

SCHOOLS HEALTH PROMOTION AMONG ADOLESCENTS IN NORTHERN NIGERIA

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Background

- Family and Youth Health Initiative (FAYOHI)- a public health non-governmental organization based in Jigawa State, Nigeria, and Professor Lesley Smith (University of Hull, UK) are working **collaboratively** to develop a 'School-Based Health Promotion Project' in Jigawa and Kano States, Nigeria.
 - The project is implemented within the framework of the United Nations Sustainable Development Goals and in accordance with already existing policies in Jigawa and Kano States.
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Nigeria

- 203 million people in 2018 estimated to be 392 million in 2050,
- Over 41% of Nigeria's population was <15 years of age.
- Ethnic groups: Hausa 27.4%, Igbo (Ibo) 14.1%, Yoruba 13.9%.
- 53% of population is in the north which has:
 - Poor health indices
 - Low socioeconomic status,
 - The highest number of deaths and diseases compared with the Southern regions of Nigeria





Aim of SHP

- Our ultimate aim is to co-produce a health literacy/health promotion intervention for adolescents in Northern Nigeria delivered in after school health clubs and involve peer health champions and peer-to-peer learning.
 - The exact content of the intervention will be developed with input from pupils and key stakeholders to ensure that is culturally relevant and acceptable. We envisage it covering topics on physical (incl. reproductive) and mental health.
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Activities- Research & Stakeholder Engagement

- Research:
 - Survey with 1096 adolescents in 4 schools
 - Physical Activity Questionnaire
 - Generalized Anxiety Disorder
 - Menstrual Hygiene Questionnaire
- Stakeholder engagement:
 - Local Community Based Organizations,
 - INGOs (e.g. DFID funded projects)
 - Jigawa and Kano State Ministries of Health, and Education, Science & Technology.
 - Traditional leaders





Research Symposium

Planned Phase 2:

“Towards an equitable knowledge ecosystem for adolescent reproductive health in Northern Nigeria”

5-day event in Kano:

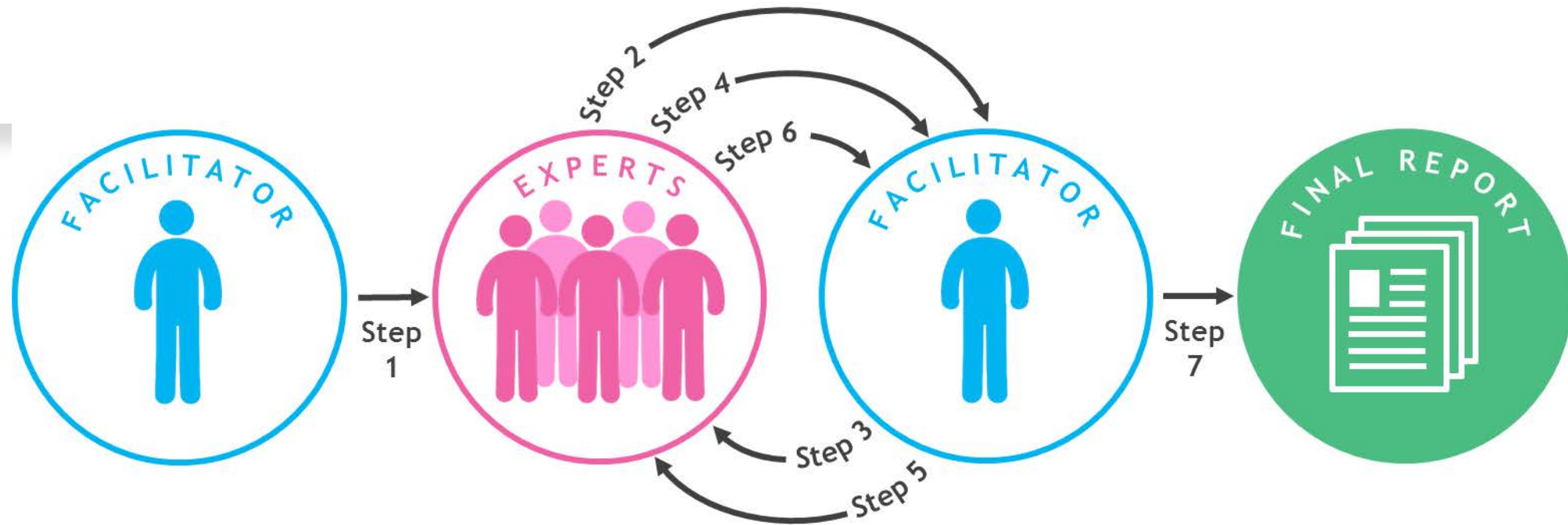
- A series of workshops and seminars with different stakeholder groups
- Training in policy engagement & research communication training,
- Training for fieldworkers in data collection;
- and a research writing workshop for researchers.



‘Pivoting online’

Adolescent health researchers were able to join our Research Writing in the Sciences MOOC

A Delphi approach?



Facilitator seeks individual assessments from a pool of experts.

Experts respond to the request, receive feedback and revise their responses.

Facilitator compiles the responses and sends a revised set of questions to each expert. Several cycles of feedback may be needed.

Facilitator produces report on experts' responses, noting key outliers.

Adapting to contextual knowledge

Initial plan using Moodle to:

- Store live iterations of the documents
- Record the Delphi-style evolution of ideas

More realistic plan:

- Reduce the iterations
- Initial comments on report by email
- One Advisers' workshop at start
- One wider stakeholder workshop at end





THANK YOU!