

INTRODUCING KZN PREMIER MR SIHLE ZIKALALA



As the sixth government administration begins to take shape, following the endorsement of the names of Premiers after the recent national general elections, Mr Sihle Zikalala has emerged as the leader who is set to become KwaZulu-Natal's First Citizen.

KZN Premier-elect Mr Sihle

Zikalala, was born in 1973 in Ndwedwe, North of Durban, in the province of KwaZulu-Natal.

He grew up as a humble but formidable and courageous activist. He joined the struggle for liberation at the age of 15.

Since then Mr Zikalala - who is affectionately known by his clan name "Khuzeni" - has

played many responsibilities within the Liberation Movement in South Africa, including being the Secretary General of the ANC Youth League, ANC KZN Deputy Provincial Secretary and Provincial Secretary. He is currently the ANC KZN Provincial Chairperson.

Through exposure to the struggles waged by the

South African liberation fighters such as former African National Congress (ANC) Presidents Mr Nelson Mandela and Mr Oliver Tambo, Mr Zikalala worked tirelessly in the early 1990s mobilising communities to take part in the country's first democratic elections in 1994.

He is also lauded for the role that he played in the peace

processes that led to the end of the internecine political violence that mainly ravaged the province of KwaZulu-Natal in the early 1990s and threatened the country's first democratic elections.

In the process, Mr Zikalala became one of the most respected politicians and community leaders in the province and country, which saw him being elected into various leadership positions within the ANC and various spheres of government.

Over and above being the provincial chairperson of the ANC, he has been MEC for Economic Development, Tourism and Environmental Affairs and a leader of Government Business in the KwaZulu-Natal Provincial Legislature.

He is driven by a passion to transform the economy of KwaZulu-Natal into one that benefits all the people of the province.

Mr Zikalala is expected to be sworn-in due course.

Premiers in the rest of the provinces are:

Eastern Cape: **Oscar Mabuyane**

Free State: **Sisi Ntombela**

Gauteng: **David Makhura**

Limpopo: **Stan Mathabathe**

Mpumalanga: **Refilwe Mtsweni**

North West: **TBA**

Northern Cape: **Zamani Saul**

Western Cape: **TBA**



PRESIDENTIAL INAUGURATION SET TO TAKE PLACE ON AFRICA DAY, 25 MAY 2019



The Presidency of the Republic of South Africa has announced that the inauguration of the President-Elect will take place on Saturday, 25 May 2019 in the City of Tshwane. In a departure from the tradition of holding the inauguration at the Union Buildings, the event will take place at Loftus Versfeld Stadium. Hosting the inauguration in a stadium, the largest in the City of Tshwane, will allow for greater public participation in this important national event.

ties between South Africa and its neighbours.

The theme of the inauguration ceremony is "Together celebrating 25 years of freedom: Renewal and Growth for a better South Africa."

Apart from members of the public, it is expected that Heads of State and royalty from a number of countries will attend, as well as religious representatives, political parties, and representatives from regional, continental and international organisations and bodies such as the Southern African Development Community, the African Union (AU) and the United Nations (UN).

It is also symbolic that the inauguration will take place on Africa Day, as it affirms government's commitment to advancing the African agenda and to strengthening

NATIONAL ASSEMBLY

The Pan Africanist Congress	1 seat
Al Jama-ah	1 seat
The United Democratic Movement	2 seats
The National Freedom Party	2 seats
The Good Party	2 seats
The Congress of the People	2 seats
The African Transformation Movement	2 seats
The African Independent Congress	2 seats
The African Christian Democratic Party	4 seats
The Vryheidsfront Plus	10 seats
The Inkatha Freedom Party	14 seats
The Economic Freedom Fighters	44 seats
The Democratic Alliance	84 seats
The African National Congress	230 seats

KWAZULU-NATAL

The African Transformation Movement	1 seat
The African Christian Democratic Party	1 seat
The Minority Front	1 seat
The National Freedom Party	1 seat
The Economic Freedom Fighters	8 seats
The Democratic Alliance	11 seats
The Inkatha Freedom Party	13 seats
The African National Congress	44 seats



MINISTER MTHETHWA SADDENED BY THE DEMISE OF THE DESIGNER OF SA'S POST APARTHEID FLAG

Minister Nathi Mthethwa was distraught to learn of the passing of a true South African hero whose name is etched in the history of post-democratic South Africa: Mr Fred Brownell.

Mr Brownell passed away at age 79 at his home in Pretoria in Gauteng on 10 May. The name of "Fred Brownell" is synonymous with the journey taken by this fledgling democracy in the role he played in designing and producing the flag of post-democratic South Africa.

When asked what had inspired his design, Mr Brownell maintained, "What mattered was that the flag would find its way into the hearts and minds of the population at large, and became a unifying symbol."

The rest is history. Twenty five years into post-democratic South Africa, Mr Brownell's vision remains: ours is a flag



that has found its way into the hearts and minds of the population at large, and is truly a unifying symbol. The flag has a three-armed converging cross of the sort called a 'pall' in heraldry, to symbolise the convergence of different cultures into one for South Africa. Mr Brownell also designed the coat-of-arms for the new provincial governments in South Africa.

It is impossible to ignore the historical coincidence of Mr Brownell's death upon South Africa's completion of its successful 6th National and

Provincial Elections, and mere days after South Africa celebrated its 25 years of Independence.

Perhaps this (historical) coincidence is meant to accord Mr Brownell the final honour of his important role in the history of post-democratic South Africa, a country whose identity he partook in determining, by designing its national symbol in the form of our flag.

Mr Fred Brownell, you gave us our identity as the nation. We honour you. Rest in perfect peace.

ELECTIONS CAME AND WENT. WHAT NOW?

- To be added on the side as a complement to the second story
- Within 14 days of the IEC declaring the results of the election; the Houses of Parliament must be established.
- The Chief Justice of the Republic of South Africa in terms of the Constitution has the powers to determine the dates and times of the first sittings of these houses
- The date of the first sitting of the National Assembly is provisionally set for the 22nd of May 2019
- The National Assembly is comprised of 400 seats
- The Chief Justice will preside over the swearing in of each member of the National Assembly where they will affirm their faithfulness to the Republic of South Africa obedience to the Constitution
- The Chief Justice will preside over election of the Speaker of the National Assembly
- The Chief Justice will preside over the election of the President - who will then become a President Elect and must be sworn in within 5 days
- The incumbent President's term of office ends when the next elected President assumes office - Section 88 of the Constitution
- The President will be Inaugurated on the 25th of May 2019- and later announce the composition of the Cabinet, as well the Premiers
- The Premiers will then announce their provincial cabinets

HEALTH EDUCATION AND DISEASE PREVENTION:

THE BEST MOTHER'S DAY GIFT

Supermarkets, clothing stores and restaurants were overflowing this past weekend as people flocked to spoil their mothers on Mother's Day.

Now in its 14th year, World Hypertension Day, which falls on Friday 17 May 2019, presents all persons who have a "mom" in their lives an opportunity to give her the ultimate gift: health education and a life-saving message about disease prevention, and why it's important to get screened for diseases.

The aim of this

commemorative day is to promote public awareness of hypertension and to encourage citizens of all countries to prevent and control this "silent killer".

This year's theme is "Know Your Numbers" with a goal of increasing high blood pressure (BP) awareness."

Promoting health and wellness is critical to preventing and managing lifestyle diseases, particularly the major non-communicable diseases such as hypertension, heart disease, high blood cholesterol and diabetes. To become a healthy nation, South

Africans need to make informed decisions about what they eat, whether or not they consume alcohol or should smoke, among other factors.

Healthy lifestyles, including keeping a healthy diet and regular physical exercise, can make all the difference. Many people are walking with ailments without even knowing it. But when you undergo health screening, it means diseases can be detected early, which makes it easier and cheaper to treat and/or manage them.

The KwaZulu-Natal Department of Health

provides health screening free of charge at all its health facilities, and at all its community outreach programmes.

THE RISK FACTORS FOR HYPERTENSION ARE:

A family history of high blood pressure, an unhealthy diet, including excessive salt intake, excessive alcohol consumption, smoking, being overweight (especially around the stomach area), which increases the risk 2-6 times, lack of physical exercise, stress levels, old age, pregnancy.

THE SIGNS & SYMPTOMS OF HIGH BLOOD PRESSURE INCLUDE:

Headaches, weakness, dizziness, sore eyes, blurry vision shortness of breath.

The following are guidelines for lowering or normalizing high blood pressure:

Eat 3-6 small meals per day.

Eat a healthy balanced diet, low in saturated fat (animal fats found in red meat, skin of chicken and full cream dairy products);

Overweight people are advised to lose. Losing as



little as 4.5kg can lead to a meaningful drop in blood pressure.

Limit salt (sodium chloride) intake to one teaspoon per day. "Hidden salt" in processed foods represents 65-80% of our intake of sodium chloride with only 15% coming from the salt we add at the table.

Limit your intake of processed foods, foods high in salt and those containing flavouring salts.

Read labels of products for sodium content before purchase!

Limit or avoid alcohol intake.

Caffeine in coffee, tea, cola drinks and chocolate may cause blood pressure to increase temporarily. Excessive intake is therefore not recommended.

Physical activity should be part of your daily routine. Try to exercise for at least 30-45 minutes most days of the

week. Avoid strenuous exercise such as lifting heavy weights, which can raise blood pressure. Rather try walking, swimming, cycling or golf. Consult your doctor for advice on the type of exercise you should be doing.

IMPORTANT:

If you have been diagnosed with High Blood Pressure, take any medication exactly as prescribed. Don't stop or change it unless advised to

do so by your doctor.

The KZN Department of Health also offers various health services targeted for women such as breast and cervical cancer screenings and treatments. Such services are available thanks to Nelson Mandela who in 1996 stated that children under six years of age and pregnant women would be given free access to health care in the public sector.

SOCIAL MEDIA

Many wished their mothers on Sunday



WHO'S **DELIVERING** YOUR BABY?



Under the theme: Midwives: Defenders of women's rights - Midwives from all districts throughout the KZN province came together to a conference at Ilembe district in a jovial fashion to celebrate what is known as International Day of Midwives. This day was launched formally by the International Confederation of Midwives in 1992 which falls on the 5th of May each year to celebrate the profession of Midwifery and raise awareness on what it

is. Simply put; midwifery is a science and a health profession that deals with pregnancy and child birth –irrespective of gender- where a skilled birth attendant who is an accredited health professional renders skilful services. Almost a third of Maternal Health needs the essential skill of midwifery. There are three sets of midwives; the researchers, the clinicians and the educators.

The birth and life of children and the overall health of a mother are essential to the development of any society. As a mother you want the best medical practitioner at your side and the assurance that your baby's health as well as yours is at an excellent standard- before and after birth. A midwife works in a highly emotive environment which makes the clinician invaluable as he/she becomes one with the mother at hand.

The profession of midwifery

is that of a qualified compassionate and dedicated clinician. These health practitioners have made a significant contribution in improving sexual reproduction health but even more so are key players in the Prevention of Mother to Child Transmissions. These competent professionals make it their job to help women with family planning, testing and screening.

Some of a midwives' duties are ensuring that the experience of the mother prior and during birth includes respect and dignity, a companion of choice, clear communication by maternity staff, pain relief strategies, mobility in labour and birth position of choice. The saying "it takes a village to raise a child" can also be applied in the sense that as a mother you simply cannot do it alone and that's why a midwife is essential to the very beginning of your baby's life.

How can you help a midwife help you better and render services of a high standard? Simply make an appointment at your nearest health facility that provides family planning services. The Department's health practitioners are there to assist, respect and deliver excellent services but that can only be accomplished should you make the decision to be proactive about your overall health and that of the life you wish to carry. You may carry life for nine months but your midwife is the bridge between your baby and a healthy future. Midwives, they save lives.



HOSPITAL CELEBRATES WORLD HAND HYGIENE DAY



Last week Friday General Justice Gizenga Mpanza Regional Hospital commemorated World Hand Wash day.

The main aim was to create awareness about the importance of hand hygiene in the clinical and non-clinical areas. The staff was urged to continue with Infection Prevention Control Practices (IPC), emphasizing hand washing, to ensure the decrease of the spread of

infections.

IPC Manager from Ilembe Health District (Ms Rambally) and Institutional IPC manager (Mrs S. Moonsamy) initiated the programme and were supported by the QA Manager (Mrs H. Jokoo) and the CEO (Dr N. Vabaza).

Following presentations and educational talks, participants were excited to receive several prizes and giveaways.



DOH RUNNERS WARM UP FOR COMRADES MARATHON

It's only just a few weeks before the Comrades Marathon 2019, which is set to take place on the 9th of June 2019. This popular world-class premier race event attracts throngs of athletes from across the globe and keeps millions of spectators glued to television, radio as well as online platforms.

The KZN Department of Health always has a sizeable number of its employees who consistently participate in the race. For years, these employees have flown the Departmental flag high as they run and finish in good time.

The Department has once again put out a form on the intranet to collect data of employees who will be participating in the Comrades Marathon this year. This exercise is important for

record-keeping, which later assists in giving them support and recognition during corporate events like the MEC's Service Excellence Awards. Relevant Departmental employees are therefore urged to download the form from the intranet, fill in their details and submit as directed.

COMRADES MARATHON INFO:

9 June 2019 (SUNDAY)
starting at 05h30 and
finishing at 17h30.

ROUTE & DISTANCE

- "UP RUN" from the City Hall in Durban and finishing at the Scottsville Racecourse in Pietermaritzburg.

- Distance is approximately 87km.

About 25 000 athletes are

expected to participate in this year's run. The race fever has already started in the province as numerous groups of runners are now a common sight on the streets every morning.



HEALTH INVENTIONS THAT CHANGED THE WORLD:

In this interesting new Health Chat feature, we put the spotlight on health inventions and innovations that changed the world.

Our first item is the stethoscope. Before the stethoscope was invented, doctors would listen to their patient's heartbeats by putting their ear on to their chests, which was quite a crude and inefficient method. For instance, if there was

considerable insulation between the actual heart and exterior of his chest in the form of fat, this method failed. Exactly one such situation was faced by French physician René Laënnec, when he couldn't accurately judge the heart rate of one of his patients on account of too much fat on him. He invented the 'stethoscope' as a wooden trumpet-shaped tube that

amplified sounds coming from lungs and heart. Up to this day, the principle of sound amplification has not changed. – Source: www.interestingengineering.com



ETHICS TALK

DO YOU KNOW WHAT SEXUAL HARRASMENT IS?
PART 1

Learn more about sexual harassment by taking part in this short Myths vs Facts quiz

1. Sexual harassment is rape	TRUE	FALSE
2. Sexual harassment can be verbal	TRUE	FALSE
3. Sending naked pictures of yourself is not sexual harassment	TRUE	FALSE
4. A superior denying his junior a raise for rejecting his sexual advances is a form of sexual harassment	TRUE	FALSE
5. Sexual harassment is only considered such if it occurs more than once	TRUE	FALSE

ANSWERS:

1. False. Physical conduct of a sexual nature includes all unwelcome physical contact, ranging from touching to sexual assault and rape, as well as strip search by or in the presence of the opposite sex.

2. True. Verbal conduct includes unwelcome innuendos, suggestions, hints, sexual advances, comments with sexual overtones, sex-related jokes or insults, graphic comments about a person's body made in their presence or to them, inappropriate enquiries about

a person's sex life, whistling of a sexual nature and the sending by electronic means or otherwise of sexually explicit text.

3. False. Non-verbal conduct includes unwelcome gestures, indecent exposure and the display or sending by electronic means or otherwise

of sexually explicit pictures or objects.

4. True. Victimization occurs where an employee is victimized or intimidated for failing to submit to sexual advances.

5. False. A single incident of unwelcome sexual conduct

may constitute sexual harassment.

If you have been a victim of sexual harassment in the workplace, please contact:

Tasneem Gobind
Director: Employee Health and Wellness
033 395 2547



DIARY

- 17** May World Hypertension Day

- 20** May National Epilepsy Week

- 26**

- 22** May Nurses' Day at Grey's Hospital, Umgungundlovu

- 25** May Inaguration of President Elect

- 25** May Africa Day

- 26** May National Child Protection Week

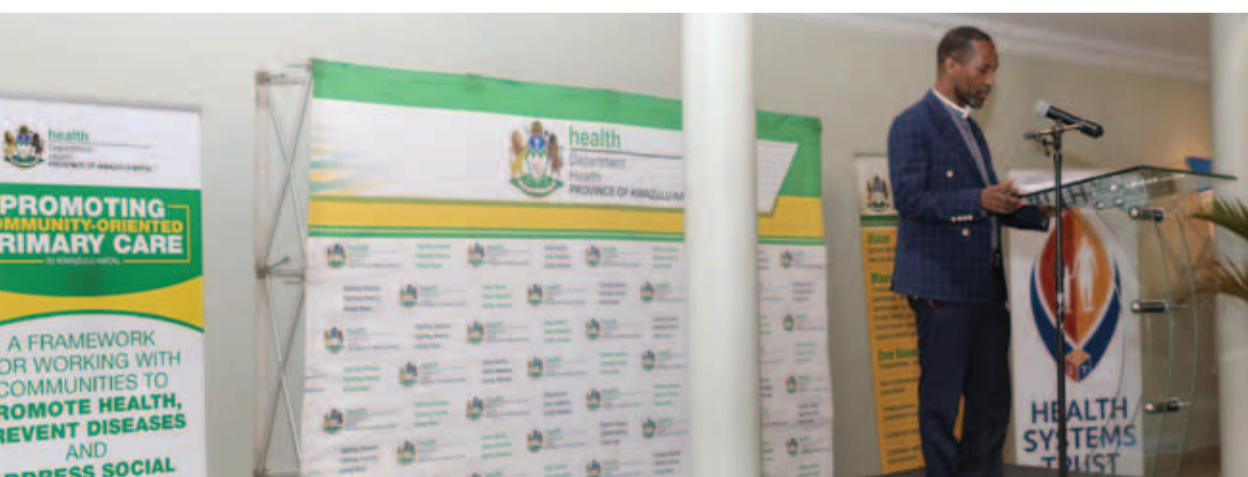
- 28** May International Day of Action for Women's Health

- 31** May World No Tobacco Day



GALLERY

INTERNATIONAL DAY OF THE MIDWIVES - BALLITO





health

Department:
Health
PROVINCE OF KWAZULU-NATAL

COMPILED BY:

CORPORATE COMMUNICATIONS
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healthchatbulletin@kznhealth.gov.za

