

20 April 2009

Statement on the launch of Health Promoting Schools in Umkhanyakude

Today, we are inaugurating schools as Health Promoting Schools in the District of uMkhanyakude. This is part of our efforts in a campaign to strengthen school's capacity as a healthy setting for living, learning and working. We have already inaugurated 118 schools throughout the province.

The Health-Promoting Schools Strategy is understood in the broad holistic health promotion framework to include:

- Developing a partnership between the school and the community
- An integrated and coordinated approach to education support personnel
- A preventive and health promotive framework for education support services emphasizing holistic understanding and comprehensive strategies

It highlights strategies and goals related to building an inclusive education and training system.

The schools we are inaugurating are Echwebeni; Ezimbidleni; Sambane and Mngobokazi schools in a district that is characterised by poverty and unemployment. We will also supply the schools with garden implements and plead learners to adopt a healthy lifestyle.

In the spirit of "Move for Health"; we will also hand-over sport kits to Phasula; Velabusha; Umphanyeni; Umqobela; Vululwa; KwaZibi Primary Schools; and Langelihle and Nhlanhlivele High Schools. The Move for Health Initiative serves as an umbrella to continue relevant activities for promoting physical activity and healthy lifestyles.

The 'Move for Health Initiative' is part of a strategy on diet, physical activity and health for the prevention and control of non-communicable diseases, based on evidence and best practices, with special emphasis on an integrated approach to improving diets, and increasing physical activity, in order to promote health and reduce the common risks of chronic non-communicable diseases that stem from poor diet and physical inactivity by essential public health action and integration of preventive measures in the functions of health services. In Zulu we say; "ugotshwa usemanzi" – how best to infuse the mindset of healthy lifestyles than in young people?

ENDS