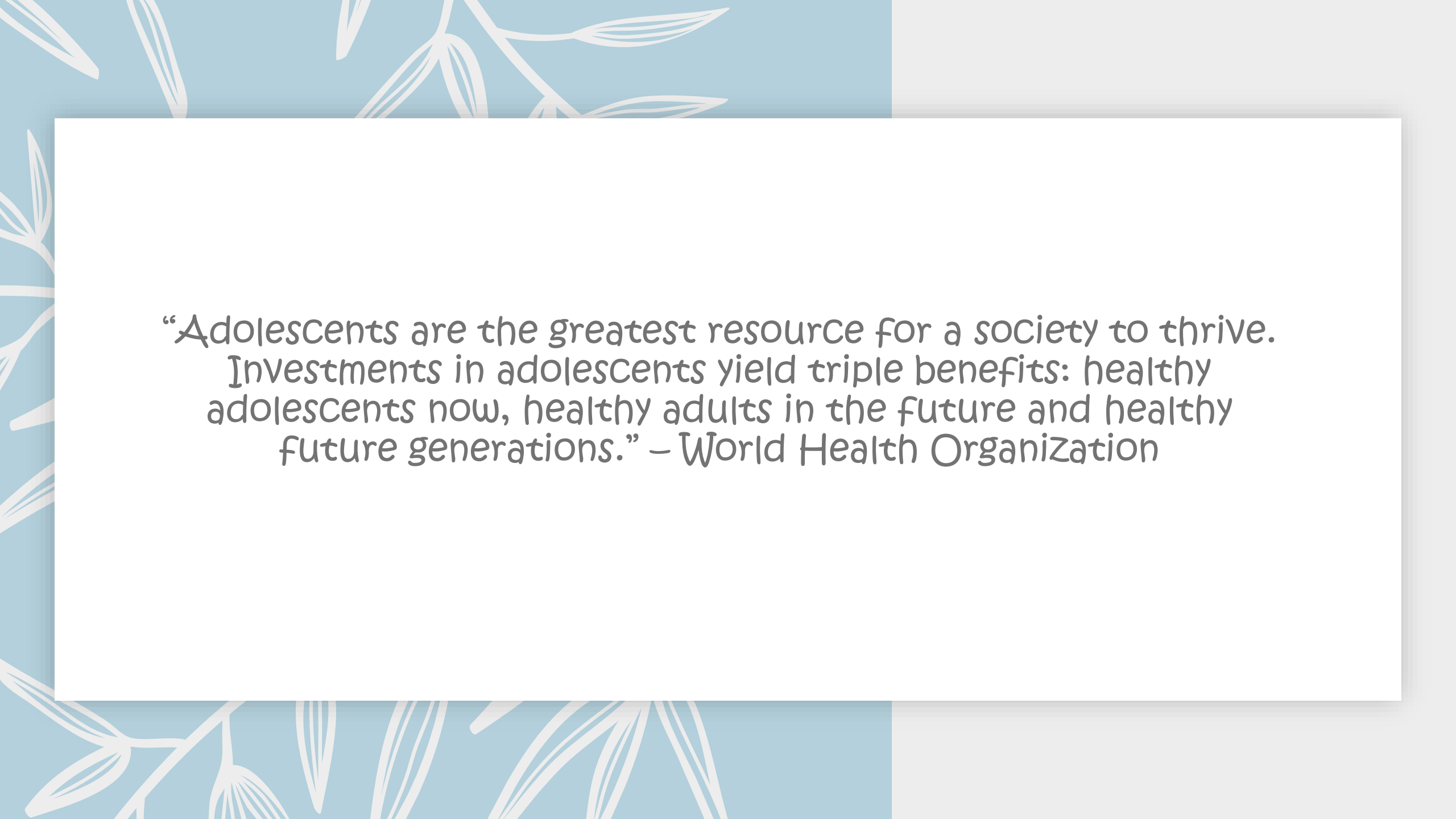


# ANNUAL REPORT

2020

**ADOLESCENT HEALTH HUB**



“Adolescents are the greatest resource for a society to thrive. Investments in adolescents yield triple benefits: healthy adolescents now, healthy adults in the future and healthy future generations.” – World Health Organization

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# FROM THE EXECUTIVE DIRECTOR

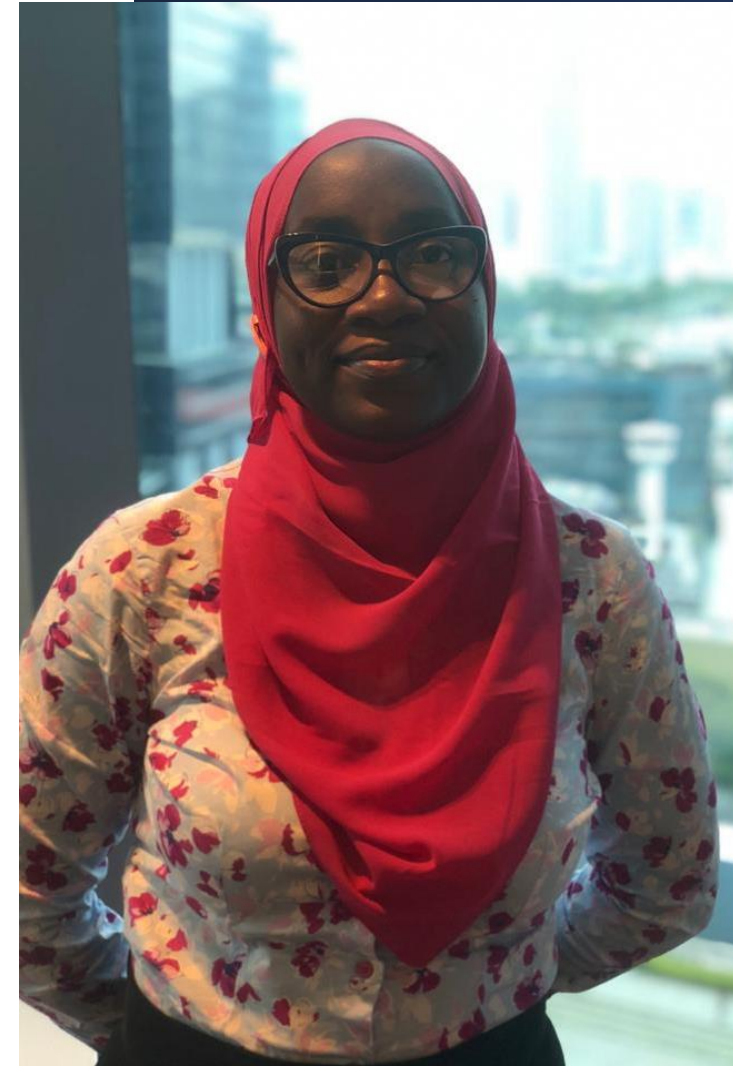
Adolescent Health Hub is a not-for-profit organization poised to improve the wellbeing of adolescents in Nigeria and Africa at large. This we are currently doing by leveraging on sustainable partnerships with organizations whose mission and objectives align with ours, harnessing the power of technology and social media platforms as well as community interventions to reach our target population.

Despite being a challenging year with an unprecedented pandemic in the 21<sup>st</sup> century, we were able to stimulate a new cause and sensitize the public on the significance of adolescent health with measurable impact and results.

Our major highlight for the year 2020 was the needs assessment carried out at Snake Island, a hard-to-reach community located in Amuwo Odofin local government, Lagos State to unravel the health challenges faced by their adolescents.

Building on the success of 2020, we are quite optimistic that 2021 and beyond will bring lots of opportunities to achieve many of our targets.

We are very grateful to all our partners, Global Shapers (Lagos Hub), Chatty Caterpillar and Muslimah Style Guide as well as all individual donors, friends and family members who have made our works possible in 2020.



Dr Fatimah Odusote

# WHO WE ARE

Adolescent Health Hub is a non-profit organization whose vision is to create a society where adolescents are highly productive now and in the future.

Her mission is to champion and nurture adolescents and youths' physical, mental, social, and spiritual wellbeing to enhance their full potential through sustainable collaboration.

# OUR CORE VALUES

- ❑ **Nurture-** We believe strongly in creating a nurturing and supportive environment for our adolescents and youths to thrive to attain the best outcomes.
- ❑ **Integrity-** To deliver on our mission, we take pride in the highest level of integrity while interacting with our stakeholders and providing our services to our target population.
- ❑ **Professionalism-** In dealing with people who matter to us, we maintain an uncompromised work ethic and excellence while also catering to our team members' needs.
- ❑ **Innovation-** The world is continually changing. Hence, to meet our target population's demands, we need to evolve continuously and consistently through unparalleled skill acquisition and competencies by our team members.
- ❑ **Diversity and inclusion-** Through diversity and inclusion, we break unhealthy social constructs, societal prejudices and create a paradigm shift that fosters collaboration, respect, human dignity, human rights, and universality.

# 2020 – ‘a year of beginnings’

2020 was a remarkable year for Adolescent Health Hub, we make bold to term it ‘A year of beginnings.’

Despite the pandemic, and the many uncertainties that besieged the globe, we were able to harness the circumstance to our advantage and to make impact in the lives of adolescents and youths.

Thanks to our ever- resilient founder, Dr Fatimah Abolanle Odusote, committed and dogged volunteers, and our reliable partners.

# **2020 Programs**





## Online publicity

Our social media handles were duly engaged. Relevant health information and topics which adolescents and their guardians could benefit from were shared on a regular basis on our social media platforms- Facebook, Twitter and Instagram.

# Virtual events

A webinar was held to commemorate World Menstrual Hygiene Day celebration on May 28<sup>th</sup>. The objective of the webinar was to educate adolescents, parents, guardians and other relevant stakeholders on menstruation and menstrual hygiene.

The guest speakers were **Ms. Uwa Arieko**, an adolescent health advocate, **Dr. Weyinmi Erikowa-Orighoye**, a paediatrician, and **Oyinkansola Fatima Momoh**, Managing Director of Muslimah Style guide.

A [video](#) was also made to further raise awareness on menstruation. This video had pidgin and Chinese languages incorporated to ensure a much wider reach, and to communicate effectively with our audience. We also made our [menstrual hygiene pamphlet](#) accessible to the public.

# ItsTimeForAction

## Menstrual Hygiene Day Celebration

Join us via



May 28 5pm (GMT+1)

May 29 6pm (GMT+1)

@adolescenthealthhub

### Speakers



**Uwa Arieko**  
Paediatrician



**Weyinmi Erikowa-Orighoye**  
Paediatrician



**Oyinkansola Fatima Momoh**  
Managing Director of Muslimah Style Guide



**Fatimah Odusote**  
Medical Doctor and Adolescent Health Advocate

Organizer



Partners

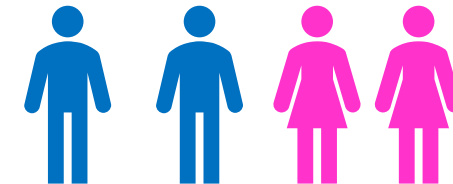


# Making impact in a foreign land



A virtual and physical meet-up was organized by Adolescent Health Hub in collaboration with [Chatty Caterpillar](#), a Singapore-based NGO focused on mental health, on the 15<sup>th</sup> of June and 14<sup>th</sup> of July.

**Seven teenagers** in total were invited on both occasions to share their experiences on adolescence and our founder answered their questions regarding the challenges faced during adolescence and puberty.





@adolescenthealthhub  
INSTAGRAM LIVE CHAT

PREPARING ADOLESCENTS FOR THE FUTURE  
THROUGH POSITIVE ROLE MODELLING AND  
MENTORING




Guest: Renita Sophia Crasta  
GROUP LEGAL COUNSEL,  
CHAIRPERSON, YOUNG LAWYERS CHAPTER  
SINGAPORE CORPORATE COUNSEL ASSOC.

Host: Dr Fatimah Odusote  
SATURDAY, 9TH MAY  
2020 2PM (GMT+1)



PREVENTING  
THE  
OCCURRENCE OF  
SUICIDE IN  
ADOLESCENTS





Dr Adetunmbi Omobola  
Consultant Psychiatrist | Child &  
Adolescents Mental Health Physician

*guest*




Sat, 19th Sep, 2020  
3pm (WAT)

@adolescenthealthhub  
facebook page

@adolescenthub @adolescenthealthhub



Adolescent Boys:  
Body Image and Self Esteem

Dr Fatimah Odusote  
Host

Dr Weyinmi Erikowa-Orighoye  
Paediatrician

Yezid Olanase  
Youth Representative

FACEBOOK LIVE ON 18TH JULY, 2020 3PM (WAT)



facebook live



Parenting  
adolescents:  
Adapting to the  
changing needs

*Guest*

Dr Uduak Essen  
PUBLIC HEALTH PHYSICIAN

Host:  
DR FATIMAH ODUSOTE



Sunday,  
16th Aug  
3pm (WAT)

# Facebook and Instagram live chats

By leveraging on the wider reach offered by social media, we held Live Chats on Facebook and Instagram to reach out and beam a light of hope to adolescents and their guardians through significant topics on adolescent health.

17 live chats were held between April and November, some of which involved adolescents as presenters or guests. All live chats were engaging.

# Some comments from viewers during live chats

“This was an impactful session”- Edun Eniola

“Learning parenting is very important”-  
Oluremi Ayeni

“Really learning... Poor nutrition in  
adolescents might lead to health problems in  
the future”- Kabiru Bukky Fatimah

“Well done my colleagues, parenting  
adolescents is one of the most difficult and  
sensitive stage of child upbringing” –  
Francisca Ken

# Community intervention- Snake Island

Despite the huge setback experienced in many countries due to COVID-19, we were able to initiate community interventions for adolescents in one of the hard-to-reach communities in the South-Western part of Nigeria to meet some of their health needs. This community intervention was one of our major wins in 2020.

The community, Snake Island, located in Amuwo-Odofin local government area in Lagos State, is home to different tribes across Nigeria. To ensure our proposed intervention in the community is well targeted, we embarked on a needs assessment on **20<sup>th</sup> of December** to understand the peculiarities of the challenges faced by the adolescents in this location.



We were able to assess the needs of **82 adolescents** through quantitative data gathering with mixed qualitative/informal methods.

The questionnaire which covered the (health and socio-economic determinants of health) nutrition, sexual and reproductive health, mental health, injury and violence, access to healthcare, menstrual health, housing education, drug and employment was an eye-opener to the challenges adolescents go through.

# OUR VOLUNTEERS

Adolescent Health Hub recruited **ten amazing volunteers (majority of whom were adolescents)** who were unreservedly committed to all the programs, most especially the Snake Island project. The on-boarding of the volunteers was also a major turning point for the organization.



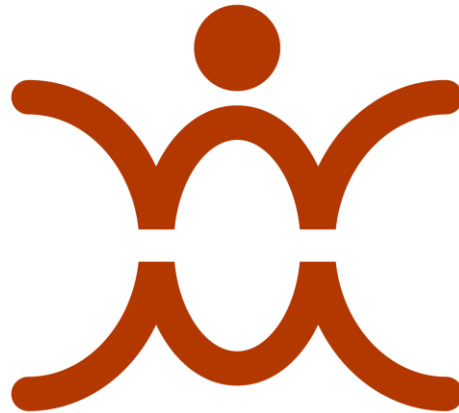




MUSLIMAH  
STYLE GUIDE



The Chatty Caterpillar  
*Happily waiting to become*



DR WEYOMS

# OUR PARTNERS

We cannot fail to mention our most reliable partners.

We truly value your partnership with us towards ensuring that adolescents live their best lives and maintain their wellness now and in the future.

# FINAL NOTE



We are grateful to God for an impact-full 2020. We have no doubt that the coming years hold much greater impact, reach and unlimited success towards achieving our goals.

We look forward to more productive partnerships, engagements, and all-round impact.

We will not stop until the adolescents in our generation and generations to come have the knowledge, resources and skills to live a productive life now and in the future!

# GALLERY



@adolescenthealthhub  
FACEBOOK LIVE CHAT

## PUBERTY IN BOYS



Host: Dr Fatimah ODUSOTE

SATURDAY, 27TH JUNE  
2020 5PM (GMT+1)



Guest: Dr Hammed ADETOLA

CONSULTANT PAEDIATRICIAN  
LONDON SCHOOL OF HYGIENE AND  
TROPICAL MEDICINE (EBOVAC-SALONE  
PROJECT).



Conversation with



Mrs Hauwa Bello  
Clinical Health Psychologist &  
Proprietress

Topic:  
The role of schools in nurturing  
adolescents



Saturday, 29th Aug 2020  
3pm (WAT)



@adolescenthealthhub  
facebook page



Instagram

## Sexual child grooming and adolescents



with

Edun Lisa

Social Activist | #Bants Forum Initiator



Saturday, Sept 5th 2020  
3pm WAT



Host:  
Dr Fatimah Odusote  
@adolescenthealthhub

facebook live

Understanding  
the nutritional  
needs of  
adolescents

Guest  
Folashade Babatunde  
REGISTERED DIETITIAN-NUTRITIONIST

Host:  
DR FATIMAH ODUSOTE

Saturday,



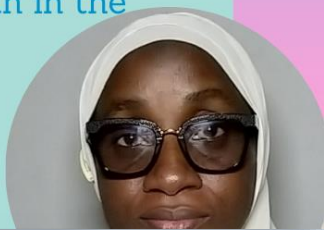


# community worker on adolescent health

Thursday, 7th of May at 4 PM (GMT+1)



Join @adolescenthealthhub for an exciting **INSTAGRAM LIVE CHAT** as Haleemah Olanase shares her experience on the realities of working with adolescent health in the community.



**HALEEMAH OLANASE**

Biochemist  
Public Health Educator



**RECOMMENDED VACCINES FOR ADOLESCENTS**



**Dr Oluwatomi Owopetu**  
Public Health Physician

*guest*

Sat, 26th Sep, 2020  
3pm (WAT)

@adolescenthealthhub  
facebook page

@adolescenthub



@adolescenthealthhub



## Substance use and abuse in Adolescents



**Dr Fatimah Odusote**  
Host



**Dayo Adeyemo**  
Psychiatric Mental  
Health Nurse  
Practitioner

Friday July 24, 2020  
3pm WAT, 9am CST

Facebook Live



@adolescenthealthhub  
FACEBOOK LIVECHAT

### THE ADOLESCENT BRAIN: WHY DO TEENAGERS ACT THE WAY THEY DO?



**Aminah Ojetola**  
COUNSELLING AND HEALTH  
PSYCHOLOGIST



**Dr Fatimah Odusote**  
HOST

Saturday, 11th July 2020 3PM (GMT+1)



**Dr Weyinmi Erikowa-Orighoye**  
Paediatrician

*with*  
**WORKING WITH TEENAGERS AT THE COMMUNITY LEVEL: THE REALITY, CHALLENGES & LESSONS**

Sat, 21st Nov, 2020  
9pm (WAT)

@adolescenthealthhub  
facebook page

@adolescenthub



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