

The Arm Our Youths (ArOY) Health Campaign

an OCI Foundation's initiative for Nigerian Youths against breast & cervical cancers

MODULE: RATIONALE AND JUSTIFICATION FOR
HIGH SCHOOL APPROACH

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OUTLINE

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"...we rise, by lifting others"

References from: <https://bmcpublikealth.biomedcentral.com/articles/10.1186/s12889-019-6890-2>



Arm Our Youths
(An awareness campaign against breast and cervical cancers in Nigerian Secondary Schools)

... arm them YOUNG!
... arm them ALL!!
... arm them NOW!!!

(A health promotion initiative of the OCI Foundation)
www.ocifoundationng.org

"...we rise, by lifting others"

GENERAL JUSTIFICATIONS

- About 72.8% of Nigerians aged 15 to 24 years are literate.
 - So, any school-based program will reach a majority of young adults in the country
- Most teenage participants will, at some point in their lives:
 - Attend higher institutions
 - Become mothers
 - Get employed, and
 - Get involved in wider community activities.
- They, therefore, have many years and opportunities to pass on the knowledge to others:
 - Their children, grandchildren, friends, school mates, work colleagues, and others.
- The impact of empowering them early will, therefore, be:
 - Multiplicative, and have a long-term spill-over effect in the societies concerned.



"...we rise, by lifting others"



CERVICAL CANCER JUSTIFICATIONS 1

- Most cervical cancer cases in Nigeria present among women in their mid-30s;
- Most HPV infections (cause of cervical cancer) take 10 to 20 years to progress to cancer:
 - So, the earliest HPV exposures to infections is in the mid-teens
 - And before or shortly after the age of 20 years
- Consistent with report that the age of female sexual debut in Nigeria is 16.7 to 17.9 years:
 - Same age when most females are in the final year of their senior secondary schools
- Also, between 71.2% to 81.5% of females in Nigerian undergraduates are sexually active:
 - So, potential exposures to HPV would have already occurred if interventions occur then
- Notably:
 - Only 15.6% of 16-year-old Nigerian women (likely to be in high schools) are sexually active
 - As many as 51.7% were already sexually active before the age of 20 years.



CERVICAL CANCER JUSTIFICATIONS 2

- So, interventions in high schools, before tertiary institutions, and before age 20:
 - Is justifiable
 - Would be timely
 - Later interventions would be too late for many
 - It is the approach being advocated by the ArOY Campaign
- Also, up to 12% of cervical cancer cases in Nigeria occur in women <30 years of age
- Unfortunately, research reveals that:
 - Most young Nigerian women remain unaware of the associations between sexual exposure and cervical cancer.
 - The ArOY Health Campaign is the only project designed to help address this.



BREAST CANCER JUSTIFICATIONS

- About 0.8% of cases occur in women aged 20 years or under,
- About 3.3% occur in those under the age of 25 years;
- In fact, a case in Nigeria has been reported in a patient as young as 14 years;
- This risk is small but significant for young adults
- In fact, a 2017 study of teenage females in Nigerian high school students:
 - Observed poor knowledge on breast cancer risk factors and early symptoms.
 - Only 6.1% practiced monthly breast self-examinations (BSE)
 - With very few knowing the correct techniques and timing
- Given that breast cancer prognosis in younger patients is poor:
 - Early screening and detection are vital in Nigeria
 - Where no other functional preventive programs are in place
- Such early detections are linked to a reduction in associated morbidities and mortality.



SUMMARY OF JUSTIFICATIONS

In view of the foregoing discussions:

- It becomes obvious that the duo of cervical and breast cancers:
 - Have their roots in early adulthood, and that:
 - Delaying enlightenments to mid or late adulthood would come late to many
 - As exposure to irreversible risks might have occurred.
- This problem is of a huge significance in most developing countries like Nigeria:
 - With no organized, all-encompassing, government-sponsored preventive programs
- Even though targeted at young men and women, **The ArOY Health Campaign**
 - Will benefit every women
 - Of all ages, professions, and ethnic, religious or social orientations
 - Through the free **OCI CerviBreast Mobile Phone Application**
- It will also benefit every man, since every male must have a woman:
 - Mother, sister, wife, daughter, grand-daughter, friend, female associates, etc.



"...we rise, by lifting others"



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!!!!



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