

ADANSI DEVELOPMENT ASSOCIATION

REPORT

HEALTH AWARENESS AND SCREENING PROJECT – PHASE 2

(ADANSI ASOKWA, AHENSAN, DOMPOASE AND BODWESANGO)

Executive Summary.

Adansi Development Association has been involved in conducting health screening in Adansi enclave in partnership with the Adansi Travel medical department, National Health Insurance Authority, Rotary Club, Adansi Asokwa District Health Directorate and Adansi Fomena District Health Directorate. The Adansi Development Association took the lead in designing, implementing and managing this initiative while our partners provided inputs. The health screening also had a great support from some benevolent sponsors such as Ernest Chemist, Unichem Pharmaceutical, members of the Adansi Development Association and SAMA Foundation. The health screening activities was in four (4) folds; Asokwa , Bodwesango , Ahensan and Dompouse health screening. The rationale for health screening was to ensure the general well-being of the people living in

Adansi. A total number of one thousand, seven hundred and twelve (1712) attendees were present. The health screening covered Body Mass Index (BMI), Blood Pressure, Deworming, Diabetes and Malaria Test. It was observed that there were an increasing number of people with blood pressure, sugar level, diabetes and overweight especially among individuals between 45 and 55years. The major challenge was the acquisition of enough funds for the implementation of the project due the plethora of needs to be satisfied.

Background

Adansi Development Association was established and registered in 2018 under guarantee with the Registrar Generals Department of Ghana.

Aims

- To create and promote a sense of cooperation, integration and unity among members.
- To develop a spirit of common interest and sacrifice and also participate collectively in the development of the district
- To Promote cooperation and social responsibilities
- To foster socioeconomic development.
- To improve the quality health being of all Adansi people.

Awareness creation is essential for prevention, early detection, targeted therapy and is key to ensuring effective treatment. Being aware of a disease and its symptoms means people are more likely to take preventative action, and go for screenings, tests and check-ups. A lack of awareness of diseases or knowledge of options for screening and treatment is a serious barrier to good health. It can often mean the difference between life and death.

Lack of awareness can be for a number of reasons: the absence, inaccessibility or inaccuracy of information; or even cultural taboos, myths and fear, which can stop people from taking preventative action or seeing healthcare workers.

As a result, people often visit healthcare facilities when their disease has worsened or reached a more advanced stage, potentially resulting in lower chance of effective treatment.

Health screenings to detect diseases and chronic conditions before symptoms occur are critical medical care as one ages.

Screenings are proven effective at reducing deaths and preventing the development or progression of other health conditions. Like diabetes and hypertension.

Regular health screenings improve the chances of finding diseases early, when they are easier to treat. This can lead to better health outcomes and quality of life.

Health screenings also encourage lifestyle changes. If you discover that you are at risk of certain diseases, your healthcare provider will discuss steps to take to protect yourself. Lifestyle factors may include a healthy diet, regular exercise, maintaining a healthy weight, and avoiding tobacco and minimizing alcohol intake.

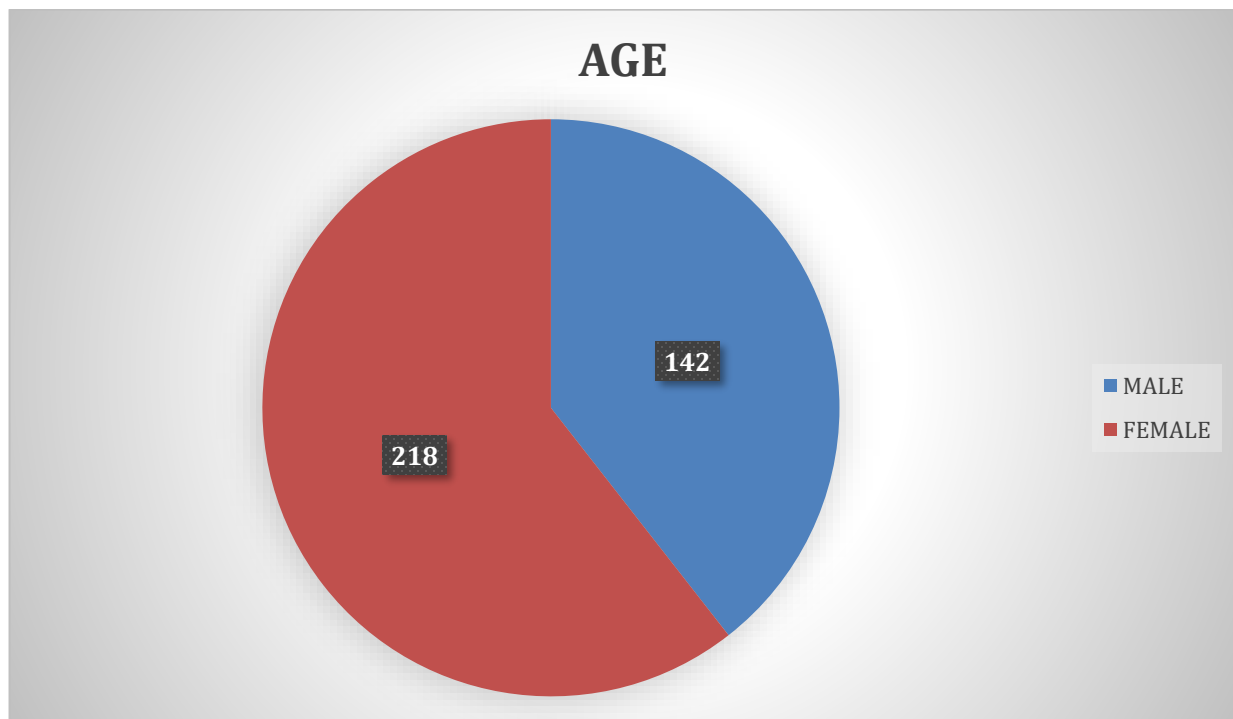
Adansi Development Association has found it prudent to ensure our family domicile in the Adansi Traditional Area receive optimal health and have dedicated his year for awareness creation and health screening as an effective way to early detection and getting the right treatment at the right time for a better healthcare control.

HOLISTIC ANALYSIS OF PHASE TWO HEALTH AWARENESS AND SCREENING

DEMOGRAPHY

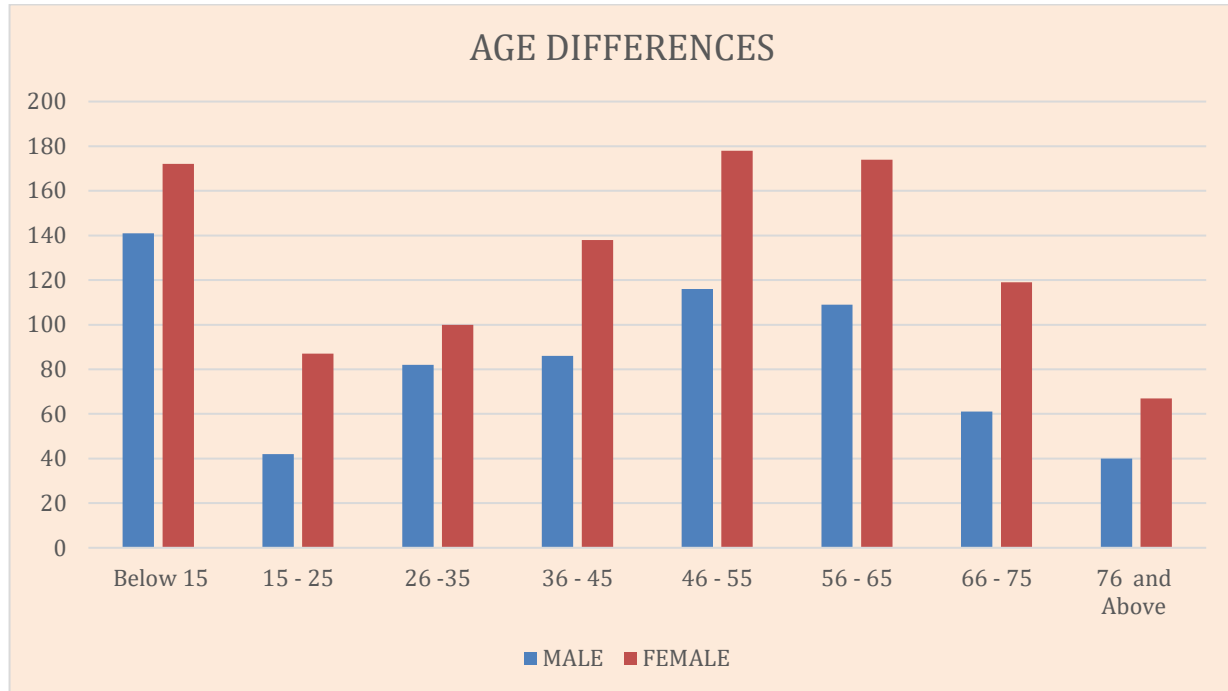
The demography considered for this report were gender and age. The total individuals that attended the program was one thousand, seven hundred and twelve (1712) of which six hundred and seventy were males (677) and one thousand and thirty-five were females, indicating 40% and 60% respectively. Males aged between 46 - 55 were the highest attendees, followed by males aged between 56 -65 and the least representatives were 70years and above. On the other hand, women aged between 56-65 were the highest representatives followed by females between the age of 66-75years and the least attendees were women 76 years and above.

Figure1.



Source; Field data

Figure2

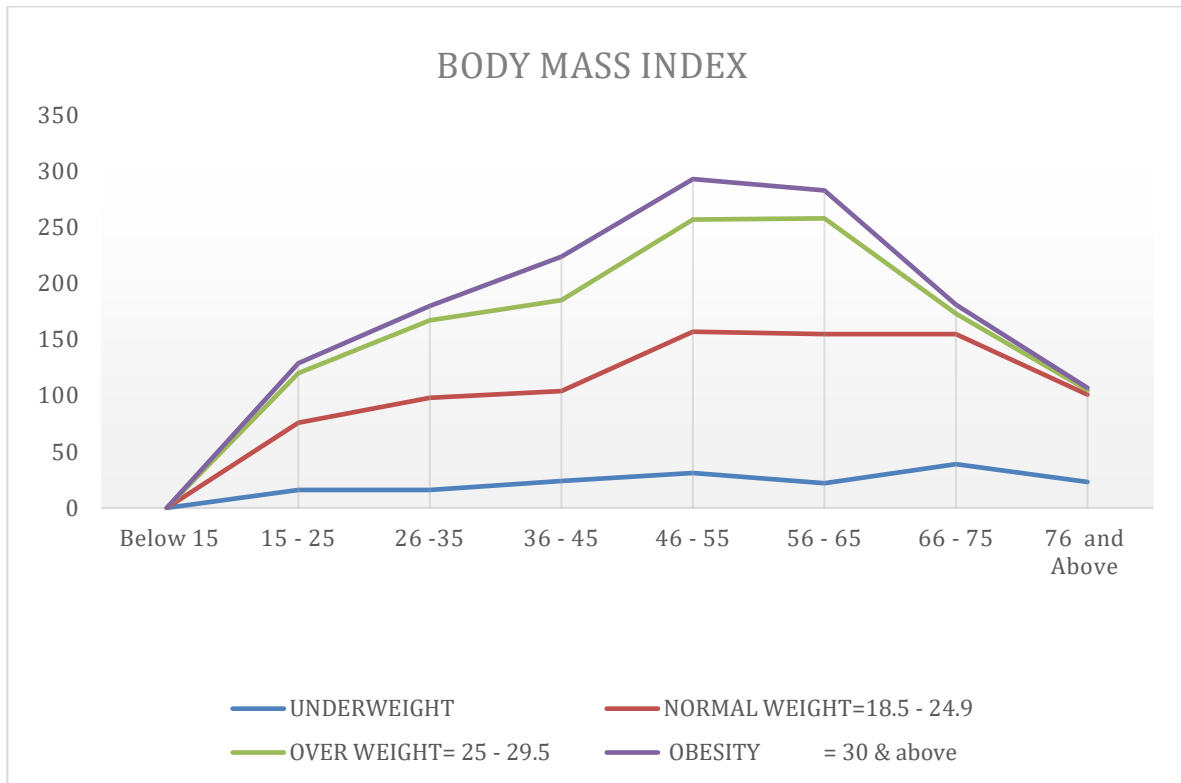


Source; Field data

BODY MASS INDEX (BMI)

The Body Mass Index Index (BMI) screen for the weight categories that may lead to health problems. The categories used for this report were underweight (less than 18.5kg), normal weight (18.50 - 24.9kg), overweight (25 - 29.5kg) and obesity (30kh and above). Total persons underweight was 171 representing 12% normal weight was 675 indicating 48%, overweight was 419 and obesity was 132 representing 30% and 10% respectively. It was observed that majority of the people had normal weight but there is an increasing number of individuals who were overweight especially among individual between 36-45years followed by persons between 46 -55years.

Figure 3

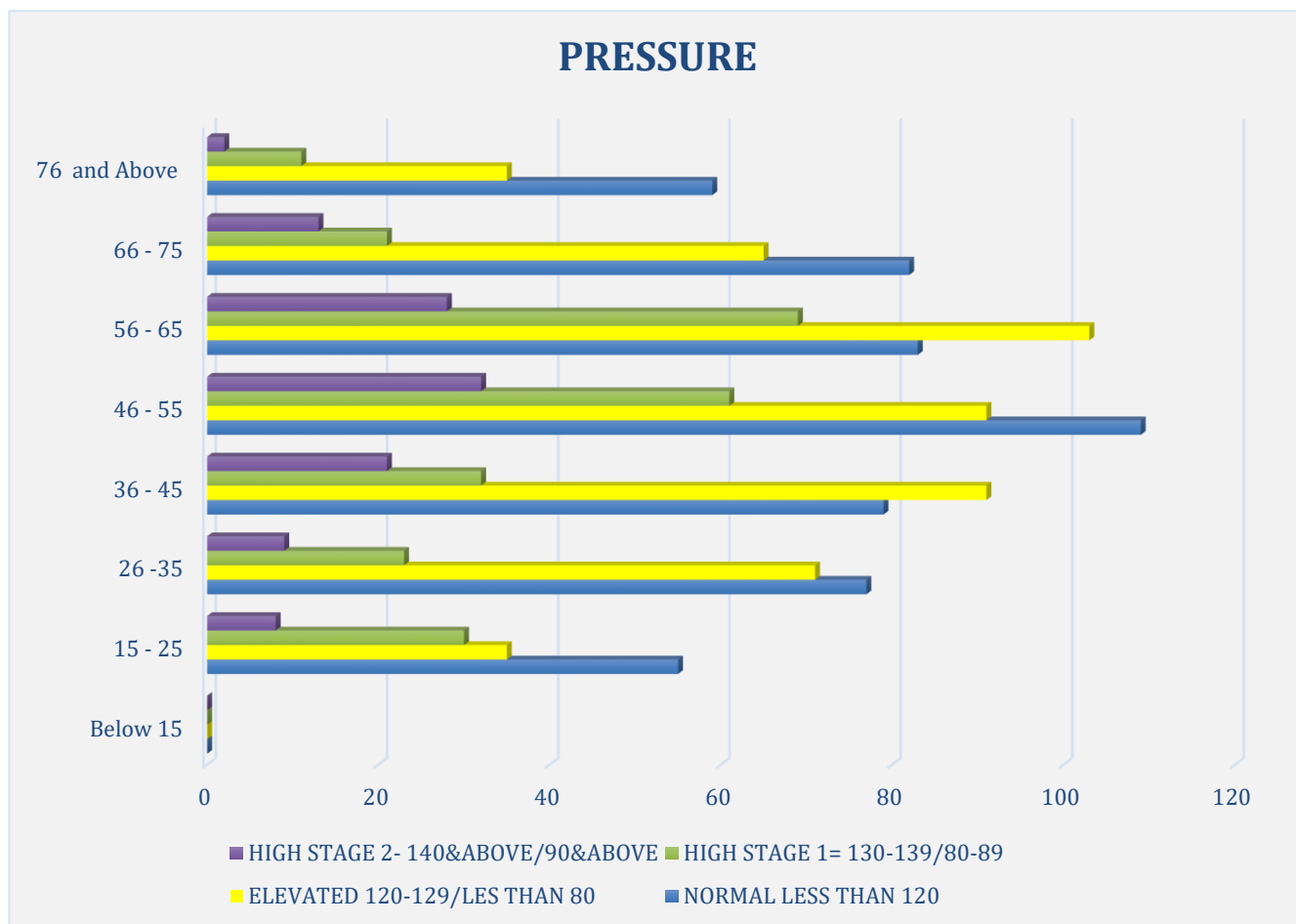


Source; Field data

BLOOD PRESSURE

Blood pressure is measure of the force that the heart uses to pump blood around the body. The blood pressure was categorized into normal (<120), elevated ($120-129/\leq 80$), high stage one between $130-139/80-89$ and high stage two ($\geq 140 / \geq 90$). It was observed most of the attendees had normal blood pressure followed by elevated. The high stage one category was person between the 56 to 65years.

Figure 4

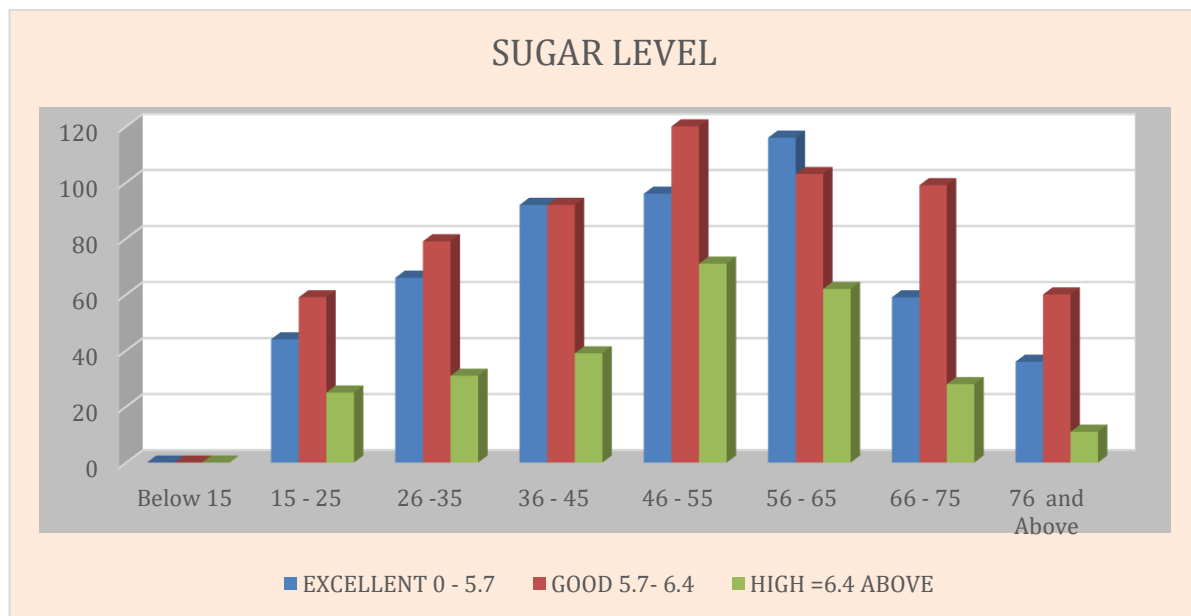


Source; Field data

SUGAR LEVEL

This was mainly screen for diabetes by measuring the level of glucose (sugar) in a person's blood. It was grouped into excellent, good and high sugar level. There was significant number of people with excellent blood sugar level with a number of 116 among males between 56-65 years, followed by people with good pressure mainly among persons between 46 to 55yeras. However, more attention should be given to person between age 46-55years as the high level was on the surge.

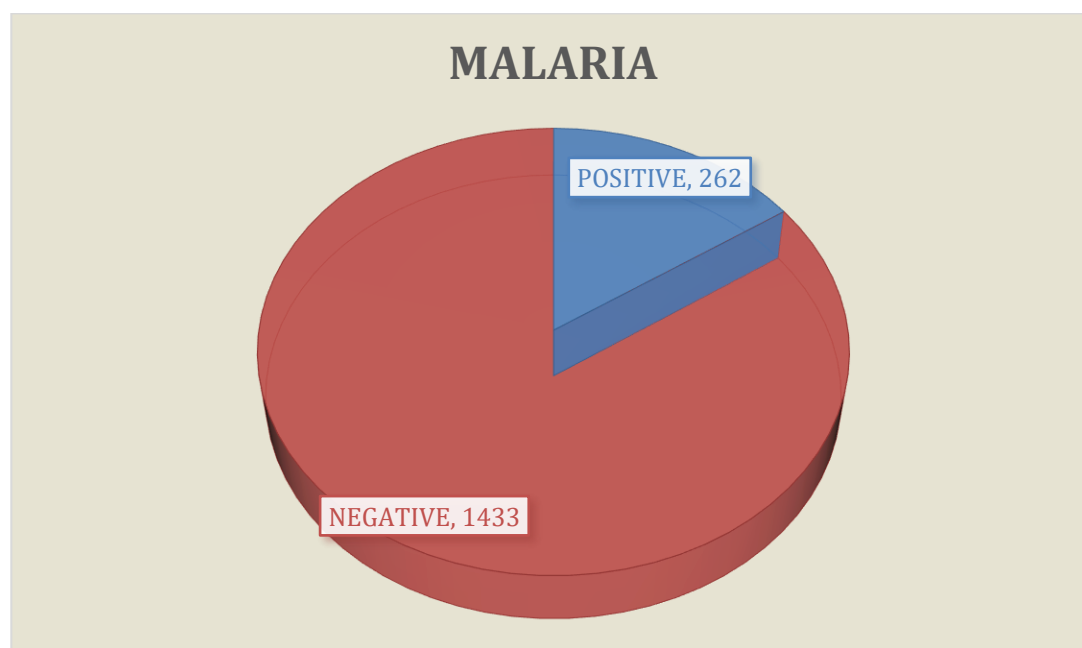
Figure 5



MALARIA

Malaria is a disease caused by a parasite. The parasite is spread to human through the bite of infected mosquitoes. This was categorized into positive and negative. Majority of the attendees tested positive indicating 55.70 % and 44.30% tested negative.

Figure 6



LOCATIONAL ANALYSIS OF PHASE TWO HEALTH AWARENESS AND SCREENING

ASOKWA

DEMOGRAPHY

The total individuals that attended the program was six hundred and two (602) of which two hundred and thirty-seven (237) were males and three and sixty-five (365) were females indicating 39% and 61% respectively. Males aged between 46-55 were the highest attendees and women aged between 46-55 were the highest representatives.

Figure 7

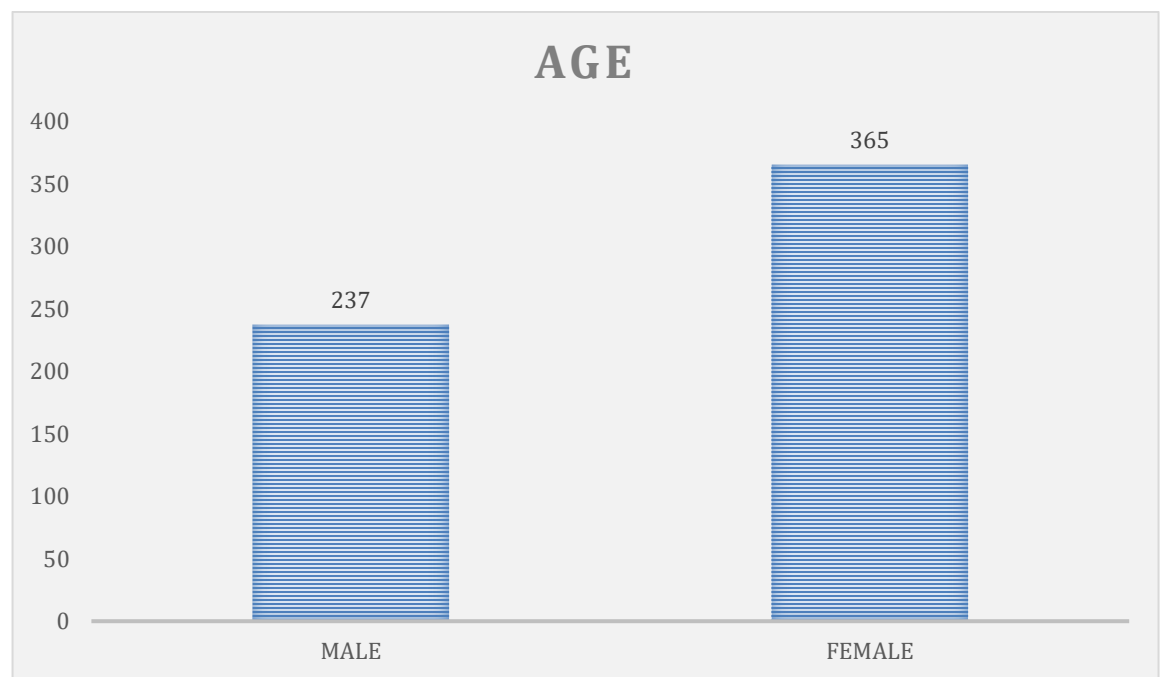
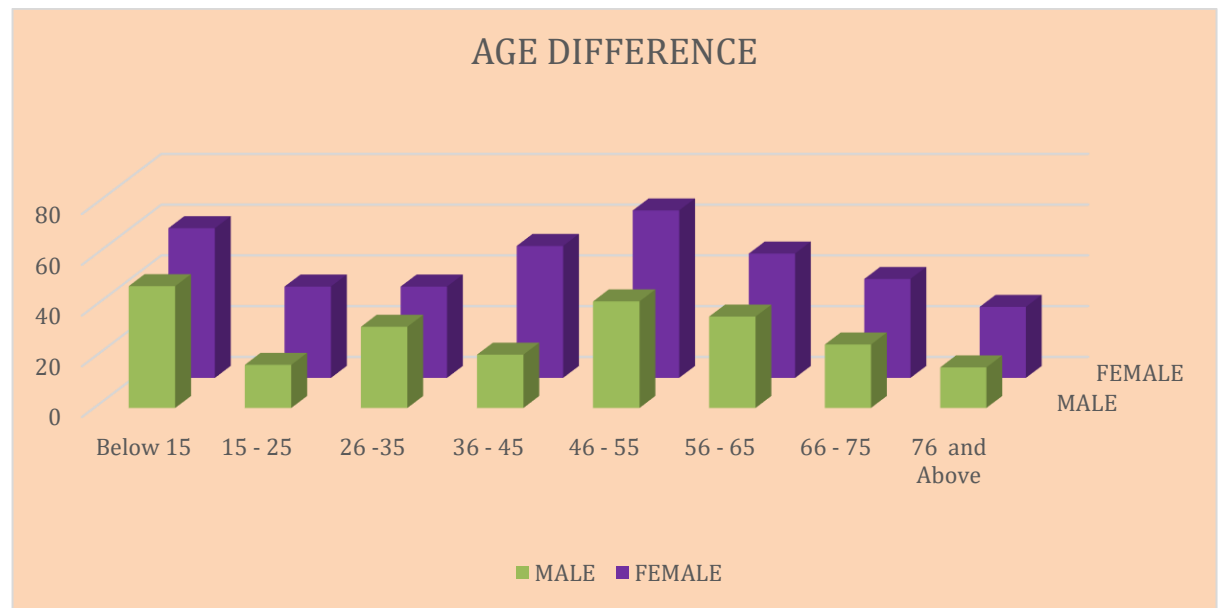


Figure 8



BODY MASS INDEX (BMI)

Total persons underweight was 62 representing 13%, normal weight was 224 indicating 45%, overweight was 157 and obesity was 52 representing 32% and 10% respectively. It was observed that majority of the people had normal weight but there is an increasing number of individuals who were overweight.

Figure 9

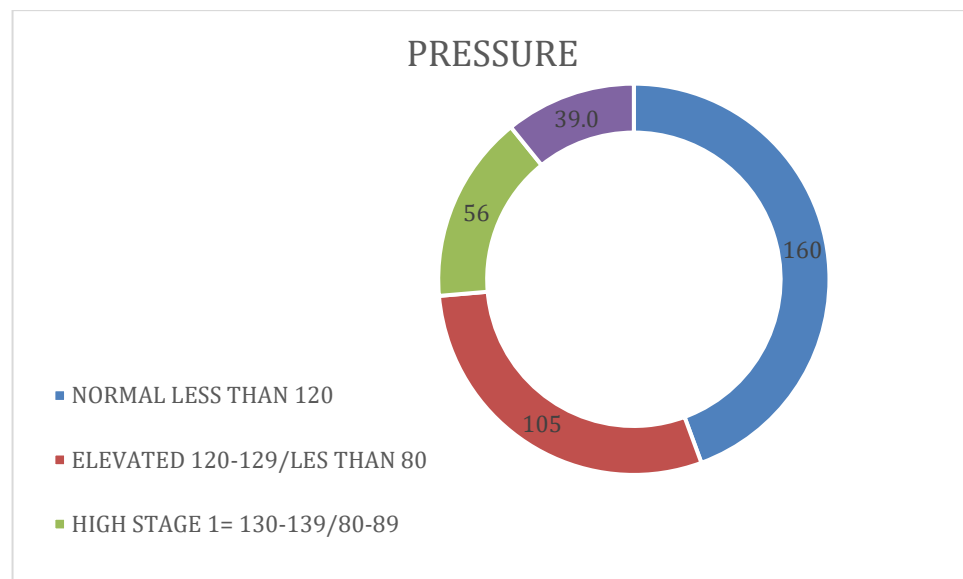
BMI	FREQUENCY	PERCENTAGE
UNDERWEIGHT	62	13%
NORMAL WEIGHT=18.5 - 24.9	224	45%
OVER WEIGHT= 25 - 29.5	157	32%
OBESITY = 30 & above	52	10%
TOTAL	495	100%

BLOOD PRESSURE

Blood pressure is measure of the force that the heart uses to pump blood around the body. The blood pressure was categorized into normal (<120), elevated ($120-129/\leq 80$), high stage one between $130-139/80-89$ and high stage two ($\geq 140 / \geq 90$).

It was observed most of the attendees had normal blood pressure followed by elevated. The elevated category was person between the 46 to 55years

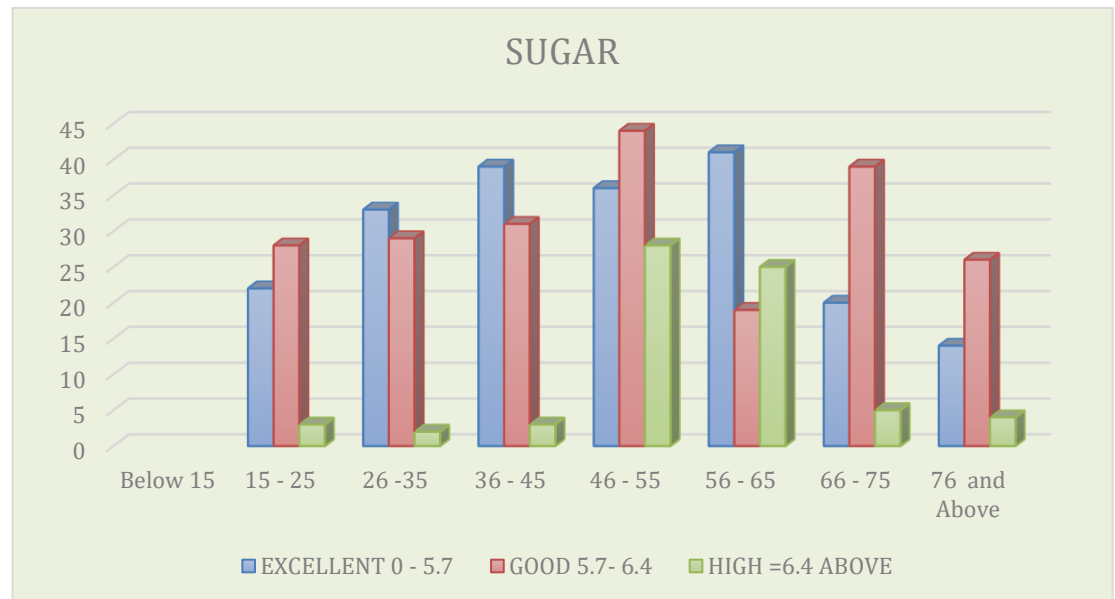
Figure 10



SUGAR LEVEL

This was mainly screen for diabetes by measuring the level of glucose (sugar) in a person's blood. It was grouped into excellent, good and high sugar level. There was significant number of people with excellent blood sugar level with a number of 164, followed by people with high pressure mainly among persons between 46 to 55yerars.

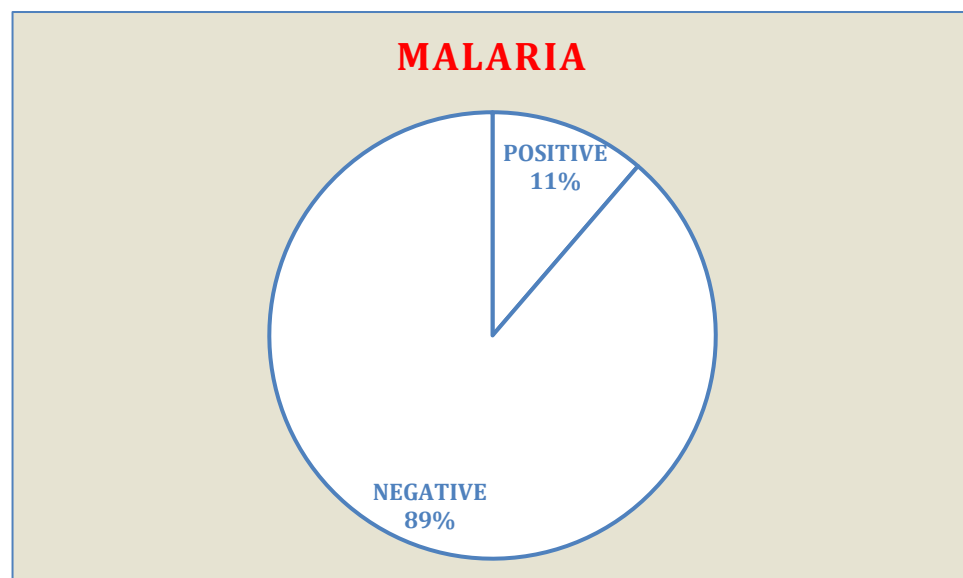
Figure 11



MALARIA

Malaria is a disease caused by a parasite. The parasite is spread to human through the bite of infected mosquitoes. This was categorized into positive and negative. Majority of the attendees tested negative indicating 89 % and 11% tested negative.

Figure 12



BODWESANGO

DEMOGRAPHY

The total individuals that attended the program was three hundred and seventy five (375) of which one hundred and seventy (165) were males and two hundred and ten (210) were females indicating 44% and 56% respectively.

Figure 13

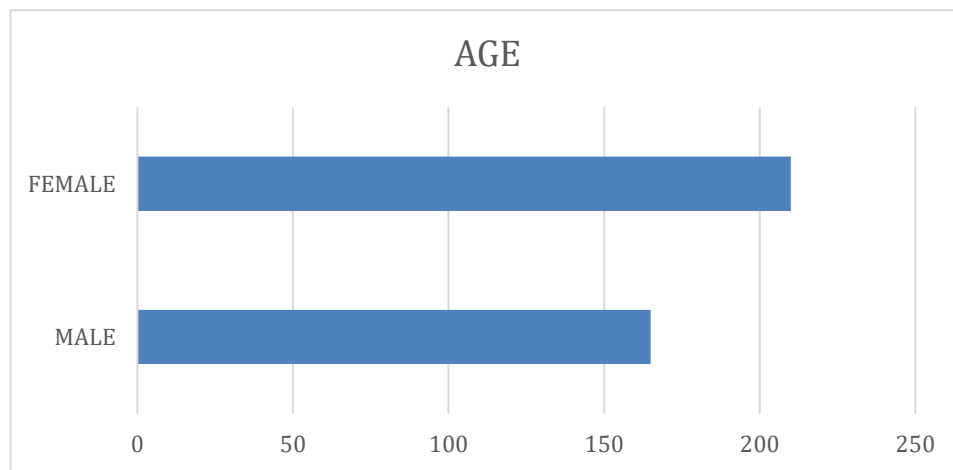
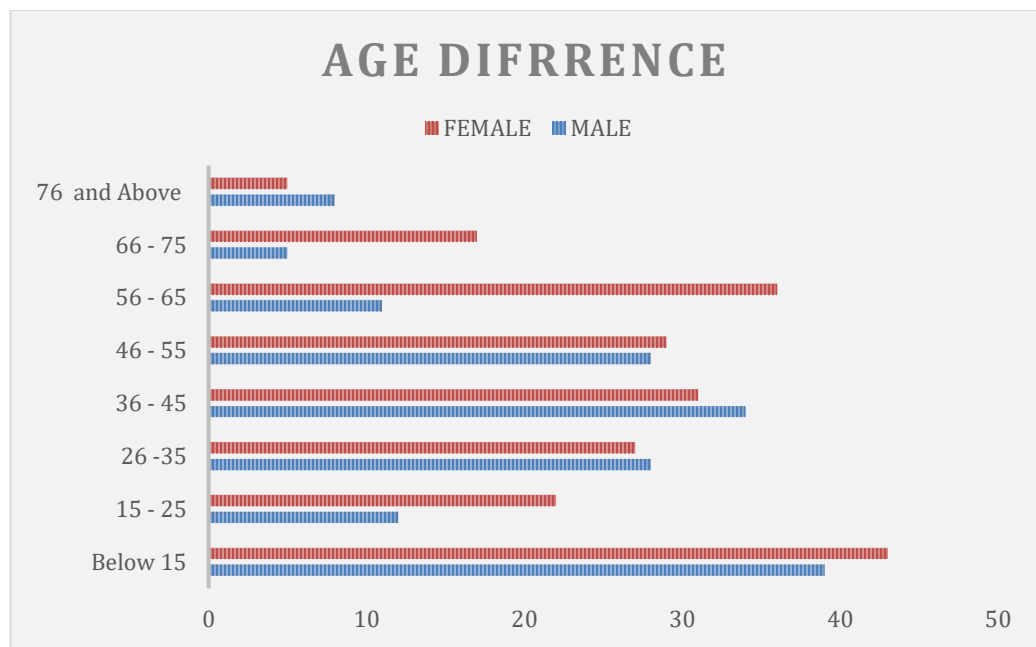


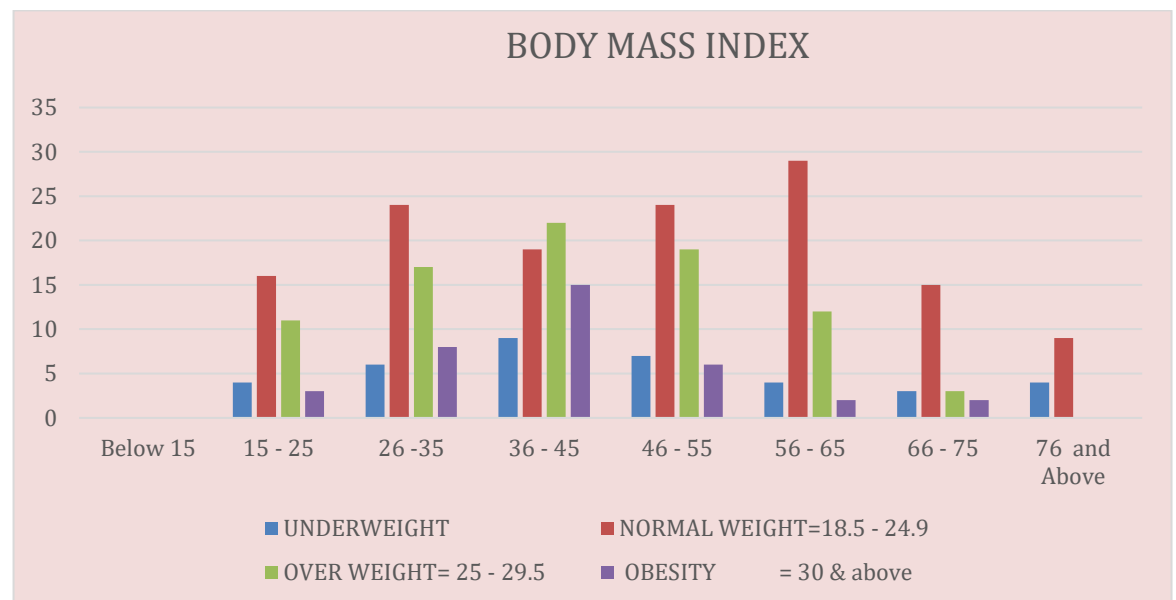
Figure 14



BODY MASS INDEX (BMI)

Total persons underweight was 37 representing 13%, normal weight was 136 indicating 46%, overweight was 84 and obesity was 36 representing 27% and 12% respectively. It was observed that majority of the people had normal weight but there is an increasing number of individuals who were overweight especially among females between 36-45years.

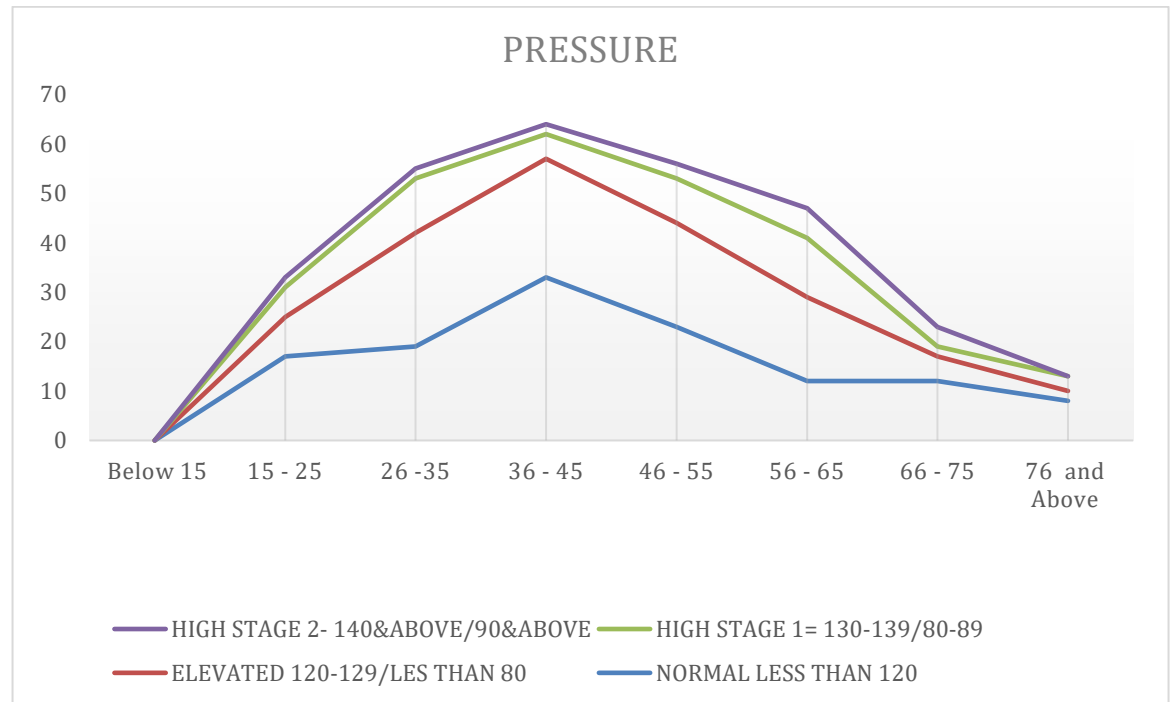
Figure 15



BLOOD PRESSURE

Blood pressure is measure of the force that the heart uses to pump blood around the body. The blood pressure was categorized into normal (<120), elevated ($120-129/\leq 80$), high stage one between $130-139/80-89$ and high stage two ($\geq 140 / \geq 90$). It was observed most of the attendees had normal blood pressure followed by elevated. The elevated category was person between the 56 to 65years.

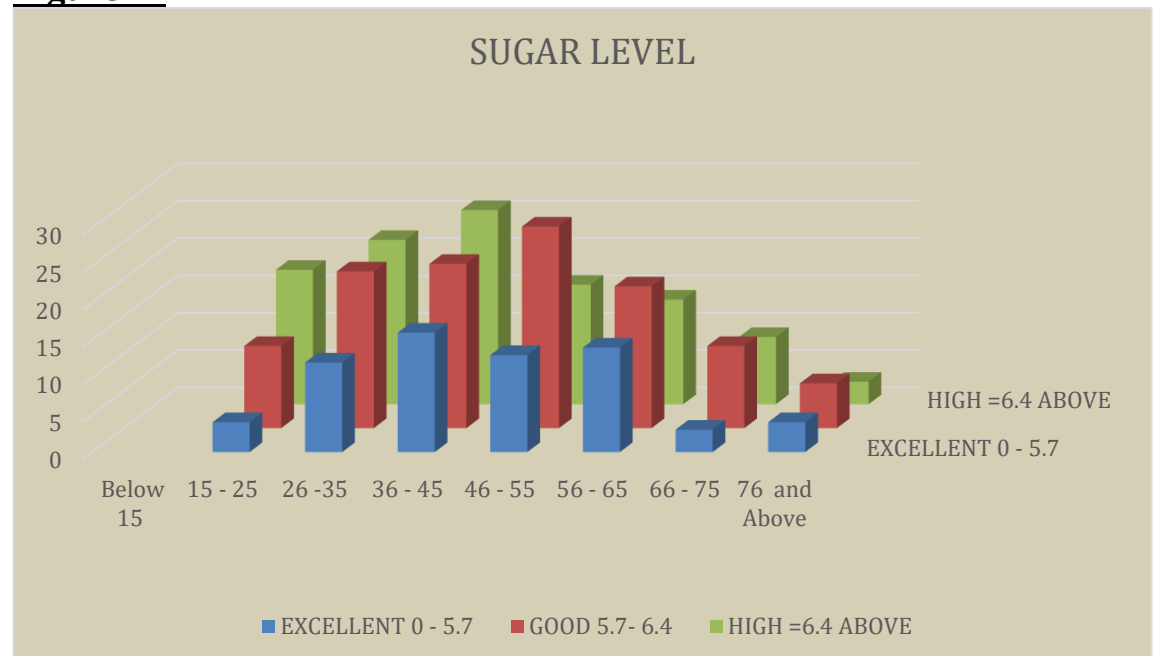
Figure 16



SUGAR LEVEL

This was mainly screen for diabetes by measuring the level of glucose (sugar) in a person's blood. It was grouped into excellent, good and high sugar level. There was moderate number of people with excellent and good blood sugar level, However, there are significance number of persons with high blood sugar aged between 26-35year followed by persons between age 36 – 45 years.

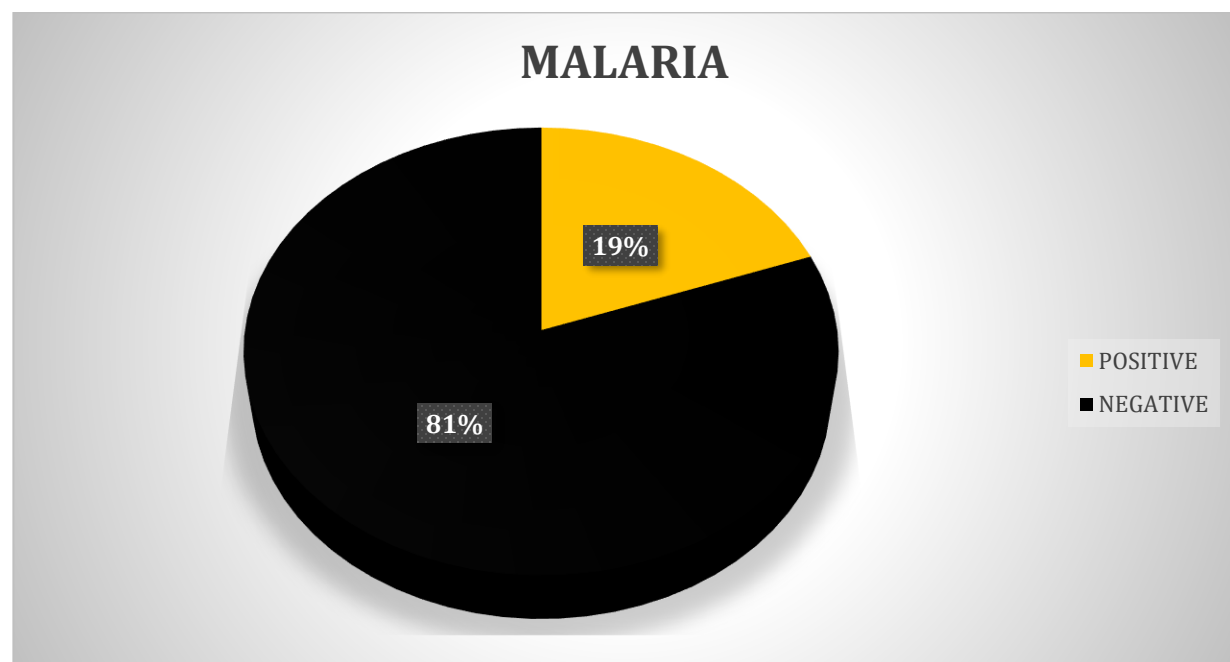
Figure 17



MALARIA

Malaria is a disease caused by a parasite. The parasite is spread to human through the bite of infected mosquitoes. This was categorized into positive and negative. Majority of the attendees tested negative indicating 89% and 11% tested negative.

Figure 18

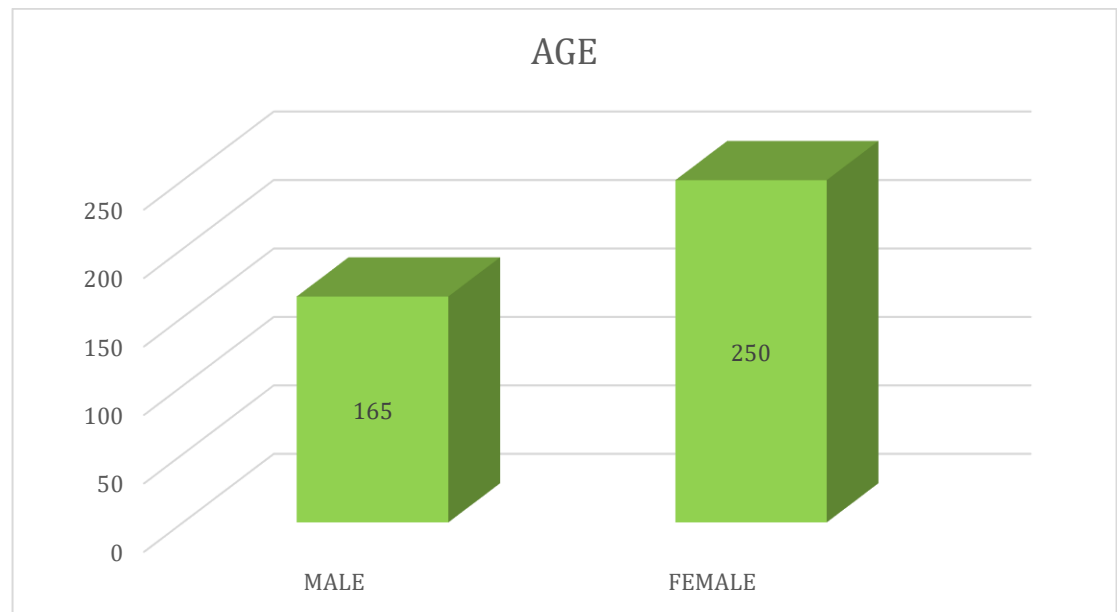


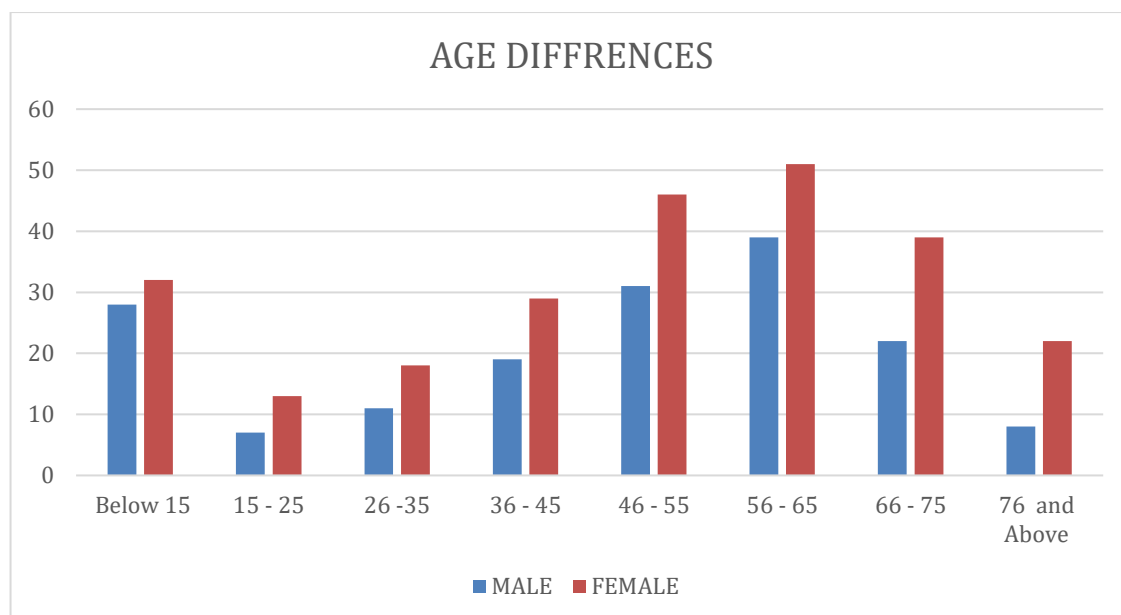
DOMPOASE

DEMOGRAPHY

The total individuals that attended the program was four hundred and twenty-five (425) of which one hundred and seventy (165) were males and two hundred and fifty (250) were females indicating 44% and 56% respectively. Individuals between age 56-65 were the highest attendees.

Figure 19

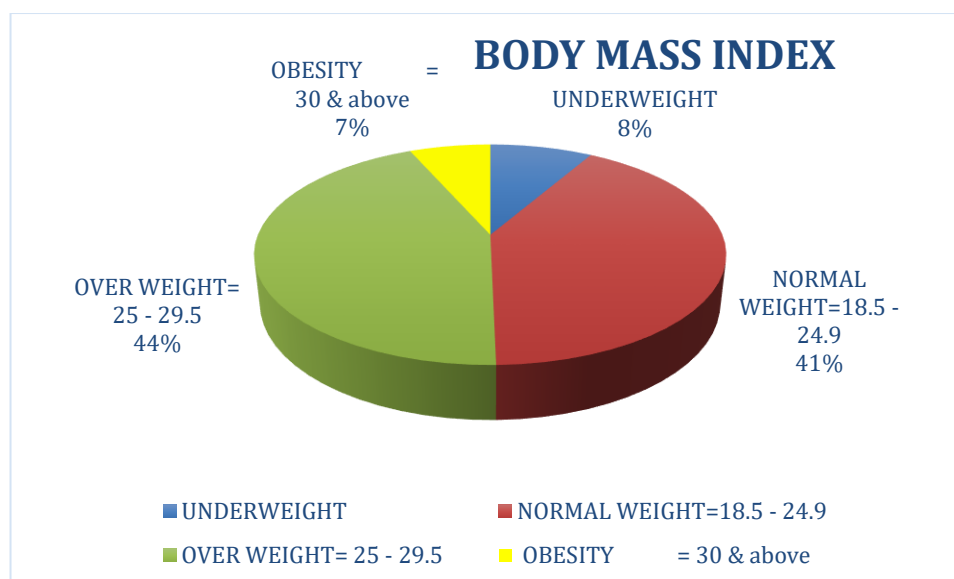




BODY MASS INDEX (BMI)

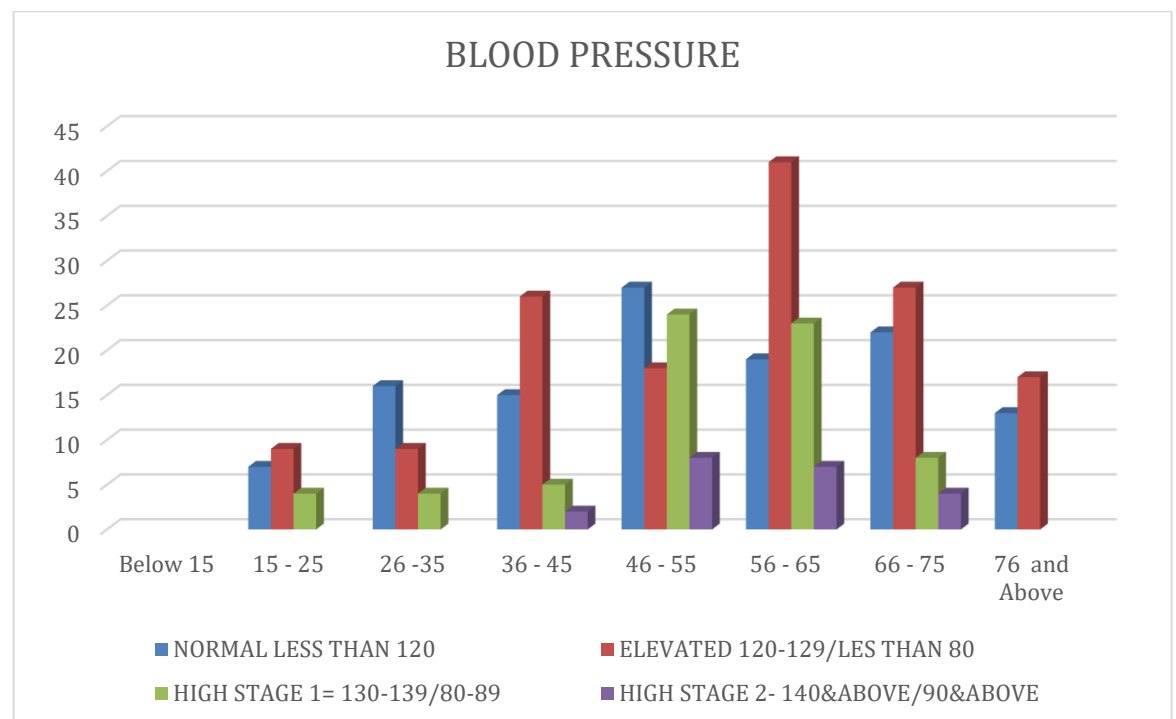
Total persons underweight was 38 representing 8%, normal weight was 188 indicating 41%, overweight was 199 and obesity was 30 representing 44% and 7% respectively.

It was observed that majority of the people were overweight.



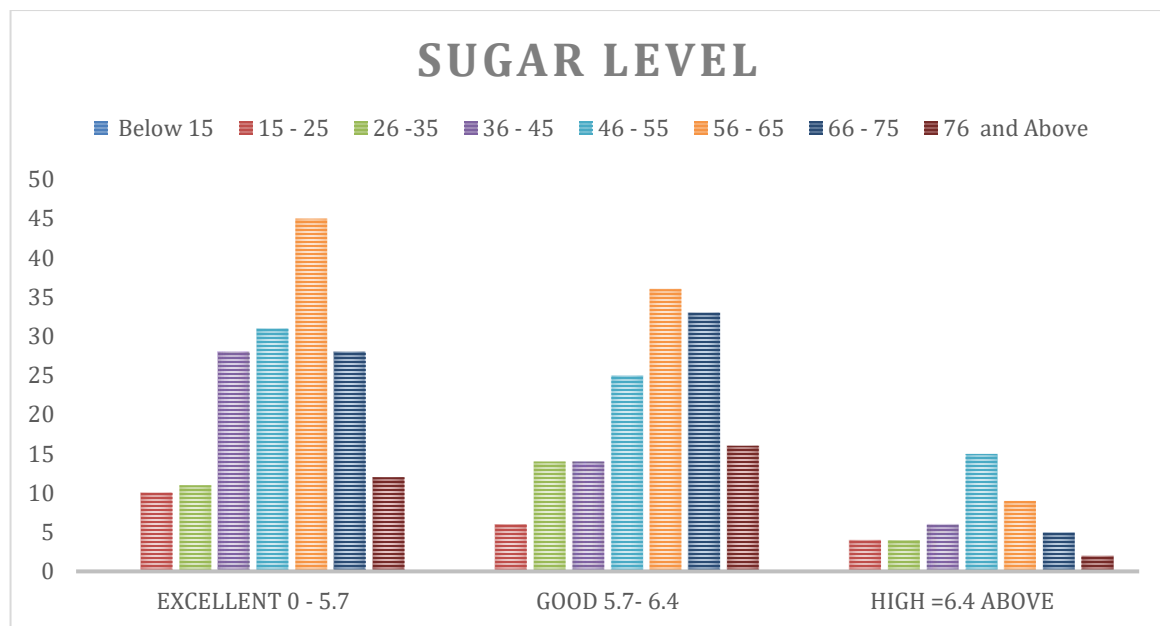
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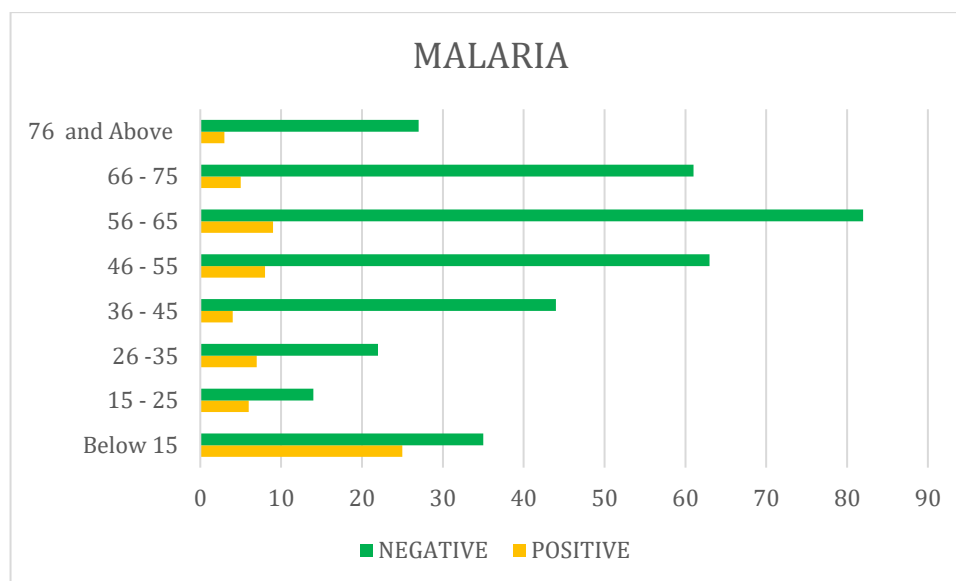
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MALARIA

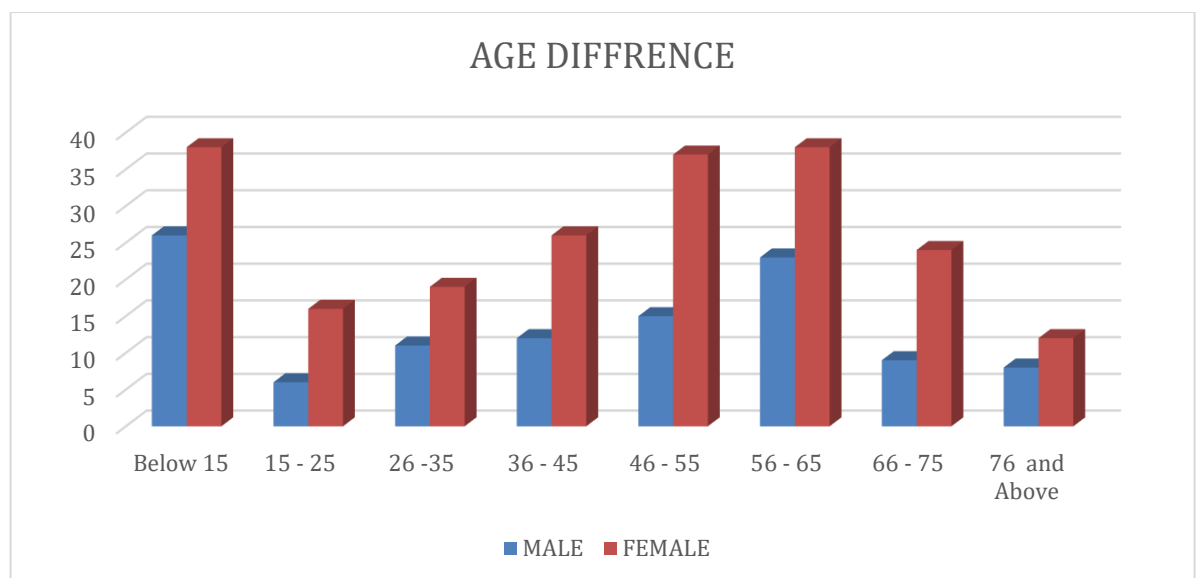
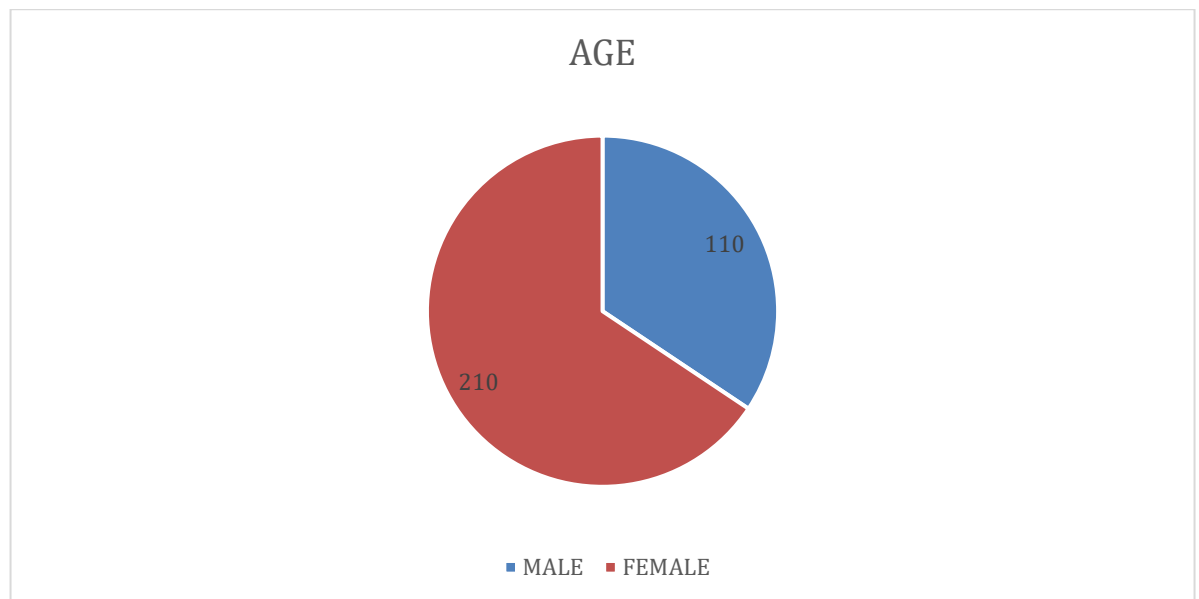
Malaria is a disease caused by a parasite. The parasite is spread to human through the bite of infected mosquitoes. This was categorized into positive and negative. Majority of the attendees tested negative indicating 84% and 16% tested positive.



AHENSAN

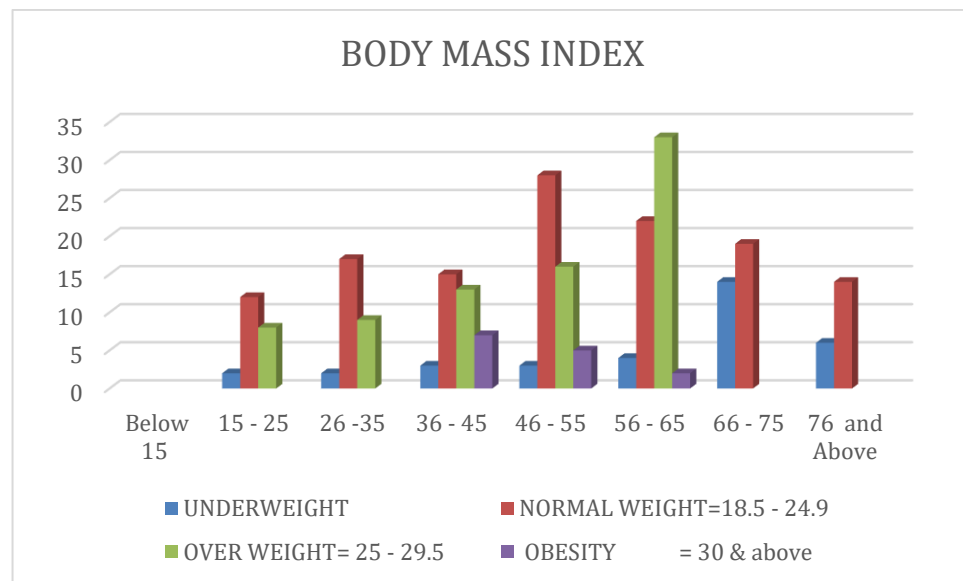
DEMOGRAPHY

The total individuals that attended the program was three hundred and twenty (320) of which one hundred and ten (110) were males and two hundred and ten (210) were females indicating 34% and 66% respectively. Individuals between age 46-55 years were the highest attendees.



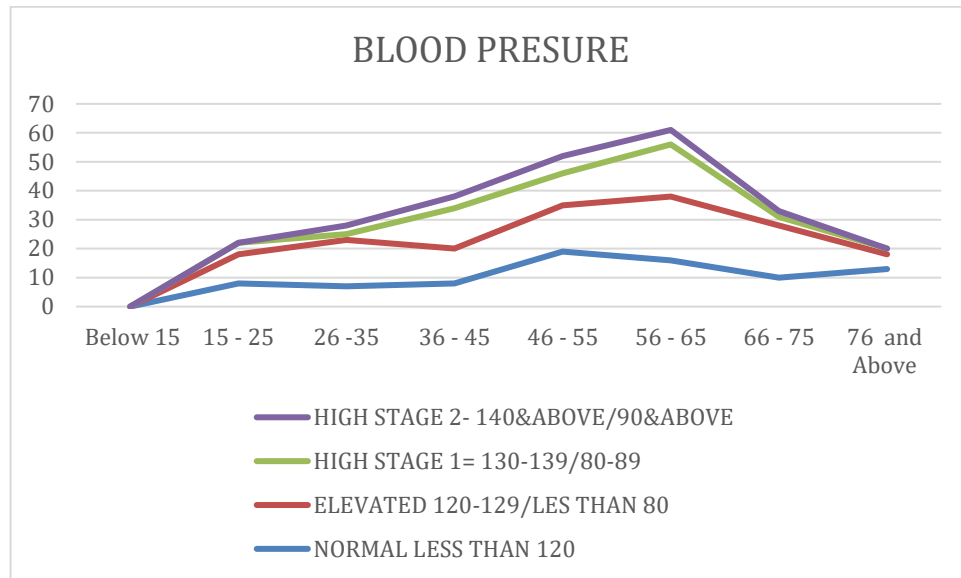
BODY MASS INDEX (BMI)

Total persons underweight was 34 representing 13%, normal weight was 127 indicating 50%, overweight was 79 and obesity was 14 representing 31% and 6% respectively. It was observed that majority of the people were overweight among attendees aged between 56-65 years.



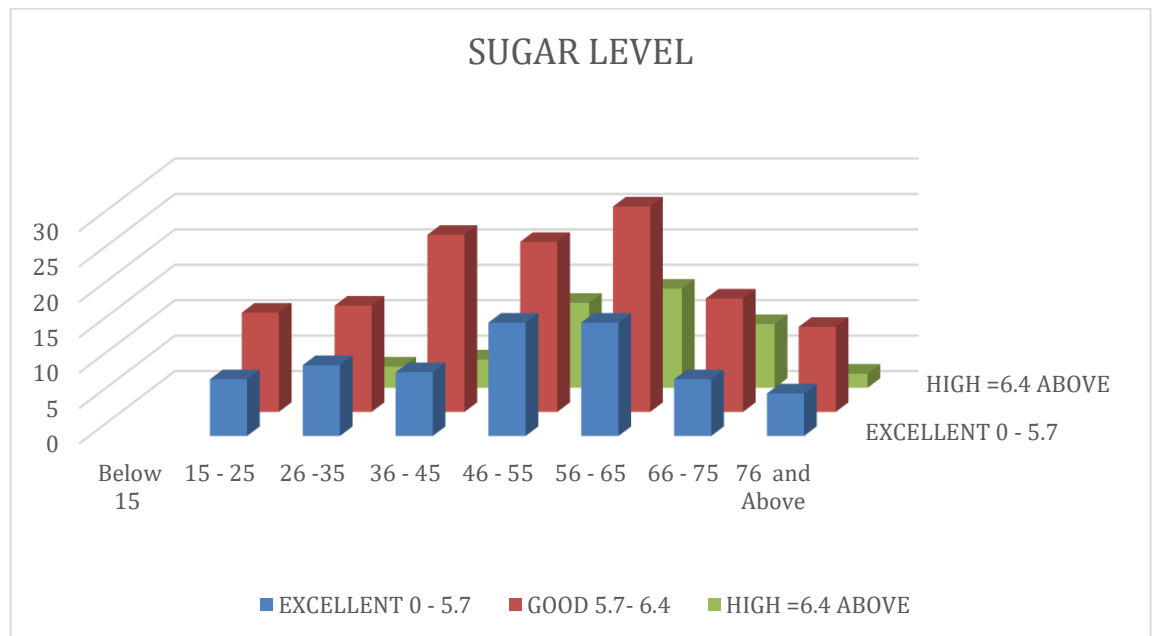
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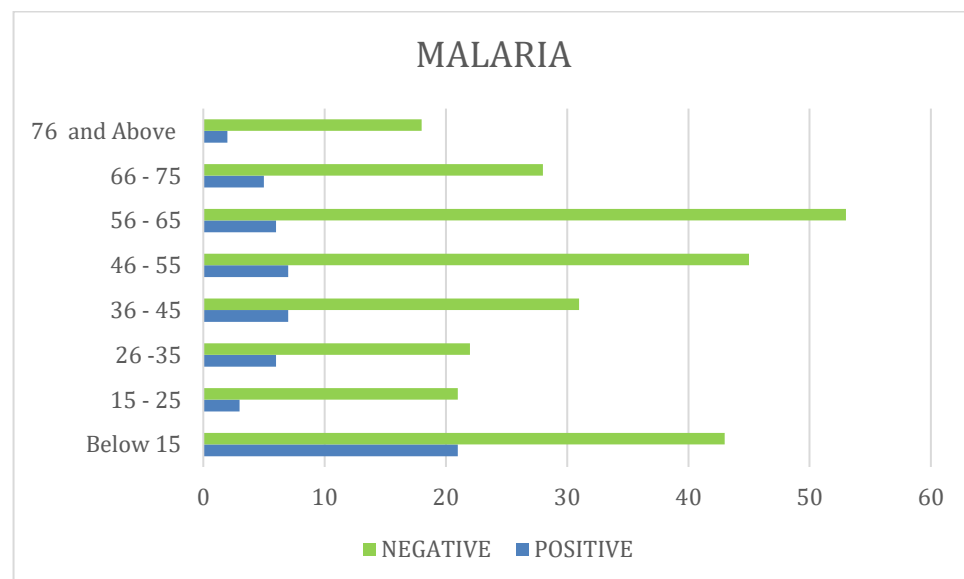
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MALARIA

Malaria is a disease caused by a parasite. The parasite is spread to human through the bite of infected mosquitoes. This was categorized into positive and negative. Majority of the attendees tested negative indicating 82% and 18% tested negative. However, most of the children was tested positive.



NATIONAL HEALTH INSURANCE

There was a national health insurance exercise across all the four locations the health screening took place. A total number of forty-three attendee were registered for the new national health insurance card while two hundred and six attendees' national health insurance cards were renewed. most of the attendees had normal blood pressure followed by elevated. The high stage one category was person between the 56 to 65years.

CONCLUSION AND RECOMMENDATION

In conclusion, the total individuals that attended the program was one thousand, seven hundred and twelve (1712) of which six hundred and seventy were males (677) and one thousand and thirty-five were females. It was observed that majority of the people had normal weight but there is an increasing number of individuals who were overweight especially among individual between 36-45years followed by persons between 46 -55years. Most of the attendees had normal blood pressure followed by elevated. The high stage one category was person between the 56 to 65years. There was significant number of people with excellent blood sugar level with a number of 116 among males between 56-65 years, followed by people with good pressure mainly among persons between 46 to 55years. There was significant number of people with excellent blood sugar level with a number of 116 among males between 56-65 years, followed by people with good pressure mainly among persons between 46 to 55years. However, more attention should be given to person between age 46-55years as the high level was on the surge. We therefore recommend that, individuals that falls within the range of high sugar level, high and elevated blood pressure, overweight and obesity should seek for doctors' advice. In view of this recommendation, samples of the individuals with extreme screening outcome at the various location will be contacted and follow up by the Association. In a nutshell, it was a successful exercise embarked.

Thank you.