



health

Department:  
Health  
REPUBLIC OF SOUTH AFRICA



## **MEDIA ADVISORY**

To: Editors & Health Journalists  
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### **Health Department intensifies fight against NCDs to promote healthy lifestyle**

**Pretoria:** The Deputy Minister of Health, Dr Sibongiseni Dhlomo will on Friday, 01 March) lead a campaign to intensify community-based health screening to promote healthy lifestyle as part of government efforts to respond to what the Statistics South Africa described as a looming health crisis which requires an urgent attention to invest for the healthier future in order to improve the country's life expectancy.

South Africa, like other part of the worlds, is facing a growing burden of Non-Communicable Diseases (NCDs), otherwise known as diseases of lifestyle. These diseases which include diabetes, cancers, cardiovascular diseases and stroke contribute to morbidity and mortality. These conditions have devastating health consequences for individuals, families and threatens to overwhelm health system.

According to the World Health Organization, NCDs kill 41 million people each year worldwide, that is equivalent to 71% of all deaths globally. In South Africa, deaths due to diseases such as cardiovascular diseases, cancer, diabetes, and chronic lower respiratory diseases increased by 58,7% over 20 years, from 103 428 in 1997 to 164 205 in 2018.

There is an urgent need for all stakeholders in the society to collaborate to address this health challenge through reduction of common risk factors such as tobacco use, harmful alcohol use, physical inactivity, eating unhealthy diets, obesity and overweight, hence the department has roped in community-based stakeholders including the Traditional Health Practitioners and Community Health Workers.

The Deputy Minister Dhlomo will be joined by Mayor of iLembe District Municipality Cllr Thobani Shandu, Mayor of Maphumulo Local Municipality Cllr Zibuyisile Khuzwayo-Dlamini, traditional health practitioners and senior executives from private organisations within the health sector.

The campaign aims to improve the health and well-being of South Africans through promoting regular health screening, testing, cost-effective physical activities, health eating. The department has trained Traditional Health Practitioners and Community Health Workers on how to screen for the NCDs and also empowered them with tools of trade such as Blood Pressure and Glucose Testing Machines.

The event coincides with the World Obesity Day which is commemorated annually on 4 March to raise awareness on weight and its impact on health, while empowering individuals affected by excess weight to take the challenge and take the first step of speaking to a healthcare provider about weight management options.

**Members of the media are invited to attend the event as follows:**

**Date:** Friday, 01 March 2024

**Time:** 09h00

**Venue:** Untunjambili Sportsfield, Ward 1, Maphumulo Local Municipality

For RSVP please contact Mr Tlou Tlhako - [tlou.tlhako@health.gov.za](mailto:tlou.tlhako@health.gov.za)/ 071382 7425

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