

London Youth Foundation

Order of Programme
2nd February 2013

Health Awareness Workshop 'GET KNOWLEDGE'

Opening prayer:
Pastor Emmanuel Ehiremen

Speech by:
Joyce Osayande (chairperson)

Children's Performance

Presentation by:
Francis Amedzorneku,
Health Professional
(speaks on Sexually transmitted diseases)

Light Refreshment and Music Interlude

Presentation by:
Dr Philip Abiola (Speaks on Diabetic & Drug Abuse)

Guest Speaker:
Charles Omorodion Director M.Tec- London
(Speaks on Childhood Obesity)

Children's Performance

Music & Dance:
(Physical Exercise)

Vote of Thanks



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Big Lottery Fund (A fund of the National Lottery)



London Youth Foundation Magazine

Issue 2 Volume 2

February 2013

Supporting and Empowering Young People through knowledge



Welcome to the First Edition of London Youth Foundation Magazine

I am happy to be able to inform you the progress we have made during the last six events, which attracted over 720 people from the local and across community.

Focusing on teenage pregnancy, drug abuse, obesity and anti social behaviour, I will particularly like to thank our speakers for their contributions to our work.

In this edition I would like to share with you the feature presentations made by one of our guest speaker **Dr. Omorodion** during the January 2013 Health Awareness event covering areas of **Obesity** and **Sexually Transmitted diseases**.

Thank you to both the speakers, who educated the youth on the subjects of Obesity and Sexual Health.

Happy reading
Joyce Osayande Chair

What is LYF, London Youth Foundation

London Youth Foundation is a community based organisation that provides Education, Training and Cultural Activities to all Young people in London, involving them to participate in meaningful activities like workshops, after school provisions and recreational activities. Our aim is to empower young people to reach their potentials. This includes providing a wide range of support activities to help young people overcome the difficulties they face, and develop a new future. We encourage young people to participate in all area of our work and see them develop their skills and confidence, feel part of the society and show they have an important place in it. We encouraged young people from diverse backgrounds to get actively involved in all area of our work. So why not get involved.

For more information regarding our area of activities please

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Joyce Osayande Chair

HIV/AIDS

HIV is a virus infection which is acquired through unprotected sex and sharing of infected needles. The virus weakens ones ability to fight other diseases like cancer.(where your body can't fight life threatening diseases).

- No cure for HIV but there are treatments that enable people with the virus to live longer and healthy life.

- Complications are serious and last stage is death

Pubic lice

Pubic lice(crabs) is a tiny blood sucking insects that live in the human body hair, most commonly found around the pubic hair. Causes includes itching and red spots around the pubic region.

Treatment is insecticide medicine which is available in the pharmacies ,G.P or GUM clinics.

Trichomoniasis

Trichomoniasis is a condition caused by a tiny parasite (single cell protozoan) called Trichomonas Vaginalis. In women, it causes sore and itching around the vagina and also change in Vaginal discharge. In men, it causes pain after urination and ejaculation.

- Treatment is antibiotics of choice (metronidazole).
- Complications are premature birth, infertility and mis-carriages

EXAMPLES OF STD'S

Chlamydia: Common in U.K, silent bacterial infection, pain when urinating, unusual discharge, bleeding in women before and after sex

Diagnosis: Urine test, swab.

Treatment: Antibiotics of choice.

Complication: Pelvic inflammatory diseases and Infertility

Gonorrhea: Bacterial infection, common in U.K, unusual discharges per vagina, penis and pain when urinating.

Diagnosis: Swab, urine test.

Treatment: Antibiotics of choice.

Complication: Infertility, Pelvic Inflammatory Diseases.

Syphilis: Bacterial infection, Painless but highly infectious

Symptoms: Sore on the genitals and mouth, Sore last 2-6 Weeks before disappearing, Skin rash and sore throat. This disappears within few weeks after which you have symptom free phase.

Treatment: Antibiotics (penicillin Inj.).

Complication: Blindness, paralysis, stroke, pelvic inflammatory diseases and death.



LYF Health Awareness Project is funded by Big Lottery Fund.
Supporting young people to get active and have fun, learn new skills,
make new friends and play an important part in their local communities.



Sexually Transmitted Diseases

Presented by
Francis Amedzorneku



Francis Amedzorneku

Introduction

- Different types of STD's
- Causes of STD's
- Diagnosis of STD's
- Signs And Symptoms of STD's
- Prevention of STD's
- Treatment of STD's
- Complications of STD's

Chlamydia

This is a silent infection

Those affected show no sign and may not seek treatment

Can cause infertility and ectopic pregnancy, Bleeding between periods, after sex, pain during sex, and unusual discharge.

Diagnosis is through urine test and swab.

Treatment is antibiotics of choice

Gonorrhoea

This is a bacterial infection which causes unusual discharge from the penis or vagina. Symptoms show severe pain when passing urine. Diagnosis is through swab and urine sample for lab test

.Treatment is antibiotics of choice.

Complications;-Infertility, Pelvic Inflammatory Disease and Blindness

Genital Warts

Genital warts are small fleshy growth, bumps or skin changes that appear on or around the genitals and anal area. They are the result of a viral skin infection. This is caused by Human papilloma virus (HPV) Spread by skin to skin contact. Several treatments are available; e.g. creams and cryotherapy (freezing the warts).



Our Health Awareness Project

LYF Health Awareness Project seek to bring together local community, stakeholders to address the issue of Health Awareness to the Youth particularly in the area of teenage pregnancy, obesity, diabetic, drug abuse and anti social behaviour.

This project will act as a preventative measure by working with relevant agencies and health professionals, enabling the target group to be health conscious and participating in the life of their community.

Many young people who are already involved in our Health Awareness project have said that taking part in the health awareness workshops has given them the opportunity to participate in various activities that helped them to be health conscious, acquire new skills and raised their confidence levels.

London Youth Foundation

TACKLING CHILDHOOD OBESITY CHALLENGE

A PAPER PRESENTED AT THE "HEALTH AWARENESS WORKSHOP" ORGANISED BY LONDON YOUTH FOUNDATION, BY CHARLES OMORODION FCEA, DIPM. DMS, MCIM, MBA, COORDINATOR, THE BENIN TRUST.

What is obesity?

Obesity is when a person is carrying too much body fat for their height and sex (Kies, et al. 2001; Poolbalan et al. 2008). Being obese is risky to human health and can adversely reduce life expectancy (WHO, 2005). Obesity is measured by the Body mass index (BMI) (Poskitt, 1995; WHO, 2004; Hoffman et al. 2006). However, calculating BMI on its own can be complicated. An easier way is to use a BMI calculator. BMI uses height and weight to estimate a person's body fat or obesity. BMI is derived dividing a person's weight in kilograms by the square of the person's height in meters (kg/m²) (Bray & Tartaglia, 2000; WHO, 2006). Also, measuring obesity in children is slightly more complicated due to the child's development. Once a child's BMI is known, it can be plotted on a standard BMI chart. Kids ages 2 to 19 fall into one of four categories:

1. **underweight:** BMI below the 5th percentile
2. **normal weight:** BMI at the 5th and less than the 85th percentile
3. **overweight:** BMI at the 85th and below 95th percentiles
4. **obese:** BMI at or above 95th percentile

BMI calculations are not used for estimating body fat in babies and young toddlers (McCarthy et al. 2003). BMI is difficult to interpret during puberty when kids are experiencing periods of rapid growth. It's important to remember that BMI is usually a good indicator but is not a direct measurement of body fat. With regards to kids younger than 2 years, doctor's uses weight-for-length charts to determine how their weight compares with their length. Any child who falls at or above the 85th percentile may be considered overweight. Similarly, adults are considered obese if they have a body mass index (BMI) of 30 or greater. BMI is not a perfect measure of body fat and can be misleading in some situations. For example, a muscular person may have a high BMI without being overweight (extra muscle adds to body weight but not fatness).



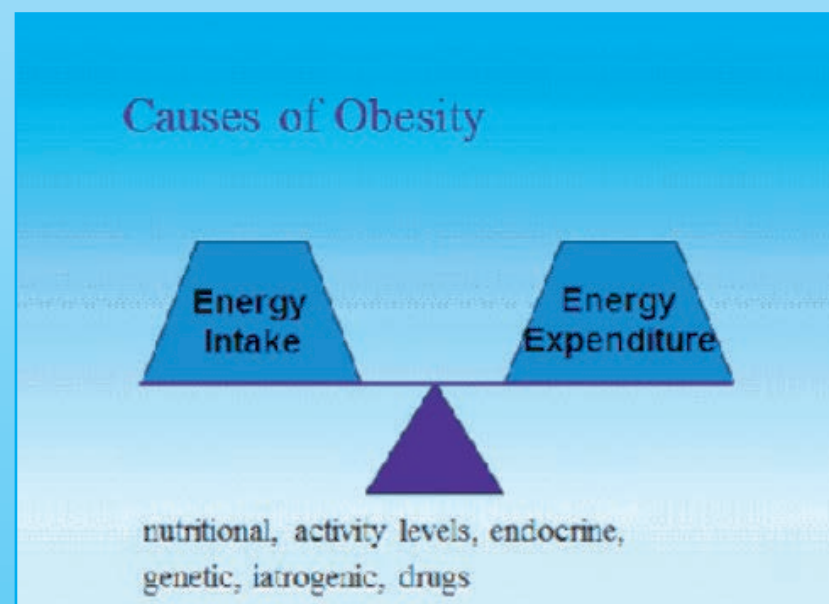
Physical effects of obesity

Higher BMI is a major risk factor for non-communicable diseases such as cardiovascular diseases (mainly heart disease and stroke) and diabetes (Collins, et al., 2006; WHO and UNICEF, 2007, WHO, 2007). Childhood obesity is associated with a higher chance of obesity, premature death and disability in adulthood (Pinhas-Hamiel & Zeitler, 2000). In addition to increased future risks, obese children experience breathing difficulties, increased risk of fractures, hypertension, and early markers of cardiovascular disease, insulin resistance and other psychological effects (James, 2006; Ciliberto, et al. 2005). Childhood obesity also has physiological consequences and obesity in children usually impacts their self-esteem, feelings of self-worth, the awareness of their physical appearance and social skills (Poolbalan et al. 2008).



Causes of obesity

Studies from the family environment suggest there is no single factor or cause of obesity (Poolbalan et al. 2008). Hence, so we need to consider and address all of the potential culprits (Zaal et al. (2009). Generally, the fundamental cause of obesity and overweight is an energy imbalance between calories consumed and calories expended (WHO, 2005; 2006 & 2007). Genetics also plays a role, genes help determine body type and how your body stores and burns fat just like they help determine other traits (Poolbalan et al. 2008). Genes alone, however, cannot explain the current obesity crisis. Because both genes and habits can be passed down from one generation to the next, multiple members of a family may struggle with weight.



7. **Eat 5 servings of fruits and veggies a day.** Fruits and veggies are about more than just vitamins and minerals. They're also packed with fibre, which means they fill you up. And when you fill up on fruits and veggies, you're less likely to overeat when it comes to high-calorie foods like chips or cookies.
8. **Don't skip breakfast.** Breakfast kick-starts your metabolism, burning calories from the get-go and giving you energy to do more during the day. People who skip breakfast often feel so hungry that they eat more later on. So they get more calories than they would have if they ate breakfast. In fact, people who skip breakfast tend to have higher BMIs than people who eat breakfast.
9. **Go for balance.** Choose meals that contain a balance of lean proteins (like fish, chicken, or beans if you're a vegetarian), fruits and vegetables (fries and potato chips don't qualify as veggies!), and whole grains (like whole-wheat bread and brown rice). That's why a turkey sandwich on whole wheat with lettuce and tomato is a better choice than a cheeseburger on a white bun. Similarly, WHO (2005) recommends the following obesity prevention measures which include: achieving energy balance and a healthy weight; limiting energy intake from total fats and shifting fat consumption away from saturated fats to unsaturated fats; increasing consumption of fruit and vegetables, as well as legumes, whole grains and nuts; and limiting the intake of sugars.
10. **Drink water or low-fat milk.** Regular sodas, juices, and energy drinks usually contain "empty" calories that you don't need — not to mention other stuff, like caffeine. So go for water or low-fat milk instead of soda. For kids between birth to age 1, in addition to its many health benefits, breast feeding may help prevent excessive weight gain (Armstrong et al. 2002; Von et al. 1999). Though the exact mechanism is not known, breastfed babies may be more able to control their own intake and follow their own internal hunger cues.





Participants at the event



Patience and Joyce



Charles Omorodion

The evidence on obesity influencing factors equally shows that media and advertising significantly influenced the eating behaviours of children (Zaal et al. 2009). Hastings et al. (2003), for example, discovered that the majority of the advertised diets to children are less healthy than the recommended levels. They also found that children enjoyed and engaged with food advertisement, which has a significant impact on their preferences, purchase behaviour and consumption. Obesity has also been linked to poor family's socioeconomic status (Zaal et al. 2009).

Here are practical recommendations or ways to avoid falling into common food and eating behaviour traps:

1. **Don't reward kids for good behaviours or try to stop bad behaviours with sweets or treats.** Come up with other solutions to modify their behaviours.
2. **Don't maintain a clean-plate policy.** Be aware of kids' hunger cues. Even babies who turn away from the bottle or breast send signals that they're full. If kids are satisfied, don't force them to continue eating. Reinforce the idea that they should only eat when they're hungry.
3. **Don't talk about "bad foods" or completely eliminate all sweets and favourite snacks from kids' diets.** Kids may rebel and overreact, these forbidden foods outside the home or sneak them in on their own. For teens who are aged 13 to 18, though they like fast food, but parents must try to steer them toward healthier choices like grilled chicken sandwiches, salads, and smaller sizes. Teach them how to prepare healthy meals and snacks at home. Encourage teens to be active every day.
4. **Exercise** - regular physical activity burns calories and builds muscle, both of which help you look and feel good and keep weight off (Poolbalan et al. 2008; Reilly & Dorosty, 1999). Walking the dog, cycling to school, and doing other things that increase your daily level of activity can all make difference. If you want to burn more calories, increase the intensity of your workout and add some strength exercises to build muscle. The more muscle you have, the more calories you burn, even when you aren't exercising. There should be at least 30 minutes of moderate physical activity on most days of the week is the recommended minimum. Nearly 23 percent of children and 40 percent of adults get no free-time physical activity at all. For kids, that are between the age of 6 to 12, parents must encourage them to be physically active every day, whether through an organized sports team or a pick-up game of soccer during recess. Keep your kids active at home, too, through everyday activities like walking and playing in the yard. Let them be more involved in making good food choices, such as packing lunch.
5. **Reduce screen time** - One reason people get less exercise these days is because of an increase in "screen time" — the amount of time spent watching TV, looking at the computer, or playing video games. Limit recreational screen time to less than 2 hours per day (Anderson, et al. 1998). If you're with friends at the mall, you're getting more exercise than if you're doing them from your room.
6. **Watch out for portion distortion.** Portion sizes are bigger than they used to be, and these extra calories contribute to obesity. Another key factor in weight gain is that more people drink sugary beverages, such as sodas, juice drinks, and sports drinks. So choose smaller portions (or share restaurant portions). For kids who are between the ages of 1 - 5, parents need to start good habits early. Help shape food preferences by offering a variety of healthy foods. Encourage kids' natural tendency to be active and help them build on developing skills.

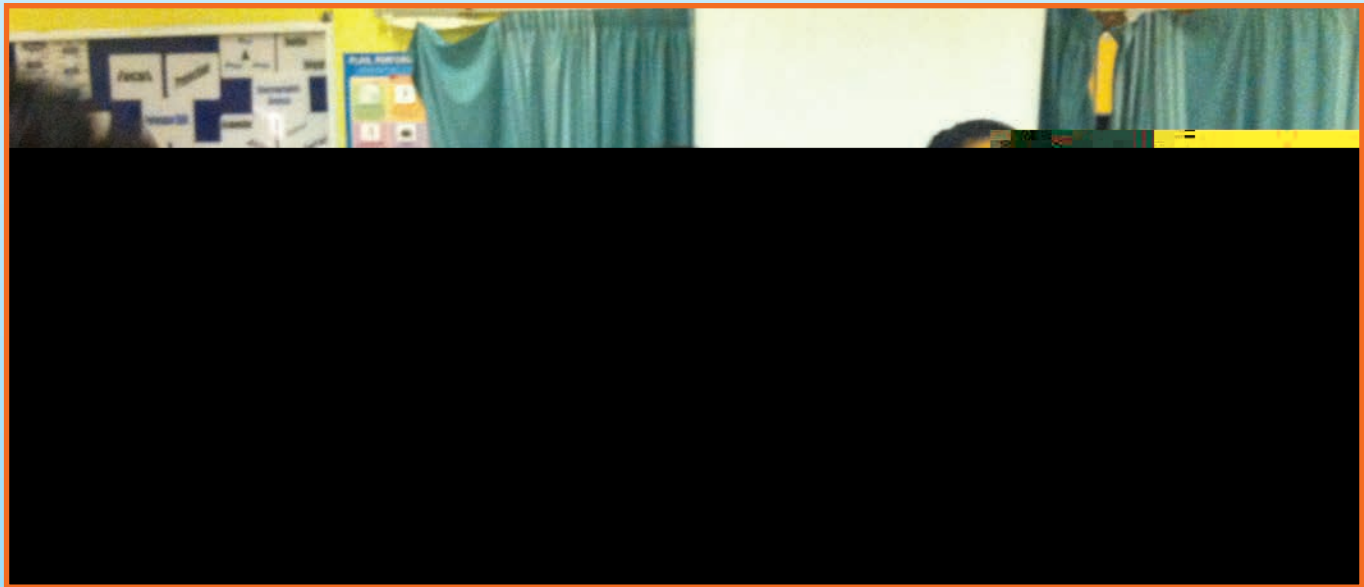
A Cross Section of participants at the Health Awareness Event



Participants at the event



Drama Presentation by Youth



Drama /Dance Session



Participants at the Event

