



health

Department:
Health
REPUBLIC OF SOUTH AFRICA



MEDIA ADVISORY

To: Editors & Health Journalists
Issued by: National Department of Health
Date: Thursday, 26 October 2023

Government collaborates with ParkrunSA and Soweto Arthritis Group to promote a healthy lifestyle

Pretoria: The National Department of Health and the Gauteng Provincial Government will on Saturday, 28 October join hands with ParkrunSA and Soweto Arthritis Group to promote healthy lifestyles through regular physical activities. This is in line with the strategy for the prevention and management of Non-Communicable Diseases in South Africa.

Parkrun is a free, community event where people walk, jog, run, volunteer or spectate every weekend (mostly on Saturdays) morning in various locations around the country. There are currently over 150 parkrun events/sites organised around the country taking place every weekend.

The Deputy Minister of Health, Dr Sibongiseni Dhlomo will lead the community mobilisation and will be joined by Gauteng MEC for Health and Wellness, Nomantu Nkomo-Ralehoko; MEC for Sports, Arts, Culture and Recreation, Morakane Mosupyoe, local councillors and senior officials from Parkrun-South Africa who will participate in the programme of the day which will involve physical activities.

Overweight and obesity are serious health problems in South Africa that significantly contributes to non-communicable diseases as well as being associated with a higher risk of death and disability from these diseases. The Department in 2022 launched the National Strategic Plan on the Prevention and Control of Non-Communicable Diseases, 2022 – 2027 to respond as a matter of urgency toward the prevention and control of NCDs, risk factors and mental health conditions.

For participation in parkrun in your community, people are urged to register free on the website (www.parkrun.co.za).

Members of the media are invited to the launch scheduled as follows:

Date Saturday, 28 October 2023
Time 08h00
Venue Mofolo Park in Soweto, Johannesburg District, Gauteng Province

For more information and media queries, please contact:

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