

The Arm Our Youths (ArOY) Health Campaign

Capacity Building for NYSC staff ahead of the ArOY Campaign introduction into the regular corps members orientation activities

MODULE 1a: Introduction

Assoc. Prof. CHRIS IFEDIORA

(MBBS, MPH, FRACGP, HMS-SEAL, FIMC, CMC, AFANZAHPE)

- ❖ Griffith University School of Medicine, Gold Coast, Australia
- ❖ President, OCI Foundation International (Nigeria and Australia)



OUTLINE

1. *The Facts*
2. *Introducing the ArOY Health Campaign*
3. *Importance of the ArOY Health Campaign*
4. *Trial Quizzes*



INTRODUCTION: THE FACTS 1

- Research-evidence show that anti-breast and anti-cervical cancer campaigns should:
 1. Primarily target teenagers (boys and girls) and youths (NYSC)
 2. In senior secondary (high schools) of developing countries.
- The primary goals of the ArOY Health Campaign are:
 - Integrating preventive cancer strategies;
 - Into the academic curricula of senior secondary (high) school students
 - Targeting them in their mid-teens
- The Campaign is vital, since:
 - Cervical cancer particularly, and breast cancer to a reasonable extent
 - Both have their roots in the teenage years



INTRODUCTION: THE FACTS 2

- The ArOY Health Campaign in Nigeria:
 - The only accessible, affordable, sustainable and realistic approach
 - Gives millions of women and youths the chance of survival against the 2 cancers.
- Empowers Young Nigerians:
 - With self-awareness and confidence
 - Necessary to take charge of their own health.
- The acquired knowledge:
 - Helps them adopt positive attitudes and preventive behaviours
 - That will ultimately prolong their lives.
 - It offers governments and concerned stakeholders
 - An evidence-based, cost-effective and sustainable life-saving intervention option
 - A way around bottlenecks that limit
 - Large scale implementation of other effective but capital-intensive strategies.



INTRODUCTION: THE FACTS 3

- The ArOY Health Campaign:
 - Also reaches out to youths across the country, through:
 - 1) The CerviBreast Mobile Phone Application
 - 2) Multiple partnerships, like:
 - a) The NYSC
 - b) The Nigerian Cancer Society (NCS)
 - a) The National Orientation Agency (NOA)
 - b) Others: WHO Nigeria, FMWA, FMoH, FCT, etc.
 - Please see/watch/read the relevant sections below.



"...we rise, by lifting others"



INTRODUCTION: THE ArOY HEALTH CAMPAIGN 1

- The Arm Our Youths (ArOY) Campaign is a Health Promotion initiative
 - Novel
 - Harvard-endorsed and WHO-supported
 - Evidence-based
- Introduces anti-breast and ant-cervical cancer teachings into the academic curriculum:
 - Targets all senior secondary schools in Nigeria
 - As way of tackling both breast and cervical cancers
- It aims to :
 - Start from the high (senior secondary) school years
 - When most young adults are teenagers
 - Reach all other Nigerians through the **FREE CERVIBREAST MOBILE PHONE APP**



INTRODUCTION: THE ArOY HEALTH CAMPAIGN 2

- Must Include MALES (not just FEMALES)
 - Given that sexual pressure from MEN contributes significantly to the problem
- Women also need the support of MEN in the fight:
 - To maintain the required lifestyle
 - Provide funds for tests, screenings, and so on
- Males, therefore, MUST be empowered alongside the women
 - They need to be part of the solutions:
 - If long term beneficial outcomes are to be realized



IMPORTANCE OF THE ArOY HEALTH CAMPAIGN

- **PRESENT:**

1. For the foreseeable future (at least), the unfortunate reality is that:
2. The Campaign is the only option available to tens of millions of Nigerians

- **FUTURE:**

1. Complements future government-sponsored programs on screening and vaccination
2. By preparing an informed and compliant population
3. Will help overcome vaccine-hesitancy
4. Will help increase uptakes to screening and vaccinations
5. Ensures the efficacy and sustainability of any existing or future programs
 1. Produces future leaders that can prioritize and adopt desirable policies
 2. Could provide the missing puzzle for cervical cancer eradication (overcomes hesitancy)



- **The Campaign has significant support from reputable institutions:**
 - Including those from Nigeria, Australia, Canada and the USA.

THE END

Let us join hands to **ARM OUR YOUTHS**

. . . While Young

. . . All of them

. . . Right Now

. . . Let's do it for our families, our
states, and for our Country

THANK YOU!!!!



"...we rise, by lifting others"

