



health

Department:
Health
PROVINCE OF KWAZULU-NATAL



BONGI NGEMA-ZUMA
FOUNDATION

WORLD DIABETES DAY



As uThungulu health district we are faced with increasing incidences of diabetes Mellitus and most clients end up with complications hence increased number of amputations and blindness as a result of Diabetes. Amongst other strategies to reduce the incidences of diabetes we annually commemorate World Diabetes mellitus Day with an aim of increasing public awareness on early detection and screening of Diabetes mellitus

In partnership with Bongki Ngema-Zuma Foundation, uThungulu District held the World Diabetes Day at Esikhawini TVET College. The set target was to screen 1 000 people for Diabetes Mellitus. The day started with a 5 km fun walk and aerobics, as



means of reinforcing the importance of physical activity and reduction of the risk of suffering from the disease. Different partners participated in different activities and some partners supported with health service. A total number of people screened

was 1 557, 50 of those clients are known diabetes patients and are on treatment, only 6 well controlled and on treatment. The new clients identified with elevated HGT were 42, and 3 were hypoglycemic.

Emergency Medical Services assisted in managing clients found to have extremely high blood glucose; otherwise all other clients with abnormal HGT's were referred to the nearby local clinics.

Those at risk were given health education and educational material with relevant messages to take home to assist in reducing the risk of Diabetes Mellitus.

There is a great need for awareness campaigns to address the community on healthy life style as means to reduce Diabetes Mellitus and other diseases.

With the luncheon clubs project in place, the district needs to have a plan to regularly visit and educate them on various Non communicable diseases.

WHAT A DAY IT WAS

