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From the Editorial Corner

ANAMBRA'S NEW ENVIRONMENTAL DISCIPLINE AND THE SOLUTION 2.0 TECHNOLOGY DRIVE

The latest decisions of the Anambra State Executive Council (ANSEC) under the leadership of Governor Chukwuma Charles Soludo point to two critical priorities for the state's future: building a technology-driven economy and creating an environment that is safe, orderly and sustainable.

At its 9th meeting of the second term on Monday, August 17, 2026, the Council appraised Governor Soludo's recent working visit to Canada and Silicon Valley in the United States and approved the commissioning of the permanent site of the Solution Innovation District (SID) in March 2027. This is a significant step towards positioning Anambra as a major technology and innovation hub in Nigeria and Africa.

The proposed SID is expected to provide an ecosystem for developing technology talents, supporting start-ups and expanding digital enterprises. For a state whose greatest resource is its people, particularly its young and innovative population, investing in technology is an investment in the future.

But while Anambra seeks to build a smart and prosperous economy, it must equally protect the physical environment upon which that prosperity depends. This explains the Council's renewed attention to the menace of erosion and indiscriminate environmental practices across the state.

The decision to enforce the mandatory construction of catchment pits in residential, commercial and religious buildings is particularly important. For too long, storm water from private properties has been allowed to flow directly onto public roads and into drainages, worsening erosion and damaging public infrastructure.

The directive that houses channelling runoff onto roads will be sealed until appropriate catchment pits are provided may appear stringent, but it underscores an important principle: environmental protection is a shared responsibility.

Government alone cannot win the war against erosion. Communities, landlords, developers, religious organisations and individual citizens must all play their part. The directive for communities to establish Environmental Teams is therefore a welcome move. Such teams can help identify erosion-prone areas early, mobilise local action and strengthen collaboration between communities and government agencies.

Equally significant is the decision to make demonstrated community commitment to environmental standards a consideration for government intervention. This approach should encourage communities to take ownership of their environment rather than waiting for government to solve every problem.

However, enforcement must be firm, fair and transparent. Citizens should be properly sensitised on the requirements of the law, while enforcement agencies must avoid selective application of the rules. The objective should not merely be punishment, but the creation of a culture of environmental responsibility.

A smart megacity cannot be built on eroded roads, blocked drainages and environmentally unsafe practices. Likewise, a sustainable environment can benefit from technology through better monitoring, data collection, early warning systems and innovative solutions to drainage and erosion challenges.

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Solution 2.0 must therefore be understood as more than a collection of government projects. It should represent a new culture of responsible citizenship, innovation, discipline and collective ownership.

Government must continue to provide the policies and infrastructure. Citizens must obey the laws and protect the environment. Together, both responsibilities can make Solution 2.0 a lasting reality.



SOLUDO CONCLUDES STRATEGIC WORKING VISITS TO CANADA AND SILICON VALLEY TO SECURE GLOBAL PARTNERSHIPS FOR ANAMBRA'S TECH FUTURE

By Stella Obi

Governor Chukwuma Charles Soludo's recent visit to Canada and the United States was more than a diplomatic engagement or a series of official meetings. The tour reflected a deliberate strategy aimed at positioning Anambra State within the global economy through partnerships in investment, technology, healthcare, education, and diaspora engagement.

One of the highlights of the visit was the governor's interaction with Nigerians living abroad, especially Anambra indigenes in Canada and the United States. Over the years, the diaspora has remained a vital source of investment, expertise, and financial support for many communities across the state.

Governor Soludo stressed that Nigerians living abroad should be seen as active partners in development rather than as distant spectators. According to him, "The diaspora is not a group of people we are begging to come and do us a favour. The diaspora constitutes a strategic part of Nigeria."

His participation in the Nigeria Diaspora Economic Development Conference in Toronto, which was held under the theme, "Thrive Abroad and Invest in Nigeria," further reinforced the need for collective participation in the development of Anambra State by both residents and citizens living abroad.

The governor maintained that, "The development of Nigeria is not a choice, but a duty."

He also used a popular proverb to emphasise the importance of taking immediate action, saying, "The best time to have planted a tree was 20 years ago, while the best time to plant another is today."

Governor Soludo encouraged participants to move beyond discussions and embrace practical measures that would promote investment in their communities, noting that "Diaspora synergy will be a decisive strategy for sustainable prosperity.

The tour also provided an opportunity to attract foreign investment to the state. Governor Soludo has consistently advocated for the transformation of Anambra into a thriving destination for business and enterprise. His meetings with investors, entrepreneurs, and business leaders in Canada and the United States created an avenue to showcase the state's economic potential in areas such as manufacturing, commerce, agriculture, technology, and infrastructure.

Another important aspect of the tour was the effort to strengthen Anambra's technology ecosystem. The governor's engagements in Silicon Valley demonstrated his commitment to building a knowledge-based economy driven by innovation and digital transformation. His interactions with leading technology institutions highlighted the importance of artificial intelligence, research, software development, and digital skills in shaping the future economy.

The visit also reaffirmed the administration's commitment to improving healthcare through partnerships with healthcare technology companies and institutions. Discussions focused on expanding access to advanced medical technology and improving healthcare delivery.

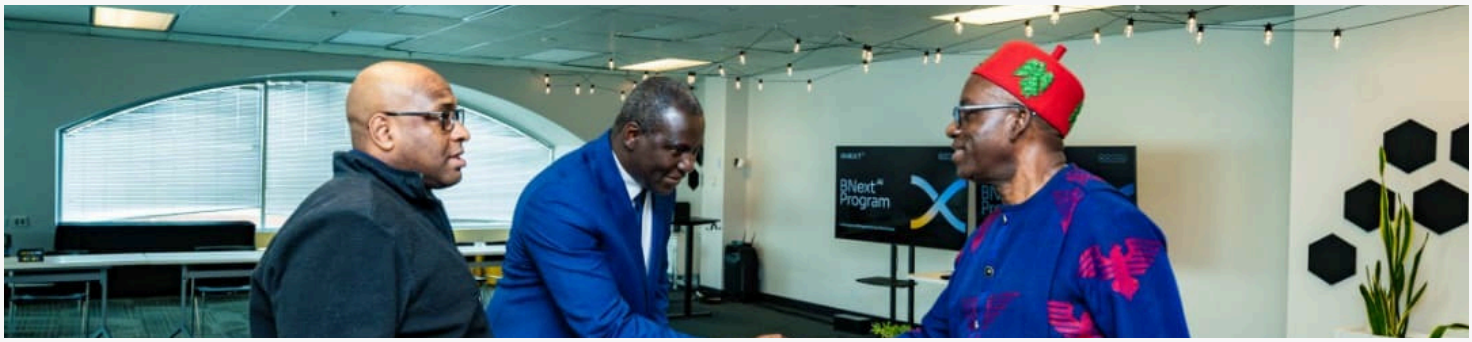
In education, the governor explored opportunities for collaboration between institutions in Anambra and universities in the United States. These discussions covered research partnerships, faculty exchange programmes, curriculum development, and skills training to prepare students for a rapidly evolving global economy.

The tour further reinforced the administration's Africa-Dubai-Taiwan-Silicon Valley (ADTS) development model, which recognises that sustainable development depends on adapting global best practices to local realities.

Beyond its economic benefits, the visit strengthened the relationship between Anambra State and its citizens abroad, demonstrating the government's commitment to involving the diaspora in policymaking and development planning.

As Anambra continues its transformation journey, Governor Soludo's engagements in Canada and the United States have highlighted the growing importance of global partnerships in promoting sustainable development and shared prosperity.









COOU, FRSC PARTNER TO LAUNCH ROAD SAFETY SPECIAL MARSHALS UNIT, APPROVE 75% REGISTRATION DISCOUNT

By Obianuju Azukaego

Chukwuemeka Odumegwu Ojukwu University (COOU), through its Students Accident, Emergency and Safety Unit, has partnered with the Federal Road Safety Corps (FRSC) to establish a Road Safety Special Marshals Unit at the university and its environs.

The partnership was disclosed in a press release issued on August 15, and signed by the Head of the Students Accident, Emergency and Safety Unit, Dr. Afamnede Godfrey Oguechuo, who described the initiative as an opportunity for staff and members of the university community to contribute to road safety and emergency response.

Under the arrangement, the FRSC has approved a 75 per cent discount

on registration fees for 25 qualified individuals from COOU who wish to join the FRSC Special Marshals.

Dr. Oguechuo urged young, vibrant and service-oriented members of staff to take advantage of the opportunity, noting that participation would offer avenues for community service, professional development and contribution to national road safety efforts.

He explained that certified Special Marshals would receive structured training in traffic management, accident response and road safety advocacy, among other areas relevant to their responsibilities.

The initiative will also provide participants with opportunities to take part in road safety campaigns, workshops, seminars and other programmes organised under the FRSC volunteer structure.

With only 25 slots allocated to COOU, interested and eligible staff members have been advised to contact 0811 044 8741 for further information and registration.



ANAMBRA ORDERS URGENT WATER TESTS IN FLOOD-HIT COMMUNITIES

Kennedy Aniedozie

The Anambra State Government has ordered the immediate testing of water from boreholes and underground water pits in flood-affected communities across Onitsha, Ogbaru, Ogidi, Umusiome Nkpor and Obosi.

The directive, issued through the State Ministry of Environment, is aimed at preventing waterborne diseases following flooding and erosion that have submerged water sources, damaged drainage systems and heightened the risk of contamination.

The affected areas cut across Idemili North, Ogbaru and Onitsha South Local Government Areas.

The Commissioner for Environment, Dr. Clem Aguiyi, said the exercise was a proactive public health measure to protect residents from diseases including cholera, typhoid and diarrhoea.

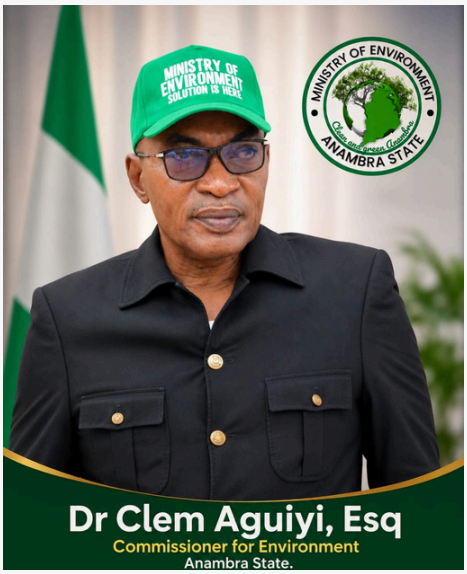
Dr. Aguiyi explained that floodwater can carry sewage, chemicals and other pollutants into underground water sources, stressing that clear-looking water does not necessarily mean that it is safe for consumption.

He disclosed that the ministry will collaborate with the Ministry of Health, the affected local government councils and community leaders to collect samples from public and private boreholes and wells for laboratory analysis.

The ministry has, therefore, directed homeowners, landlords, schools, markets and religious centres in the affected communities to make their boreholes and water pits available for sampling by State-accredited consultants and laboratories. Residents are also advised to boil or chlorinate drinking water until test results are released.

The ministry has, therefore, directed homeowners, landlords, schools, markets and religious centres in the affected communities to make their boreholes and water pits available for sampling by State-accredited consultants and laboratories. Residents are also advised to boil or chlorinate drinking water until test results are released.

The ministry commended the administration of Governor Chukwuma Soludo for its ongoing response to the challenges posed by flooding and heavy rainfall, while



urging residents to support government environmental sanitation efforts.

For further information, residents may contact the Ministry of Environment Public and Environmental Health Desk on 0803 667 9407.

ANAMBRA ICT AGENCY DEEPENS FOCUS ON DIGITAL GOVERNMENT, SERVICE DELIVERY

By Angela Nwanodu

The Anambra State ICT Agency is deepening its focus on digital government and improved service .

delivery as it enters the next phase of the state's digital transformation journey

The MD/CE of the agency, Mr. Chukwuemeka Fred Agbata (CFA), disclosed this during a virtual media engagement with Lagos-based media professionals, where he outlined the agency's priorities for its next phase of growth.

According to him, the focus is to build on the digital infrastructure and systems already established while ensuring that technology translates into measurable improvements in governance, efficiency and access to public services.

Agbata explained that the goal is to make it increasingly possible for Ndi Anambra to access government information and services digitally, reducing unnecessary physical visits to government offices and making interactions with government easier and more convenient.

He noted that the ongoing development and standardisation of MDA websites forms part of this broader direction, with efforts focused on moving government websites beyond information platforms toward enabling access to actual services.

The ICT Agency boss added that the agency is also exploring the use of emerging technologies and automation to improve how government works, while platforms such as SmartGov demonstrate the possibilities of providing Ndi Anambra with easier access to government services.

Agbata said the broader objective is to build on the digital foundations already established and create a government where technology increasingly delivers tangible value in governance and public service delivery.



UDUF AFRICA URGES LEADERS, ENTREPRENEURS TO EMBRACE AI FOR PRODUCTIVITY, SUSTAINABLE GROWTH

By Uzo Ugwunze

Young leaders, entrepreneurs and professionals have been encouraged to embrace Artificial Intelligence (AI) and other emerging technologies to improve productivity, drive innovation and build sustainable businesses.

The call was made at the August Business Meeting and Mentorship Session of Ultimate Destiny Uplifters Foundation (UDUF) Africa, held on Aug. 13, 2026, in Onitsha, Anambra State. The session had the theme, "Harnessing Artificial Intelligence for Business Growth and Sustainable Success."

The meeting provided participants with an opportunity to explore practical ways of applying AI to business operations, career development and professional activities.

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Speaking on the theme, Software Engineer, AI Automation Expert, Technology Educator and Co-Lead of Google Developer Groups, Onitsha, Nwite Nwabueze Jeremiah, highlighted the growing relevance of AI in today's business environment.

Nwabueze encouraged participants to move beyond conversations about AI and begin exploring practical applications that can help automate routine tasks, improve efficiency, develop innovative products and strengthen business operations.

His presentation sparked discussions among participants, who examined both the opportunities and challenges presented by the increasing use of AI in business and professional life.

He encouraged them to look beyond their present circumstances, prepare for emerging opportunities, ensuring that their membership of UDUF Africa translates into personal growth and positive contributions to society.

The Founder of UDUF Africa, Uplifter Chinedu Smart Ezuma, cautioned members against becoming complacent with their achievements, stressing that success should provide a foundation for continuous growth.

Ezuma urged the Uplifters to keep learning, embrace relevant technology, build meaningful relationships and turn knowledge into practical results that can create value in their businesses and communities.





B³ SUMMIT CHARGES ANAMBRA ENTREPRENEURS TO BUILD SUSTAINABLE WEALTH

By Kelechi Achukwu-Jide

Entrepreneurs, professionals and civil servants in Anambra have been urged to rethink wealth creation by building sustainable businesses while prioritising their health, relationships and overall well being.

The call was made at the fifth edition of the B³ (Business, Balance and Beyond) Summit held in Awka, with the theme, "Beyond the Bank: Redefining Wealth, Worth & Wellbeing."

The summit, convened by Dr. Ella Chioma Ezeadilieje, popularly known as Veronica's Daughter, featured discussions on business growth, digital visibility, health, relationships and sustainable wealth creation.

Speaking on digital visibility, Ezeadilieje urged entrepreneurs to create content without waiting for perfect environments, stressing that authenticity, value and the message mattered more than the physical setting.

She also advised participants to prioritise strengthening their businesses rather than investing excessively in impressive houses, while Dr. Kelechi Okoro, a health advocate urged them to protect their health through healthy living, regular exercise and preventive medical checks.



The summit featured a panel on building powerful and sustainable relationships and businesses, with Chief Joseph Ezeadilieje, Kelvin Onovo and Prof. Olusegun Shoboyeso discussing communication, mutual support, leadership, purpose and family life.



Also, Engr. Chidomere Ndubuisi of Pamtech Group urged entrepreneurs to embrace apprenticeship, research, innovation and proper business systems, stressing the need to identify market gaps, solve problems and continually improve their businesses.

Beyond the discussions, five beneficiaries received Tiger Foods grants, six students received N100,000 each, while 10 participants received free Corporate Affairs Commission (CAC) registration. Ifediora also received Pamtech mentorship.

The summit also featured free medical services and health screenings, including eye tests, HIV testing and cancer screening, reinforcing its message that sustainable wealth goes beyond financial success to encompass health, relationships and overall well being.



ANSACA TAKES HIV, HEPATITIS AND TB SERVICES TO ABACHA YOUTH HANGOUT

By Obianuju Isima

The Anambra State AIDS Control Agency (ANSACA) has brought HIV, hepatitis and tuberculosis (TB) prevention, testing and other healthcare services closer to young people in Abacha, Idemili North Local Government Area (LGA), as part of efforts to promote early detection, prevention and healthier communities.

The outreach was held on Aug. 15, 2026, during the Abacha Youth Unity Hangout 2026, organised by the Abacha Youth Association at Abacha Amaka Hall, Olise Market, Abacha.

The youths received HIV sensitisation, testing and counselling, hepatitis and TB screening, blood pressure checks, as well as information on prevention, treatment and available care services.

The engagement encouraged the youths to make healthy choices, avoid drug abuse, criminality and other harmful behaviours, and pursue

productive activities that would contribute positively to their future and community.

The traditional ruler of Abacha, Igwe Nwabunwanne Godwin Odiegwu, Ezedioramma Oranyelueze Ikedim III, who witnessed the programme, commended the youths for embracing initiatives that promote their health and wellbeing.

The monarch urged young people to stay away from drug abuse, crime and other harmful behaviours, while encouraging residents to take advantage of the health services provided during the outreach.

Leading by example, Igwe Odiegwu voluntarily underwent the available screenings, demonstrating the importance of knowing one's health status and making preventive healthcare a priority.







MEDICAL EXPERT URGES WOMEN AGED 40 AND ABOVE TO PREPARE FOR MENOPAUSE



By Ebele Egoh

Women aged 40 and above have been advised to prepare adequately for menopause by gaining proper knowledge of the physiological and emotional changes associated with the natural end of their reproductive years.

The Anambra State Hospital Administrator, Dr. Frank Ifeanaeme, gave the advice during an interview with a health correspondent in his office on August 14, 2026, stressing the importance of early awareness and preparation.

Dr. Ifeanaeme explained that menopause does not occur at a specific age for every woman, noting that it may generally occur between the ages of 40 and 55, depending on

individual biological factors and overall health.

He identified some common symptoms of menopause as hot flashes, night sweats, mood swings, reduced libido, urinary incontinence, weight gain and the absence of menstrual periods for 12 consecutive months.

According to him, the intensity of these symptoms varies from one woman to another. He noted that while women who have completed childbearing may find the transition easier to accept, those who have not had children may experience anxiety and emotional challenges.

Dr. Ifeanaeme further clarified that although fertility declines significantly during the menopausal transition, pregnancy can still occur before menopause is fully established. He therefore advised women in this stage to remain informed and take appropriate precautions.

He urged women approaching menopause to adopt healthy lifestyles, including eating nutritious meals, engaging in regular physical activity, avoiding smoking and seeking accurate health information. He also cautioned against misinterpreting menopausal symptoms, encouraging women to consult qualified health professionals for proper assessment and guidance rather than self-medicating or attributing every symptom to other health conditions.



FGN/IFAD-VCDP URGES STRONGER SUPPORT TO SUSTAIN INFRASTRUCTURE INVESTMENTS IN ANAMBRA



By Henry Anagboso

The Federal Government and International Fund for Agricultural Development (FGN/IFAD) Value Chain Development Programme (VCDP) has called for stronger support from the Anambra State Government and local government authorities to ensure the long-term sustainability of market infrastructure, feeder roads and other facilities provided under the programme.

The call was made during a one-day Policy Dialogue on Institutionalising Operations and Maintenance (O/M) Frameworks for VCDP Infrastructure, held at the ADP Complex, Awka.

The programme stressed the need for formal adoption of the recommended O/M frameworks to protect infrastructure from damage, encroachment and neglect while ensuring continued benefits to farming communities

Representing the National Programme Coordinator of FGN/IFAD-VCDP, Dr. Fatima Aliyu, the Knowledge Management and Communications Adviser, Mrs. Vera Onyeaka-Onyilo, urged the state government to translate the recommendations of the dialogue into enforceable regulatory guidelines. She also called on local government mayors to support the enactment of bylaws that would provide legal backing for Facility Management Committees and strengthen infrastructure protection at the grassroots.

According to the programme, the proposed O/M framework focuses on key areas including dedicated budgeting, preventive maintenance schedules, restructuring and training of management teams, public-private co-funding mechanisms and community-based early-warning systems. It emphasised that effective maintenance is as important as the initial construction of the infrastructure.

The Anambra State Commissioner for Agriculture, Dr. Ben Chuks Odoemena, described VCDP as an important platform for promoting agribusiness in the state, recalling his involvement in the programme's design during his tenure as IFAD Country Director in Nigeria. He disclosed that the Anambra State Agricultural Strategy Plan would be released in the coming weeks following consultations with relevant stakeholders.

Dr. Odoemena said the state was pursuing an agro-industrialisation strategy aimed at strengthening food security by ensuring that food is available, affordable and accessible, while promoting production systems that contribute to improved nutrition.

The State Programme Coordinator for FGN/IFAD-VCDP, Dr. Deborah Onyefulu, said the policy dialogue was designed to strengthen ownership, accountability and commitment to sustaining VCDP-supported investments and interventions across local governments and communities. She urged stakeholders to move from discussions to implementation, stressing the need for collective responsibility in protecting the programme's investments.

Participants commended VCDP for its interventions and emphasis on transparency, accountability, inclusion and human-capacity development. The dialogue concluded with technical presentations on VCDP interventions, including Gender Action Learning System (GALS) and O/M, followed by interactive sessions where participants exchanged ideas and made recommendations on strengthening the sustainability of infrastructure investments.





ANAMBRA CULTURE COMMISSIONER HONOURED FOR CONTRIBUTIONS TO CULTURE, TOURISM DEVELOPMENT



By Obianuju Umeh

The Anambra State Commissioner for Culture, Entertainment and Tourism, Mr Udoji Amedu, has been honoured for his contributions to the promotion and development of culture and tourism in the state.

Mr. Amedu received the award during the 2026 World Gyration, organised by the Anambra Comradic Hemispheral Kegites Club at Nnamdi Azikiwe University, Awka. The event attracted members and guests who gathered to celebrate culture, unity and shared values.

Speaking after receiving the award, Amedu described the Kegites Club as a strategic partner of the ministry in the restoration, sustenance and development of culture, as well as the reformation of societal values and noted that cultural organisations had significant roles to play in preserving positive traditions, promoting societal values and transmitting the cultural heritage of the people to younger generations.

The commissioner said the Solution Government of Anambra State, under Governor Chukwuma Charles Soludo, remained open to partnerships with individuals and organisations willing to contribute to the "Soludozie Anambra" vision.

A major highlight of the event was the induction of Amedu as a Fellow of the Anambra Comradic Hemispheral Kegites Club.





IFEANAEME DIRECTS HEALTH WORKERS TO REMAIN ON DUTY, PARTICIPATE IN VERIFICATION EXERCISE

By Ebele Egoh

The Anambra State Hospital Administrator, Dr. Frank Ifeanaeme, has directed health workers across the state to remain at their duty posts and obtain proper authorisation before leaving, warning that unauthorised absence could attract disciplinary action.

Dr. Ifeanaeme issued the directive on Aug. 16, 2026, in a message to heads of health institutions across the state, stressing the importance of discipline and accountability in ensuring uninterrupted healthcare services.

He urged health workers to remain available at their assigned duty stations during working hours and to seek approval through the appropriate channels whenever they need to leave their posts.

The hospital administrator directed all health workers to participate in the ongoing verification exercise at the State Secretariat.

He cautioned that workers who fail to present themselves for verification risk being excluded from the exercise and may face consequences, including non payment of salaries and being regarded as having absconded from duty.

Dr. Ifeanaeme stressed that the exercise was important for maintaining accurate records of health personnel, ensuring accountability within the state's health institutions.

The hospital administrator reiterated the need for commitment and professionalism among health personnel, noting that their presence and dedication were essential to providing timely and effective healthcare services to residents of Anambra State.



DR EZEKA CAUTIONS ASHIA DESK OFFICERS AGAINST OVERBILLING ENROLLEES

By Chisom Okafor

The Executive Secretary of the Anambra State Health Insurance Agency (ASHIA), Dr Augustine Ezeka, has cautioned desk officers at accredited healthcare facilities against overbilling and other practices that could exploit enrolees, urging them to uphold transparency, professionalism and accountability.

Dr Ezeka gave the warning during the agency's quarterly meeting with desk officers on Aug. 14, 2026, at the ASHIA Headquarters in Awka.

He said the officers, as representatives of ASHIA at their respective healthcare facilities, had a responsibility to protect the reputation of the agency, ensuring that beneficiaries received the services covered by the scheme without unnecessary financial burdens.

Dr Ezeka directed the desk officers to ensure that enrolees were charged in line with the approved drug tariff, stressing that beneficiaries should not be subjected to unauthorised charges while accessing healthcare service

He called on healthcare providers to give proper attention to enrolees covered under the Global Fund Programme, without discrimination or stigmatisation.

According to him, every beneficiary deserves to access healthcare services in an environment where dignity, respect and fairness are upheld.

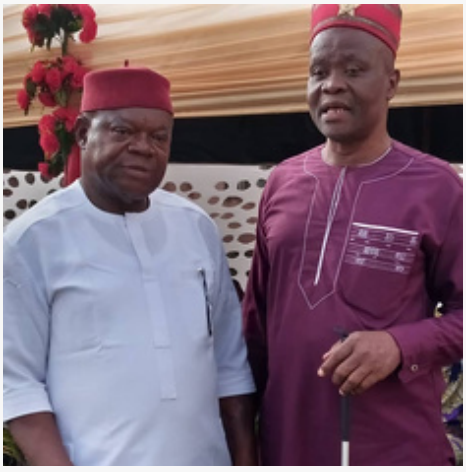
On pre-authorisation codes, Dr Ezeka advised desk officers to provide accurate and complete diagnoses when submitting requests for approval, explaining that incomplete or incorrect information could lead to denial of requests and unnecessary delays in accessing healthcare services.

The meeting provided an opportunity for the desk officers to discuss ways of improving service delivery, strengthening communication between ASHIA and accredited healthcare facilities.

In their remarks, the officers commended the agency's leadership for the engagement, pledging to improve their performance, ensuring compliance with approved procedures and help enrolees access the healthcare benefits to which they are entitled.



IGWE OBELLE REAFFIRMS COMMITMENT TO YOUTH DEVELOPMENT, COMMUNITY SAFETY



By David Okpala/Stella Okpala

The immediate past President General of Akpo Development Association (ADA), Nze Henry C. Dim, has commended Governor Chukwuma Soludo for the ongoing regeneration of markets across Anambra State, describing the initiative as necessary for restoring order and improving the state's commercial environment.

Nze Dim made the remarks during an interaction with Information Officers at Akpo, Aguata Local Government Area (LGA), on Aug. 17, 2026.

He said the governor's interventions in infrastructure, education, healthcare, economic development, security and human capacity development had contributed to the transformation of the state.

According to him, the market regeneration programme was particularly significant because it seeks to restore major markets to their planned layouts and improve the conditions under which traders operate.

Nze Dim acknowledged that the exercise had caused difficulties for some traders, particularly those affected by demolition and relocation activities, but argued that the long term benefits of a more organised market system should be considered.

He appealed to those affected by the exercise to remain patient, noting that the objective should be to create a more orderly and functional commercial environment that benefits the wider population.

However, Nze Dim urged the state government to consider establishing relief markets for traders displaced by the regeneration exercise.

He said such facilities would provide temporary or alternative trading spaces for affected businesses and could help reduce congestion in existing markets, while also addressing some of the social and security concerns associated with displacement.

The community leader also praised the Governor's approach to governance, urging the administration to sustain policies aimed at improving infrastructure, public services and economic opportunities across the state

KIDNEY HEALTH: WHY PARENTS SHOULD PAY ATTENTION TO CHILDREN'S DIETS

By MaryAnn Chukwuma

Kidney disease remains an important health concern, with unhealthy dietary habits and frequent consumption of highly processed foods and sugary drinks raising concerns about long term health in many households.

Bread, biscuits, noodles, sausages, pastries, canned foods, salty snacks and carbonated drinks are common parts of many diets. While these foods can be consumed occasionally, frequent intake of products high in sodium and added sugars can contribute to health problems, including high blood pressure, a major risk factor for kidney disease.

The National Institute of Diabetes and Digestive and Kidney Diseases identifies packaged, processed and fast foods as important sources of dietary sodium, while the World Health Organisation (WHO) recommends reducing sodium consumption as part of a healthy diet.

For parents and guardians, the concern extends to children because eating habits developed early in life can influence health as they grow.

When children routinely consume soft drinks, sweets, biscuits, processed meats, noodles and other packaged foods, such choices can gradually become normal parts of their daily diet. Parents can help by making water, fruits, vegetables and balanced home-prepared meals more regular choices.

This does not mean that eating bread occasionally or having a soft drink automatically causes kidney failure. The concern is excessive consumption of salty, sugary and highly processed foods, particularly when they regularly replace more nutritious alternatives.

It is also important to note that kidney disease in children is not caused by diet alone. Genetic conditions, infections, congenital urinary abnormalities and other medical conditions can also affect kidney function. Therefore, parents should not assume that dietary changes alone can prevent or treat kidney disease.

Adults and children should be monitored for possible warning signs such as persistent swelling, changes in urination, blood in the urine, unusual tiredness or other unexplained symptoms. Anyone experiencing such symptoms should seek medical attention promptly.

Families can support kidney and overall health by reducing excessive salt and added sugars, choosing fresh or minimally processed foods more often, drinking adequate water and checking nutrition labels when buying packaged products.

Adults should also pay attention to conditions such as hypertension, diabetes and obesity, and seek appropriate medical care and regular health checks.

The kidneys often perform their vital functions without obvious symptoms until problems become serious. Protecting kidney health therefore requires a combination of healthier lifestyle choices, responsible nutrition and early medical attention when warning signs occur.

For families, the goal should not be to eliminate every processed food, but to make healthier choices the norm and highly processed foods occasional rather than everyday staples.







ANAMBRA MOVES TO RECLAIM ONITSHA MAIN MARKET, DEMOLISHES STRUCTURES ON JOHNSON STREET



By Claribel Udah

The Anambra State Government has intensified enforcement of physical planning regulations at Onitsha Main Market with the demolition of structures along Johnson Street.

The exercise, carried out on August 15,2026, by officials of the Ministry of Physical Planning and Urban Development, targeted structures identified as contravening approved physical planning and development requirements.

The ministry said the enforcement was aimed at reclaiming improperly utilised spaces, improving the physical environment of the market and ensuring that developments within the commercial hub conformed with approved planning standards.

It said the exercise was also part of the government's broader efforts to restore order and support the ongoing regeneration of the market.

According to the ministry, the action would help create a safer and more organised environment for traders, customers and other users of the market.

It stressed that the successful regeneration of the market required strict compliance with physical planning regulations as the government works to improve its appearance, functionality and overall organisation.

The ministry urged traders, developers, property owners and other stakeholders operating within the market to obtain the necessary approvals and comply with planning requirements to avoid enforcement action.

The state government said sustained enforcement and compliance would remain critical to achieving its objective of creating a cleaner, safer and better planned commercial environment in Onitsha.

ROTARY DISTRICT GOVERNOR CONGRATULATES ANAMBRA SSG ON HISTORIC APPOINTMENT

By Onyinyechi Edokwe

The District Governor, Rotary International District 9142, Rtn. Chibuzor Asogwa, has congratulated the Secretary to the Anambra State Government (SSG), Hon. Chiamaka Nnake, on her appointment as the first female SSG in the state.

Asogwa gave the commendation on August 17, 2026, when he led a delegation of Rotary District 9142 on a courtesy visit to Nnake at the Light House, Awka.

He described the appointment as a significant milestone for women and an indication of the confidence reposed in Nnake's capacity,

experience and track record of service.

According to him, the state government would benefit from her dedication, commitment, organisational skills and experience in the strategic position.

The district governor also commended Governor Chukwuma Soludo for recognising Nnake's contributions as the former Commissioner for Budget and Economic Planning and entrusting her with greater responsibility as SSG.

Asogwa expressed confidence in Nnake's ability to succeed in her new assignment, noting that her experience and capacity would enable her to make significant contributions to the administration.

He assured her of Rotary International's goodwill and support, stressing the organisation's commitment to service to humanity and community development.

Responding, Nnake thanked the district governor and members of the delegation for the visit and congratulatory message.

She said she had several friends within the Rotary family and had attended numerous Rotary functions



over the years at the invitation of members, describing herself as an associate of the Rotary Club.

The SSG acknowledged Rotary's presence and contributions to Anambra, saying the state government appreciated the organisation's humanitarian and community development interventions.

Nnake expressed optimism that the cordial relationship between the state government and Rotary International would continue, noting that partnerships with organisations committed to improving the lives of the people were essential to sustainable development.

Among members of the delegation was the Permanent Secretary in the Office of the SSG, Dr. Nwabufor Nwankwo, a former Rotary District Governor in Awka.

The visit provided an opportunity for both parties to reaffirm their commitment to service, community development and the wellbeing of Ndi Anambra.

ERA OF IMPUNITY ON ENVIRONMENT, WASTE MANAGEMENT OVER IN ANAMBRA – MEFOR

***SAYS GOVERNMENT INTERVENTION ON EROSION, FLOODING WILL DEPEND ON COMMUNITY ACTION**

By Rose Oranye

The Anambra State Government has declared that government intervention on erosion and flooding will henceforth depend on community action, insisting that the era of impunity on environment and waste management is over.

The Commissioner for Information and Value Reformation, Dr. Law Mefor, who announced this on Wednesday, August 19, 2026, at the Idemili North Local Government Stakeholders Summit on Environment, with focus on flooding, erosion, waste management and security, disclosed that the Anambra State Executive Council Meeting, held on Monday, unveiled a new Citizen Code of Conduct on Environment to tackle environmental degradation across the state.

According to him, the Council agreed on three key actions, which include full enforcement of Environmental Laws, mandatory catchment pits for all buildings and community action as prerequisite for government intervention.

"Anambra has one of the most comprehensive environmental laws in Nigeria and Governor Chukwuma Soludo has directed full enforcement. Henceforth, all actions by individuals contributing to environmental degradation will be stopped through enforcement. The era of impunity is over," he declared.

He explained that the Ministry of Environment will soon commence physical inspection of buildings for compliance, with a possible grace period for defaulters, adding that every community must constitute an environmental team to identify and report erosion sites and coordinate remedial action.

"Henceforth, government intervention will be contingent on full compliance with environmental and health standards. Communities that neglect environmental restoration will not receive priority intervention. Communities that demonstrate commitment will be prioritised," he said, while urging communities to go

beyond identification by clearing drainages, desilting gutters and carrying out small remediation works.

Dr Mefor further announced that as part of activities to mark the 31st anniversary of Anambra State, Governor Soludo has directed the production of up to 20 documentaries on environmental degradation and erosion in the state "so that the whole world, not just Nigeria, can see the scale of the problem".

The summit, chaired by the Mayor of Idemili North Local Government Area, Hon. Stanley Nkwoka, was attended by the Commissioner for Environment, Chief Clems Aguiyi, presidents-generals of communities, youth leaders, market leaders and other stakeholders.







