



Mid-Year Medical Outreach Report

January – July 2026

25 community medical outreaches across Southwestern Nigeria 3,968 beneficiaries screened from January to June 2026.

Executive Summary

The Benson Adeyemi Foundation (BAF) continued its commitment to improving access to quality healthcare through the implementation of community-based medical outreaches across Southwestern Nigeria during the first half of 2026. Between January and July 2026, the Foundation successfully conducted 25 medical outreaches, delivering free healthcare services to individuals and families in underserved communities, screening a total of 3,968 beneficiaries.

These outreaches provided beneficiaries with access to medical consultations, blood pressure screening, blood sugar testing, health education, and appropriate referrals where necessary. Through strategic partnerships with community leaders, healthcare professionals, volunteers, and other stakeholders, the Foundation continued to bridge gaps in access to essential healthcare services while promoting preventive healthcare practices.

The report presents an overview of the Foundation's medical outreach activities, highlights key outcomes, and provides insights that will guide future planning and programme implementation. The findings reaffirm the importance of community-based healthcare interventions in improving health awareness, facilitating early detection of diseases, and strengthening the overall wellbeing of communities served.

3,968	25	1,471	724
Beneficiaries screened	Outreaches held	High blood pressure readings	hypertension diagnoses recorded

Introduction

Access to quality healthcare remains a significant challenge for many communities across Nigeria, particularly among vulnerable and underserved populations. Limited access to preventive healthcare services often results in delayed diagnosis, poor health-seeking behaviour, and increased risk of preventable diseases.

The Benson Adeyemi Foundation (BAF) is committed to addressing these challenges through sustainable community development initiatives, with healthcare serving as one of its major intervention areas. The Foundation recognizes that improving community health is fundamental to enhancing productivity, reducing poverty, and promoting sustainable development.

As part of its commitment to advancing community wellbeing, BAF organizes periodic medical outreaches that provide free health screenings, medical consultations, health education, and referrals to individuals who may otherwise have limited access to healthcare services. These outreaches also create opportunities for early identification of health conditions and timely medical intervention.

This report provides a summary of the Foundation's medical outreach activities carried out during the first half of 2026, spanning 13 January to 1 July 2026 and presents key observations that will support evidence-based planning, continuous improvement, and future programme implementation.

About the Benson Adeyemi Foundation (BAF)

The Benson Adeyemi Foundation (BAF) is a non-governmental and non-profit organization dedicated to improving the quality of life of individuals and communities through impactful health, education, leadership, and community development initiatives.

The Foundation works collaboratively with government institutions, healthcare professionals, community leaders, volunteers, and development partners to design and implement interventions that respond to the needs of vulnerable populations while promoting sustainable social impact.

Vision

To build healthier, empowered, and resilient communities where every individual has access to opportunities that improve their quality of life.

Mission

To improve lives through accessible healthcare interventions, community empowerment, education, leadership development, and strategic partnerships that promote sustainable development and social impact.

Objectives of the Medical Outreach Programme

The objectives of the medical outreach programme include:

- To improve access to quality healthcare services for underserved communities.
- To promote preventive healthcare through routine medical screening and health education.
- To facilitate early detection and management of common health conditions.
- To increase public awareness of healthy lifestyle practices and disease prevention.
- To provide appropriate referrals for beneficiaries requiring further medical evaluation and treatment.
- To generate community health data that supports evidence-based programme planning and intervention.

Outreach Coverage

During the reporting period, the Benson Adeyemi Foundation successfully conducted 25 community medical outreaches across communities within Southwestern Nigeria, spanning 13 January to 1 July 2026. These outreaches were implemented in collaboration with community stakeholders, healthcare professionals, volunteers, and strategic partners.

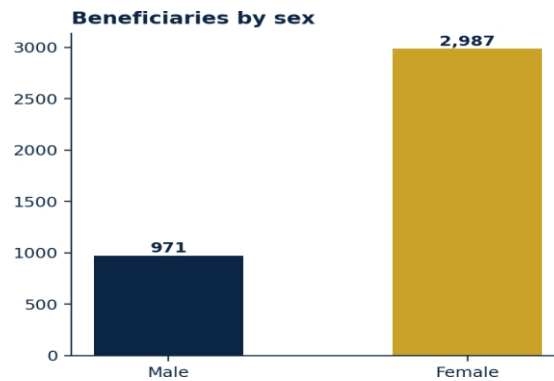
The outreach activities covered diverse communities concentrated largely in Osun State, with additional outreaches in Oyo, Lagos, and Ondo States ensuring that essential healthcare services reached individuals who may otherwise experience barriers to accessing quality medical care. Services provided during the outreaches included general medical consultations, blood pressure screening, blood sugar testing, health education, basic clinical assessments, and referrals for advanced medical care where necessary.

The broad geographical coverage reflects the Foundation's commitment to expanding healthcare access and strengthening community health across the region.

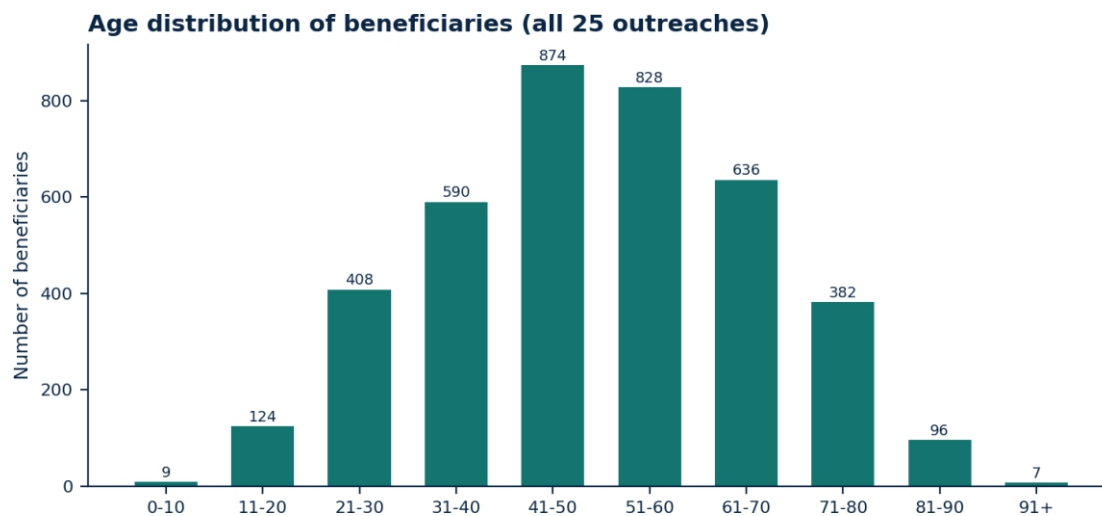
Date	Location	State	Beneficiaries
13 Jan 2026	Ogbomosho, Oyo State	Oyo State	213
21 Jan 2026	Osogbo, Osun State	Osun State	105
24 Jan 2026	Ara, Osun State	Osun State	182
7 Feb 2026	Lagos, Lagos State	Lagos State	139
15 Feb 2026	Osogbo, Osun State	Osun State	61
28 Feb 2026	Erin-Osun, Osun State	Osun State	99
14 Mar 2026	Osogbo, Osun State	Osun State	158
20 Mar 2026	Osogbo, Osun State	Osun State	46
24 Mar 2026	Oke-Ila, Osun State	Osun State	158
28 Mar 2026	Ondo, Ondo State	Ondo State	130
1 Apr 2026	Osogbo, Osun State	Osun State	360
3 Apr 2026	Moro (Ife), Osun State	Osun State	87
4 Apr 2026	Ila-Orangun, Osun State	Osun State	275
19 Apr 2026	Osogbo, Osun State	Osun State	59
1 May 2026	Osogbo, Osun State	Osun State	313
9 May 2026	Ajaba, Osun State	Osun State	126
16 May 2026	Ere-Ijesha, Osun State	Osun State	171
26 May 2026	Ila-Orangun, Osun State	Osun State	193
28 May 2026	Ede, Osun State	Osun State	278
31 May 2026	Osogbo, Osun State	Osun State	91
1 Jun 2026	Osogbo, Osun State	Osun State	156
10 Jun 2026	Ibadan, Oyo State	Oyo State	161
14 Jun 2026	Ede, Osun State	Osun State	102
27 Jun 2026	Osogbo, Osun State	Osun State	141
1 Jul 2026	Osogbo, Osun State	Osun State	164
Total			3,968

Beneficiary Demographics

A total of 3,968 individuals were screened across the 25 outreaches. Of these, 971 (24%) were male and 2,987 (76%) were female, with sex not recorded for 10 individuals. Female beneficiaries consistently outnumbered male beneficiaries across nearly every outreach location, roughly in a 3:1 ratio.



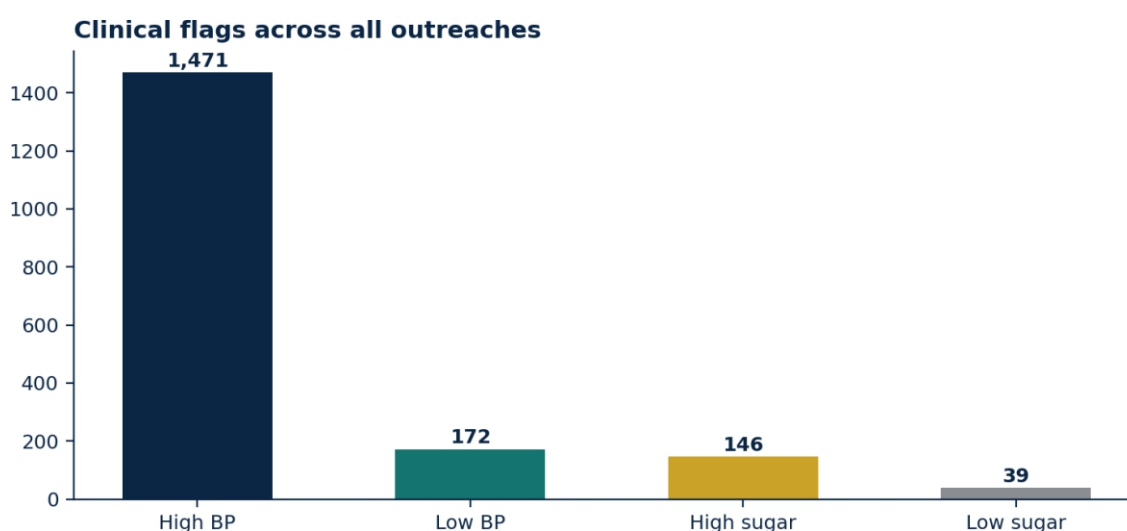
Beneficiaries ranged in age from 2 to 102 years. The largest share of participants fell within the 41–60 age band, accounting for 1,702 individuals, approximately 43% of all beneficiaries screened, consistent with the higher burden of hypertension and musculoskeletal complaints typically seen in this age group.



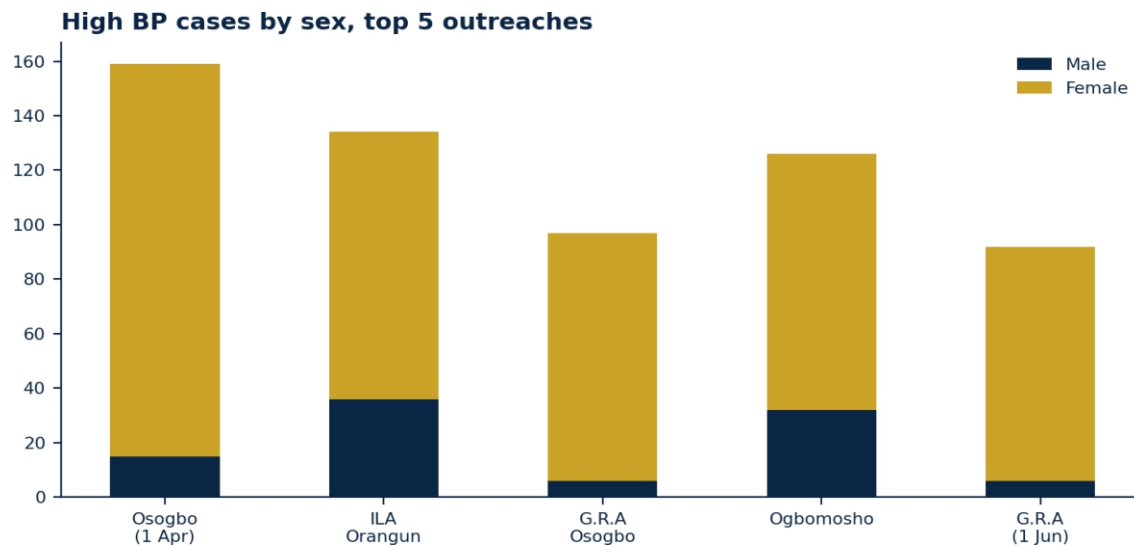
Clinical Findings

Each beneficiary underwent blood pressure screening and, where equipment and consumables were available, random blood sugar testing. Using standard clinical thresholds (high blood pressure: systolic ≥ 140 mmHg or diastolic ≥ 90 mmHg; low blood pressure: systolic < 90 mmHg or diastolic < 60 mmHg; high blood sugar: ≥ 140 mg/dl; low blood sugar: < 70 mg/dl), the following patterns were observed across all outreaches combined:

Metric	Flag	Count (% of screened)	Male	Female
Blood pressure	high	1,471 (37%)	292	1,172
Blood pressure	low	172 (4%)	52	120
Blood sugar	high	146	27	118
Blood sugar	low	39	9	29



High blood pressure readings were the most frequent clinical flag, affecting more than one in three beneficiaries screened, and were disproportionately recorded among female beneficiaries, consistent with the higher proportion of women attending the outreaches overall. High BP readings were most common among beneficiaries aged roughly 30–90, with the highest single-outreach counts recorded at Osogbo (1 April, 159 cases), Ila-Orangun (134 cases), and G.R.A Osogbo (97 cases).

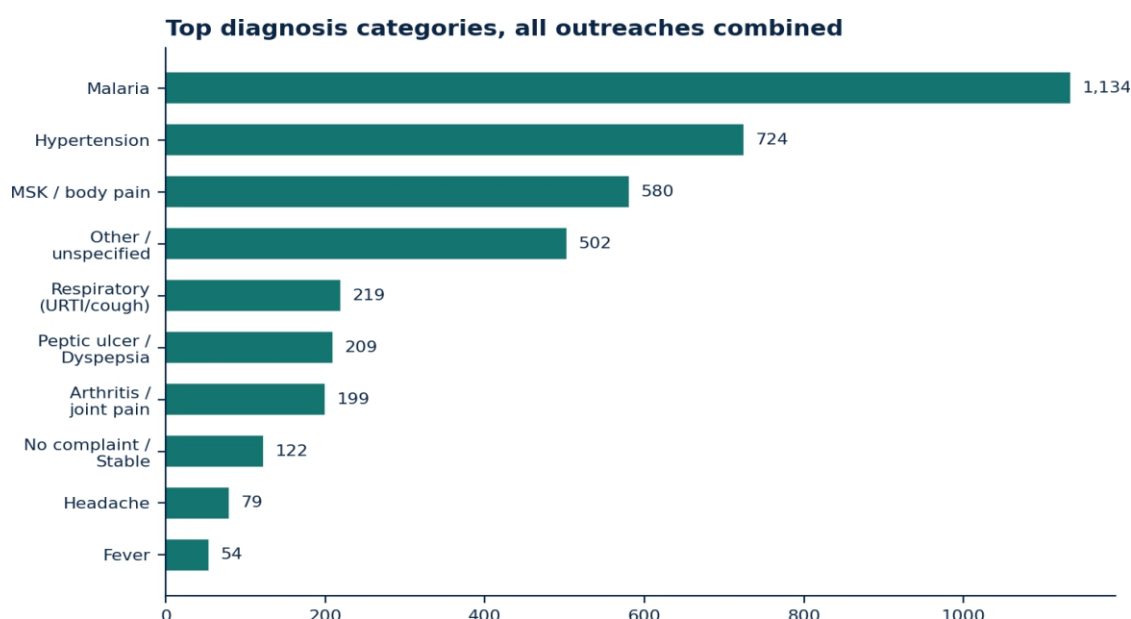


Elevated blood sugar readings were comparatively less frequent (146 cases, 3.7% of those tested) and low blood sugar readings were rare (39 cases). One outreach; Moro (Ife), recorded an unusually high number of low-sugar readings (18 of 87 beneficiaries) relative to other locations; this is flagged for verification against the original field records, as it may reflect a data entry or unit-recording inconsistency rather than a genuine clinical pattern.

Diagnosis Analysis

Diagnoses recorded by attending health workers were grouped into standard categories to allow comparison across outreaches (for example, entries such as “HTN”, “known hypertension”, and “uncontrolled BP” were grouped under Hypertension). The most frequently recorded diagnosis categories across all 25 outreaches were as follows:

Diagnosis category	Total	Male	Female
Malaria	1,134	247	885
Hypertension	724	154	565
Musculoskeletal / Body pain	580	122	456
Other / unspecified	502	156	344
Respiratory (URTI/cough)	219	54	165
Peptic ulcer / Dyspepsia	209	37	172
Arthritis / Joint pain	199	31	168
No complaint / Stable	122	57	65
Headache	79	12	67
Fever	54	11	43



Malaria was the single most frequently recorded diagnosis (1,134 cases), followed by hypertension (724 cases) and musculoskeletal or generalized body pain (580 cases). Notably, 724 individuals were explicitly recorded with a hypertension diagnosis by the attending health worker, while 1,471 individuals recorded a bloodpressure reading in the hypertensive range during screening, this gap suggests that not every elevated reading was consistently captured in the written diagnosis field, an observation addressed further under Recommendations.

A meaningful share of entries (502 cases, roughly 13% of all diagnoses recorded) could not be confidently grouped into a standard category due to variation in handwriting, abbreviation, or phrasing on the original outreach sheets, and were classified as “other / unspecified.”

Key Achievements

- Screened 3,968 beneficiaries across 25 community medical outreaches in six Southwestern Nigerian communities and states within a single reporting period.
- Sustained an average of roughly 159 beneficiaries reached per outreach, with the largest single outreach (Osogbo, 1 April 2026) serving 360 individuals.
- Identified 1,471 beneficiaries with elevated blood pressure and 146 with elevated blood sugar readings, enabling early counselling and referral for non-communicable disease risk.
- Extended healthcare access beyond Osun State into Oyo, Lagos, and Ondo States, broadening the Foundation's geographic footprint.
- Maintained consistent data capture (name, age, sex, blood pressure, and diagnosis) across the large majority of outreaches, supporting evidence-based reporting such as this document.
- Reached a predominantly female beneficiary base (76% of all beneficiaries), reflecting strong community trust and engagement with women in the communities served.



Ogbomoso, Oyo State (13th January, 2026)



Alekuwodo, Osun State (21st January, 2026)



Ara, Osun State (24th January, 2026)



Project 10K Outreach (31st January, 2026)



Oregun, Lagos (7th February, 2026)



Igbona, Osun State (14th February, 2026)



Oke Ila, Osun State (24th February, 2026)



Osogbo, Osun (1st April, 2026)



Moro, Osun State (3rd April, 2026)



Ajaba, Osun State (9th May, 2026)



Ere Ijesha, Osun State (16th May, 2026)



The FOLD Project 10K Outreach (22nd May, 2026)



Ila-Orangun, Osun State (26th May, 2026)



Ede, Osun State (28th May, 2026)



Osogbo, Osun State (1st June, 2026)



Ibadan, Oyo State (10th June, 2026)



Ede, Osun State (14th June, 2026)



Osogbo, Osun State (27th June, 2026)



Osogbo, Osun State (1st July, 2026)



Ora Igbomina Outreach (4th July, 2026)



Joint Heirs Outreach (4th July, 2026)

Recommendations

Based on the findings of the first half of 2026 medical outreach programme, the following recommendations are proposed:

- Expand medical outreach activities to reach additional underserved communities across Southwestern Nigeria.
- Strengthen health education campaigns focusing on the prevention and early detection of hypertension, diabetes, and other non-communicable diseases, given that hypertension-related readings and diagnoses were the most common clinical finding after malaria.
- Enhance referral mechanisms to ensure beneficiaries with abnormal clinical findings particularly the 1,471 beneficiaries with high blood pressure readings, receive appropriate follow-up care.
- Increase community awareness on routine medical screening and healthy lifestyle practices.
- Continue strengthening partnerships with healthcare institutions, government agencies, community leaders, and development partners to improve programme sustainability.
- Improve data collection and monitoring systems including standardized diagnosis terminology, consistent blood sugar test availability, and validation checks for clinical readings at the point of entry to enhance reporting, programme evaluation, and evidence-based decision making.

Conclusion

The first half of 2026 marked another significant milestone in the Benson Adeyemi Foundation's commitment to improving community health through accessible and preventive healthcare interventions. The successful implementation of twenty-five medical outreaches across Southwestern Nigeria, reaching 3,968 beneficiaries, demonstrates the Foundation's dedication to reaching vulnerable populations with essential healthcare services.

Beyond the number of beneficiaries reached, the outreach programme contributed to increased health awareness, early identification of medical conditions particularly hypertension and malaria and strengthened community engagement in preventive healthcare practices. The data generated from these outreaches provides valuable insights that will inform future programme planning, improve service delivery, and support strategic decision making.

As the Foundation continues to expand its health interventions, it remains committed to fostering healthier communities through collaboration, innovation, and sustainable healthcare initiatives that create lasting social impact.