

**A REPORT ON THE ROUND TABLE HEALTH DISCUSSION TITLED 'MY LIFESTYLE AND MY HEALTH'
CARRIED OUT AT TEKHI GLOBAL CLINIC GRA BOTA ON THE 10TH OF NOVEMBER 2025.**

The meeting started at 10:40am with 12 members in attendance with an opening prayer conducted by Madam Eposi. This was closely followed by self-introduction by all members present. Dr Marie gave a brief summary of the Tekhi Global Initiative, she also mentioned that the discussion would be divided into two parts and emphasized that the floor was open for different opinions. The first part presented by Dr Marie consisted of 13 questions as seen below.



Q1. What do we understand by lifestyle?

This question was answered by some participants with similar definitions. Mr Michel said Lifestyle to him refers to those activities we carry out from morning to evening from home, workplace, community. Mr Bakari said lifestyle is psychological and can be attributed to family. Another speaker mentioned that socialization is another form of lifestyle where we bond with family, friends, colleagues, social groups. Mrs Etane gave her own definition which says lifestyle concerns activities of daily living [diet, exercise, stress management]. Also Dr named the six (6) lifestyle factors which are;

-Diet



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- Activity/Exercise
- Mental Health
- Stress Management
- Sleep quality
- Risky substances

Q2. Can you give two [2] examples of an unhealthy lifestyle? The second question was asked and responses were gotten from Mrs Diale who say sedentary lifestyle (inactivity). Mrs Mankaa says excessive drinking of both alcohol and sweet drinks, Mr Michel also stated that eating junk foods, eating late at night and mixed feeding are all forms of unhealthy lifestyle. Lastly, Mr Frank added the mental health factor which could probably lead to drug and alcohol consumption.

Q3. List three [3] healthy lifestyle. For this question, Mr Collins mentioned socialization [alumni, friends, social groups, colleagues] is a great way to improve social network and healthy relationship. Mrs Mankaa mentioned exercise which helps for stress management, brain function, reduces blood sugar. Moreover, Mrs Diale emphasized on moderation [alcohol, diet, rest].

Q4. Which unhealthy lifestyle are commonly found in your community? The responses to these questions were as follows; Mr Michel mentioned illicit drugs such as[marijuana, thai, cocaine ,colos, cigarette] which tends to affect diet and leads to prostitution, unwanted pregnancies, STIs, etc. which is mostly influenced by p



eer pressure which can be associated to lack of parental education on sex education.



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Q 5&6 had already been answered earlier during discussions so we dived straight to the next question.

Q7. Any diseases which can occur as a result of an unhealthy lifestyle? The answer to this question was given by all the participants. They made mention of [Osteoporosis, High blood pressure, Diabetes, Cancer, Menopause, Kidney failure, Heart Issues, Obesity, STDs etc].

Q8. Your current lifestyle is an investment in your life bank you will catch out in years to come; Do you agree? This question was answered by few participants like Mr Frank who agreed stated his point using the phrase 'our lifestyle before 40 will determine our health after 40'.

Furthermore, Mr Michel agreed using an example of bike riders who do not pay attention to their health during their youthful age and he emphasized that whatever we do during our youthful age will catch up with us when we are old.

Q9. What can be done differently in your community to improve lifestyle? With regards to this question, participants gave their various opinions like; Mrs Eposi suggests that we practice healthy lifestyle at home mentally, spiritually, emotional wellbeing, social wellbeing. Also, Mr Michel suggests community sensitization.

Q10. Who is to blame for the high prevalence of these diseases? Options were provided for participants to choose from. Mrs Mankaa said the government is to be blamed for not providing education. Mr Michel also did blame the government for not providing the necessary sensitization and he added the fact that individuals need to be responsible themselves.

Q11/12. Are there some unhealthy lifestyle habits you are struggling to overcome? Here, Mr Michel talked on central obesity where he made mention of the fact that most people eat late at night and then use booster gin tonic to cut down fat. Mrs Eposi talked on insomnia and the disadvantages it causes on health while Dr emphasized that proper sleep is the best and since

lack of sleep could affect lifestyle.



After the discussions of the questions asked we went on a short break of 30minutes where we had something to eat and drink.





After the break we moved to part B which was presented by the community health officer for Tekhi Global by name Bong Kluvert. In this part he simply listed us the various clinic days of tekhi global and the services they perform. The clinic days were as follows;





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- Diabetes and Hypertension clinic {Tuesdays}
- Midlife menopause and Andropause clinic {Wednesdays}
- Osteoporosis clinic {Fridays}
- Lifestyle clinic {Saturdays}

The various tests includes;

- Metabolic age
- Central obesity
- BMI
- Nutritional health assessment
- Sleep quality assessment
- Stress and mental wellbeing
- Osteoporosis risk assessment
- Fit score assessment
- Blood sugar
- Menopause health assessment
- Lifestyle tests.

After all being said and done Mr Michel suggested that we visit anti natal clinics to discuss the phrase 'your lifestyle at 40 will determine your health after 40'. He also encouraged us to visit churches and carryout sensitization.

The participants were interviewed and recorded on how they felt about the roundtable health discussion and they also promised to help us reach out to many more people.



Mrs Mankaa Fombad



Evangelist Diale



Mr Collins Bakari



Mrs Eposi Susan



Mr Natema Frank



Mr Michel Fabuloys



Mrs Edu Liliane



Madam Alice Fombad



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THE ATTENDEES WERE;

NAME	NUMBER	COMMUNITY
EVANGELIST DIALE SAKURE	677231673	MILE 1
MOMO COLLINS BAKARI	673418066	ALPHA CLUB
ETANA EPOSI SUSAN	677515076	CITE SIC BOTA
CHAWA HELEN	677662809	GRA BOTA
TABENYANG SILO	677539522	MILE 2
EDU LILIANE	674074819	NEW TOWN LIMBE
ALICE FOMBAD	677645370	CITE SIC
MICHEL TAKWA	676638665	MOKINDI
NATEMA FRANK	676066690	WOTUTU
MANKAA FOMBAD	675113244	CITE SIC

Written by;

Azang Diane

Community Nurse

TEKHI GLOBAL