

HEALTHY LUNGS FOR LIFE 2025 GRANT EVENT REPORT

Title:

Breathe, Move & Act: A Holistic Lung Health and Climate Awareness Campaign for Sokoto Secondary Schools

Submitted to:

European Lung Foundation (ELF) / European Respiratory Society (ERS)

Date of Submission:

October 8th, 2025

1. Introduction to Our Organisation

Organisation:

Department of Internal Medicine, Usmanu Danfodiyo University Teaching Hospital (UDUTH), Sokoto, Nigeria

Contact:

Dr. Isa Musa Wasagu

Consultant Pulmonologist

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About UDUTH:

Founded in 1989, Usmanu Danfodiyo University Teaching Hospital (UDUTH) is a premier tertiary healthcare institution serving the Northwestern region of Nigeria. Located in Sokoto, the hospital provides advanced medical care, training, and public health services to Sokoto, Kebbi, Zamfara, and neighboring states.

The **Respiratory Unit** under the Internal Medicine Department is dedicated to patient care, research, and community engagement. As part of our mandate, we conduct outreach and awareness activities focusing on **lung health promotion**, particularly around preventable causes of respiratory diseases such as air pollution, smoking, and indoor smoke exposure. Our work aligns with global campaigns such as the **Healthy Lungs for Life (HLfL)** initiative, with a strong focus on community education and youth engagement.



2. Background of the Event

Context:

Respiratory health in Nigeria, especially in the northern region, is increasingly threatened by a range of environmental and lifestyle factors. Sokoto State, in particular, faces challenges such as:

- **Widespread air pollution** from open burning, wood-based cooking, and vehicle emissions
- **Dust storms** during the harmattan season
- **Lack of physical activity** in school-aged children due to sedentary lifestyles and limited awareness
- **Climate change**, which exacerbates respiratory symptoms and heat-related illnesses

These challenges disproportionately affect children and adolescents, making school-based interventions crucial. To proactively address these issues, we launched the **“Breathe, Move & Act”** campaign—a school-based lung health and climate action programme timed to coincide with **World Lung Day (25 September 2025)**.

The campaign was directly inspired by the **Healthy Lungs for Life (HLfL)** initiative and designed to:

- Raise awareness about the dangers of air pollution

- Promote healthy physical activity
- Connect environmental responsibility with lung health
- Empower students to become active change agents in their communities

“I never knew smoke from the firewood my mum uses could hurt our lungs. I will help her change it.”

— 14-year-old student, Nagarta College



3. Goals and Objectives

Main Goal:

To empower young people with the knowledge and tools to protect their lung health, stay active, and contribute to a cleaner environment through awareness and action.

Objectives:

- Educate students on the **impact of air pollution on respiratory health**
- Promote **daily physical activity** as a tool for lung health and general well-being
- Foster understanding of the **climate-lung health connection** through student-led dialogue
- Empower students and teachers as **Clean Air and Climate Ambassadors**
- Integrate and disseminate HLfL educational materials within schools and communities
- Establish **sustainable health and eco-club structures** in schools

Targets:

- Direct engagement with a minimum of **6,000 students**
- Plant at least **20 trees** as symbolic and practical environmental action
- Launch **eco-clubs** in each participating school with guided action plans
- Reach over **5,000 community members** via media and digital platforms

4. Programme Overview and Structure

Participating Schools:

1. **BUA Cement Secondary School**, Sokoto
2. **Nagarta College**, Sokoto

Attendance and Participation:

- **Students:** 6,400+
- **Teachers:** 120
- **Health Professionals & Volunteers:** 30
- **Parents & Community Members (media reach):** ~100,000 estimated
- **Ministry of Environment Representatives:** Delegates officially sent to represent the ministry and express support for school-based environmental health initiatives

The **Sokoto State Ministry of Environment** was officially represented by four delegates, who attended the campaign event, participated in the tree-planting ceremony, and gave remarks reinforcing the government's commitment to youth-led environmental awareness and clean air initiatives. Their presence added credibility, visibility, and future collaboration potential to the campaign.

Activities Conducted (25 September 2025)

Theme 1: Breathe Clean – Understanding Air Pollution and Lung Health

- Educational talks by pulmonologist **Dr. Isa Musa Wasagu** and other health professionals on sources and health effects of air pollution
- Student-led Q&A sessions and debates on reducing pollution at home and in schools
- **“Clean Air Ambassador” awards** were presented to **51 outstanding students**
- **Tree planting ceremony** conducted with students, teachers, and Ministry delegates — **60 trees** planted to symbolize clean air commitment



Theme 2: Move for Your Lungs – Encouraging Physical Activity

- Fun physical competitions including **Tug of War**, **Sack Races**, and **100-Meter Sprints**
- **Step-count challenges** monitored using mobile apps
- Award ceremonies for winners and best-performing houses
- Branded T-shirts and medals distributed to top participants

“I didn’t know dancing and walking help my lungs. I’m going to walk every day now!”
— Student participant





Theme 3: Act for the Climate – Youth-Led Climate Action

- Interactive climate and health workshops facilitated by environmental officers and health professionals
- Over **2,000 student pledges** made to adopt clean energy practices, reduce waste, and care for trees
- Formation of **Eco-Clubs** in each school, with a leadership committee and action plan for the academic year



Cross-Cutting Activities:

- Over **3,500 HLfL posters** and **120 teacher toolkits** distributed
- Branded campaign materials: T-shirts, certificates, and educational handouts
- Video and photographic documentation for digital and broadcast sharing
- Hausa and English translations for inclusivity and wider audience reach

5. Media and Public Outreach

Strategy and Implementation:

- Partnership with **4 local radio stations** and **1 television station** for multilingual (Hausa & English) coverage
- Creation of campaign videos and interviews with students, teachers, and ministry delegates
- Active promotion through social media platforms and WhatsApp groups

Media Highlights:

- **4 radio interviews** conducted with Dr. Isa Wasagu and student ambassadors, aired on key stations in Sokoto
- **1 TV coverage** aired post-event with visuals and interviews
- Social Media Engagement:
 - **X (Twitter)** and **LinkedIn** posts reached over **1,000 engagements**

- WhatsApp broadcast lists distributed videos and educational tips to **teachers, parents, and health networks**

6. Outcomes and Measurable Impact

Indicator	Results
Student Attendees	6,400+ students
Teachers Participated	120
Trees Planted	60
Student Pledges	2,000+ clean air & climate pledges
Eco-Clubs Launched	2 schools
Student Competitions	8 sporting events with awards
Educational Materials Distributed	3,500+ posters, 120 teacher kits
Media Reach (Radio/TV)	~100,000 (excluding social media)
Social Media Engagement	1,000+ impressions, likes, shares

Feedback Highlights:

- **Teachers:** Expressed strong interest in repeat events and curriculum integration
- **Students:** Demonstrated increased awareness and commitment to reducing indoor smoke exposure
- **Ministry Delegates:** Commended the youth-led approach and expressed interest in scaling up to other schools in the state

Challenges Faced:

- **Extreme Heat:** Required setup of shade tents and frequent hydration breaks
- **High Demand for Materials:** More students attended than anticipated, leading to limited educational handout distribution
- **Time Constraints:** Short engagement windows with the batches comprising junior classes restricted deeper interaction

7. The Way Forward

Key Strengths:

- Effective **collaboration with schools, government ministries, and media partners**
- Blending of **fun physical activity** with meaningful education
- High levels of **student enthusiasm and participation**
- Government interest via **Ministry of Environment delegates**, reinforcing sustainability
- Successful integration of **climate change messaging** with lung health education

Opportunities for Growth:

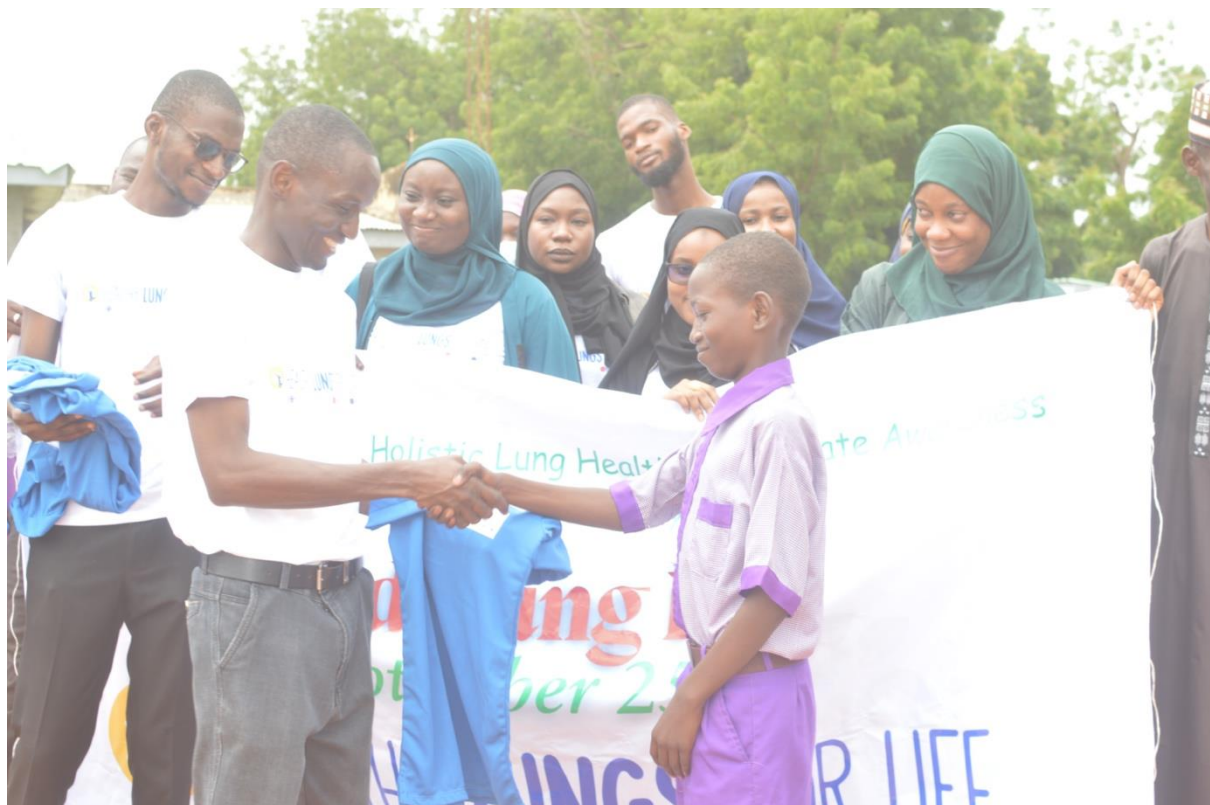
- **Expand** to additional schools and rural communities
- **Establish a formal volunteer network** to sustain outreach
- **Digitize educational materials** for wider dissemination (digital versions already created and distributed post-event)
- **Partner with Ministry of Environment** and Ministry of Health to embed programme in state health policy
- Continue collaboration with **ERS/ELF** for ongoing training, resources, and visibility

8. Conclusion and Closing Thoughts

The “**Breathe, Move & Act**” campaign marked a milestone in youth-focused public health and environmental education in Sokoto State. It not only met but exceeded our original targets, engaging over 6,000 students, catalyzing climate action, and creating a blueprint for school-based lung health promotion.

The presence of **government representatives**, combined with local media support and community enthusiasm, underscored the campaign’s impact and potential for scale-up. By focusing on education, empowerment, and action, we’ve inspired a new generation of **Clean Air Ambassadors** and climate-aware students ready to make a difference.

We deeply appreciate the continued support of the **European Lung Foundation** and the **European Respiratory Society** in helping us bring this vision to life. Together, we can expand this work, region by region, toward a healthier, greener future.



9. News Article Summary

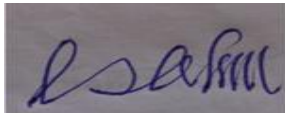
Headline:

Sokoto Students Lead the Way for Clean Air and Climate Action on World Lung Day

Summary:

Over 6,000 students from BUA Cement Secondary School and Nagarta College in Sokoto, Nigeria, took part in the “**Breathe, Move & Act**” campaign—part of the **Healthy Lungs for Life** initiative. Organised by **Dr. Isa Musa Wasagu**, the campaign combined health talks, physical games, and climate action, with support from the **European Lung Foundation (ELF)** and **European Respiratory Society (ERS)**.

The event featured **tree planting, competitions**, and formation of **eco-clubs**. Delegates from the **Sokoto State Ministry of Environment** attended, expressing support for school-based environmental health education. With over **100,000 media reach** and thousands of student pledges, the campaign has sparked a youth-led movement for clean air and healthy lungs in Northwest Nigeria.



Dr Isa Musa Wasagu