



INTERNATIONAL FATTY LIVER DAY 2025

Partner: Global Liver Institute

Date: Friday, 13 June, 2025

Time: 06:00 AM – 4:00 PM

Venue: CMA Djenleng West Region - Bafoussam

1. Introduction

International Fatty Liver Day, also known as **NASH Day**, is a global initiative aimed at raising awareness about **Non-Alcoholic Steatohepatitis (NASH)**, a progressive form of fatty liver disease. On June 28, 2025, a field activity was conducted in Bafoussam, West Region, Cameroon. The event aimed to educate the public, provide free screening for related risk factors, and distribute educational materials in a bid to encourage prevention and early detection. The meeting commenced with the arrival of participants, followed by the arrival of the Delegation's official representative. This was succeeded by the singing of the national anthem and an opening prayer. A self-introduction session was conducted to allow all participants to get acquainted, followed by a welcome address by the Delegate. A brief overview was provided on the strategic orientation and collaboration framework.

2. OBJECTIVES

1. Raise Public Awareness about NASH and Its Health Implications

Non-Alcoholic Steatohepatitis (NASH) is a progressive liver condition that often goes undiagnosed due to its silent nature in the early stages. The primary objective of the activity was to improve community knowledge about NASH, including:

- Understanding what NASH is and how it develops.
- Recognizing its link to obesity, type 2 diabetes, hypertension, and sedentary lifestyle.
- Clarifying the difference between NAFLD (Non-Alcoholic Fatty Liver Disease) and NASH.
- Highlighting the long-term health consequences, including liver fibrosis, cirrhosis, and cancer.



Through educational talks, printed materials, and interactive discussions, the campaign aimed to equip the public with accurate and actionable information.

2. Offer Free Health Screenings Focusing on Diabetes and Hypertension

As both diabetes and hypertension are major risk factors for developing NASH, providing free, accessible screening was critical. This objective included:

- On-site testing for **blood pressure** to detect hypertension.
- **Blood glucose testing** to identify undiagnosed or uncontrolled diabetes.
- Early detection of at-risk individuals, enabling prompt referrals to health facilities.
- Encouraging individuals to monitor their health regularly as part of preventive care.

This component aimed not only to detect disease but to demonstrate the importance of proactive health checks.

3. Educate the Community on the Prevention and Management of NASH

Beyond awareness, education was provided to empower individuals with tools to prevent or manage NASH through lifestyle changes. Educational efforts focused on:

- Promoting **balanced nutrition** with a reduction in processed sugars and fats.
- Encouraging **physical activity** as a routine part of daily life.
- Reducing alcohol consumption and smoking cessation.
- Stress management techniques to support metabolic health.
- Understanding when to seek medical help and the importance of follow-up consultations.

Health talks and materials were tailored to community needs and literacy levels to ensure inclusive communication.

4. Distribute Bilingual Educational Materials to Improve Outreach

To ensure widespread understanding and engagement, information was made accessible through printed materials in **both English and French**, covering:



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- Simple explanations of what NASH is.
- Visual guides on healthy eating and physical activity.
- Checklists for early symptoms and risk factor awareness.
- Information about where to seek medical advice or support.

These materials were aimed at reinforcing verbal communication and allowing individuals to share information with family and peers beyond the event.

3. ACTIVITIES CONDUCTED

A. Free Health Screening

Category	Number	Age Range	Hypertension (High BP)	High Blood Sugar (Glycemia)
Men	30	25–60 yrs	4	3
Women	90	20–65 yrs	5	4
Adolescents	26	12–19 yrs	1	1
Children	0	–	–	–
Pregnant Women	5	22–35 yrs	0	0
Total Screened	70	12–65 yrs	10	8

Notes:

- The number of people in each category may differ from the total screened because not everyone underwent both tests.
- A total of **40 participants** had **blood pressure** measured; **10** were hypertensive.
- A total of **30 participants** underwent **blood sugar testing**; **8** had elevated glycemia levels.
- Referrals were made for all individuals with abnormal results for follow-up at local health centers.

B. Educational Talk on NASH

Topic: *Understanding NASH – Causes, Symptoms, Prevention, and Treatment*

Speaker: *Dr. Nwabo Fabrice*

Duration: *2 Hours*

Audience: *28 Community Health Workers*

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An interactive and informative educational session on **Non-Alcoholic Steatohepatitis (NASH)** was conducted by **Dr. Nwabo Fabrice**, aimed at equipping **28 community health workers** with essential knowledge on the growing public health concern posed by NASH. The session was designed to strengthen early detection, community education, and preventive strategies at the grassroots level.

Key Points Covered

1. Definition of what is Non-Alcoholic Steatohepatitis (NASH)?

Dr. Fabrice provided a comprehensive definition of NASH, emphasizing that it is a progressive liver disease that occurs in individuals who consume little to no alcohol. It is a more severe form of **Non-Alcoholic Fatty Liver Disease (NAFLD)** and is characterized by:

- **Fat accumulation in the liver**
- **Inflammation**
- **Liver cell damage**

If untreated, NASH can lead to **fibrosis, cirrhosis**, and eventually **liver failure or cancer**.

2. Major Risk Factors and Prevention Strategies

The talk highlighted several risk factors contributing to NASH, including:

The session highlighted key risk factors that contribute to the development of NASH, including obesity, type 2 diabetes, metabolic syndrome, high cholesterol and triglyceride levels, and a sedentary lifestyle. Dr. Fabrice stressed the importance of prevention through community-based health education on balanced diets and physical activity. He encouraged regular screening and close monitoring of individuals at risk, particularly those with diabetes or obesity, and emphasized the need for integrating liver health checks into routine primary care services.

Prevention strategies discussed included:

- Community education on **healthy dietary practices**
- Promotion of **regular physical activity**
- Screening and monitoring individuals with risk factors (especially those with diabetes or obesity)
- Advocating for **routine liver health checks** in primary care settings



3. Symptoms and Complications of NASH

Dr. Fabrice pointed out that NASH often develops silently, with few or no symptoms in its early stages. When symptoms are present, they may include fatigue, general weakness, upper right abdominal discomfort, and unexplained weight loss. He explained that untreated NASH could lead to serious complications such as liver fibrosis, cirrhosis, liver cancer, liver failure, and even cardiovascular diseases due to associated metabolic issues.

4. Importance of a Healthy Lifestyle (Diet & Exercise)

The speaker placed strong emphasis on lifestyle modification as the most effective preventive and management approach for NASH. He recommended a balanced, low-fat, and low-sugar diet rich in fruits, vegetables, and whole grains, alongside the avoidance of processed and sugary foods. Participants were advised to promote regular physical activity, ideally 150 minutes of moderate-intensity exercise per week. Evidence was presented showing that weight loss of just 5–10% can have significant benefits for liver health. The role of community health workers in educating families, organizing local fitness initiatives, and providing nutrition counseling was reinforced throughout the discussion.

5. Early Detection and Management

Dr. Fabrice underscored the importance of early detection, particularly among high-risk groups. He introduced several tools for screening and diagnosis, such as liver function tests, ultrasound imaging, FibroScan (where available), and non-invasive scoring systems for assessing liver fibrosis. For management, lifestyle modification remains the first-line intervention. In more advanced cases, pharmacological treatment may be required under medical supervision. The importance of routine follow-up to track liver function and slow disease progression was also discussed.

Outcomes and Engagement

The session was highly interactive, featuring real-life case discussions and scenario-based learning, which allowed participants to engage actively and apply the information to practical situations. All 28 community health workers received handouts summarizing the main points of the session and were encouraged to cascade the training within their communities. The session concluded with a Q&A segment and the distribution of a simplified NASH awareness guide designed to support local health sensitization campaigns.

This capacity-building session significantly enhanced the understanding of NASH among community health workers and empowered them to play a leading role in early detection, education, and prevention of this silent yet serious liver disease in their respective communities.

C. Distribution of Educational Materials

Material Type	Quantity Distributed	Languages
Pamphlets	30	English & French
T-Shirts	8	-
Total Materials	38	

4. OUTCOME & IMPACT

The session yielded tangible and meaningful results across multiple areas of community health engagement and professional development:

- **Improved Awareness:**

The session significantly enhanced knowledge of Non-Alcoholic Steatohepatitis (NASH) among 28 community health professionals, including nurses, community health workers, and allied staff. Over 100 community members also gained a clearer understanding of liver health, the risks associated with NASH, and its connection to broader metabolic conditions such as obesity and diabetes.

- **Early Identification & Referral:**

Through targeted discussions and health screening activities, several individuals at risk of hypertension and diabetes were identified. These individuals were provided with guidance and referred to appropriate health services, reinforcing the value of early intervention in community-based settings.



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- **Enhanced Collaboration:**

The session fostered stronger linkages between health professionals and local health facilities. It opened new channels for coordination in patient referrals, follow-up care, and shared health promotion activities focused on liver disease and related conditions.

- **Community Engagement:**

Attendance and participation exceeded expectations, demonstrating a high level of public interest in the topic. The interactive format encouraged dialogue, and attendees expressed a desire for more health education opportunities, indicating strong community ownership.

- **Positive Feedback:**

Both participants and stakeholders provided highly favorable feedback. Health professionals noted the session's practical value, while community members appreciated the accessible and culturally relevant educational materials. This feedback underscores the relevance of liver health education within broader public health outreach.

5. CHALLENGES & RECOMMENDATIONS

Challenges:

- **Staffing Constraints:**

The number of available medical personnel was insufficient to accommodate full-scale health assessments during peak participation times.

- **Language Barriers:**

Some community members faced difficulties engaging with educational content due to limited proficiency in English or French and requested for local language.

Recommendations:

- **Broaden Outreach Channels:**

Expand educational activities to include schools, workplaces, and faith-based institutions to reach a wider demographic based on non-easy access remote place.

- **Local language educational material:**

Work with a local translator to translate educational material in a local language to sensitize more people in a community and ensure smoother execution of large-scale community involvement.

6. CONCLUSION

The 2025 NASH Day field activity in Bafoussam successfully met its core objectives of raising awareness, promoting early screening, and educating both health professionals and the broader community about Non-Alcoholic Steatohepatitis (NASH). The strong turnout, high engagement levels, and positive feedback from participants underscore the growing need for targeted liver health interventions in the region.

To build on this momentum, sustained efforts—including regular follow-up campaigns, expanded community outreach, and the integration of liver function testing—will be critical. Strengthening local capacity and partnerships will further enable early detection and prevention of NASH and its associated metabolic conditions. This initiative marks a meaningful step forward in improving public health outcomes and reducing the long-term burden of chronic liver disease in Bafoussam and beyond.

Prepared by:

NAFESATU BEFIN

Professional health personnel

Regional Coordinator West region

Date: 28th june 2025



Controle and signed by Ongla Diane Pascaline
National Coordinator - VAHA



Awareness Activity



Dr WABO with CHW's during the capacity building



From the left to th right

- Representative of regional delegation on public healt of the west region
- VAHA Regional coordinator west region
- Dr Wabo our expert



Family picture with the District Director nurse and community health workers



Awareness Activity



Free Screening Activity