

Speech by KZN Health MEC Neliswa Nkonyeni on the occasion of Healthy Lifestyle event at Ntambanana

Sibingelela Ondabezitha abasingethe le District yase Ntambanana:

Inkosi Mthembu

Inkosi Cebekhulu

Inkosi Biyela

Inkosi Mthiyane

Ngokukhulu ukuzithoba sibingelela bonke abahlali bendawo yakwaNomponjana kanye nawo wonke amalunga omphakathi avela ku Thungulu District namhlanje abazokweseka lomcimbi wokuqwashisa ngezindlela eziyizo zeMpilo, Promotion of Healthy Lifestyle.

Sibingelela futhi bonke abasebenzi bezeMpilo okuyibona abasebenza ngokuzikhandla bebheke isimo seMpilo sabahlali.

Sibingelela sibe sibonga kakhulu negalelo loDokotela abasebenza ngaphansi kwenhlangano I Khanya Africa abakhona namhlanje kanye nalabo abangekho. Labodokotela siyazi ukuthi ngesikhathi abangasebenzi ngaso ema Surgery abo bayazimisela ukuhambela imiphakathi yaso Thungulu beyosiza lapho kushoda khona. Thank again for the spirit of voluntarism.

Bakwethu le District yaso Thungulu enabantu abacela esigidini engeyesithathu ngobukhulu kulesifunda kanti izinkinga zayo siyazi ukuthi ubukhulu bazo kuphinde kubangelwe ukuthi ingxenye enkulu yayo iyizindawo zasemaphandleni, nokubangela ukuthi imigwaqo kanye nogesi kungatholakalali ezingxenye eziningi. Inkinga yomgwaqo nayo inomthelela omkhulu ekufinyeleleni kosizo lwezeMpilo.

Lamhlanje sizochaza ukuthi izizinda zoMnyango wezeMpilo zikhona kulendawo kodwa sibe sicela ukubambisana nemiphakathi ikakhulukazi ngokuthi abantu uma begula bangaveli nje baqonde ezibhedlela kodwa baqale emitholampilo.

Kule District uMnyango unalezikhungo:

- 8 Hospitals
 - 6 District hospitals
 - 2 Regional hospitals:
 - (1 is a Trauma hospital whilst the other is a Maternal and Child hospital)
 - 1 Community Health Centre
- 49 Fixed clinics : 44 Provincial and 5 Municipal
- Mobile points – 224
- Mobile teams – 14

Kuzo zonke lezikhungo usizo lwe Primary Health Care luyatholakala ngaphezu kwaloko u 80% wemitholampilo yethu ekhona lapha iphinde igqugquzele ukutshalwa kwezivande.

Umake sibhekelela indawo yaseNtambanana iyodwa, siyathola ukuthi abahlali abakhona babalelwa ku 87 000 kanti ke iningi labo kube kungabantu besifazene.

Endaweni yakwa Nomponjwana khona abahlali babalelwa ku 30 000.

Namhlanje sinazisa ngazo zonke lezinhlelo ngoba sifuna sehle isibalo sabantu abagulayo nabahambela izikhungo zezeMpilo isidingo singekho.

Namhlanje sithi masazisane ngezindlelo eziyizo zeMpilo ukuze sigweme loku esikubiza ngama Lifestyle diseases.

Thina njengoMnyango kusiphatha kabi ukubona abantu bakithi besabulawa izifo ezilaphekayo nezingakwazi ukugwemeka.

Umyalezo esiwuphethe namhlanje yilowo wokuthi:

TB IS COMPLETELY CURABLE

Isexwayiso sithi, uma uhlala nomuntu one TB engeyelaphi nakanjani nawe izokungena.

TB testing and treatment is free.

Nazi izimpawu ezikhona ezikhomba ukuba khona kwe TB nezidinga ukuthi usheshe uyofuna usizo:

A cough for longer than 2 weeks

Chest pains

Tiredness and weakness of the body

Loss of appetite and weight

Night sweats, even when it is cold
Coughing up blood

Ngokuhlukana kweminyaka yethu kanye nangokuhlukana ngokwamazinga empilo esiyiphilayo, masenze loku okulandelayo:

- Masijime kube khona izinhlelo esizifaka kuzo zokuvocavoca imizimba yethu ukuze sizivikele ezifweni.
- **Masibe nezinhlelo zokuzijabulisa siyintsha**, sifundisane izinto ezifana nemidanso kanye nemiculo.
- Singamamalunga omphakathi masingafuni nokwazi ukuthi zizwakala kanjani **izidakamizwa** njengoba uma uke waqala angeke usakwazi uzixazulula kuzo.
- Uma kukhona ukugula onako okuhlangene nokocansi, thatha lona obambisene naye ngokothando niye emtholampilo, niyolashwa. Ungamshiyi.
- Uma ngabe uyahlukunyezwa noma kukhona omaziyo onukubezwayo–ungathuli kubike loku, umhlukumezi azokwaziwa, ajeziswe akhishwe emphakathini.
- Nakanjalo ungalokothi uthule uma udlwenguliwe –emitholampilo yethu kanye nasezibhedlela zethu siwakhapha mahala amaphilisi

asiza ukuba unganenwa ingculazi uma nje loludaba ulubike kungakapheli amahora angu 72.

Umkhankaso we Promotion of Healthy Lifestyle ekuvikeleni kanye nasekuqwashiseni ngezinto okungafanele sizenze ukuvikela izifo ezinhlobonhlobo ezifana ne HIV and AIDS, all forms of Tuberculosis kanye nezinhlubo ezahlukene zemidlavuza.

Lapha sithi abantu mabangakwenzi loku okulandelayo:

- Ukuqalisa ngocansi usemncane, ungakabi ngisho neminyaka engu 18,
- Ukwenza ucansi oluyingozi olungavikelekile,
- Ukuya ocansini nomuntu onezifo,
- Ukulala nabantu abaningi abahlukene,
- Ukubhema, vele kunawo umthelela nakumdlavuza wamaphaphu, kanye nowomphimbo.

- Ukuxhaphaza utshwala..

Igama esiliphethe lapha ilihamba phambili lithi: *prevention, prevention, prevention.*

Emiphakathini sifuna kubanjiswane njengoba Kobaba sithi:

- sibaqgugquzela ukuthi banakekele imindeni yabo;
- ngoba sithi izingane kufanele zondliwe.
- ngoba sithi abakhombise ubuqotho ekukhulisweni ngendlela kwabantwana babo, ababe isibonelo ezinganeni zabafana.
- Ngoba sithi mabavimbe ekunukubezweni kwabantwana

Omama bona mabazi ukuthi izinhlelo zoMnyango wezeMpilo kulesifunda kusukela kulonyaka ophelile zithi **Investing on women and children secures a healthy nation.**

Kubona sithi:

Landela le **Top 10 Health Checks** ukuze kuzokwazeka isimo sakho seMpilo.

- **Do the Breast check---**yazi amabele akho
- **The body mass check** [isisindo somzimba]
- **The oral health check**, once every 6 months
- **The blood pressure check**, once a year
- **The pap smear**, once every 3 years
- **The HIV and AIDS test**
- **The pregnancy test and attend ante natal clinics**

Mangiphethe ngokunikeza izeluleko ngokudla esikudlayo nesikuphakela imindeni yethu.

- Eat regular meals which contain different kinds of foods
- Eat fat sparingly
- Eat plenty of vegetables and fruit
- Chicken, fish, low fat dairy foods, lean meat or eggs may be eaten daily
- Drink as much clean water as you can (6–8 glasses per day)

Look after yourselves. From the bottom of my heart, I love you all.

SinguMnyango wezeMpilo KwaZulu Silwa neZifo, Silwa nobubha, Sinika

iThemba!