

Report of the Physical Activity for Promoting Adolescent (Lung) Health (PAPAH) event that was organized to mark the World Fitness Day on the 6th and 7th of April 2021 in Kano State, Nigeria

Introduction

I received a call via email to apply for a grant to organize a Healthy Lung for Life (HLfL) activity on the 22nd of February 2021. Luckily for me, my application was successful after I received a congratulatory mail on the 26th of March, 2021 to organize my event which was scheduled for the 6th and 7th of April 2021. Since, I did not have much time, I quickly started preparations in order to make my proposed event successful as indicated in the proposal.

My project, The Physical Activity for Promoting Adolescent (lung) Health (PAPAH), was conceived with the aim encouraging adolescents in public and private schools in Kano State, Nigeria to increase their physical activity levels through school based (awareness) talks, use of educative materials, and interesting/memorable physical activity challenges.

For this PAPAH project, the major activities to mark the events are as follows; (i) recruitment and training of volunteers, (ii) printing of educative leaflets/flyers, face caps with event sponsor logos, and gifts (pedometers, diaries, branded books) (iii) delivery of school based talks and activity challenges in the school premises (iv) hybrid of a physical and virtual (via Zoom) lecture by the principal investigator, and (v) dissemination of activities via social media platforms and feedback.

Recruitment and training of volunteers

Forty volunteers were recruited from among the final year students of the Department of Physiotherapy, Bayero University Kano, Nigeria. The volunteers were recruited through the Executive Committee of the Physiotherapy Students' Association. The volunteers were trained on the 2nd of April 2021 at the conference room of the Physiotherapy Department, Bayero University, Kano, Nigeria. The training comprised of a series of lecture and demonstrations on how the classroom based talks will take place. The resource persons for the training were drawn from Community Medicine, Physical Health Education, Physiotherapy and Psychology Departments of Bayero University, Kano. Each resource person delivered a lecture of about 20 minutes via power point presentation, and a post lecture discussion (including question and answers) of about 10 minutes. The principal investigator also introduced the volunteers to the project by indicating that it was a Healthy Lung for Life activity that

was funded by the European Lung Foundation. The volunteers were provided with writing materials and refreshments (drinks and snacks).

At the end of the training, each volunteers was given a face-cap, leaflets/flyers containing information about physical activity in simple language and a set of gifts comprising pedometers, diaries and assorted books to be presented to the first second and third positions following the physical fitness exercises that will be done). A token was paid to the volunteers to facilitate transport to the schools, and communication with the project principal investigator. The resource persons were also payed for their talk time.



Some pictures showing participants and resource persons during the training

Printing of educative leaflets/flyers, face caps and procurement of gifts (pedometers, diaries, branded books)

The principal investigator of the PAPA project and resource persons revised the content of the draft flyer. The final version was printed in form of educative leaflets. About 1000 copies of the foldable colored flyers/leaflets were printed. The project also recieved a small token from the an organization (Physio-Quip Medicals Limited, Nigeria) to support printing of the project information (branding) on the face-caps. Lastly, a few pedometers, diaries and assorted books were procured for the purpose of sharing to adolescents who performed very well during the physical fitness testing that was organized in the schools.



Pictures showing the leflet and branded face-cap, and pedometer that were used for the events

Main event (delivery of school based talks and activity challenges in the school premises)

The main event took place on the 6th of April 2021 in 17 schools. The events were conducted to mark the World Fitness Day or World Physical Activity Day. Two or three volunteers were sent to each school to deliver a school based talk with the adolescents in their classrooms. The flyer was used by the volunteers as guide for delivering the school based talks. Each student was also given a copy of the flyer to take home and for personal use.



Pictures showing volunteers in the schools facilitating the events and giving the awards

Depending on the specific arrangement with individual schools, a physical fitness testing/challenge competition was organized within the premises of the schools prior to or after the classroom talk. Students that emerge tops were later awarded with the gifts as follows; first position (pedometers), second position (diaries), and third position (assorted notebooks). The videos of selected physical fitness activities from some schools are attached.



Pictures showing volunteers in the schools facilitating the events and giving the awards

Hybrid of physical and virtual (Zoom) lecture

The principal investigator hosted and delivered a physical/virtual (Zoom) lecture with the view of having a record of the events in a form that could be disseminated for the purpose of future reference and awareness campaigns. This lecture took place on the 7th of April 2021 at 17:00 hours, West African time). The Zoom links to the lecture was earlier distributed in the schools to the adolescents. However, since most adolescents do not own a phone or may not have enough data to follow the lecture live, the Zoom lecture was recorded. Also a selected few of the adolescents were invited to witness the physical part of the lecture. The the recorded version was then retrieved afterwards and made available to the WhatsApp and social media platforms of the schools for further dissemination. The full version of the Zoom recording can be access via Loom on

<https://www.loom.com/share/8d7ce1ced0d64224bc92f09f3bfba0f5>.

Sustaining the PPAH project!

The PPAH project sucessfully created awareness to all that participated either as resource persons, volunteers or the targeted adolescents within the selected schools. We also believe that an unestimateable number of individuals in the genral public may have come across our project details and benefitted. There is a need to continually do this kind of program for the purpose of sustaining and increasing

awareness among adolescents for them to live physically active lives in future. It is against this backdrop that we hope to continue the PPAH project annually every 6th of April. Thanks to the Healthy Lung for Life, the principal investigator and the volunteers have seen the need to seek for other means of support or even self fund future events to sustain the PPAH project.

Acknowledgements

I wish to sincerely thank the Healthy Lung for Life initiative (under the European Lung Foundation) for providing the grant to conduct this events. I also appreciate the European Respiratory Society whom I hold a membership of for giving me the opportunity to see the call! I wish to also thank the participating schools for granting us approval to access the students, and Bayero University, Kano for allowing us use its infrastructure for the training.

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