



TYPE 2 DIABETES AWARENESS OUTREACH REPORT, OGOJA.

MAY

**20
24**

PROGRAM DEVELOPMENT AND EXECUTION TEAM

TABLE OF CONTENTS

01

Introduction

02

Message From Our Team Lead

03

Program Report

04

Financials

05

Media

06

The Future

07

Acknowledgement

INTRODUCTION

Thank you!

You might be wondering why we are beginning this report with an expression of gratitude; the reason is simple: without your generous support, we would not have a report to share because there wouldn't have been an outreach to begin with! So once again, thank you!

As you are well aware, The Diabetes Care Network (TDCN) leverages technology and social media to teach people how to best manage type 2 diabetes, aiming to reverse the disease in line with UN SDGs 3 and 4. Founded in 2020, TDCN has grown into a global health transformation network. We guide individuals with type 2 diabetes to achieve normal blood sugar levels daily without excessive medication, helping diabetics prevent complications through simple lifestyle changes. The testimonials have been incredible.

In May 2024, we went a step further in developing and executing the maiden Type 2 Diabetes Awareness Outreach to 5 secondary schools in Ogoja Local Government Area (LGA), Cross River State, Nigeria with the purpose of birthing diabetes awareness champions. This report aims to showcase the impact of this outreach and our vision for the future.

Happy Reading!

MESSAGE FROM OUR TEAM LEAD



Dear Supporters and Stakeholders,

I am thrilled to share the incredible success of our recent diabetes awareness outreach across five secondary schools in Ogoja LGA, Cross River State, Nigeria. Thanks to your unwavering support, we educated over 1,000 students and 24 teachers, empowering them to become champions of diabetes awareness in their communities. This initiative is a testament to what we can achieve together.

Why is this initiative important?

Current statistics show that over 11 million Nigerians are diabetic, with an estimated 90% having type 2 diabetes. I strongly believe that this outreach, along with future programs, is a necessary response to this growing number. Our team's decision to train over 1,000 students aged 12-18 from five secondary schools in Ogoja local government area (LGA) in May 2024 aims to pioneer a cultural shift in how young people perceive healthy eating and positive lifestyle changes.

We firmly believe that by empowering young individuals with the right knowledge about diabetes, we can create a ripple effect. They will not only pass this knowledge forward but also make healthy lifestyle choices, ultimately reducing the prevalence of diabetes in Nigeria. By providing these young minds with crucial knowledge about diabetes, we are planting the seeds for a healthier future.

The enthusiasm and commitment shown by the students and teachers inspire us to continue our mission with renewed vigor. As we move forward, let us remain dedicated to spreading awareness and fostering positive lifestyle changes. Together, we can make a significant impact in the fight against type 2 diabetes.

Thank you once again for your invaluable support.

Warm regards,
Pharm. Margaret Wonah
Team Lead, The Diabetes Care Network (TDCN)

By providing these young minds with crucial knowledge about diabetes, we are planting the seeds for a healthier future.

PROGRAM REPORT

1. List of schools Visited

The table below details the names of the schools trained and the dates and times the trainings were held. The schools provided the venues and times, while the team was responsible for facilitation, logistics, and scheduling the dates of the trainings.

S/N	Name of school Trained	Date of Training	Time
1	Federal Science College Abakpa (Fedsco)	13-May-2024	7:20 AM
2	Holy Child Secondary School (Mt Carmel Girls) Igoli	14-May-2024	2:00 PM
3	Government Girls Secondary School Igoli	15-May-2024	11:30 AM
4	Govt Technical College Abakpa	16-May-2024	11:30 AM
5	Ntol Comprehensive Secondary School Ndok	17-May-2024	11:30 AM

PROGRAM REPORT

2. Key Activities Carried Out

Three (3) major activities were conducted during each training as outlined below:

Training Session

The training aimed to create diabetes awareness champions in the community. Key topics covered were:

- Understanding diabetes
- Essential facts about diabetes
- Risks of neglecting diabetes
- Mindset shift on positive lifestyle changes
- Becoming a diabetes champion
- Paying it forward

Q/A

At the end of the training, the students and teachers were given the opportunity to ask questions and answers were provided by the facilitators.

Distribution of SugarSmart Magazine

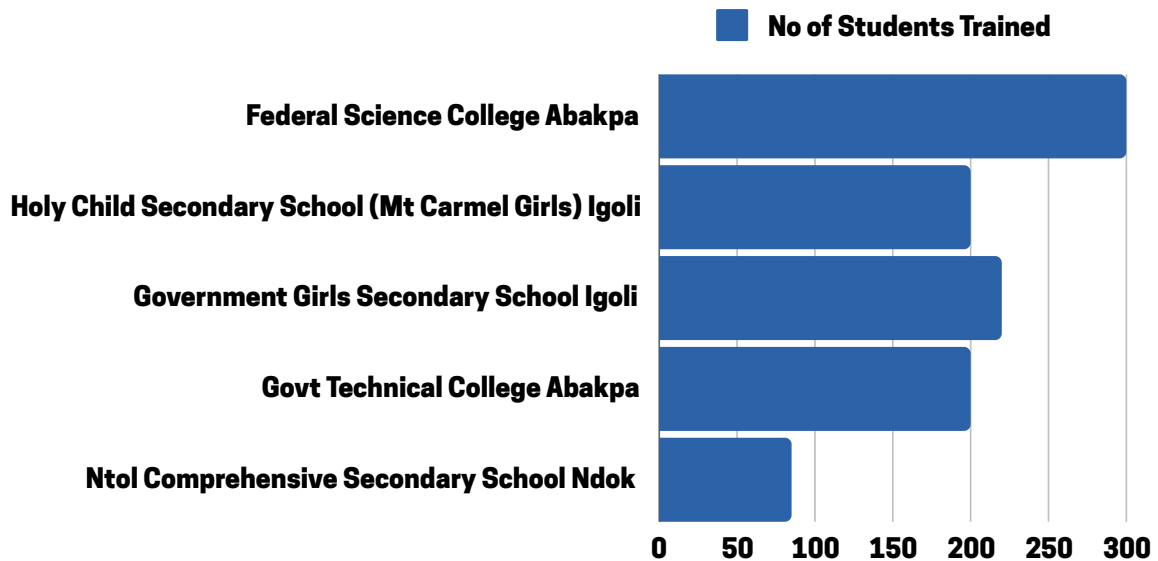
To conclude the training and encourage further reading, detailed resource material in the form of the SugarSmart magazine was distributed to participants.

PROGRAM REPORT

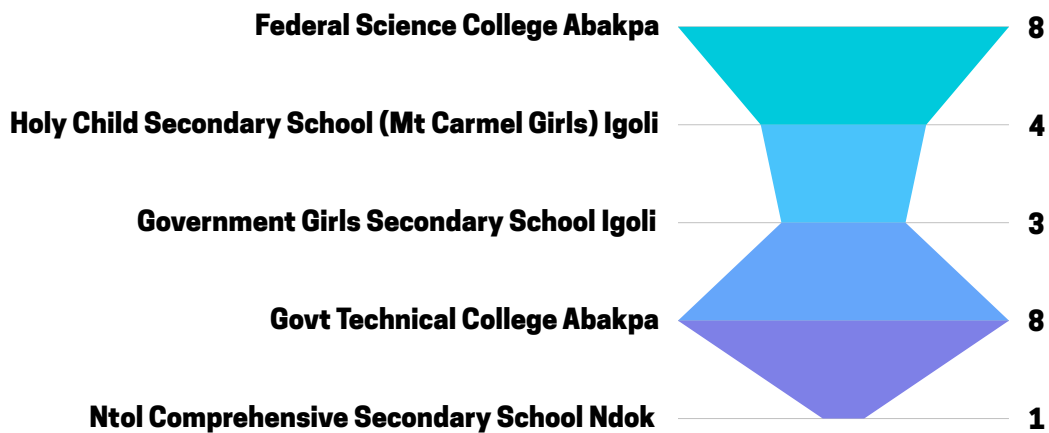
3. Key Indicators and Outcomes

Key Indicator	Activity	Data	Outcome
Diabetes Awareness	Conducted educational training sessions	Number of sessions: 5 across 5 secondary schools	Increased awareness among 1029 participants (students + teachers)
Lifestyle Changes Adoption	Mindset shift workshops	Participants promising to adopt lifestyle changes: 85%	875 out of 1029 participants promised to adopt healthy habits
Community Engagement	Distribution of SugarSmart magazine	Number of magazines distributed: 1000	97.18% of participants empowered to engage in further reading

NUMBER OF STUDENTS TRAINED VS SCHOOLS VISITED



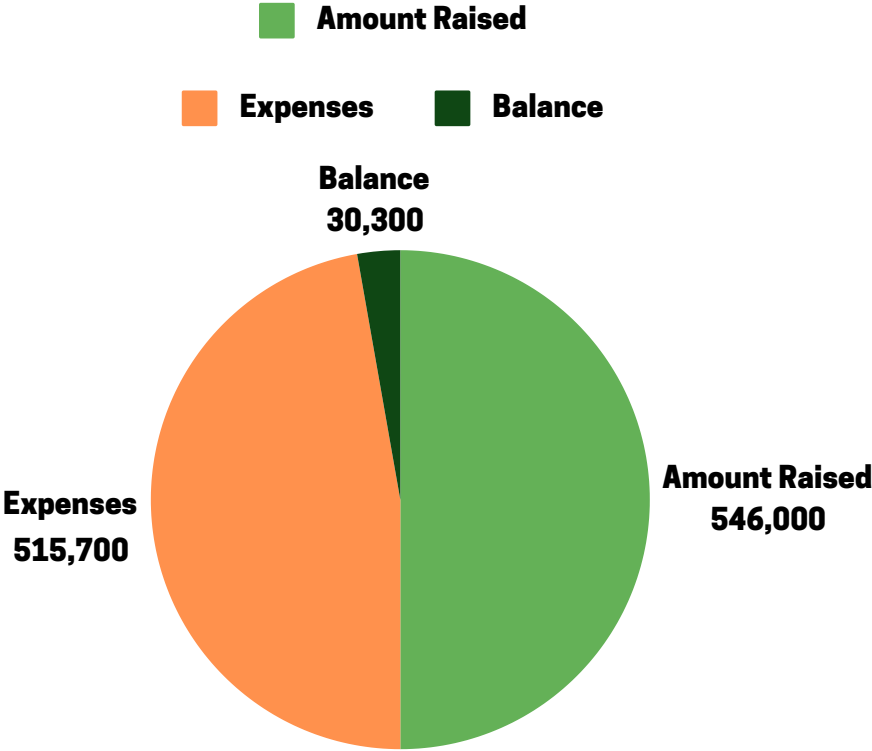
NUMBER OF TEACHERS TRAINED VS SCHOOLS VISITED



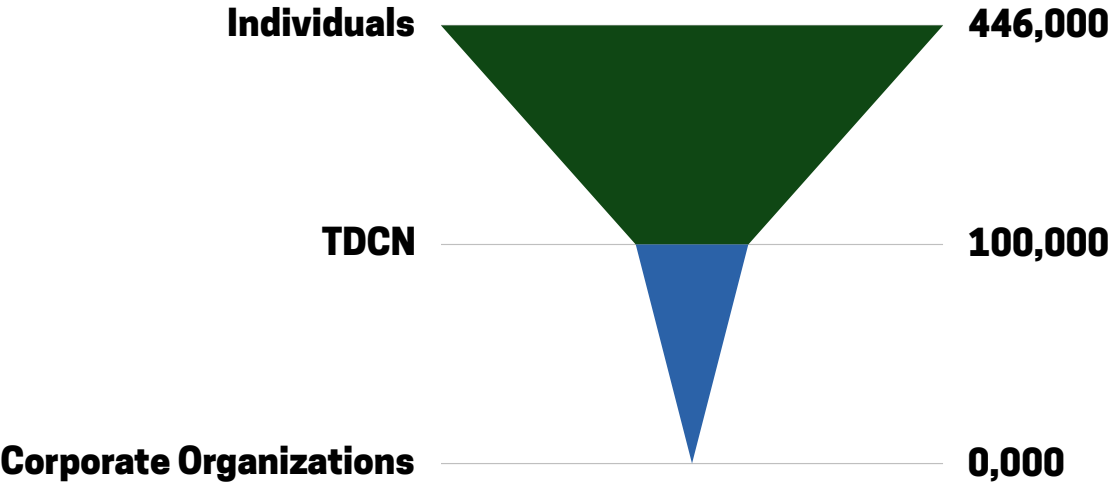
1029

participants trained of which 1005 were students aged 12 - 18 and 24 were teachers aged 45 - 60

FINANCIAL SUMMARY OF TRAINING PROJECT (NAIRA)



BREAKDOWN OF THE CATEGORIES OF FUNDERS (NAIRA)



BREAKDOWN OF EXPENSES

S/N	Item	Quantity	Unit Cost ₦	Amount ₦
1	SugarSmart production	1,000	270	270,000
2	Roll-Up banner	1	35,000	35,000
3	Flier	2	2,500	5,000
4	Tshirt production	20	4,100	82,000
5	Feeding of facilitators and drivers	20	2,000	40,000
6	Fuel	35	714	25,000
7	Transportation	-	-	36,200
8	Stationaries	-	-	5,000
9	Miscellaneous	-	-	17,500
	TOTAL			515,700

MEDIA



MEDIA



THE FUTURE

What's Next?

It's often said that the reward for excellent work is more work. With the success of this project, we are inspired to expand our reach even further.

Here's what to expect by the 4th quarter of 2024:



01 — Increase Our Impact

We hope to host the Diabetes Awareness Outreach in two states in Nigeria, aiming to educate over 7,000 students and 100 teachers from 12 secondary schools.



02 — Empowerment

Teachers will be trained using a specialized module, and baseline health checks will be conducted. We also plan to distribute 100 glucometers to teachers who are diabetic.



03 — Strategic Partnerships

An observed gap in the recently concluded project is the lack of involvement from corporate organizations. Moving forward, we will partner with these organizations in the fight against diabetes.

ACKNOWLEDGEMENTS

We remain grateful to the following persons who served in various capacities in ensuring the success of this project:

- Cecilia Wonah - Project Manager / Editor of the SugarSmart Magazine
- Boms Rewhandamzi Joshua - Editorial
- Chinyere Chima - Editorial
- Joseph Samaru Eyaba - Facilitator
- Blessing Arikpo - Facilitator
- Mary Isek - Facilitator
- Iniobong Uffiah - Facilitator
- Lucy Wonah - Logistics and Support
- Tobias Obodike - Logistics and Support
- Emmanuel Ogwuoché - Support

We thank you for your continued support in our efforts to create diabetes awareness in Nigeria.

