Prof Pat Utomi

"The first strategy in keeping your home alive is being in the home"
An Overview On Non-Communicable Diseases

One of the desires of every family is to have each member living healthy without medical illnesses, possibly to a ripe old age. While this can be achieved in several ways, I’d like to approach this subject from the medical perspective. Broadly, medical ailments can be classified into communicable and non-communicable diseases. The former are diseases that can be spread from one person to another, or from an animal to a person, while the latter cannot be transferred by virtue of physical contact. This article focuses on the latter: non-communicable diseases (NCDs).

NCDs are slowly progressive, and can last for a very long time. Although they can occur in any age group, they occur more frequently in those advancing in age, usually above 40 years. They are also very common in the sub-Saharan part of Africa, threatening not only the health of the population at large, but also the economy.

According to a global study in 2013, NCDs accounted for 60% of all deaths, and also accounted for twice as many deaths as HIV/AIDS, Tuberculosis, Malaria, Hepatitis and all other communicable diseases combined. Typical examples of these NCDs include Hypertension, Diabetes, Stroke, and others. These diseases are all preventable, leading to a longer life, and stress-free homes.

Medical studies have shown that high blood pressure and high blood cholesterol levels are the chief causative factors for most of these diseases. Physical inactivity, which inevitably leads to obesity, is a major contributing factor.

According to the 2013 Global Health Risk Report by the World Health Organization, the population of adults meeting the physically active criteria is declining, and people are getting more obese, i.e. adding more weight. While weight gain is an obvious pointer towards obesity, some people who regularly consume diets high in fat, or fast-foods such as meat pies, burgers and doughnuts could have a lot of saturated fat deposited in vital organs such as the heart and blood vessels, even though they don’t appear obese. Medical studies have shown that this state is termed Hypercholesterolemia. Hypercholesterolemia increases the workload of the heart and this, in addition to a high salt intake from diets, could have a lethal effect, by complicating Hypertension, resulting in many more severe diseases such as Kidney failure and Heart attack.

Smoking and drinking also play key roles as they increase the incidence of NCDs. In addition to increasing the chances of one having lung cancer in the future, smoking also increases the likelihood of clots forming in the blood vessels, which have the ability to dislodge and deposit somewhere else such as the brain, leading to a stroke. Alcohol on the other hand has severe consequences on the liver, damaging its functional ability, and resulting in liver cirrhosis and cancers.

So how do we prevent these diseases?

- By engaging regularly in a variety of physical exercises such as taking brisk walks daily, jogging, running, ride a bicycle etc. All these aim to keep your heart fit, by pumping more blood.
- Avoid eating fast-foods and/or high fatty diets on a regular basis.
- Avoid smoking, or being around people who smoke a lot.
- Reduce salt intake especially as you advance in age (above 40 years), and ensure the salt in your meal is added when cooking, and not after cooking.
- Monitor your blood pressure and sugar levels, as these are usually the earliest indicators of an underlying problem.
- Report to a health practitioner for medical evaluation when you feel sick, rather than self medications based on your opinion.

These few tips, if practiced diligently, can help us live longer and healthier lives.

By Dr. Olayinka Oladosu MBBS (Lag), Dip. FAM (Nig), FAGP, FCIhE, Consultant Family Physician, Former Chairman, Lagos State Association of General and Private Medical Practitioners of Nigeria, Medical Director, Ferguson Hospital, Egbeda. Mobile: 08033966357, 08022836405

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An Overview On Non-Communicable Diseases

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morning. Then, I work without stop. I don’t do my morning prayer, go to church early. I typically end up somewhere at 9 pm in the evenings. You will be extremely late.

There are things that are more important than going into Ajegunle to find one kid who is struggling.

QUESTION: How do you keep your home alive?

ANSWER: The first strategy in keeping your home alive is being in the home.

The cost of being away from home is too high. Rent is too high. The cost of being away from home is too high.

QUESTION: What is it like to be away from home?

ANSWER: It is very different. The cost of being away from home is too high. Rent is too high. The cost of being away from home is too high.

I’m not sure if I can describe it. It’s very different. The cost of being away from home is too high.

MISSION:

By promoting, Skills development, Opportunities, Humanitarian Services and financial assistance to Widows, Orphans, and Persons living with Disabilities as well as other vulnerable persons, AAAF inspires and empowers the underprivileged.

VISION:

To be a world class foundation consistently improving quality of LAF Motto: Improving quality of Lives.

Anthem

AJOKE AISAT AFOLABI FOUNDATION

Ajoke Aysat Afolabi Foundation (AAAF) was launched in January 2008 by Barr. (Dr) Tanwo Olayinka Afolabi (MON) the GEVC Sifax Group with his siblings in memory of their late mother, Alhaja Ajoke Afolabi. The Foundation aims to alleviate poverty by providing people with the education, skills and financial support they need for self-sustainability and to improve the quality of life for the underprivileged.

Our Programme focus include:

- Education
- Health
- Economic Empowerment
- Humanitarian Services

Through a variety of interventions such as:

SAcK – PROVERTY (Support a child with knowledge to reduce Poverty), which promote access to education for orphans and vulnerable children through scholarships and educational competition

VSaP (Vocational Skills Acquisition Project) to enable economic empowerment of women, girls and persons with disabilities

Women In Agriculture Project to enhance agri business and value chain – delopment in Agriculture

Quarterly Community Medical Outreach to promote routine medical examination, disease treatment, Counseling and drug supply by qualified health workers

Research and Studies for evidence – based documentation

Monthly Prisons Mission

ABOUT AJOKE AISAT AFOLABI FOUNDATION

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The prime focus of the Foundation is to empower widows and orphans; however we also undertake other humanitarian and charitable activities. AAAF is committed to poverty alleviation, financial emancipation and empowerment of people.

BOARD OF TRUSTEES MEMBERS

Barr. (DR) Tanwo A. Afolabi (MON) - Chairman/Founder
Deacon (DR) wale Afolabi - President
Mrs Sola Soile - Member
Mr. Kehinde Afolabi - Member
Rotimi Afolabi - Member

Mission: By promoting, Skills development, Opportunities, Humanitarian Services and financial assistance to Widows, Orphans, and Persons living with Disabilities as well as other vulnerable persons, AAAF inspires and empowers the underprivileged.

Vision: To be a world class foundation consistently improving quality of LAF


Anthem

AFAV Foundation

AJOKE AISAT AFOLABI FOUNDATION

Improving quality of lives.

For further information

7, Ayo Oluwasoju Crescent, Off Ibiye-Okoujo Road, Olopa O/Stop, Lagos
Tel: +234(080)922-13, +2348162483800, +23431755112
Email: info@aaafoundation-ng.org
Email: info@aaafoundation.org
Facebook: http://facebook.com/aaafoundation.org

ANNOUNCEMENT

Dr. Fola Rogers - Solidays Executive Director, Human Resources / Admin, Sifax Group. Prior to her appointment, she has worked at Sifax top management level with vast experience in the Education and Health Sector. She holds a PhD in Education (Counselling Psychology (University of Ibadan) Nigeria, and a Post graduate Certificate in Emotional Education (PGCE), from University of Derby, UK, as well as Post graduate Diploma in International Health Consultancy from Liverpool School of Tropical Medicine. Dr. Fola Rogers has over 25 years experience in capacity building for Education, Health and Social care projects with focus on young children, adolescents and adults in diverse communities across the globe. She has accomplished missions in numerous countries for Non-Governmental Organizations, Ministries and Private Foundations. She has also taught and worked as Education Consultant at all levels of Education in Nigeria and UK. The AAAF Management and staff congratulates Dr. Rogers and wish her much fruitful years of service.
There are elderly people who have been rejected and abandoned by family and society. There are also women currently suffering with their children, following the death of their husbands. These and more require urgent intervention for some kind of rehabilitation and replacement. It is therefore important that you make a difference in your society. You can influence others to make a difference. Your organisation can also do so. Be the change you want to see in the world and influence others to do same.

Since God expects you to love your neighbour as yourself, you need to keep yourself busy, meeting people’s emotional, psychological and sometimes, material needs. Give your heart to charity. Give it to the service of humanity, to the helpless of this earth, the poor and the hopeless.

I will remain ever grateful to my dear mother, Alhaja Ajisai Ajakojulo Afobolu, whom God used to inject into my siblings and I, the spirit of charity. Enabled by her vision, we set up the Ajakojulo Ajakolam Foundation (AAAF). This non-profit and non-governmental organisation is committed to serving the public interest, especially for common good of the poor, the less privileged, orphans and widows in Nigeria; a society where most of them are often neglected and have been left to remain below poverty level. Since its establishment, AAAF has helped to keep the home, helping under-privileged people such as widows, orphans and indigent students, as well as other needy people. My God bless you as you contribute your quota towards supporting homes and continue to read this magazine.

Thank you

From The President's Desk

Dear reader,

I am convinced you will agree with me that day after day, the challenge of making the world uncomfortable for those who give to ensure that the poor, the less privileged, widows and other less privileged people such as orphans and indigent students, as well as other needy people, are our homes, and we have intermeddled with the estate of the deceased without time and share the estate according to the relevant native laws and custom. In intestate administration where all personal representatives of the estate have intermeddled with the estate before the grant except the administrator general (where all administrators signed the deed of gift of lease of the property to the defendant). The Supreme Court set aside the transaction on the ground that the third administrator did not give his consent to the transaction; therefore, they did not act jointly. Application for Letters of Administration; An administrator derives his powers to act from the grant of letters of administration and where such grant is not granted, he cannot act. A letter of administration confers the representation of an administrator. An administrator cannot generally deal with the estate before the grant except if his actions are for the benefit and interest of the estate, in which case and based on the doctrine of ‘relation back’ his will be related back to the date of death of the deceased to validate the steps taken by the administrator. In intestate administration where all personal representatives are subject to customary regulation and the deceased did not marry under the Act and there might be no reason for Letters of Administration to be obtained to manage the estate. In this case, the members of the family and elders within the community will administer and share the estate according to the relevant native laws and custom. A grant may be general or limited. Where it is general, the personal representative has the authority to act for all purposes in the administration of the estate, extending to all the personal property, both real and personal, of the deceased whereas, a limited grant is subject to the terms specified therein. A grant may be limited in three ways;

Limited to time, for example, until an infant reaches majority

THE FOUNDER'S NOTE

Being in 2016 (a leap year) provides a great opportunity for efforts towards strengthening the family institution amidst global storms and challenges. Increasingly, we are saturated with people who are in need. The wars in Africa, economic and migration crises in Europe and Asia are leaving many more brothers, fathers and children as refugees while the rate of Internally Displaced Persons (IDP) is on the upsurge. Kindness is becoming a scarce commodity and terrorists are making the world uncomfortable for other people. Yet, life is not all about you. It is about your positive impact on others. From Europe to America, and Africa to other parts of the world, people are becoming more and more voracious; fathers and children frantically seeking help. Around us are the poor; a reality of poor leadership and poor economic situation has resulted in people being in 2016 (a leap year) providing a great opportunity for efforts towards strengthening the family institution amidst global storms and challenges. Increasingly, we are saturated with people who are in need. The wars in Africa, economic and migration crises in Europe and Asia are leaving many more brothers, fathers and children as refugees while the rate of Internally Displaced Persons (IDP) is on the upsurge. Kindness is becoming a scarce commodity and terrorists are making the world uncomfortable for other people. Yet, life is not all about you. It is about your positive impact on others. From Europe to America, and Africa to other parts of the world, people are becoming more and more voracious; fathers and children frantically seeking help. Around us are the poor; a reality of poor leadership and poor economic situation has resulted in people being
**WISDOM CORNER**

**My Father is the Captain...**

The story is told of the ship that was trapped in a severe storm at sea. All were preparing to abandon the ship, all except one young lady who was pleading with her doll. When asked why she was not afraid, she calmly replied: “No, my father is the captain.”

**I CHOOSE...**

To live by choice, not by chance; To make changes, not excuses; To be motivated, not manipulated; To be useful, not used.

**ANSWER:**

Yes, I choose to listen to my inner voice, to be useful, not used, to be motivated, not manipulated, and to make changes, not excuses.

**FOKUDE ADENOKU**

Executive Coordinator

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**From The Executive Coordinator**

S attack, heart attack, cancer, non- communicable diseases. But besides these diseases, the next cause of this accident does not involve only the women. You as a husband or wife, how are you keeping the home alive? Imagine a man who accommodated himself in a seven bedroom mansion and at the end of the day, the wife had to live on somebody else's money. Now, such a life like that. No one wants to talk about writing a will. After living a life of affluence, you are now going to suffer. For somebody like you who has been passionate about this for 25 years, we like you to start to look into your research on widows.

**QUESTION:** Let us look at the situation in Nigeria. Government is always talking about settling the IDPs but today, everything is uncertain unlike in other nations where victims of violence are given priority attention. In Nigeria, we seem not to be doing that. As for women, most of them suffer because their husbands died from the on-going conflict in the north east. Is there something we should do that we are not doing to help widows considering that widows have children and their future is at stake?

**ANSWER:** You know, one of the biggest problems with the Nigerian experience is the invisible people. Two general philosophical foundations I have kept in mind are the understanding my engagements on social issues. One of them is Steve Covey’s Seven Habits Of Highly Effective People. He later released a book titled the 8thHabit which he said is the most important habit of the 21st century. It’s about Helping The Voiceless. Long before he wrote the book, that had already framed my sense of being. There are so many many people that are invisible society. Our media does not really focus attention on them. Media celebrates the anguish, obnoxious people who throw money around whether it is acquired properly or not. There are so many voicesless. Another philosophic framework that has affected how I see reality comes from a noted journalist called C. Wright Mills. In the famous treatise in social想像, he said history only can be understood if you look at the nexus of biography and history. In Nigeria had a civil war. Talking about the civil war, two million people died in 1967. That guy who was few hours to graduate from the university went to this war. Then, he began to lose people around him. Then, he began to see that individuals who were part of the struggle to the context of this war where people died. You have redefined or evolved history in that sense. I have come to find out that truly, many of the real people are affected. You talked about Boko Haram in the north. Two to three years in this country, flooding displaced people in such a monumental way. Description of such people started with floods. Few reporters went to see the extent of the damage to individuals. What we try to do here is reach out to our friends and colleagues responsible for the education. I am son of a widow. That ICT scheme has helped me.”

**ANSWER:**

Yes, I choose to listen to my inner voice, to be useful, not used, to be motivated, not manipulated, and to make changes, not excuses.

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**Pat Uwomi and the work he does for widows, as well as the organized efforts targeted at road safety by the Lagos State Sector Commander, Mrs Omeye.**

**From The Executive Coordinator**

**FOKUDE ADENOKU**

Executive Coordinator

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**S**ince 2008, Ajoke Ayiat Afolabi Foundation (AAF) has supported over two hundred million naira (N200,000,000) in tuition payment, medical services and economic empowerment for 1,000 beneficiaries inclusive of persons with disability, orphans and vulnerable children. Incidentally in 2015, the efforts of the AAAF expanded in scope and culminated in exploring socioeconomic issues for the purpose of research and development.

Findings from a sample of 100 widows, suggest that while 65 percent were widowed between the ages of 40 and 50 years, 23 and 12 percent are between 30-40 and 20-29 years respectively. The two highest causes of spousal death ranged between non-communicable diseases and road accidents. Recognizing that husbands are more likely to be older than wives in thiscliffe, there are indications that the findings are consistent with the World Health Organisation report, which places the average at 54/55, m (2013).

As an organization confronted with dealing with the socioeconomic consequences of morbidity and mortality, the AAAF having noted the need to address the above, the AAAF’s thematic focus compels it to respond to issues bordering on the welfare and development of widows, orphans and vulnerable children (OVCs). Hence, the 2016 edition of this Journal has been designed to specifically target better quality lifestyle for households. Consequently, we have aptly themed this year’s edition, to be of an interesting discourse at all levels. World Health Organisation leads this discourse with a barometer for health which constantly measures Life Expectancy Ratio across nations. Similarly, at a local level, researches are becoming more revealing on the causes and effect of death. On this premise, we present the findings from the strength of the findings on the Roseto Valifortore in Italian Province of Foggia shared by Malcolm Gladwell in his book, Outliers. Therefore, our proposition on managing factors leading to terminal illnesses and untimely death include consciousness considerations of the problems we interact and engage as a family and our culture of respect. Longevity is not just a function of diet, exercise, gene or DNA. It is also about our social structure.

In this edition, we have brought you a range of articles on health, nutrition, domestic violence, and increasing the legal tips necessary for keeping your home alive, even beyond the demise of a breadwinner. This bumper edition also offers a peep into the world of Pro...
Nutrition

What Is Nutrition?
Nutrition is the science that interprets the interaction of nutrients and other substances in food (e.g. phytoneutrients, anthocyanins, tannins, etc.) in relation to maintenance, growth, reproduction, health and disease of an organism. It includes food intake, absorption, assimilation, biosynthesis, catabolism and excretion. The diet of an organism is what it eats, which is largely determined and utilized by the body how it is digested, absorbed, processing, preserving, handling, selling, and excretion. The diet of an organism is a particular condition for our children to develop to their full potential. Investing in nutrition will ensure the healthy human resources our country needs for sustainable economic growth and development.

What Happens If A Family Does Not Eat Well?
People who have poor diets and do not eat the right amounts of energy-rich food and nutrients are often sick and become malnourished. Although poverty is a major cause of the nutritional problems found in poor resource settings, malnutrition also exists where people are not poor and where they can get enough to eat. This is clearly evident in the fact that there are two (quite opposite) main types of malnutrition. The first type is the result of insufficient intake of good-quality and nutritious safe foods. The second type is caused by an excessive or unbalanced intake of food or certain types of food. Both can be prevented by an adequate and healthy, balanced diet. The type of malnutrition that occurs depends on which nutrients and how much of the required food energy are lacking (or are in excess) and for how long, and the age of the person. For example, children and adults may eat too little food and become undernourished because they do not have enough food or they have a poor appetite. People may eat unbalanced diets that provide too little or too much of a particular nutrient. People may eat more food (especially energy-rich foods) with plenty of fat and/or oil than they need. By taking in too much energy their body becomes too fat (overweight or obese). These people are at increased risk of chronic conditions, such as heart disease, high blood pressure and diabetes.

Malnutrition (due to both lack and excess of food energy and/or nutrients) is one of the biggest health problems in the world, especially in developing countries including Nigeria. In Nigeria, although under-5 child mortality rate has decreased from 152 in 2006 to 109 in 2020, the underweight rate of children under 5 has not improved significantly.

In this interview with AHAAP, Prof. Pat Utomi, a renowned academician, businessman, politician, author and public analyst highlights the contributions of his widows support organizations to development of the family institution as well as society’s attitude to the voiceless and vulnerable.

QUESTION: We can see that you work with an organization that deals with widows. How has this been and what motivated your involvement?

ANSWER: This is actually one of the first social enterprises that consider widows. Widows’ Support Centre is actually close to 30 years, formerly registered and operating since 1991. But before then, we had activities we were engaged in. It started in essence in 1983 because shortly after I returned to the country in 1982, a dear family friend, very successful business person fell ill and died of cancer in his early 30s. He had a fleet of trailers for logistics in his business and his brothers were already quarrelling over his things while he was still alive. He said to his wife, ‘Dear wife, I am so sorry, I am putting you in the middle of this stuff. You see my brothers are already fighting over my things while I am still alive. You can imagine when I go. They won’t mind going with everything. So, please, don’t worry. God will take care of you! I said to myself: How can a man say this? Few weeks later, he died. Immediately he died, his brothers immediately took over everything. This woman went from living in 7 bedroom mansion to being homeless. In fact, a friend of her husband was fortunately, then Managing Director of Federal Housing Authority. He gave the woman one of those 2-bedroom apartments in Festac. That was where she ended up. That was how she lost everything. I found the experience so traumatic and I began to write articles about widows. The first one was published in 1983 in Concord Newspaper titled The Agony Of The Nigerian Widow. What surprised me and actually made it resonate for me was that we had a neighbour who was very cynical about everything in life and used to write regularly. When he read my piece on widows, he said ‘Ah! You have written something today, unlike those things you use to write!’ I said, so this thing impressed a cynical man? That made me focus on doing more on the issues. Then, when that Air Force plane went down in Ejigbo in the 90s, in my writing, I concentrated on the women who had just lost their husbands in that crash. I wrote a series on widows. I was now determined to do something structured to help the widows. Not too long afterwards, I myself was involved in the accident of a child-my child only. I then decided that as soon as I got out of hospital, I was going to institutionalize the process. I was already doing things for widows. I was looking for a way to do something. The then Rev. Fr. Kakah suggested to me that they had at that time, an initiative. The Bishop had given a plot of land to a woman to organize the widows because they had no access to what to do to. So, the women could farm the land to take portions. He said if I was keen about widows, I should contact the woman that was organizing them, Mrs. Gwani. He gave me her telephone number. So, I called her up. She talked about their needs. I said, ‘okay, I will be sending you money to help meet these needs.’ Never met this Mrs. Gwani. It was just on the face of a telephone conversation after she was recommended by Rev. Fr. Kakah. It was not until 2007 when I was travelling round the country during the campaigns when I went to a church in Kaduna. That was how it started and we began to do training programmes for widows. We worked closely with late Mrs. Sokenu of People’s Bank. She used to come there. We provided loans through her to the widows. We also had own loan scheme. It was a very interesting experiment. Our loan scheme was without interest. People’s Bank had to operate as a bank. Most people advised that to give interest-free loans was not okay because they actually needed access. So, we had an opportunity to experiment. The loans that came from People’s bank, they paid. Those that came from us, they did not make efforts to pay.

QUESTION: Have there been any modifications?

ANSWER: Not really. What we tried to do is that you put in two million naira here. For your other colleagues to keep getting money, those who have taken have to repay in the interest of others. We are still running it. We focused on the poorest of the poor. We felt they needed to upgrade. So, we taught them soap making, etc. I can tell you funny things. Some of them were not even drivers. They didn’t buy soap for a while. Anytime they go for widows’ programme, they give soap to my drivers. Channels TV did a documentary on the project some months ago. While the were airing it, John Momoh was in my house and we were talking. I didn’t know about it. He didn’t know about it. He didn’t know anything about it. So, as I was seeing off John Momoh, my phone rang inside my house. It was Oluyongun Felix Bru. I picked and he said, ‘I didn’t know you were so passionate about these kinds of issues. I didn’t know what he was talking about until he said he watched this thing on Channels.

QUESTION: You said something about wife of a friend who became homeless after her husband died of cancer. We have a journal we do at the foundation and this year, the theme for the Journal is Keeping Your Home Alive Is Being In The Home”. How did you arrive at this?

From the data of the widows we deal with, we discovered that most of them lost their husbands as a result of hypertension, stroke and hypertension. We then decided to focus on doing more on the issues. Then, when that Air Force plane went down in Ejigbo in the 90s, in my writing, I concentrated on the women who had just lost their husbands in that crash. I wrote a series on widows. I was now determined to do something structured to help the widows. Not too long afterwards, I myself was involved in the accident of a child-my child only. I then decided that as soon as I got out of hospital, I was going to institutionalize the process. I was already doing things for widows. I was looking for a way to do something. The then Rev. Fr. Kakah suggested to me that they had at that time, an initiative. The Bishop had given a plot of land to a woman to organize the widows because they had no access to what to do to. So, the women could farm the land to take portions. He said if I was keen about widows, I should contact the woman that was organizing them, Mrs. Gwani. He gave me her telephone number. So, I called her up. She talked about their needs. I said, ‘okay, I will be sending you money to help meet these needs.’ Never met this Mrs. Gwani. It was just on the face of a telephone conversation after she was recommended by Rev. Fr. Kakah. It was not until 2007 when I was travelling round the country during the campaigns when I went to a church in Kaduna. That was how it started and we began to do training programmes for widows. We worked closely with late Mrs. Sokenu of People’s Bank. She used to come there. We provided loans through her to the widows. We also had own loan scheme. It was a very interesting experiment. Our loan scheme was without interest. People’s Bank had to operate as a bank. Most people advised that to give interest-free loans was not okay because they actually needed access. So, we had an opportunity to experiment. The loans that came from People’s bank, they paid. Those that came from us, they did not make efforts to pay.

QUESTION: Have there been any modifications?

ANSWER: Not really. What we tried to do is that you put in two million naira here. For your other colleagues to keep getting money, those who have taken have to repay in the interest of others. We are still running it. We focused on the poorest of the poor. We felt they needed to upgrade. So, we taught them soap making, etc. I can tell you funny things. Some of them were not even drivers. They didn’t buy soap for a while. Anytime they go for widows’ programme, they give soap to my drivers. Channels TV did a documentary on the project some months ago. While the were airing it, John Momoh was in my house and we were talking. I didn’t know about it. He didn’t know about it. He didn’t know anything about it. So, as I was seeing off John Momoh, my phone rang inside my house. It was Oluyongun Felix Bru. I picked and he said, ‘I didn’t know you were so passionate about these kinds of issues. I didn’t know what he was talking about until he said he watched this thing on Channels.
“There Are Many Homes That Are Not Healthy” - Omeje

INTERVIEW

That Are Not Healthy” - There Are Many Homes

Head Of Training who is late now, Rtd. Happened that FRSC was invited. The then nurses in training then, were meant to Igbobi, that we had a mock disaster full-edged medical departments, it was like the Army, Navy or Airforce who had background put together, trained on the of people recruited from all elds and all FRSC, the medical department was more or the fullness of my professional mindset of quality care delivery to crash considering my training viz-a-viz my greater part of my service career is in Lagos. today. I served in Ogun, Anambra and a steadfastly by the Grace of God to where I am elsewhere.

I may also decide to go attending University of Ibadan to study Orthopedic Nursing at National Institution. He approached the principal colleague of mine to the programme together with a cadre of people who is still in the system now, Omokhodion. We are happy that at least, they saw people from that programme. We were made to apply and we didn’t see myself as an office person. I was on the road as a field visiting staff while doing our duties of the FRSC, cautioning the motorist on the road, apprehending those who violate traffic rules. I was also fulfilling my duties of taking care of patient each time I ran into crashes. I had to cause the team and took them what to do, so I handled crash victims. There was always a difference on how I handled the victim by way of my professional background. That was how I started in the job and kept on growing along the rank structure to a level where I have not be on the road. It came to a point when I became a detailing person, teaching and impacting knowledge using all my teaching competence and methodologies to work. To God be the glory. I am a Young Officer and State Commander now.

Question: How is FRSC different from the other road agencies?

Answer: Over a period of time, people have been confused as to the functions of other state traffic agencies. An example is the VIO whose function should not be on the highway or expressway. They are supposed to work within the state road, but Lagos is peculiar when it comes to drawing the line between a federal and state road. Bear in mind that Lagos was housing the then federal capital territory in Nigeria. But in terms of specifics as in drawing the line, the VIO as the name implies - Vehicle Inspection Officers are to take the leadership in enforcement, and FRSC is more or less a combination. Also, if a vehicle has an accident, a VIO will be required to issue a report. But in FRSC, a carriage for commercial fleet vehicles, validity of vehicle license is which a road tax and thorough inspection of vehicles. The police today can tell you is the most uniform organization. Every other uniform organization came out of the police, including the Army. The police force has its own area of specialization. FRSC is trying to bring some of the police force, the highway patrol, to make it more uniform, more professionalized with their own area of core competences. As the country is growing, the police is now having its hands full with crime issues with referrals to other specialized agencies. But when the chips are down, you dismiss any of these officers if they have committed a criminal offense requiring the individual to face the law of the land. They are handled over to the police for prosecution.

A s t h e s e a g e n c i e s b e c o m e institutionalized, and started having their own training outfit, start recruiting and training their own officers like the FRSC, which is the lead traffic agency in road traffic management and administration in Nigeria and in line with the United Nations Decade Of Action, it requires that every member cupboard a specialized agency like FRSC. Today, Nigeria is a lead country in road traffic management and tax and thorough inspection of vehicles. FRSC. The police today can tell you is the most uniform organization. Every other uniform organization came out of the police, including the Army. The police force has its own area of specialization. FRSC is trying to bring some of the police force, the highway patrol, to make it more uniform, more professionalized with their own area of core competences. As the country is growing, the police is now having its hands full with crime issues with referrals to other specialized agencies. But when the chips are down, you dismiss any of these officers if they have committed a criminal offense requiring the individual to face the law of the land. They are handled over to the police for prosecution.

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Evidence shows that if current levels of iodine deficiency in Nigeria remain unchanged, the present value of productivity losses resulting from intellectual impairment caused by iodine deficiency annually would exceed 300 million dollars. Stunting also has an immense impact on the future productivity of children. Stunted children are more likely to become less productive adults. Available data show that 37% of all under-5-year-old Nigerian children are stunted. Analyses reveal that if current levels of stunting in Nigerian children remain unchanged, the present value of the productivity losses in terms of lost income occurring annually would exceed 440 million US dollars.

Consequently, the consequences of anaemia in women on agricultural productivity are equally important. If adequate action is not taken immediately to reduce the unacceptable anaemia rates in women, the economic value of agricultural productivity losses associated with anaemia every year in the female labour force is estimated at 230 million dollars. In summary, immediate action must be taken to reduce the incidence of anaemia in young children and women.

Underlying causes: These include widespread poverty and lack of education, inequalities and discrimination, poor health services increase the risk of disease. Poor living conditions (e.g. insufficient water, inadequate sanitation and overcrowded housing) and poor health services; shortages of medicines and skilled health staff increase the risk of disease. Inadequate environmental sanitation services increase the risk of food-borne infections. The need of women in food production, trade, and preparation is vital but is often overlooked when causes of malnutrition are analysed and nutrition programmes are planned. In Nigeria, women produce much or most of the food. The level of care and quality of diet that women can give their families (including themselves) depends largely on their workloads and their social role within the family. For example, when women have heavy workloads (which many do), they may not have time to prepare more than one meal a day (which is especially insufficient for young children). If women have little authority and little control over resources (e.g. land, money), this also affects the type of care they can give different family members. Women’s workloads and social roles can be important underlying causes of malnutrition. Basic causes: For each underlying cause there are ‘deeper’ causes. These may include: widespread poverty and lack of employment opportunities; unequal distribution and control of resources at community, district, country and international levels; the low status and education of women; population pressures; environmental damage; political unrest and conflict; lack of health, education, and other social services; and discrimination.

Food Needs Or Security Of The Family
To be well nourished, families need sufficient resources to produce and/or purchase enough food. They also need to understand which combinations of foods make a healthy diet and they need the skills and motivation to make good decisions on family care and feeding practices. They need to know that the amounts of different nutrients a person needs varies with age, sex, activity and pregnancy. A family is food secure if it has sufficient safe and nutritious food throughout the year so that all members can meet their nutrient needs with foods they like to eat in an active and healthy life. In times of food shortages they may receive or be subsidized food. To be food secure, therefore, people need enough food and variety of foods.

Food insecurity: The food we eat and the water we drink is clean and safe. So it is essential to prepare meals in a safe, hygienic way. If foods (such as harmful microorganisms and parasites) get into our foods and drinks, they may make us food poisoning (resulting, for example, in diarrhoea or vomiting). People most likely to become sick are young children and people who are already ill, particularly severely malnourished children, and people living with HIV/AIDS.

Nutrition education plays a vital role in promoting good nutrition. Also, it must be carried out in a way that truly succeeds in motivating people to adopt healthy diets and lifestyles. In conclusion, to ensure food security and adequate nutrition for your family, it is important to note as follows:

Eat a variety of vegetables and fruits to get plenty of micronutrients and fibre. Cook vegetables quickly to preserve nutrients.

Choose meals and snacks that provide a mixture of nutrients, especially if your family members regularly eat away from home.

Share family meals according to energy and nutrient needs of family members.

Keep safe food and clean by washing hands after contact with faeces; disposing faeces safely; using water that comes from a safe source or is boiled before drinking; covering foods to keep them clean and safe; and preventing raw meat, offal, poultry and fish from touching other foods.

Mothers should be encouraged to exclusively breastfeed the baby is six months (180 days) old.

Weigh young children regularly and advise on feeding; a healthy child is a growing child.

Families may become more food secure if we help them to improve

Urinary tract infection
Vaginal pain

Signs That Your Abuser Is Not Changing:
He minimizes the abuse or denies how serious it really is.
He continues to blame others for his behaviour.
He claims that you’re the one who is abusive.
He pressures you to go to couple’s counselling.
He tells you that you owe him another chance.
You have to push him to stay in touch with you.
He says that he can’t change unless you come with him and support him.

He tries to get sympathy from you, your children, or your family and friends.
He expects something from you in exchange for getting help.
He pressures you to make decisions about the relationship.

NEWS BIT

The Hidden Scar

From 2009 till date, the Boko Haram insurgency inflicted considerable destruction on the North-east geopolitical Zone. In a variety of instances, whole villages were sacked with the aftermath of deaths, and abductions, particularly of girls and women with attendant consequences of internally displaced persons camps in terms of threats to health, safety and security. The North-east geopolitical zone was characterized by tales of sorrow, tears and blood until rescue operations by the Nigerian military and the Civilian Joint Task Force teams gained momentum and villages and town previously upturned were liberated.

Now the story is different, there is relative peace even though precarious. On the surface, Maiduguri, is a picture of order. A spring of housing projects, well paved roads, and bubbling human interactions, exhibiting a measure of enthusiasm and a perfect reflection of reconstruction and rehabilitation. The frenzy of Boko Haram onslaught was in the past, one thought. An average observer is unprepared for the uncanny consequences of the dialogue between the insurgent bullets and the Nigerian military and the Civilian Joint Task Force teams gained momentum and villages and town previously upturned were liberated.

Now is the time to re ect on the situation more hands are required to push the rehabilitation efforts. Inspite of their commitment and dedications however, thousands of people need help in their turn of death for him. They did more rehabilitating efforts. Inspite of their commitment and dedications however, thousands of people need help in their turn of death for him. They did more

By Foluke Ademokun

AAAF was the recipient of an award on 31 March 2016.

Lagos State Ministry of Women Affairs & Poverty Alleviation (WAPA) Skills Acquisition Centre, Egbeda

FRANCIS AMINU (PHD) is the Country Manager of Global Alliance for Improved Nutrition (GAIN) - Nigeria

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Managing Domestic Violence

What To Do When Abused - By Bose Ironsi

What Is Domestic Violence?
- Domestic violence refers to a wide range of physical, sexual, emotional and financial abuse between partners / ex-partners – whether or not they are co-habiting.
- Any incident of threatening behaviour, violence or abuse (psychological, physical, sexual, financial or emotional) between adults who are or have been intimate partners or family members, regardless of gender or sexuality.

Forms of Domestic Violence/Abuse

Physical
1. Inflicting or attempting to inflict physical injury Example: grabbing, pinching, hitting, biting, arm-twisting, kicking, punching, hitting with blunt objects, stabbing, shooting.
2. Withholding access to resources necessary to maintain health. Example: medication, medical care, wheelchair, food or fluids, sleep, hygienic assistance, forcing alcohol or other drug use.

Sexual
1. Coercing or attempting to coerce any sexual contact without consent Example: marital rape, acquaintance rape, forced sex after physical beating, attacks on the sexual parts of the body, forced prostitution, fondling, sodomy, sex with others.
2. Attempting to undermine the victim’s sexuality Example: treating him/her in a sexually derogatory manner, criticizing sexual performance and desirability, accusations of infidelity, withholding sex.

Psychological
1. Instilling or attempting to instill fear

Signs And Symptoms Of A Domestically Abused Person

- Psychological signs and symptoms:
  • Depression
  • Anxiety
  • Chronic fatigue

- Physical signs and symptoms:
  • Tympanic membrane (eardrum) rupture
  • Rectal or genital injury
  • Facial scrapes, bruises, cuts, or fractures
  • Neck scrapes or bruises
  • Abdominal cuts or bruises
  • Tooth loose or broken
  • Head scrapes or bruises
  • Body scrapes or bruises
  • Arm scrapes or bruises

- Defensive posture injuries: These injuries are to the parts of the body used by the woman to fend off an attack:
  • The small finger side of the forearm or the small finger side of the forearm when used to block blows to the head and chest
  • The bottoms of the feet when used to kick away an assailant
  • The back, legs, buttocks, and back of the head when the woman is crouched on the floor

- Noninjury physical signs and symptoms:
  • Headache
  • Neck pain
  • Chest pain
  • Heart beating too fast
  • Choking sensations
  • Numbness and tingling
  • Painful sexual intercourse
  • Pelvic Pain

Domestically Abused Person

By Bose Ironsi
Executive Director WRAHP

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Some of AAAF's Activities

**INTERNATIONAL WOMEN DAY**

Members of AAAF board of trustees Mrs. Olushola soile presenting a gift to beneficiary

**INTERNATIONAL GIRLS DAY**

Cross section of the participants of the 2015 international girl child organized by the AAAF

**INTERNATIONAL WOMEN DAY**

Cross section of the participants of the 2015 international women's day held in March 2016

**INTERNATIONAL WOMEN DAY**

Presentation of gift by the executive coordinator at the international women's day held in March 2016

**VOCATIONAL SKILLS ACQUISITION PROGRAMME**

Executive Coordinator on a field visit to Monitor a beneficiary Agric Business starting

**VOCATIONAL SKILLS ACQUISITION PROGRAMME**

Presentation of drugs for children to the commandant at the internally displaced persons camp Maiduguri

**VOCATIONAL SKILLS ACQUISITION PROGRAMME**

Presentation of gift by the executive coordinator at the vocational skills acquisition programme held December 2015

**VOCATIONAL SKILLS ACQUISITION PROGRAMME**

Invited guest at the vocational skills acquisition programme held December 2015

**VOCATIONAL SKILLS ACQUISITION PROGRAMME**

Cross section of mothers and children at a camp clinic, Maiduguri

**VOCATIONAL SKILLS ACQUISITION PROGRAMME**

Dr. Fola Rogers, Dr. Owolabi olurupo, Dr. Olayinka oladosun inspecting crafts produced by VSAP graduate

**VOCATIONAL SKILLS ACQUISITION PROGRAMME**

AAAFC present Starting up grant to Mrs. Oveyinka

**VOCATIONAL SKILLS ACQUISITION PROGRAMME**

Some unaccompanied children with the executive coordinator AAAF and officials at DP facility

**VOCATIONAL SKILLS ACQUISITION PROGRAMME**

Facilitator: Mrs. Insah, road safety ikontum speaks at VSAP December, 2015

**VOCATIONAL SKILLS ACQUISITION PROGRAMME**

Cross section of the participants of the 2015 international girl child organized by the AAAF

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Question: How does safety affect status of the home?

Answer: I am looking at strategies and methodologies that the foundation can leverage on to drive this campaign, beyond Road Safety. We need to add value. Don't narrow yourself. I have caught the vision of your foundation. There are many homes that are not healthy. On the face validity, they look healthy but they are not healthy. So many things are wrong. The foundation is destroyed already. There is nothing the righteous can do. That is the case of Nigeria. The man is not there. The woman is not there. The children are left in the hands of the nannies, who give them what they want to give them, bath them when they want to bath them, Mondays to Fridays and some women, Mondays to Saturdays. They get to see them only on Sundays.