

Health MEC, Dr Sibongiseni Dhlomo launches HIV; TB and Healthy Lifestyle Murals at Umlazi

29 September 2017

More than 100 murals bearing healthy lifestyle messages have been unveiled across the Province by KZN Health MEC, Dr Sibongiseni Dhlomo. He attended to the unveiling of the one situated adjacent to the robots at V Section at Umlazi.

MEC Dhlomo says that that this exercise is about reminding citizens of the importance of adopting healthy living lifestyles; preventing diseases; ensuring immunization and screening for ailments such as HIV, TB, and diabetes.

Explaining the rationale behind the creation of the murals that have been painted in all the districts of the Province, MEC Dhlomo said: *"We would like to see our communities embracing health screening as part of their routine life as it guarantees long and healthy living. As the KZN Department of Health, we also hold the view that the long-term health outcomes of the province's citizenry are shaped by factors largely outside the health system; that is; lifestyle, diet and nutritional levels, education, sexual behaviour, exercise, road accidents and the level of violence.*

We also believe that there is a close connection between education outcomes and health. Therefore education has a critical role to play in helping the province to achieve its wellness and healthy lifestyle targets. That is precisely what we are hoping to achieve through these 100 wall murals which carry important messages about disease prevention."

He also emphasised that apart from encouraging people through different forms of media platforms on importance of screening, the Department also wants to see a growing a network of physically active citizens through formation of fun run; jogging and walking clubs.

Leading a sedentary lifestyle with no physical exercise can be detrimental and prevent us from achieving our quest to increase the life expectancy of our citizens."

MEC Dhlomo then gave tips on how people can live longer and healthy, saying:

- Exercise for at least 3-5 times a week for 20 – 30 minutes daily or for 150 minutes a week
- Do not drink alcohol
- Do not smoke
- Practice safe sex
- Seek medical attention early in your nearest health facility.

For clarity, please call Desmond Motha@ 083 295 3901



MEC Dhlomo with community member; health ambassador Prince Nhlanganiso Zulu and Prince Mshiyeni Memorial Hospital CEO Dr Sandile Tshabalala.

The murals will carry through messages that will keep reminding the populace on how to live their lives as well as promote the range of services offered by the Department.