



Obesity



High Cholesterol



Hypertension

Lifestyle diseases



Cancer



Diabetes



Heart disease

Contributing factors and intervention strategies

Contributing factors to lifestyle diseases

- ❑ Poor eating habits
- ❑ Lack of physical exercise
- ❑ Use of tobacco products
- ❑ Abusing drugs (over the counter and prescribed drugs)
- ❑ Risky sexual behaviour





***We are Responsible, South Africa
is Taking Responsibility***

- We all need to make decisions about our lifestyle (where possible)
- Improve our health
- Protect ourselves and others from diseases



NO MATTER HOW SLOW YOU
GO, YOU ARE STILL LAPPING
EVERYBODY ON THE COUCH.

Intervention strategies: prevention, control and early detection of lifestyle diseases

❖ Intervention= a way of helping



Intervention strategies to counter lifestyle diseases include:

- ✓ Raising taxes on tobacco
- ✓ Warnings about the dangers of tobacco
- ✓ Educating people about STIs including HIV
- ✓ Reducing the stigma against people with HIV and AIDS
- ✓ Promoting testing for HIV
- ✓ Encouraging regular physical activity
- ✓ Raising taxes on alcohol
- ✓ Reducing salt intake

Prevention= Avoid, abstain and adapt

- Prevention= to stop something from happening
- The best way to prevent these diseases is to avoid those risky behaviours



Control

- Control= managing it so that it does not become a crisis or disaster

Take
CONTROL
of
Your Life

Examples of how to Control

- To avoid getting TB you can:
 - Open the windows and let fresh air quickly kill the TB bacteria
 - Help and encourage those who have TB to follow the treatment instructions and take their medication
- Hypertension (this can be avoided to prevent a heart attack):
 - Eat healthy
 - Get regular physical exercise
 - Lose weight
 - Eat less salt
 - Stop smoking
 - Deal with stress and apply relaxation methods

Early Detection...

- Early detection= to notice and get treatment early on when the illness starts (before it becomes untreatable) and before it is passed on to others



Examples of Early Detection

- Cancer
 - Screening helps to reduce the effects of cancer
 - Screening for cervical cancer= regular pap tests
 - Pap test= a procedure in which cells are scraped from the cervix and looked at under a microscope, which helps to detect cervical cancer

Cervical Cancer

- Does not usually have any symptoms until it is advanced
- Thus it is vital for women to be regularly tested for cervical cancer
- Screening can detect early signs of the disease
- The signs can then be treated early (before they turn into cancer)

Hypertension

- In order to avoid this, go to the clinic at least once a year to have your blood pressure checked
- The nurse will check your blood pressure

Intervention strategies: treatment, care and support

- Treatment
 - treatment= medical care such as surgery, medication or chemotherapy that deals with a disease
 - Examples: cancer treatment, hormonal therapy, hypertension (which can be treated)

Care and Support

- ✓ You can ease the stress of illness by joining a support group whose members share common experiences and problems
- ✓ People with cancer need a lot of friendship and support (chemotherapy may cause: hair loss, weight loss, nausea, depression and extreme tiredness)
- ✓ Hospices

Hospices

- ✓ These are places where sick people that cannot be cured live in the later stages of the disease
- ✓ They get the support and care they need
- ✓ Hospices provide palliative care:
 - Relief from pain
 - Affirmation of life and dying treatment as a normal process
 - Not speeding up or slowing down death
 - Integrating the psychological and spiritual aspects of patient care
 - Offering a support system to help the family cope.

Case Study

Voice of Government: let there be no more shame, blame and discrimination

Ill-health, fear, stigma and discrimination remain features of the HIV pandemic in all parts of the world. However, increasingly, HIV and AIDS is seen as less of a death sentence, and more people are providing publicly that the virus can be managed. In South Africa, this culture of openness and the progress made in the fight against HIV and AIDS is rapidly gaining momentum. The Presidency and the Department of Health lead the drive to create awareness, promote responsibility and allocate resources for public education, prevention and treatment.

The President called on all South Africans to demonstrate responsibility by taking an HIV test. He further called on each South African to take personal responsibility for their health and well-being. South Africans are on the journey towards being responsible citizens who can overcome the challenges of HIV and AIDS.

The government, in collaboration with other organisations, launched sustained campaigns and initiatives to raise awareness about risky sexual behaviour and to prevent the spread of HIV. Many South Africans are now making healthy lifestyle choices, including regular testing and making use of counselling, care and support services. We also started a dialogue in our homes, communities, workplaces and places of worship, to support the nation effort for a reduction in the spread of HIV and to address the impact of AIDS on individuals and communities across the country.

Remember, 'I am responsible, we are responsible and South Africa is taking responsibility.' South Africans have access to HIV prevention, treatment, care and support. So, let us all be responsible and prevent HIV, get treatment for HIV and talk openly about HIV.

Activity 5: Investigate culture of openness

1. What are the negative social features of the HIV pandemic? (4)
2. What is meant by a culture of openness? (2)
3. Critically evaluate why a culture of openness is necessary to imagine illness. (4)
4. Explain how all South Africans can show responsibility towards HIV prevention. (3)
5. Describe what is meant by healthy lifestyle choices. (2)