



Health Fair

In 2023, Eunice Akosa Foundation held two Health Fair events on **May 25 and 26, 2023** in Uruagu, Nnewi and Nnewichi, Nnewi, respectively. Uruagu and Nnewichi are among the four autonomous quarters or villages (Otolu, Uruagu, Umudim, and Nnewichi) in Nnewi, Anambra State, Nigeria. The two events were planned and implemented in collaboration with the two traditional chiefs in Uruagu and Nnewichi as well as the physicians in Nnamdi Azikiwe University Teaching Hospital — the tertiary hospital in Nnewi.



These events created awareness of the appropriate management of diabetes mellitus, and hypertension and provided guidance on healthy diets. Two physicians from Nnamdi Azikiwe University Teaching Hospital, Nnewi gave an extensive health talk on how to reduce health risks from diabetes mellitus and high blood pressure. One of the physicians, Prof Ogonna C. Oguejiofor (Consultant/Head, Diabetes/Endocrinology Unit) described and explained the consequences of not managing diabetes or hypertension at early stages. The health talk was very interactive and participants had the opportunity to ask questions and clarification on how to improve health outcomes. Afterwards, participants were served hot nutritious meals and they received cartoons of noddle as a support to household food security.

In addition, need assessment questionnaires were completed by the participants to guide the selection of potential beneficiaries for entrepreneurship support services. The information collected from the questionnaire revealed that participants ages ranged from 19 to 75 years old. Only 23% reported to have completed University education, while 57% and 9% had completed Secondary education, and Primary education, respectively. Most of the women/girls (51%) reported being the sole bread winner of their households, while only 16% reported they and their husband as the bread winners. The information from the questionnaire showed that 47% access the hospital for medical advice and/or treatment, while 31% go to pharmacy, and 10% to the chemist for medical treatment. The most common challenges reported by participants that hinders access to health care services were the hospital bills or expenses. The three most common business ideas provided by participants were selling of food commodities, cooking/school meals, and livestock (goat, poultry farming). The potential beneficiaries for entrepreneurship support services provided information on their business plans with explicit commitments towards good health outcomes at household and community levels.





Through further screening, EAF selected 11 beneficiaries (widows) who received seed money or start-up grants for income generating activities. The financial support aimed to advance gender equality, and women's economic empowerment that will translate to better access to health care services.

- **1000 people enlightened on the proper management and prevention of diabetes mellitus and hypertension**
- **1000 packages of hot nutritious meals provided to community women and girls**
- **1000 cartoons of noodles provided to women, girls, widows, children with disabilities in Nnewi, and motherless babies in Asaba.**
- **11 beneficiaries (all women/girls) received financial support on income generation activities**

Healthy lifestyles, food security and entrepreneurship opportunities for rural families, women, children, and people with health and physical impairments

Inviting Women & Girls to:

Community Health Fair!

FREE!

Highlights:

- Health awareness, information on healthy diets, diabetes mellitus & hypertension management.
- Recruitment for entrepreneurship supports on businesses that will promote good health.
- Provision of nutritious meals and food security supports.

Day 1:
25 MAY Thursday, May 25th, 2023
9am to 3pm @ Obi Uruagu Nnewi Palace

Day 2:
26 MAY Friday, May 26th, 2023
9am to 3pm @ Obi Nnewichi Nnewi Palace

Fair poster