

Remarks by KZN Health MEC, Neliswa Nkonyeni on the occasion
of the World Health Day at Ilembe
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Namhlanje sizobungaza nani usuku olubalulekile emhlabeni i
World Heart Day.

Lolusuku lusungulelwe ukuthi sixwayisane ngezinto ezingabangela
isifo senhliziyo siphinde sicobelelane ngezindlela esinganqanda
ngaso lesisifo.

SinguMnyango wezeMpilo thina sithi inhliziyo ephilayo ibalulekile
kuwo wonke umuntu kungakhithile ukuthi mdala noma mncane,
kungakhethile futhi nobulili.

Inqikithi yalomkhankaso walonyaka iyakhombisa ukuthi sonke
kungakhona indima esingayidlala njengoba sithi nje **“Team Up for
Healthy Hearts!”**

Esingakwenza thina singabahlali yiloku okulandelayo:

- screenings,
- walks,
- runs,
- fitness events

Esiqaphelisa ngakho kakhulu yiloku:

- Unhealthy diets

- Physical inactivity and
- Smoking

Sithi izinhlelo ze unhealthy lifestyles okuyizona ezigcina zidale ukuthi umuntu ahlaselwe isifo senhliziyo ziqala abantu basebancane.

SinguMnyango sithi izinhlelo zokuqwashisa maziqale kubo abantu abasakhula.

Sithi abazali mabaqaphele indaba yokukhuluphala kwabantwana.

Kanti kubantu abadala sithi bangazivikela ekuhlaselweni yisifo senhliziyo uma nje bangazijwayeza ukchitha imizuzu engamashumi amathathu berzivocavoca ngokuhamba.

Siphinde sithi abantu mabaqikelele ukudla izithelo kanye nama vegetables, baphinde baqinise nakukolo.

Isexwayiso esikhona yilesa sokuthi kothi kushaya unyaka ka 2010, izifo eziphathelene nenhliziyo kuzobe kuyizona ezibulala abantu abaningi kumazwe asathuthuka.

Ladies and gentlemen I am here to introduce a child of this soil, born and bred in Durban.

She matriculated at Inanda seminary a world renown girls school. After qualifying with an Arts degree in 1961, she left the country.

In 1969 she completed her MD at the Leningrad Medical institution in the former USSR.

For the 28 years in exile she served in many positions within the African National Congress.

She was appointed Chairperson of the Gender Committee of the National Executive Committee of the ANC in 1998

She also served the country as Deputy Minister of Justice where again she fought for the improvement of the rights of women and children in the criminal justice system.

She served as the Chairperson of the Africa region at the World Health Assembly in 2004.

Dr Mantombazane Tshabalala Msimang, a mother to two daughters and a granny to a young boy was elected to her current post on June,17,1999.

Handing over Devices

Walking sticks – 200

Wheelchairs – 10

Garden implements – Groups

Reading glasses – 10

Soccer kits -6

Crèches – 23

Netball kits – 6

Balls – 6