



**Babychildandco**

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## **BABYCHILDANDCO CELEBRATES WORLD LUNG DAY IN ACCRA GHANA**

### **Introduction**

Babychildandco is an organization that promotes child health through advocacy and limited clinical services. Our advocacy activities are mainly through social and traditional media with occasional in-person activities. This organization is led by a paediatric pulmonologist.

We led the celebration of World Lung Day in Accra for the first time ever this year. This was made possible with funding from Healthy Lungs for Life and collaboration with other non-governmental organisations, friends and volunteers. The decision to celebrate World Lung Day was because pulmonology, specifically paediatric pulmonology, is still in its infant stages in Ghana, and there is almost no discussion about the effects of climate change on lung health in our medical circles, as well as among the populace. It was also based on interest as the founder of Babychildandco is a paediatric pulmonologist.

### **Background, Aims and objectives**

Accra, where Babychildandco is based, hosts Agbogbloshie, the second largest e-waste recycling site in the world and one of the most polluted places on earth and so we sited our project there. The aim of Babychildandco's project was to use spirometry to demonstrate the detrimental effects of environmental pollution on lung health, among children and adults living in a polluted community in Accra, Ghana, as well as raise awareness on the beneficial effects of physical activity on lung health. We planned to do public spirometry testing for 50 adults and 30 children.

### **Programme overview and structure**

#### **Social and traditional media campaign**

We did a campaign on the morning show of PentTV, one of the popular TV stations in Accra to talk about our upcoming World Lung Day programmes, and offer education on lung health in general. We also used our Facebook and Instagram pages to share tidbits on lung health promotion from 1<sup>st</sup> to 25<sup>th</sup> September, 2024. We advertised our events on Facebook as well. We reached between 500 and 1000 people on Facebook with each post.

#### **Walk to Breathe**

We had a health walk and an aerobic session dubbed Walk to Breathe on 14<sup>th</sup> September 2024. About a hundred participants walked in customised World Lung Day T-shirts carrying placards bearing lung health and climate change information along the Ayi-Mensah to Peduase stretch which is a common hiking trail. We shared 400 brochures containing simple information on lung health and climate change to hikers we met on the trail. Some asked for T-shirts and were given. This event was covered by 3 media houses, both print and electronic, namely Asaase Radio, Daily Guide and GhOne TV, as well as some bloggers. This event was



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a collaboration among Babychildandco and other NGOs namely Breathe of Life, Accra Harmony Lions Club, VivaHealth Medical Foundation, Paediatric Society of Ghana and Alpha Run Fitness Club.

### **Free spirometry testing**

On Friday, 21<sup>st</sup> September 2024, Babychildandco was joined by Accra Harmony Lions Club, Ghana Thoracic Society and Lung Cancer Awareness Initiative (LuCAI) to provide free spirometry testing for adults at Agbogbloshie market. The event started at 8:30am and ended at 4pm GMT. Forty-five adults were tested. Thirteen adults had abnormal lung function tests. They were booked into the pulmonology clinic at Korle Bu Teaching Hospital for follow-up. While the spirometry testing was on-going, some volunteers went through the market, which is one of the largest in Accra, to educate traders and patrons on air pollution, climate change and lung health. The Agbogbloshie market event was a huge success. When we decided to call it a day, there were many people still coming to queue to get their spirometry done. The traders showed their appreciation by gifting the team a lot of vegetables. Stipends for volunteers for this event were paid by LuCaI.

On 25<sup>th</sup> September 2024, we conducted free lung function testing for students of Ayalolo 1 and 2 Junior High School. Students were given a consent form to be given to their parents before participating in the test. We tested 22 students and 8 teachers, as well as gave talks on lung health. The event lasted a whole day. Nine students with abnormal tests were referred to the paediatric pulmonology clinic at Korle Bu Teaching Hospital for follow-up. This event was covered by Anansesem media, a local blogger.

### **Outcomes**

Our targets were achieved for all events. All events were well-attended. In all 53 adults and 22 children received free spirometry testing. Each person tested received counselling based on their results. Verbal feedback was received from all our events which showed that our education sessions had gone down well with the audience. Subsequent to this event, we have received requests to perform free spirometry testing for selected groups but have had to decline due to lack of funding.

### **Expenditure**



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Below are the expenses made during the World Lung Day 2024 Activities

<b>ITEM</b>	<b>COST (GHS)</b>
1. Transportation	500
2. Stipends for volunteers	700
3. Spirometry for Ayalolo 1 and 2	9000 (300 per person)
4. Placards	500
5. Brochures	400
6. Placard stickers	400
7. Water	352
8. T-shirts and Banners	8500
9. Photography and videography	2500
10. Canopies, chairs and tables	600
11. Meals	2,400
12. A4 Papers	210
13. Markers	9
14. Big tissue	20
15. Toner	550
16. Traditional Media coverage	2000
<b>TOTAL</b>	<b>28, 641</b>

## **Way Forward**

Even though this was our first time celebrating World Lung Day in Accra, it was a huge success because of the collaboration with several NGOs. The founder of Babychildandco being a pulmonologist made it easy for the programmes to attain legitimacy and for people to trust the team. We also chose locations for our activities that were easy to access.

Our challenges were mainly financial. Of all the people we collaborated with, there was no funder apart from Healthy Lungs for Life, and LuCai who paid the volunteers directly without it passing through Babychildandco. Therefore, Babychildandco had to bear any other



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expenditure. The media were also not willing to cover any event unless we paid them a stipend, which affected our media coverage.

Going forward, we wish to make World Lung Day our signature activity at Babychildandco, and to try to collaborate with more groups to make it more successful. We would need more funding and support from NGOs to make this possible.

### **Acknowledgement**

Our gratitude goes out to Healthy Lungs for Life for the funding that made our events possible. We also acknowledge the Ghana Thoracic Society, Lung Cancer Awareness Initiative (LuCAI), VivaHealth Medical Foundation, Breath of Hope, Mr. Takyi Samuel and the traders at Agboghloshie Vegetable Market, and Mr. Ofoe Thomas, the head of Ayalolo 1 and 2 Junior High Schools.

**Attached to this report are some of the moments captured during our celebration.**

<https://mega.nz/folder/OShQGTRA#jwlhw4VjUH9zcvGwq2uReA>

<https://mega.nz/folder/fLJGjIha#QMYnTQ1x7azzk6Gmu8LjBw>

<https://photos.app.goo.gl/NPWguUhibmgZAcoT9>

<https://web.facebook.com/reel/1646985649210887>

<https://web.facebook.com/watch/?v=527356706590004&rdid=G5ZLRnaACTzFnsC4>

<https://www.asaaseradio.com/ghana-marks-first-world-lung-day/?amp=1>

<https://www.facebook.com/share/p/S1mN4LFyyQdY1PVx/?mibextid=oFDknk>