

ABASI HEALTH FOUNDATION (AHF)

REPORT ON THE THREE DAY HEALTH EDUCATION AND MEDICAL OUTREACH

2026 Zonal Youth Convention of the Redeemed Christian Church of God, Lion of
Judah Zone

Convention Theme: *Warriors on Heels*

Organised by	Abasi Health Foundation (AHF)
In collaboration with	The Redeemed Christian Church of God, Lion of Judah Zone, Youths and Young Adults Department
Date	Friday, 16 October to Sunday, 18 October 2026
Venue	Church Auditorium, 117 Abak Road, by Ukana Offot Traffic, Uyo, Akwa Ibom State
Founder, Abasi Health Foundation	Dr. Ben Bassey
Health Talk Facilitator	Mr. Blessed Bassey
Total Number of Persons Tested	93
Reporting Period	16 to 18 October 2026

Report prepared by **Precious Bassey**
Abasi Health Foundation

1. EXECUTIVE SUMMARY

Abasi Health Foundation (AHF), in collaboration with the Redeemed Christian Church of God (RCCG), Lion of Judah Zone, Youths and Young Adults Department, conducted a three day health education and medical outreach during the 2026 Zonal Youth Convention held from 16 to 18 October 2026.

The programme aimed to promote health awareness, discourage drug abuse, encourage preventive healthcare, and improve access to basic medical screening and professional health guidance among young people and members of the community.

Drug abuse prevention was the central focus of the health education sessions throughout the three days. The sessions were facilitated by Mr. Blessed Bassey, with emphasis on the health advocacy message of the foundation's founder, Dr. Ben Bassey. Participants were educated on the dangers of drug abuse, its physical and psychological consequences, its effects on personal and social development, and the importance of making informed decisions to protect their health and future.

The programme followed a three day structure. Day One focused on health education and drug abuse awareness. Day Two combined health education with medical screening, while Day Three featured continued health education, medical screening, and a multidisciplinary panel discussion on preventive healthcare.

The panel discussion featured health professionals from radiology, gynaecology, and pharmacy. Topics included cancer awareness, women's health, responsible medicine use, and the importance of preventive healthcare.

Medical screening was conducted on Days Two and Three, with a total of 93 persons tested across the two days. The activities provided opportunities for participants to access basic health assessments and receive relevant guidance from participating medical professionals.

The outreach demonstrated the value of collaboration between health organisations and faith based institutions in promoting health education, encouraging responsible health behaviour, and improving awareness of preventive healthcare within the community.

3 Days of outreach	93 Persons tested (Days 2 and 3)	4 Panel members	3 Disciplines on the panel
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2. BACKGROUND AND RATIONALE

Drug abuse is an important public health concern, particularly among young people. The misuse of prescription medicines, psychoactive substances, and other drugs can have serious consequences for physical health, psychological wellbeing, education, family relationships, and social development.

Young people may become vulnerable to substance misuse through peer pressure, curiosity, misinformation, emotional distress, and exposure to environments where harmful drug use is normalised. Without adequate information, guidance, and support, experimentation can develop into harmful patterns of substance use.

Preventing drug abuse requires sustained health education, informed decision making, positive peer influence, early identification of substance related problems, and access to appropriate professional support.

Recognising the importance of these interventions, Abasi Health Foundation integrated drug abuse prevention into the 2026 Zonal Youth Convention of RCCG Lion of Judah Zone.

Under the health advocacy vision of its founder, Dr. Ben Bassey, the foundation used the convention as a platform to educate young people about the dangers of drug abuse and encourage healthier lifestyle choices.

The programme was further strengthened by medical screening activities and a panel discussion involving health professionals. These activities broadened the outreach beyond drug abuse awareness to include cancer, women's health, responsible medicine use, and preventive healthcare.

The initiative reflected a commitment to promoting health awareness, encouraging early medical assessment, and supporting healthier communities through collaboration and education.

3. AIM AND OBJECTIVES

3.1 Aim

To promote drug abuse prevention, health awareness, and preventive healthcare among young people and members of the community through health education, medical screening, and professional engagement.

3.2 Specific Objectives

The programme sought to:

- 1 Educate participants on the dangers and consequences of drug abuse.
- 2 Reinforce the health advocacy message of Dr. Ben Bassey, Founder of Abasi Health Foundation.
- 3 Encourage young people to resist peer pressure and make responsible decisions concerning substance use.
- 4 Promote awareness of the physical, psychological, and social consequences of drug misuse.
- 5 Encourage individuals experiencing substance related difficulties to seek appropriate professional support.
- 6 Provide opportunities for basic medical screening and preliminary health assessment.
- 7 Improve awareness of cancer, women's health, and other important health concerns.
- 8 Promote early detection and appropriate management of potential health problems.
- 9 Facilitate interaction between participants and qualified health professionals.
- 10 Strengthen collaboration between Abasi Health Foundation and RCCG Lion of Judah Zone in promoting community health.

4. IMPLEMENTATION AND DAILY ACTIVITIES

4.1 Day One: Friday, 16 October 2026

Focus: Health Education and Drug Abuse Prevention

The first day focused on health education, with drug abuse prevention as the principal subject. Mr. Blessed Bassey facilitated the health talk, emphasising the importance of protecting young people from the harmful consequences of substance misuse. The session reflected the health advocacy message of Dr. Ben Bassey

and the commitment of Abasi Health Foundation to promoting responsible health behaviour. The discussion addressed the meaning of drug abuse, factors that contribute to substance misuse, associated health risks, and practical approaches to prevention.

Key Areas Addressed

Understanding Drug Abuse. Participants were educated on the difference between the appropriate use of medication and the misuse of drugs or other psychoactive substances. The session explained that drug abuse may involve using prescription medicines without appropriate medical guidance, taking medicines in ways other than prescribed, or using substances for nonmedical purposes. Participants were encouraged to understand the importance of responsible medicine use and obtaining professional guidance before taking medication.

Causes and Contributing Factors. The session highlighted factors that may contribute to drug abuse among young people, including peer pressure, curiosity, misinformation, emotional distress, social influence, and the misuse of prescription medicines. Participants were encouraged to recognise these influences and develop the confidence to make informed decisions.

Health and Social Consequences. The health talk addressed the potential consequences of drug abuse, including impaired judgement, dependence, psychological difficulties, physical illness, accidents, and reduced academic or occupational performance. The discussion also highlighted the possible effects of substance misuse on family relationships, financial stability, social responsibilities, and future opportunities.

Prevention and Responsible Decision Making. Participants were encouraged to resist negative peer pressure, avoid harmful substances, use medicines responsibly, develop positive relationships, and seek appropriate support when facing emotional or behavioural challenges. The session also emphasised the importance of treating individuals experiencing substance related problems with dignity and encouraging them to seek professional assistance.

Outcome of Day One

The first day established drug abuse prevention as the central health education theme for the convention. It provided a foundation for the subsequent sessions by encouraging participants to recognise the risks associated with substance misuse and adopt healthier decision making practices.

4.2 Day Two: Saturday, 17 October 2026

Focus: Drug Abuse Prevention, Health Education and Medical Screening

The second day combined continued health education with medical screening. Mr. Blessed Bassey continued the drug abuse awareness campaign, reinforcing the message of Dr. Ben Bassey and encouraging participants to make informed decisions about their health. The session emphasised that drug abuse prevention requires accurate information, responsible behaviour, supportive relationships, and access to appropriate professional care. Participants were encouraged to avoid the inappropriate use of prescription medicines and other substances, challenge misinformation, and seek qualified assistance when substance use becomes difficult to control.

4.2.1 Medical Screening

Medical screening was conducted on the second day to provide participants with opportunities for basic health assessment and professional guidance. The medical personnel recorded for Day Two were:

- Dr. Akaninyene Greeniopaul

- Emem, Medical Laboratory Scientist
- Dr. Nduke

Their participation supported the delivery of the medical outreach activities. The screening component complemented the health education sessions by encouraging participants to pay attention to their health and seek further assessment where necessary. Medical screening findings were intended to support appropriate health guidance. Any abnormal result requiring additional investigation should be followed by professional assessment and referral where indicated.

4.2.2 Significance of Day Two

Day Two marked the integration of health education with practical medical services. The continued drug abuse awareness session reinforced the importance of prevention, while the medical screening provided an opportunity for participants to access basic health assessments. The activities supported the broader objective of encouraging responsible health behaviour and improving awareness of the importance of preventive healthcare.

4.3 Day Three: Sunday, 18 October 2026

Focus: Drug Abuse Prevention, Medical Screening and Panel Discussion on Preventive Healthcare

The third day featured continued drug abuse education, medical screening, and a multidisciplinary panel discussion on preventive healthcare. The health talk continued to reinforce the message of Dr. Ben Bassey, facilitated by Mr. Blessed Bassey, while the panel discussion broadened the programme to include cancer awareness, women's health, and responsible medicine use.

4.3.1 Continued Health Education on Drug Abuse

The health education session reinforced the importance of preventing substance misuse and making informed decisions. Participants were encouraged to understand the possible effects of drug abuse on physical health, psychological wellbeing, relationships, education, and long term personal development. The session emphasised the importance of positive peer influence, responsible medication use, and seeking professional assistance when necessary. Maintaining drug abuse prevention as a consistent theme throughout the convention provided repeated opportunities to communicate the foundation's health advocacy message.

4.3.2 Medical Screening

Medical screening continued on the third day. The medical personnel recorded for Day Three were:

- Dr. Ubong Rex
- Dr. Akaninyene Greeniopaul
- Dr. Uwana Enoidem

Their participation supported the continuation of the medical outreach and the provision of basic health assessment opportunities.

4.3.3 Total Number of Persons Tested

A combined total of **93 persons** were tested during the medical outreach on Days Two and Three. This figure represents the total number of persons reported as tested across the two days. It does not represent the total number of individual tests performed, as one person may receive more than one screening service. A detailed breakdown by day and type of test may be incorporated into the programme records when the

medical screening registers are available.

4.3.4 Panel Discussion on Preventive Healthcare

The third day featured a panel discussion involving health professionals from different fields. The session provided an opportunity to raise awareness of important health concerns and emphasise the role of early detection, appropriate medical assessment, responsible medicine use, and preventive health practices.

Panel Members and Areas of Contribution

Panel Member	Profession	Contribution
Dr. Ubong Asuquo	Radiologist	Spoke on cancer from a medical imaging perspective, highlighting cancer awareness, timely medical evaluation, and appropriate diagnostic investigations when cancer is suspected.
Dr. Mrs. Glory Mboutidem	Gynaecologist	Contributed on women's health, highlighting appropriate gynaecological care, routine consultations, early assessment of reproductive health concerns, and access to reliable health information.
Pharm. David Akan	Pharmacist	Contributed pharmacy expertise to the multidisciplinary discussion, strengthening the professional perspective on health education and responsible medicine use.
Pharm. Blessing Omor	Pharmacist	Addressed medicine related health concerns from a pharmacy perspective, contributing to the multidisciplinary nature of the session.

The discussion reinforced the need to seek professional medical attention when experiencing persistent or unusual symptoms and to follow evidence based screening recommendations appropriate to individual risk factors. The session on women's health emphasised seeking qualified medical advice when symptoms or concerns arise.

4.3.5 Key Areas of Discussion

Cancer Awareness and Early Detection. The session highlighted the importance of cancer awareness, timely medical assessment, and appropriate diagnostic investigations. Participants were encouraged to seek medical attention for persistent or unusual symptoms rather than relying exclusively on self medication or unverified remedies.

Women's Health. The discussion emphasised the importance of gynaecological care, appropriate medical consultations, and early assessment of reproductive health concerns.

Responsible Medicine Use. The participation of pharmacy professionals complemented the central drug abuse prevention message of the convention. The discussion reinforced the importance of taking medicines for appropriate purposes, following professional guidance, and avoiding the misuse of prescription and other substances.

Preventive Healthcare. The panel reinforced the importance of health awareness, appropriate screening, early intervention, and professional medical advice. Participants were encouraged to take an active role in protecting their health and to seek appropriate care when concerns arise.

Multidisciplinary Collaboration. The participation of professionals from radiology, gynaecology, and pharmacy demonstrated the value of different healthcare disciplines working together to promote

community health awareness.

4.3.6 Significance of Day Three

The third day brought together drug abuse education, medical screening, and professional health discussions. The panel session broadened the scope of the programme by addressing cancer and women's health, while the continued medical screening provided opportunities for participants to access basic health assessments. Together, these activities reinforced the importance of prevention, early detection, responsible health decisions, and access to professional medical care.

5. SUMMARY OF ACTIVITIES

Day	Date	Activities
Day One	Friday, 16 October 2026	Health education and drug abuse prevention talk
Day Two	Saturday, 17 October 2026	Drug abuse awareness, health education, and medical screening
Day Three	Sunday, 18 October 2026	Drug abuse awareness, medical screening, and panel discussion on preventive healthcare

Health Talk Facilitator: Mr. Blessed Bassey

Founder and Health Advocacy Lead: Dr. Ben Bassey

Total Persons Tested: 93 across Days Two and Three.

6. MAJOR ACHIEVEMENTS

The following outputs were documented from the programme information provided.

6.1 Sustained Drug Abuse Awareness

Drug abuse prevention remained the central focus of the health education sessions throughout the three days. This consistent approach reinforced the foundation's health advocacy message and highlighted the importance of responsible decisions among young people.

6.2 Medical Screening for 93 Persons

A total of 93 persons were tested during Days Two and Three, providing a measurable indicator of participation in the medical outreach.

6.3 Participation of Health Professionals

The programme involved medical doctors, a medical laboratory scientist, and pharmacy professionals in the screening activities and panel discussion.

6.4 Cancer and Women's Health Awareness

The panel discussion included cancer awareness led by Dr. Ubong Asuquo and a women's health contribution by Dr. Mrs. Glory Mboutidem.

6.5 Integration of Health Education and Medical Services

The programme combined health education with medical screening, demonstrating the value of linking health awareness with opportunities for basic medical assessment.

6.6 Institutional Collaboration

The partnership between Abasi Health Foundation and RCCG Lion of Judah Zone provided a platform for delivering health promotion activities within a youth convention.

7. CHALLENGES AND AREAS FOR IMPROVEMENT

A complete assessment of the operational challenges encountered during the programme requires feedback from the organising team and participating medical professionals. Nevertheless, the following measures are recommended to strengthen future outreach activities:

- **Documentation:** Maintain comprehensive records of attendance, screening services, medical personnel, and referrals.
- **Screening Statistics:** Distinguish between the number of unique persons screened and the total number of individual tests performed.
- **Referral and Follow Up:** Establish appropriate procedures for directing participants who require further medical assessment to suitable healthcare facilities.
- **Continued Health Education:** Extend drug abuse prevention activities beyond the convention through school engagements, community awareness campaigns, and youth focused education.
- **Panel Documentation:** Record panel members' contributions, discussion topics, audience questions, and recommendations for future reporting and programme development.

These are recommendations for improvement rather than confirmed challenges encountered during the convention.

8. RECOMMENDATIONS

Based on the programme's objectives and activities, the following recommendations are proposed:

- 1 **Sustain drug abuse prevention campaigns.** Abasi Health Foundation should continue delivering drug abuse awareness programmes through youth conventions, schools, churches, and community engagements.
- 2 **Develop youth friendly educational materials.** Simple educational resources on substance misuse, peer pressure, responsible medication use, and accessing professional support should be developed and distributed.
- 3 **Strengthen medical screening and referral systems.** Future outreach programmes should maintain complete screening records and establish clear referral procedures so that participants who need further assessment are directed to suitable healthcare facilities.

Report prepared by:

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