

**Speech by MEC Neliswa Nkonyeni at the TB  
Awareness and Healthy Lifestyles  
event at Umzimkhulu**

25 March 2006

All protocol observed.

Mangiqale ngisho ngithi, mphakathi wase Mzimkhulu namukelekile KwaZulu-Natal.

Welcome.

Ukufika kwethu namhlanje kulendawo kuyinkomba yokuthi sizimisele ukugcwalisekisa izethembiso zeqembu elibusayo njengaloku lazibophezela ngo **1994** lathi lizosebenzela i **Better Life For All**.

Lesibophezelo makusicacele ukuthi umkhombandlela siwuthola ku **Freedom Charter**, okungumqulu okwavunyelwana ngawo eminyakeni engu **51** edlule e**Kliptown**. Lapha abantu baseMzansi bezinhlanga zonke bavumelana ngesimo lelizwe okufanele libe yiso uma sekuphethe uhulumeni wabantu. Thina ke njengoMnyango weZempilo KwaZulu Natal, i Charter ingenye yamadokodo esewasebenzisayo ukubheka ukuthi ngabe sisemgqeni na.

Ngaphezu kwalosomqulu, izwe lethu liphinde lazibophezela eziphakamisweni zenhlangano yeZizwe, ikakhulukazi ku

**Millennium Development Goals.** Lapha nathi siyavuma ukuthi kothi kushaya u **2015** uhafu wobumba obukhungethe manje sizobe sesibushevulile.

Uhulumeni wethu ngaphezu kwaloko, waphinde wenza isivumelwa nabahlali wathi **We have a People's contract to create jobs and fight poverty.**

Umphakathi walendawo yaseMzimkhulu siyazi ukuthi ungaphansi kancane nje ku **200 000.**

Siyabona futhi ukuthi umsebenzi wokuwuthukisa usemkhulu kakhulu njengaloku u **90%** wabahlali usezindaweni zasemakhaya, uhulumeni wobandlululo ayevele engazikhathalele.

Njengaloku lendawo inezibhedlela ezintathu kanye nemitholampilo ayishumi nesithupha, namhlanje ngibone kukuhle ukuthi sizobonisana ngemizamo yokuqeda ukusabalala kwe TB kanye nokufundisana ngezindlela eziyizo zeMpilo' **Promotion of Healthy life- styles.**

Izolo eThekwini kanye nasendaweni yase **Folweni,** sinongqongqoshe weMpilo u **Dr Manto Shabalala Msimang** sikhophe ngokusemthethweni amasu amasha esisuphe ngawo ukuqeda i TB, nazokwaziwa ngele **National TB Crises Plan.** Umyalezo lapha uthi:

**A CALL TO ACTION---STOP TB NOW'**

Kulaba okumanje asebenzenwe yileligcewane lofuba sikhapha nazi ezeluleko:

- **Improve attitude towards the disease**
- **Ensure positive and healthy living:**
  - Exercise**
  - Stop smoking**
  - Reduce alcohol intake**
  - Relax**
  - Eat food with Nutrition**
- **Take TB medication correctly and consistently for the required period.**

Kuwo wonke amalunga omphakathi sithi kulendawo yaseMzimkhulu sinezibhedlela ezintathu kanye nemitholampilo eyishumi nesithupha.

Sithi lezikhungo zethu mazisetshenziswe ngokugcwele ngoba:

All public health facilities are at your service to:

- **Provide Free TB Testing and Diagnosis**
- **Provide Counselling and Advice**
- **Ensure prompt treatment and Referrals where necessary**
- **Provide TB health Education**
- **Ensure information dissemination**
- **Ensure distribution of pamphlets, and**
- **Ensure supervision of TB patients**

Ngaphezu kwaloko sithi makuphele manje ukucwasa abantu ngezigulo zabo. Sithi akulona ihlazo ukuzithola une TB ngoba:

- **TB is curable**
  - **TB is not infectious once treatment has been started**
  - **TB treatment is available free of charge at all Health care facilities**

Masizazi izimpawu ezingakhomba ukuba khona kwe TB, kithina kanye nakulaba esakhelene nabo:

- **ukukhohlela okungapheli okudlule amaviki amabili**
- **ukukhohlela ukhiphe igazi**
- **ukujuluka ebusuku ngisho noma kubanda**

- **ukuhlala ukhathele, uphelelwe ngamandla**
- **izinhlungu esifubeni,**
  - **ukwehla emzimbeni, kanye**
  - **nokungakuthandi ukudla.**

Kuhle siphinde sazi ukuthi ziningi izifo ezisigulisayo sibe isidingo singekho. Lapha ngibheka izigulo ezidlangile kulendawo nezenza abantu bahambele izikhungo zempilo, ngokulandelana kwazo zime kanje:

- **Tuberculosis**
- **HIV& AIDS**
- **Diarrhea**
- **Chest infections**
- **Diabetes**

Ukuvimbela izifo ezingadingekile, uMnyango weZempilo ugqugquzela i **Promotion of Healthy Lifestyle**. Lapha sithi abantu mabazithole besempilweni ngokwenza loku:

- **Abantu bazivocavoce**
- **Kuyekwe ugwayi**
- **Kungaxhashazwa utshwala**
- **Kutshalwe, kukhiqizwe ukudla okunomsoco**
- **Kuyekwe ucansi olungaphephile**

- **Intsha izithibe**

Mangiphethe ngokunigxusa ukuthi nisebenzise amathuba avulwe intando yeningi. Kuyo yonke iminyango kahulumeni kubalwa nawo lona wezeMpilo sinohlelo lokuthuthukisa imiphakathi kusetshenziswa ama **Co-operatives**.

Thina imisebenzi ethile kubalwa *ukuthungwa kwamashidi, imiqamelo, ukulungiswa kwezibhedlela kanye nemitholampilo, ukufakelwa kwenyama, ama vegetable kanye namaqanda*, konke loku sesikuthola kuma Co-ops. Kwanina hlanganani niwangele lamathuba.

### **Masisukume Sakhe!**

Ukugqugquzela impilo enethezekile, sibone kukuhle ukuthi siniphathele amathuluzi okusebenza izivande ukuze nizozikhiqizela ukudla okunomsoco.

Ukuqinisa imindeni, ikakhulukazi lena entulayo, siphinde saniphathela nokudla enizokwazi ukuziphekela kona.

Singuhulumeni sizosebenzela ukufeza izithembiso esizenza uma kuvotwa:

**A BETTER HEALTH FOR ALL**

**I Thank You**