



health

Department:
Health
PROVINCE OF KWAZULU-NATAL

ILEMBE HEALTH DISTRICT

ILEMBE NEWS

STAY INFORMED

December 2017

PROVINCIAL ORAL AND NUTRITION HEALTH VISIT AT NTAPHUKA PRIMARY SCHOOL



Ntaphuka Primary School received Oral and Nutrition Health services and all learners received Colgate kits which brought a very big smile to them.

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FIGHTING DISEASE, FIGHTING POVERTY, GIVING HOPE

PROVINCIAL ORAL AND NUTRITION HEALTH VISIT AT NTAPHUKA PRIMARY SCHOOL CONTINUES

The KZN Department of Health in partnership with Colgate and Brien Holden visited Ntaphuka Primary School which is located at Ndwedwe Municipality in ward 13. The visit took place on 16 October 2017 at the school premises. During the health education sessions, oral hygiene and nutrition were emphasized in order to prevent diseases at an early stage. Health screening was conducted to identify those learners that needs urgent dental and eye care interventions.

The Department has stated that oral diseases are increasing in major sectors of the South African Population. It has been stated that about 90% of the world population will suffer from dental disease in their lifetime of which it something that can be prevented.

Dr Jimmy Mthethwa stated that good oral health is something that needs to be introduced at an early childhood stage through oral health education and tooth brushing at schools. "Good oral health habits are best instituted at an early age, hence the decision to introduce preventive programmes in Early Childhood Development Centres in the form of oral health education and tooth brushing," said Mr Jimmy Mthethwa, Chief Director responsible for, among others, oral health in the Department. The main aim of the awareness was to ensure prevention of poor nutrition and poor hygiene which may lead to many childhood illness including diarrhea, sight problems ect.

One thousand (1000) learners received their packs from Colgate to take home and each received a toothbrush that will stay at school so that they will use them after having lunch. The event was a great success.



1. Grade 1 learners washing their hands. 2. Learners queuing for dental services 3. Senior phase learners doing their educative sketch.



4. Information board that was displayed by the learners. 5. Dr. J. Mthethwa delivering a speech to the Learners. 6. Centre ladies: Right Centre: Ilembe District Dep Mayor : Cllr Dolly Shandu, Ward Cllr: Cllr Nkosi, Mrs Hlophe: Ilembe Health District Acting Director and Mrs Sindi Mthethwa handing over Colgate kits to the learners

ILEMBE COMMEMORATED NATIONAL NUTRITION WEEK



Officials during the walk

Ilembe health district commemorated National Nutrition Week on 20 October 2017 at Kwadukuza Municipality. The day started with 2.5kilometres march from the district office passing taxi rank to Shoprite Checkers public parking. At the parking, an aerobics session was conducted with the aim of encouraging community members to exercise in order to live a healthy lifestyle. Health education was also conducted.

National Nutrition Week (NNW) is commemorated from 9-15 October annually. South Africa's theme for NNW 2017 is “ Rethink your drink, choose water”, this theme supports the South African Food Based Dietary Guidelines (FBDG's): “ Drink lots of clean safe water” and “ Use sugar, food and drinks high in sugar sparingly”.

Daily consumption of two or more sugary drinks increased the risk of developing diabetes by 24% compared to consuming less than one sugary drink per month. Consumption of sugary drinks has also been significantly associated with an increased risk of heart diseases.

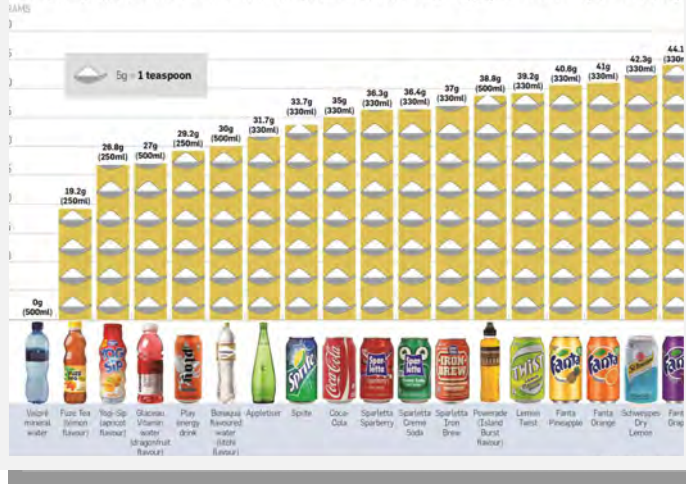
Water constitutes a major portion of the human body (50-70%) and is essential for life. The main function of water in the body is to regulate the body temperature. Many nutrients, including certain vitamins and minerals are dissolved in water in the body. We need to drink water to enable the body to absorb nutrients from food and transport them around in the body. Water also removes waste products from the body through the kidneys when we urinate.

The event was a great success and thanks to all officials who participated in the walk.

NATIONAL NUTRITION WEEK

KEY MESSAGES

ere surprising. Even 'healthier' drinks, such as flavoured mineral water and drinking yogurt, contain a large amount of suga



Rethink  your drink... Choose water



Don't let your drink sneak up on you, rethink your drink . Choose water

Get sleep
Eat Healthy
Drink Water
Exercise A lot
REPEAT!!!!!!

MAKE WATER FUN...

Mash up berries in the bottom of your glass, then add still water.



INFUSE: Fill a large jug with water, sliced fruits and ice (try berries, citrus and lemon) and refrigerate overnight.




Sunday							
Monday							
Tuesday							
Wednesday							
Thursday							
Friday							
Saturday							

NATIONAL NUTRITION WEEK PHOTO GALLERY



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