



2020 GREEN CAMPAIGN REPORT



Iya Bekondo-Granatella

4/2/2020



The green campaign is a global awareness and sensitization program initiated by the Iya foundation Founder, Iya Bekondo-Granatella, to promote kidney and organ donation awareness. It is a month-long outreach on kidney health education and community health screenings. The campaign is held every year in March and 2020 is the 6th edition since its inception. The theme for the 2020 campaign is “**Kidney Health for Everyone Everywhere**” – often in line with the World Kidney Day theme.

The event is a month-long campaign during which, a series of community health screening exercise and seminars are conducted in communities across the globe. In the past years, 3 regions have been covered in Cameroon-Centre, Littoral, and South west. However, our impact extends beyond these three regions through our extensive national media tours, activities, and billboard adverts that are aired all over Cameroon and other regions, , cutesy of the Bony Dashaco Foundation and others.

World kidney day is also celebrated during the course of this month annually on the second Thursday in March. On this day, in solidarity with the World Kidney Day Foundation activities, our Foundation and its supporters share pictures of themselves in green on social media to promote kidney awareness and sensitization of the public.

Outside of social media, the foundation organizes screening activities and health education sessions as well as an awareness Walk.

The objectives of the Green Campaign are;

1. To increase kidney awareness,
2. To reduce the prevalence and incidence of CKD in Cameroon,
3. To improve the health of people with CKD and ESRD in Cameroon,
4. To reduce the mortality rate of CKD and ESRD in Cameroon,
5. To improve the prognosis of CKD in Cameroon, and
6. To highlight the plight of patients with ESRD in Cameroon.

The Green Campaign Activities planned and carried out in March 2020 include;

1. Publicity of the green campaign (stickers publicity, social media publicity, radio and church announcements, health talk in schools),
2. Screening (at the Buea regional hospital, UB integrated health center, Presbyterian Church down beach, Presbyterian Church new town),
3. Kidney health educations in schools (GHS Bokwango, GTHS molyko, Land mark university, GHS Limbe, Comprehensive High School, New Horizon International Comprehensive School),
4. Kidney health walk on world kidney day (March 12th , 2020) from Bongo Square to Molyko stadium, Buea,
5. Services offered at the screening ground include; Health checks-up, Awareness of kidney diseases, diabetes, hypertension, urinalysis and consultation,
6. Kidney health awareness symposium,
7. A discussion meeting with ESRD patients and care givers, and
8. Soccer game

Additionally, The Iya Foundation had sessions with educational institutions in Buea and Limbe for a kidney health presentation on the theme **“Protecting Your Kidneys”**. The purpose of the presentation was to sensitize the students about their kidneys, to protect kidney health and prevent damage to their kidneys. The Iya Foundation believes that knowledge is wealth, and early detection saves lives.

The table below presents the program for the 2020 Green Campaign sensitization in schools.

TOWN	SCHOOLS	DATE	TIME	DAY	DURATION
BUEA	GHS Bokwango	11 th March	1pm	Wednesday	1hr
	GTHS, Molyko	6 th March	7am	Friday	1hr
	Landmark university	27 th March	7am	Friday	1hr
LIMBE	GHS, Limbe	17 th March	7am	Tuesday	40mins
	Comprehensive High School	18 th March	7am	Wednesday	25mins
	New Horizon international Comprehensive school	20 th March	8am	Friday	1hr

From the table above, out of the six schools, The Iya Foundation successfully presented in two schools; Government Technical High School (GTHS) Buea and Government High School (GHS)

Limbe. These presentations were directed to an overview of the Chronic Kidney Disease, the five stages of kidney damage, the causes of kidney disease, clinical manifestations of kidney disease, ten habits that can damage the kidney, and prevention of kidney disease.

Rationale for not presenting in the four schools mentioned above

(GHS Bokwango, Landmark University, Comprehensive High School, and New Horizon international Comprehensive school)

On the 18th of March, 2020, the Cameroon Government temporarily shut down Schools as part of measures to help fight the spread of the COVID-19 in Cameroon. As a result of this, The Iya Foundation whose objective is to create impact and to ensure good health not only for kidney patients but for everyone everywhere, could not continue with the Green Campaign sensitization in schools. Everyone and every organization is mandated to play significant part to ensure the safety of others through; physical distancing, frequent washing of hands with soap and water, hand sanitizing, avoid touching of face, eyes and mouth and wearing of mask.

Coronavirus disease 2019 (COVID-19) is an infectious disease caused by severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2) (WHO, 2020). The disease was first identified in December 2019 in Wuhan, the capital of China's Hubei province, and has since spread globally, resulting in the ongoing 2019–20 coronavirus pandemic (Hui et al., 2020 & WHO, 2020). Most governments around the world have temporarily closed educational institutions in an attempt to contain the spread of the COVID-19 pandemic. These nationwide closures are impacting over 89% of the world's student population. And this closure was done in order to support countries in their efforts to mitigate the immediate impact of school closures, particularly for more vulnerable and disadvantaged communities, and to facilitate the continuity of education for all through remote learning (UNESCO, 2019).

Kidney screening took place on the 11 & 12 of March in the Buea municipality. On the 11th of March screening was done at the Buea regional hospital in front of the dialysis centre with a total of 23 persons who participated in the screening. On the 12 of March which was also world kidney day, there was march pass by the Iya Foundation in collaboration with haemodialysis patients and some Iya Foundation volunteers. After the march pass, kidney screening took place in the University of Buea in front of the health unit. The number of people screened were 16 persons unfortunately, The Iya Foundation was sent out of the campus.

On the 17, 18, and 19 of March, kidney screening also took place in Limbe at the Presbyterian Church Down Beach. On the 17, 21 persons were screened, 16 persons on the 18, 20 persons on the 19 of March.

Screening also took place at the Presbyterian Church New Town Limbe on the 21 of March. A total of 21 persons were screened during this session.

During this March Campaign, a total of 116 people were screened against kidney disease and its risk factors in Buea and Limbe and health districts. The results of this screening is presented below.

From the data obtained, 30.2% of the participants were of 46-59 years old, 25.9% of 31-45 years, and 12.1% of 16-30 years old and 0.9% ≤ 15 years as seen in **Figure 1**.

Of this study population as shown in the **figure 2**, 43.1% of the participants were overweight with BMI of 26 – 30, 32.8% were obese with BMI of ≥ 31 , and 24.1% with normal BMI (18.5-25).

As shown in **Figure 3**, it was observed that 42.2% of the participants were pre-hypertensive with $BP = \frac{121-140}{81-90} mmHg$, 33.6% with a healthy blood pressure (ideal) ($BP = \frac{91-120}{61-80} mmHg$) and 24.1 % of the participants with high Blood Pressure ($BP = \frac{\geq 141}{\geq 91} mmHg$).

Of these 116 participants, 84% had the ideal blood sugar level with 9% of pre-diabetic and 7% high blood glucose levels.

With the urine analysis conducted testing for proteins, **Figure 5** demonstrates 19% of the participants tested negative for proteins, 12% with a +, 67% with traces of protein, 1% with ++ and 1% with +++.

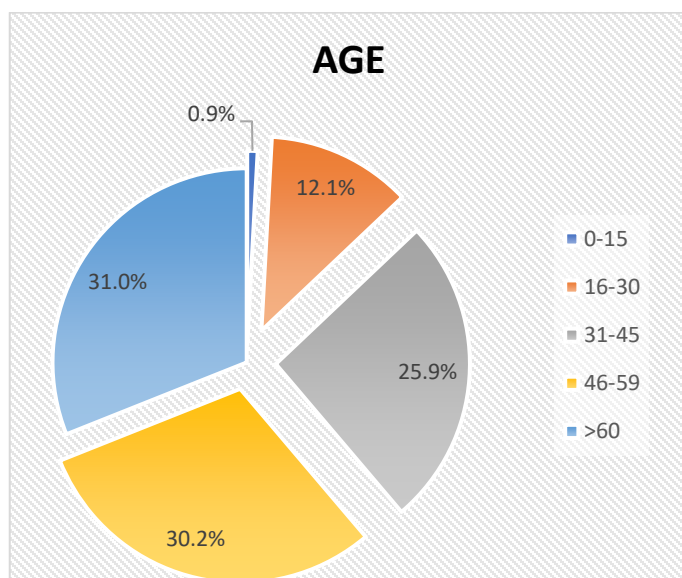


Figure 1: Age distribution of participants

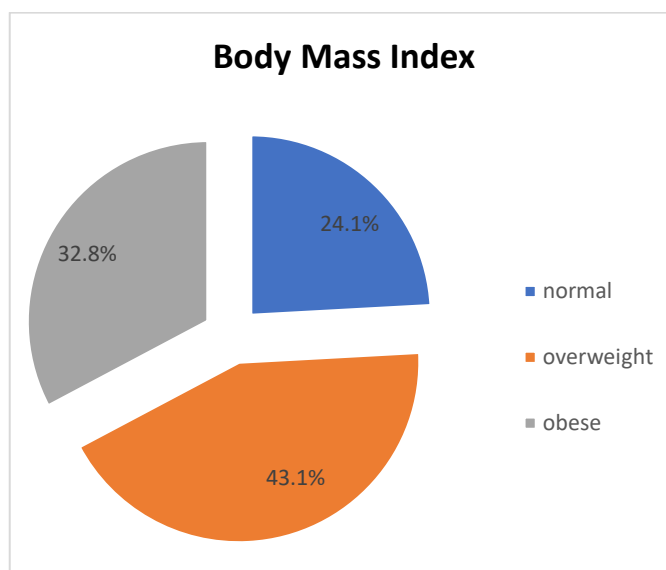


Figure 2: BMI of participants

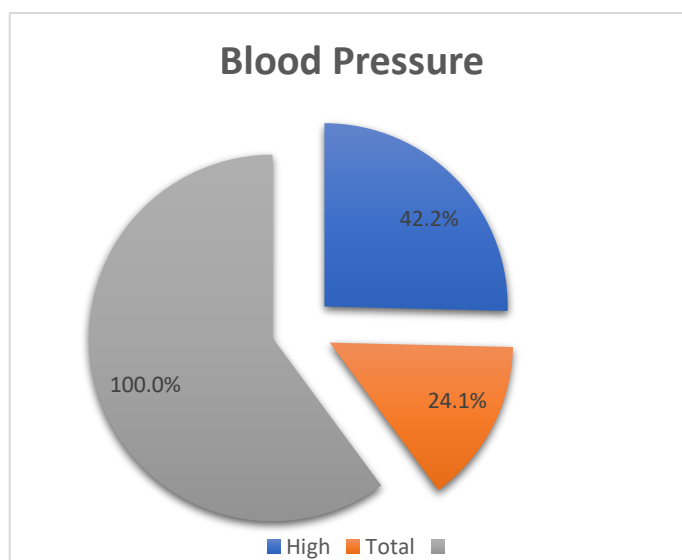


Figure 3: Distribution of participants blood pressure classification

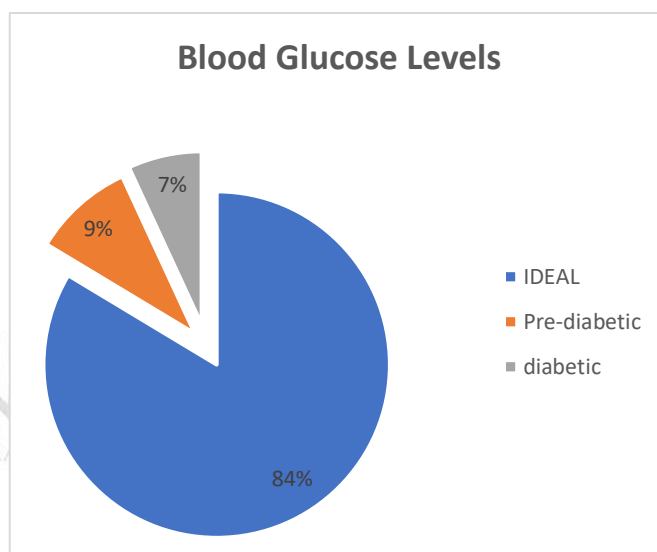


Figure 4: Distribution of participants blood sugar levels

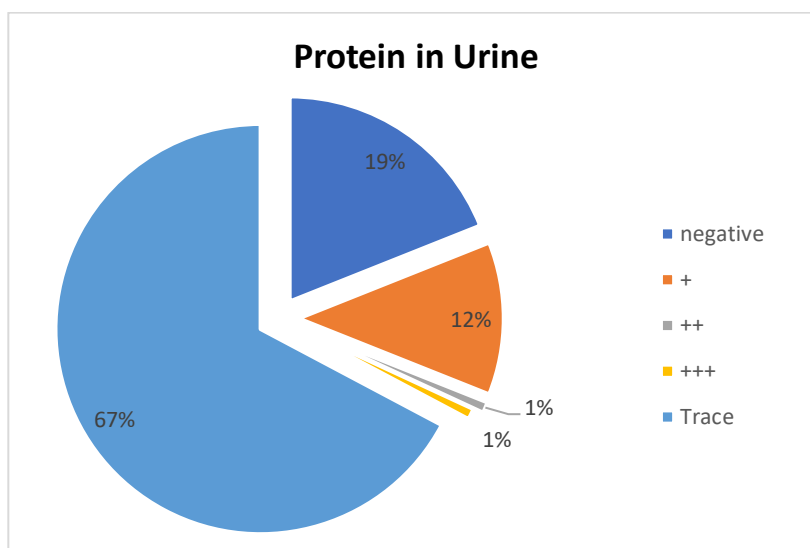


Figure 5: Distribution of the protein in urine

It can be seen in **Figure 6** that, 3 of those with high sugar levels were of the age group 31-45years, 3 of 46-59 years and 2 of 60years and above. Majority of the participant were of the ideal glucose level.

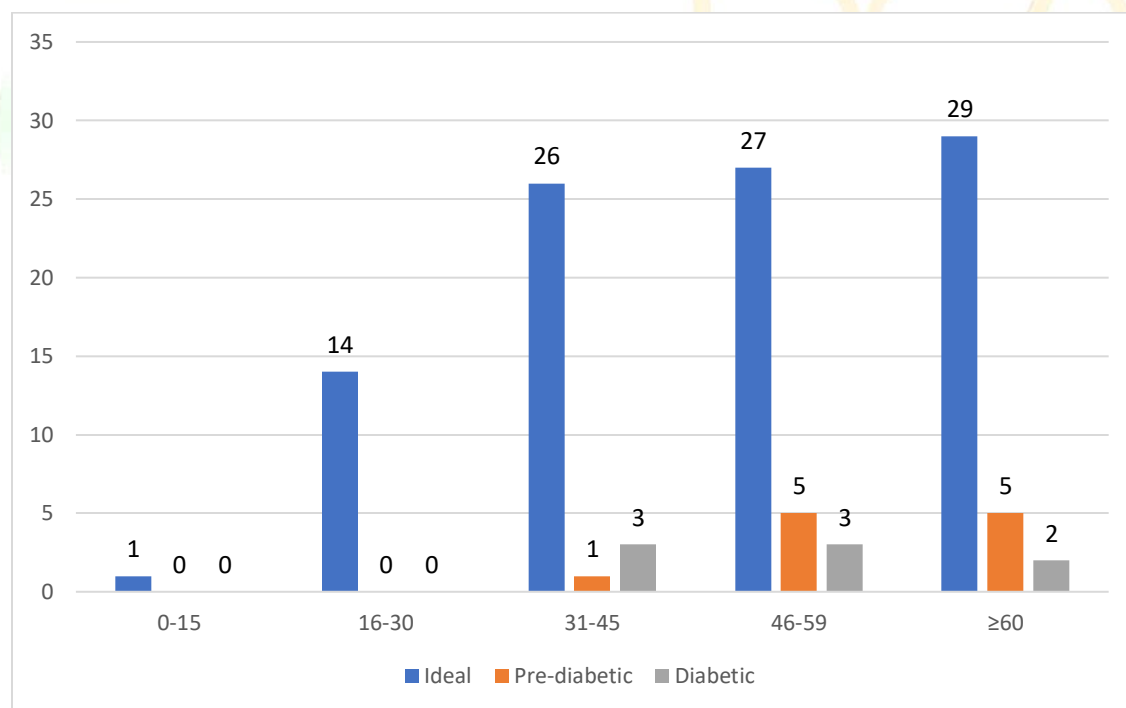


Figure 6: Presentation of age groups by blood glucose level.

From **figure 7**, it was observed that, a majority of the study participants had the ideal BP of 91/61 mmHg to 120/80 mmHg with 10.3% between 6-30 years. Of the 24% of the participants' with

high blood pressure, 12% of this population are of 60 years and above, 7.8% of 46-59 years and 4.3% of 31-45year.

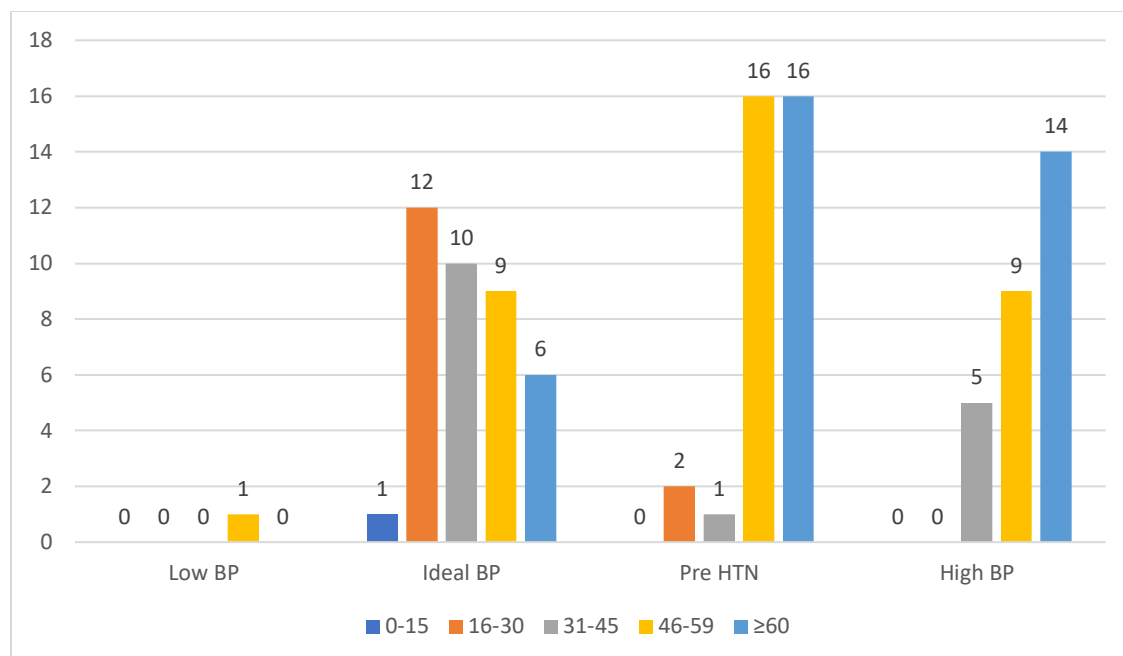


Figure 7: Presentation of blood pressure by age

Figure 8 represents the body mass index per individual by their blood pressure. It can be seen that, 32.8% of the population screened were obese with 10.8% pre-hypertensive.

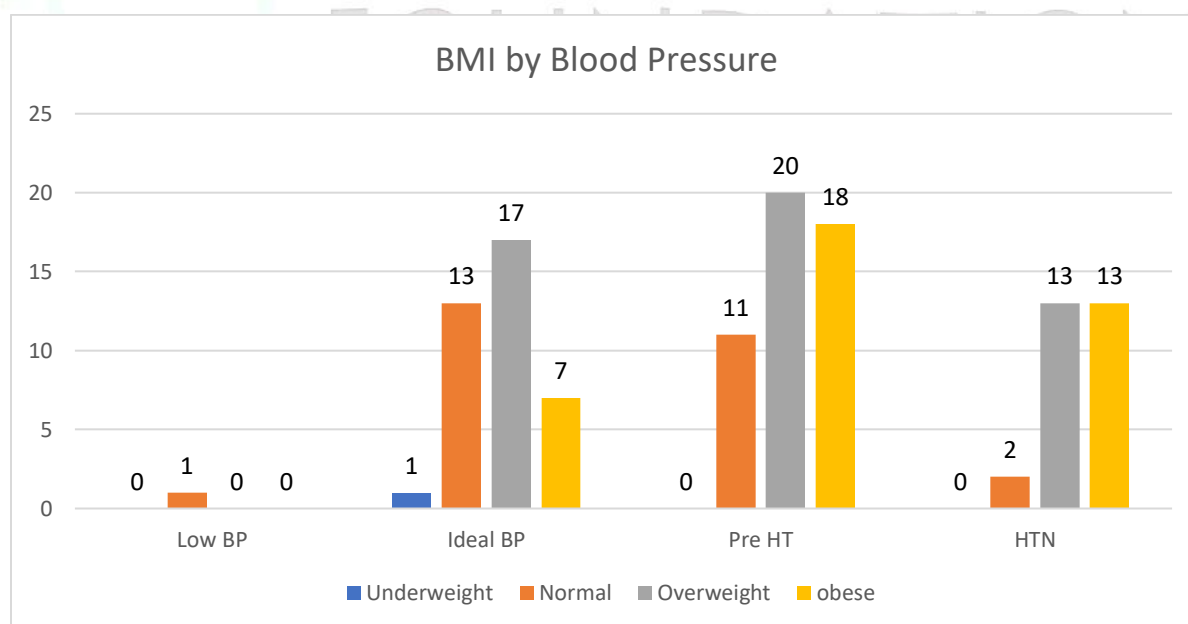


Figure 8: Presentation of body mass index by blood pressure

OUTCOME OF THE GREEN CAMPAIGN

The following were attained during the March 2020 Green Campaign;

1. Early detection of CKD and ESRD
2. Health condition of people with CKD was improved
3. Kidney health awareness was created globally
4. Sensitization was attained

Recommendation

A study assessing the knowledge on kidney disease should be carried out to determine the population's knowledge on CKD and its preventive measures.

The Iya Foundation Team

Name - Executives	Role
Iya Bekondo-Granatella	Executive Chair
Wele Elangwe	Legal Counsel – Board Member
Linus Akepe, PhD	Director of Outreach, Africa
Michael Ojom	Coordinator

Name - Staff	Role
Diomo Mokube	Administrator
Jennifer Bomki	Lab Technologist
Mbolle Mesape	Counselor
Cathy Tebit	Nurse
Livancliff Mbianke	Nurse

Name - Volunteers	Role
Banseka Vera Kiwo	Secretary
Dongmo Mariele	Medical Student
Forcob Brandon	Medical Student
Gladys Teburg	Nurse
Mokundu Rebecca	Medical Laboratory
Oben Franka	Medical Lab Scientist

Talla Tina

Nurse

CURRENT PARTNERS



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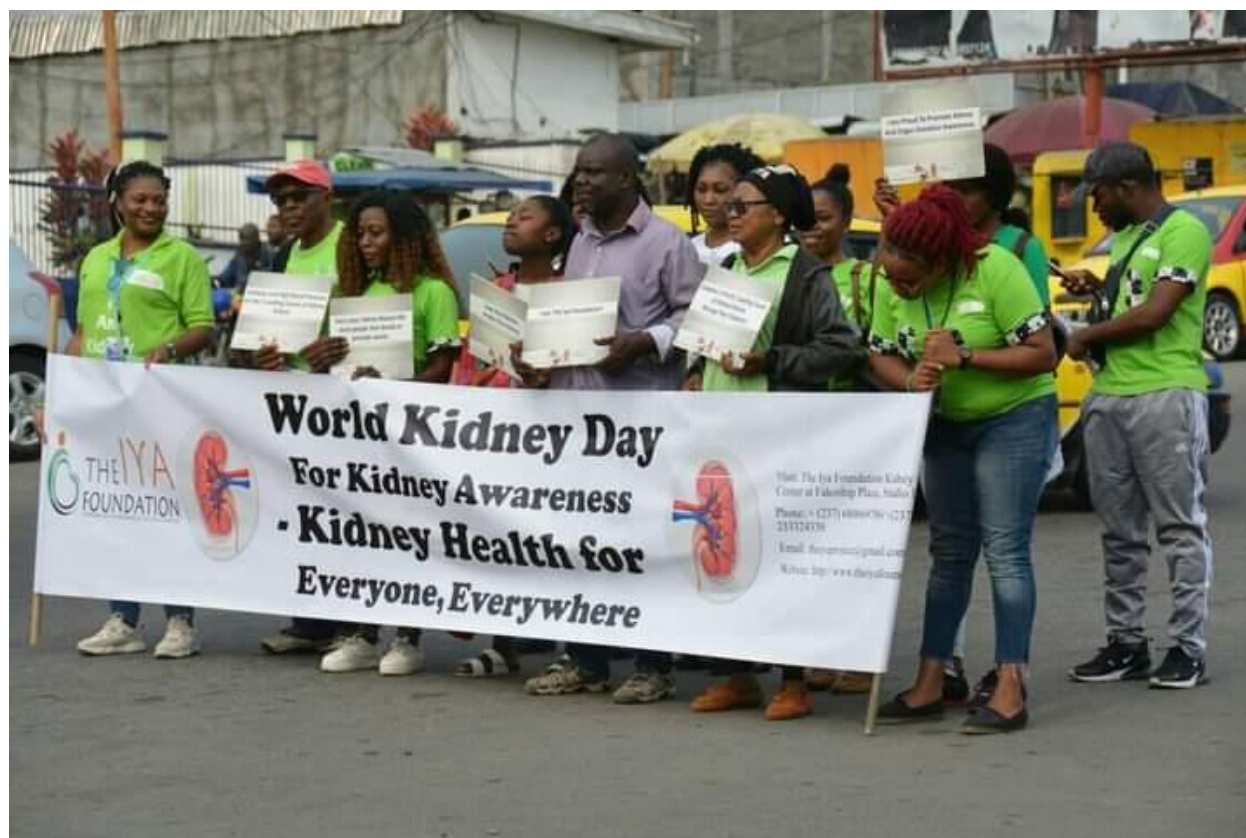
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SOME PICTURES FROM CAMPAIGN







World Kidney Day
For Kidney Awareness
- Kidney Health for
Everyone, Everywhere



Visit: The Iya Foundation Kidney Center at Fakoshipi Place, Nkolondoh
 Phone: + (237) 6806736 / 23324339
 Email: theyaproject@gmail.com
 Website: <http://www.theyaproject.com>







FOUNDATION
PROMOTING KIDNEY DISEASE AWARENESS AND ORGAN DONATION







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