- Oniyoyo community
- Arepo Community



HEDEN is a member of the following organizations:

- White Ribbon Alliance for Safe Motherhood
- A million mum
- World Alliance for Breastfeeding

Action (WABA)

- Open Alliance (Open Government Partnership)
- CIVICUS
- Civil Society for Coalition on HIV and AIDS in Nigeria (CISCHAN)

