

Healthy Lung for Life Event in Nigeria

The healthy lung for life event supported by the European Lung foundation is one of the biggest campaigns, that is geared towards promoting lung health.

Our aim on this campaign was to raise awareness on the adverse health effects of traffic related air pollution in the general population but particularly among street traders.

We hosted a healthy lung for life event in Lagos, Nigeria on the 25th of September 2019 at Mushin market, which is one of the major markets in Lagos state. This location is peculiar because it is located along a busy major express way; Agege Motor road, with a high volume of street trading just by the road side.

The event was organised by members of respiratory unit of the Department of Medicine of the College of Medicine, University of Lagos and the Lagos State University Teaching Hospital.

Funding

The funding of 1000 Euros from the European Lung foundation was used to:

- Secure the event venue.
- Purchase mouth pieces for spirometry
- Print handbills/ banners.
- Transportation
- Refreshments

Our objectives were:

- To educate attendees as well as other traders and the general public on the adverse health effects of air pollution with special emphasis on traffic related air pollution.
- To conduct free lung function testing and blood pressure measurements on members of the public and make appropriate referrals as needed.

Target population:

Members of the general public particularly roadside traders who are continually exposed to traffic related air pollution.

We set up for the event on the roadside by the market, and received participants from 8:00 am to 4 pm.

Team members

We had in attendance, doctors, physiotherapists and other trained spirometry technologists.

Activities

We invited participants by going out into the market and surrounding streets and distributing graphic handbill on the dangers of traffic related air pollution. 108 people attended the event and this included traders and residents within the vicinity. We conducted 55 lung function tests, and those that required specialist care based on symptoms and abnormal lung function tests were referred to nearby hospitals. We had 3 sessions of health talks for different groups of attendees in the local languages and actively used the social media to share the event globally.

