

## HEALTH PROMOTION AS SUSTAINABLE TOOL FOR COMMUNITY SECURITY IN IJEBU-ODE, OGUN STATE

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### Abstract

*The concept of health promotion through human activities like use of health clubs, visits to the gym, recreation /amusement park and community water point fountain, is not a new one. These activities promote the health of individuals and improve the quality of life, thereby positively improving the security of neighbourhood due to reduction in social vices like illicit sex, drug abuse/ addiction, immoral behaviour such as cultism, hooliganism and other criminal tendencies. The study adopted descriptive household survey research design to elicit information from two hundred (200) residents between the ages of 18-40 years using a random sampling technique on the health promotion of residents through positive activities that improve their physical, mental and social well-being, reducing the social vices and guarantee the community security. Items in the questionnaire included, if the community has health promotion facilities and can the use of the facilities positively influence the individual health thereby reducing social vices. The descriptive statistical analysis showed that 95% of the respondents ascertained that the health of the individual can be promoted through the functional health promotion facilities and activities which can reduce social vices that can lead to breakdown of laws and orders. Recommendations included that health promotion facilities should be part of community developmental projects and activities to be mandatory for all.*

**Key words:**Community, Health Promotion, Sustainable Security

### Introduction

Health promotion is defined in the Ottawa Charter (1986) as the process of enabling people to increase control over, and to improve their health. It moves beyond a focus on individual behaviour towards a wide range of social and environmental interventions (WHO). There is growing evidence globally that health promotion is a pre-requisite for economic development because its intervention makes positive contribution to the improvement of human health. It is a cost-effective approach which facilitates increased individual, family, community and social participation in health. It promotes wellbeing through the adoption of positive lifestyles by all, as well as disease prevention. It increases the use of available health services by combining approaches of equity, multi-

sectoral collaboration, partnerships, alliances and networks. Health promotion offers practical approaches to ensuring equal access to health through promotion of lawful, financial, economic and targeted environmental interventions. Hence, health promotion promotes high quality of life, healthy productive population with reduced morbidity, mortality and expenditure on health leading to resultant benefit of a prolonged life span.

Community development is a concept that currently has wide appeal in public health policy. It has become a central element of population-based health promotion strategies that purport to involve community groups in determining the form and purpose of resources for advancing the community's health. It has been variously claimed that community development empowers individuals and groups, leads to greater commitment by the community and consumers to change, strengthens community values, promotes greater local accountability in use of resources, and redresses inequalities in health. However, the meanings and implications of community development remain obscure.

Nigeria is the most populous country in Africa with an estimated population of over 198 million in 2018, which is estimated to grow to 210 million by 2021 based on a growth rate of 3.2% (NPC 2018). Nigeria is a federation of 36 states and a Federal Capital Territory, Abuja as the national capital. There are 774 Local Government Areas (LGAs) distributed across 6 geopolitical zones. The Nigerian 1999 Constitution (as amended) guarantees the right to health. (NHP, 2019) The National Health Policy (NHP) 2016 recognized that Nigeria is saddled with an unbearable burden of communicable and non-communicable diseases (NCDs). This is coupled with issues such as low levels of health literacy, poor sanitation and inadequate attention to key social determinants of health.

Health promotion is more relevant today than ever in addressing public health challenges. The health scenario is positioned at unique crossroads as the world is facing a 'triple burden of diseases' constituted by the unfinished agenda of communicable diseases, newly emerging and re-emerging diseases as well as the unprecedented rise of non-communicable chronic diseases. The factors which aid progress and development in today's world such as globalization of trade, urbanization, ease of global travel, advanced technologies, etc., act as a double-edged sword as they lead to positive health outcomes on one hand and increase the vulnerability to poor health on the other hand as these contribute to sedentary lifestyles and unhealthy dietary patterns. There is a high prevalence of tobacco use along with increase in unhealthy dietary practices and decrease in physical activity contributing to increase in biological risk factors which in turn leads to increase in non-communicable diseases. Health promotion is being increasingly recognized as a viable, cost-effective strategy to prevent diabetes. The interventions at the individual and community level includes lifestyle modification programmes for weight control and increasing physical activity with community participation using culturally appropriate strategies. Series of studies

provide examples of project that involved the local community, researchers and local health service providers on how community developed a diabetes prevention programme for young children. The long-term goal effect was to decrease the incidence of type 2 diabetes, through the short-term objectives of increasing physical activity and healthy eating. Such preventive interventions have to be backed by strengthening of the health system which combines identification of high risk groups with risk factor surveillance and availability of trained primary health care providers for risk assessment and diabetes management. Online training courses offer an innovative approach to enhance health system capacity for diabetes health promotion, such as a course targeted at workers in remote indigenous communities. Partnership and network development is key to the achievement of these measures. As part of the effort to enhance health promotion, district health board with support from local government provided safe environments for physical activity by upgrading parks and worked with the food industry to provide healthier food options at retail outlets in order to reduce consumption of sweetened soft drinks. Intersectoral action on risk factors for diabetes also acts on the determinants of the other major risk factors for the NCD burden, such as heart disease, cancer and respiratory disease, hence health promotion activities aimed at reducing risk of diabetes mellitus have added advantages.

It is perhaps not surprising that in an era when the resources for health promotion are limited and the expectations as to what can be achieved are high, that 'sustainability' has become a familiar catch-cry. Yet all too often enthusiasm has overshadowed critical reflection on whether aiming for sustainability is warranted, let alone feasible. Health promotion is the process of enabling people to increase control over and to improve their health status, it involves the coverage of creating supportive environments, strengthening community action and individuals preventing skills (WHO 2020).

Health, as the World Health Organization (WHO) defined, is the state of complete physical, social and mental wellbeing and not just the absence of disease or infirmity. The enjoyment of highest attainable standard of health is considered as one of the fundamental rights of every human being. Over the past few decades, there is an increasing recognition that biomedical interventions alone cannot guarantee better health. Health is heavily influenced by factors outside the domain of the health sector, especially social, economic and political forces. These forces largely shape the circumstances in which people grow, live, work and age as well as the systems put in place to deal with health needs ultimately leading to inequities in health between and within countries. Thus, the attainment of the highest possible standard of health depends on a comprehensive, holistic approach which goes beyond the traditional curative care, involving communities, health providers and other stakeholders. This holistic approach should empower individuals and communities to take actions

for their own health, foster leadership for public health, promote intersectional action to build healthy public policies and create sustainable health systems in the society. These elements capture the essence of “health promotion”, which is about enabling people to take control over their health and its determinants, and thereby improve their health. It includes interventions at the personal, organizational, social and political levels to facilitate adaptations (lifestyle, environmental, etc.) conducive to improving or protecting health. ‘Health Promotion’ was coined in by Henry E. Sigerist, the great medical historian, who defined the four major tasks of medicine as promotion of health, prevention of illness, restoration of the sick and rehabilitation. The statement that health was promoted by provision of a decent standard of living, good labor conditions, education, physical culture, means of rest and recreation and required the coordinated efforts of community leaders, industry, educators and physicians so as to sustain community development and security. Sigerist's observation that “the promotion of health obviously tends to prevent illness, yet effective prevention calls for special protective measures” highlighted the consideration given to the general causes in disease causation along with specific causes as also the role of health promotion in addressing these general causes and thereby sustaining community security.

### **Hypotheses**

The following hypotheses were formulated to guide the research of this study:

1. Availability of health promotion facilities will not be a significant factor affecting health promotion for sustainable community security in Ijebu-Ode, Ogun State.
2. The use of health promotion facilities will not be a significant factor affecting health promotion for sustainable community security in Ijebu-Ode, Ogun State.

### **Methodology**

The research design for gathering information for this study was descriptive survey. This method deemed to be appropriate because it requires the researcher to collect personal and general information for the purpose of describing effect of use of health promotion facilities for sustainable community security in Ijebu-Ode, Ogun State. The subject for this study comprised two hundred (200) residents between the ages of 18-40 years using a random sampling technique on the use of health promotion activities of residents through positive activities that improve their physical, mental and social well-being, reducing the social vices and guarantee the community security. The instrument used by the researcher in collecting information was a self-designed questionnaire. The four rating-scale of strongly agree, agree, disagree and strongly disagree was used. The questionnaire was validated by two research experts.

### Data Analysis

The non-parametric chi-square inferential statistics was employed in the analysis of data and the hypotheses were tested at 0.05 level of significance.

### Results

**Table 1: Availability of health promotion facilities**

Responses	Frequency	Percentage	Df	Critical Val.	Calculated Value
Strongly Agree	25	12.5	3	7.82	17.36
Agree	63	31.5			
Disagree	57	28.5			
Strongly Disagree	55	27.5			
Total	200	100 %			

Applying the test to table 1, this shows that the critical value of chi-square at 0.05 alpha level is 7.82 while the calculated value is 17.36. Since the calculated value is greater than the critical value, the null hypothesis was rejected at chi-square = 17.36, df = 3,  $p < 0.05$ . This means that availability of health promotion facilities is a significant factor affecting health promotion as a tool for sustainable community security.

**Table 2: The use of health promotion facilities**

Responses	Frequency	Percentage	Df	Critical Val.	Calculated Value
Strongly Agree	44	22	3	7.82	29.08
Agree	58	29			
Disagree	75	37.5			
Strongly Disagree	23	11.5			
Total	200	100 %			

Applying the test to table 2, this shows that the critical value of chi-square at 0.05 alpha level is 7.82 while the calculated value is 29.08. Since the calculated value is greater than the critical value, the null hypothesis was rejected at chi-square = 29.08, df = 3,  $p < 0.05$ . This means that the use of health promotion facilities is a significant factor affecting health promotion as a tool for sustainable community security.

### Discussion of Findings

Table 1 shows that eighty-eight (88) respondents which represent 44% of the total sample agreed with the statement that there is availability of health promotion facilities, while one hundred and twelve (112) respondents which represent 56% of the total sample disagreed with the statement. Based on the

finding above, the researcher hypothesis that availability of health promotion facilities will not be a significant factor affecting health promotion for sustainable community security in Ijebu-Ode, Ogun State is therefore rejected.

Table 2 shows that one hundred and two (102) respondents which represent 51% of the total sample agreed with the statement that you can use security measures that are available in your community, while ninety-eight (98) respondents which represent 49% of the total sample disagreed with the statement. Based on the finding above, the researcher hypothesis that the use of health promotion facilities will not be a significant factor affecting health promotion for sustainable community security in Ijebu-Ode, Ogun State is therefore rejected.

### **Conclusion**

This study shows that health promotion facilities are sustainable tools for community security. It reveals that Ijebu Ode being a cosmopolitan society has high risk of security challenges that will require a collaborative community efforts to reduce the security challenges that is associated with cosmopolitan society with arrays of health promotion activities which include sport clubs, recreational facilities, health clubs and other facilities that will keep the community meaningfully engaged, eliminate thuggery and reduce crime thereby sustaining security in the community. In order to aid the usage of health facilities and sustain security, the following recommendations were made based on the study:

1. Health promotion facilities should be available as tools for community security and also should be part of the community development project.
2. The use of health promotion facilities should be encouraged in the community.
3. Community efforts should be enhanced to establish and sustain recreational facilities thereby making it available for member's patronage.
4. Sport and health testing facilities should also be made available as a community social responsibility to sustain security and encourage members of the community to be their brothers' keepers.

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