

## Health Promotion Aftermath of Covid 19 and End Sars Protest

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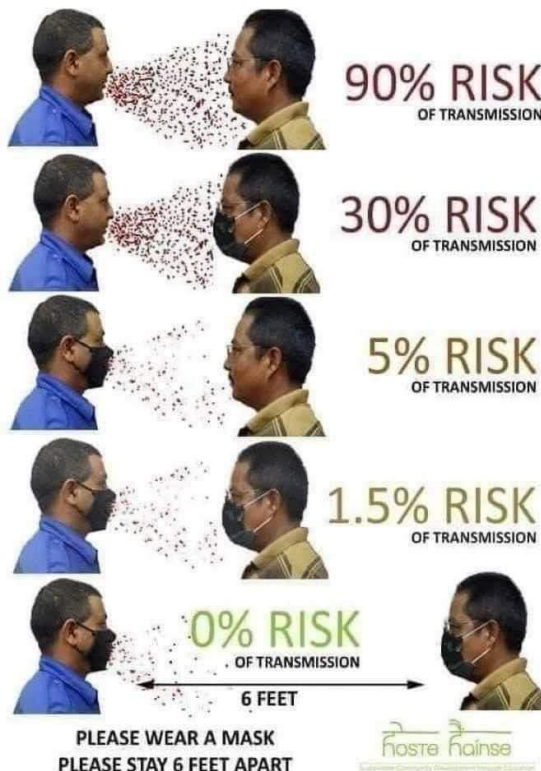
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### Introduction

Coronavirus is a group of viruses that causes respiratory illnesses. It is common in animals and has recently seen spread from animals-to-humans. The intensity of the virus ranges from common cold to acute respiratory symptoms. The virus emerged from the Chinese city of Wuhan in December 2019. Coronavirus belongs to the group of virus that causes severe acute respiratory syndrome (SARS). It causes a respiratory illness commonly called **COVID-19**, which can be spread from person to person. In March, 2020 Nigeria government put in place several measures to prevent the spread of COVID-19 across the country. These preventive measures include: Lockdowns, movement restrictions, social and physical distancing, public health education on mass media. Also, information was disseminated on the correct use of face mask



risk of transmission of COVID-19



social/physical distancing

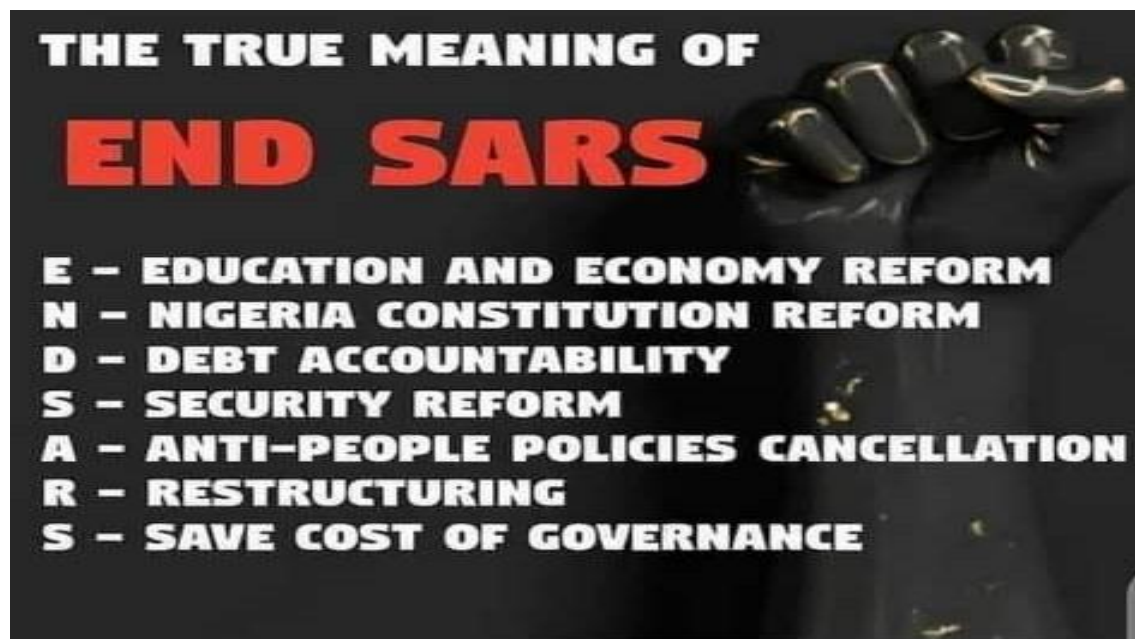


and avoiding crowded places



**End-Sars Protest**

On 5th of October, 2020 ENDS-SARS nationwide peaceful protest started after weeks of outrage video and pictures showing police brutality, harassment and extortion across the states in Nigeria. The protest was led by Nigerian youths in different cities featuring many activists and celebrities. The Special Anti-Robbery Squad (SARS) was a unit in Nigeria Police Force created in 1992 to combat crimes like robbery, kidnapping, motor vehicle theft, cattle rustling and firearms etc. The Nigeria government immediately answered to the calls of the youth protest for the disbanding of the Special Anti- Robbery Squad (SARS) not knowing that the true meaning of END SARS protest is;



During this protest, COVID-19 prevention such as the use of face mask, hand washing and maintenance of social and physical distancing were breached. This paper title health promotion aftermath of COVID- 19 and END SARS protest is new normal and timely. This paper discusses five strategies of health promotion after COVID-19 and END SARS protest, these includes; Food and Nutrition, Lifestyle, Exercise, Stress and Substance abuse.

### **Food and Nutrition**

Food is most important physiological aspect of human life. Food is a substance inform of liquid or solid which helps the body to growth and healthy. Food is any nutritious substance eat or drink to sustain life and growth. Nnamani (2009) stated that, average family spends between 25% to 35% of their income on food consumption because of the importance to health. Food are digested, assimilated, and utilized for body functions and this process is referred to as nutrition. Nutrition is all about eating a healthy and balance diet to support normal growth and sound health. Nutrition according to Oparaeke, Adeogun and Akinwunsi (2007) is the process which the body utilized food and derived nourishment for body cells. Good nutrition is essential after COVID-19 and End Sars protest to attain optimum wellness necessary for body maintenance, repair and growth. Good Nutrition is important rudiment for healthy living especially when the immune system needs to fight against diseases during COVID-19. Ogundeji, Adeniyi. Osungbade and Anilogun (2004) stressed that some health problems can be prevented with healthy diet. People must eat right proportion of nutrients to avoid nutritional deficiency diseases.

Foods high in fats, sugars and salt should be minimized. Balance diet helps the body to prevent, fight and recover from infections. Healthy diet is important to support immune system and to reduce the incidence of developing health problems such as heart disease, diabetes and obesity. For babies' healthy diet should be exclusive breastfeeding in the first six months followed by introduction of nutritious food to complement breast milk after six months. Good food hygiene must be practiced when preparing food to prevent incidence of food borne diseases. The food must be prepared in hygienic environment with clean water and ensures that raw food is properly separated from the cooked food. During shopping or at eatery, keep at least a metre distance to the next person. Avoid touching your eyes, nose, ear or mouth. Use hand shift to handle trolleys or basket if you cannot sanitize it. At home wash your hands with soap and water. Make sure you wash your fruits and vegetables thoroughly with clean water before eating them raw, reduce salty sweets and sugary drinks. COVID-19 Pandemic has devastated effects on food supply, especially on countries that depend on food importation for their existence. As countries closed their borders, food market was affected by logistic constraints and shortage of labour, therefore putting pressures on prices of available few foods in the market. The under listed food items must be properly consumed after COVID-19 and END SAR protest;





## Healthy Lifestyle

The importance of possession of correct health information and well-being cannot be over emphasized. Correct health information will lead to healthy lifestyle. It is important that people must be aware of those factors that promote their well-being as well as discourage those factors that are destructive to their well-being. Udoh (2002) stated that, not everyone with disposing factors to disease will contact it, but the combination of circumstances may precipitate the diseases. Healthy lifestyle will automatically prevent harmful conditions that precipitated diseases. Healthy lifestyle are based on right choices of life such as prevention of diseases, physical fitness, healthy diet, healthy body weight, abstain from tobacco smoking, drug abuse and alcohol.

Relaxation after the stressful daily activities is part of healthy lifestyle. Relaxation is necessary after daily mental occurrence. Adeogun (2004) stressed that relaxation and recreation helps to reduce tensions after daily stressful activities. It helps to reduce mounted pressures as a result of daily stressful situations.

Healthy lifestyle is all about personal attitudes, habits, tastes, mode of living, moral standard and behaviours that either promote or prevent diseases. There are simple things we can incorporate into our daily activities that makes up our healthy lifestyle. These healthy lifestyle tips include the following;

- Start your day with drinking a cup of water to aid digestion, boost energy and enhance healthy skin.
- Eat more of veggies meal daily. Minerals and essential vitamins, fibre and other nutrients for health and longevity.
- Do not use toxic skin care to rub your skin.
- Eat more of unprocessed food and food loosely processed like butter, yoghurt and olive-oil.
- Reduce harmful effects of long sitting at academic meeting or at your desk during research.
- Sunlight is a good source of vitamin D. Try to get enough sunlight daily.
- Always cultivate a positive mind-set and good attitude towards achieving it.
- Ensure adequate rest and sleep.
- Floss your teeth daily to ensure good dental health'
- Do things you enjoy most and spend your time wisely.
- Work on overcoming your fear and always put on smiling face.
- Always manage your stress well.
- If you cannot abstain from alcohol, drink moderately and drink water after alcoholic beverages to detoxify the alcohol in the body.





### Healthy Lifestyle for senior citizen



### Exercise

Exercise is a common discussion globally. Exercise is basis for sound health and well-being. Exercise has two major benefits known as health related and motor performance benefits. Otinwa (2005) identified health related fitness and benefits of exercise to include cardio respiratory, body composition, muscular endurance, muscular flexibility and muscular strength. While motor performance includes; agility, balance, power, reaction times, Coordinator and speed. Exercise is the best way to promote your good physique. It also helps to meet up with demands of life without experiencing unnecessary fatigue. Exercise improves body systems and it is better ways of controlling weight and obesity. Exercise is a kind of body movements that keeps the body healthy and fit. Regular exercise reduces the risk of contracting diseases. It consists of cardiovascular conditioning, strength, flexibility and body resistance. Exercise has physiological, physical, social and mental benefits to the body. People who participates in regular exercise enjoy good health and they remain physically fit better than inactive person. Aerobic exercise helps to burn excess body fat and calories, lose excessive weight and develop healthy muscles. Exercise improves quality of life, helps to attain good body shape and physical fitness. Exercise also helps to protect the body against diseases such as depression, obesity, stroke, hypertension and musculoskeletal health problems. Walking is good to attain body fitness. Body fitness helps to carry out daily tasks with vigour and sufficient alertness without unnecessary fatigue.



## Stress

Stress is a condition of being tired, worried, anxious, depressed, nervous, overworked and mentally disturbed. Stress is an unavoidable fact of life. Stress may be as a result of internal or external factors. The causes of stress vary from one person to another. The pressure from outside can make you feel tense internally. Mild stressful situations are helpful because it keeps us alert. But too much stress can affect health and wellbeing. Stress due to fatigue can be associated with diseases because it reduces ability to fight against diseases. Emotional stress may disrupt sound sleep. Bereavement, loss of income, fear and isolation may be experienced by people after COVID 19 Pandemic. As the news of COVID 19 Pandemic spread it may result in anxiety and mental pressure which may lead to accumulated stress on the victims. Instead of doing anything that may lead to stress, it is better to avoid panic and put preventive measures in place. Many things can cause stress, worldwide news on COVID 19 Pandemic everyday can make you feel stressed. Stress can disrupt immune system and over time accumulated stress can lead to sickness. Adeogun (2004) identify the common physical signs of stress to include; muscle tension, loss of sexual desire, dry mouth and difficulty in swallowing, chest pain, shortness of breath, diarrhoea, constipation etc. Most of these symptoms are also similar to COVID 19 symptoms which may mislead some people that they are having COVID 19. Cognitive effects and signs of stress includes. Forgetfulness, worrying, inadequate concentration, poor judgement, perceived negativity, raising thoughts and constant worrying. Behavioural signs of stress are; low or high appetite, increase in alcohol intake, smoking of cigarettes or drugs, procrastinating, dodging responsibilities, fidgeting, nervousness and nail biting. Consequence of long term stress include; cardiovascular disease such as heart failure, cardiac arrest, high blood pressure, stroke heart attack. Better understanding of causes, signs, symptoms and management of stress will go a long way in achieving wellness during COVID-19 and End Sars protest.

## Causes of Stress



## Physiological Effects of Stress

### BRAIN

Difficulty concentrating, anxiety, depression, irritability, mood, mind fog

### CARDIOVASCULAR

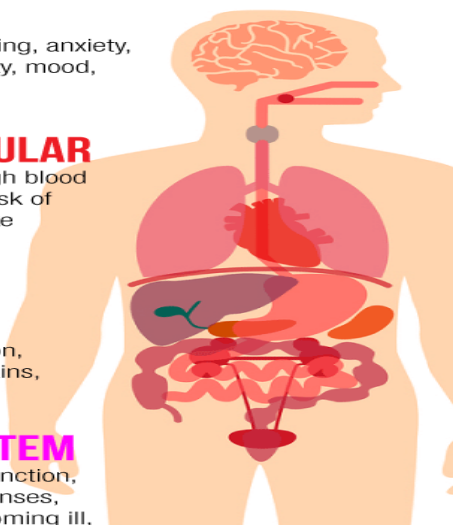
higher cholesterol, high blood pressure, increased risk of heart attack and stroke

### JOINTS AND MUSCLES

increased inflammation, tension, aches and pains, muscle tightness

### IMMUNE SYSTEM

decreased immune function, lowered immune defenses, increased risk of becoming ill, increase in recovery time



### SKIN

hair loss, dull/brittle hair, brittle nails, dry skin, acne, delayed tissue repair

### GUT

nutrient absorption, diarrhea, constipation, indigestion, bloating, pain and discomfort

### REPRODUCTIVE SYSTEM

decreased hormone production, decrease in libido, increase in PMS symptoms

### Stress among academic staff.

Academic staff belongs to various committees within the campus, sometimes faced with the challenges of conflicting job demands, disappointment in professional development, long sitting hours at meetings, excess work load and shortage of staff as a result of under-funding of tertiary institutions by government.

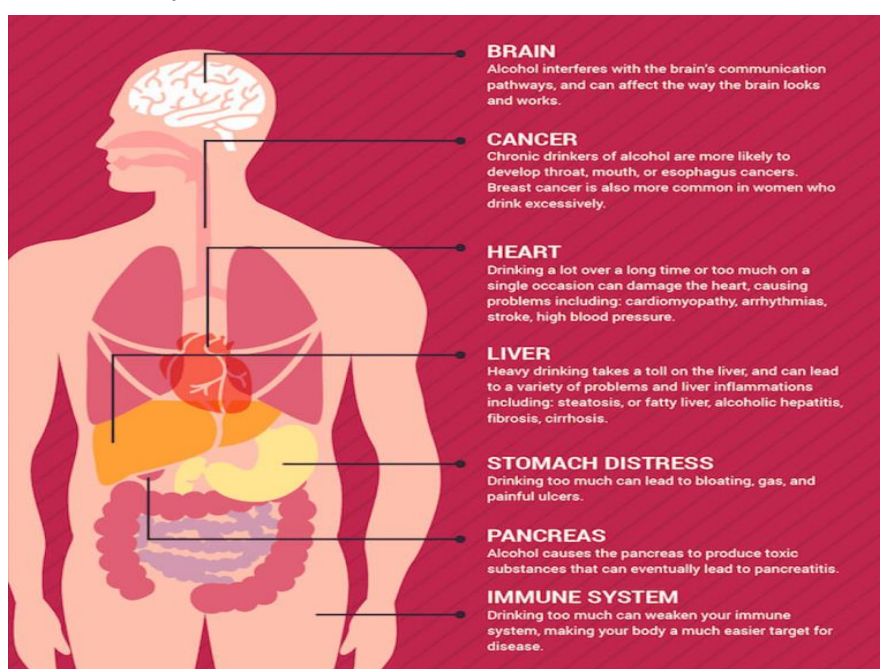
Some academic staff marry academic activities with administrative duties like the post of Vice Chancellor, Deputy Vice Chancellor of the university, Deans of colleges/faculties, directors of different centers, head of departments, examination officers, course advisers, post graduate coordinators, part time coordinators and many other posts of responsibilities. All these aforementioned responsible for stress among academic staff and efforts should be put in place to handle these stressful situations very well.

### Substance

Drug is a substance which affects the structure or function of a person. Drug covers everything the person inject, absorb, inhale or ingest. Drug covers over the counter drugs, beverages drug, medicines, illegal drugs, cigarettes and industrial chemicals. Substance is any material that possesses physical properties that can be seen, touched or measured such as drug and alcohol. Substance interacts with living organism and this interaction sometimes may be multiple effects based on person to person, number of doses used and the time. Some people abuse drug to get high, curiosity, pleasure or to sleep etc. Substance abuse is the excessive use of psychoactive drugs for specific reason best known to the user. Drug abuse is the use of drug for the purpose other than what the drug is meant for. Drug is the substance which alter the structures and functions of living organism.

Lawal (2012) Drug have multiples effect vary from dose level and from person to person. Individual are susceptible to drugs than others. Drug may be dangerous to an individual at the dosage level. Alcohol is a drink that contains ethanol. Alcohol may be produced by fermentation of fruit, yeast, grain and other sources of sugar. Some Nigerians sought cure for COVID-19 through consumption of alcohol especially locally made Oogoro believing that alcohol is the best way to protect them against contacting the COVID-19 virus. This act of indulging on unhealthy proactive alcohol drinking has worsened some Nigerians mental health problem. COVID 19 Pandemic has increased the number of people engaging in alcohol and drug abuse. Mental disorders may be serious health challenge to be faced by government after COVID 19 Pandemic. World Health Organisation warned that alcohol consumption is not preventing COVID 19 Pandemic expressing fear against the myth and misinformation towards high consumption of alcohol. Psychiatrist report opines that substance abuse increased during the first six months of COVID 19 lockdown. There should be adequate public health education on effects of drug and alcohol abuse before the situation goes out of hand especially at this period when people has misconception that alcohol cure COVID 19.

### Effects of Alcohol in the Body





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