

Household Health Promotion Initiative

Workers to Diplomatic Wives

Held at the Residence of the Ambassador of Norway

26th October, 2017

MAIN TOPIC:

Breast Cancer Awareness [NCDs]

Summary report

Prepared by:

Dr. Frank Manase [MD MPMed MPH]

CEO, the Community Center for Preventive Medicine [CCPmedicine]

Info@ccpmedicine.org: Kanga Street: Plot 1714 Kinyerezi Mwisho BOX 10354, Dar es Salaam

Protecting Lives, **A**lleviate **S**ufferings-for **E**verybody

Contents	Page
1. Introductions	3
2. Background information	3
3. Problem statement.....	3
4. Rationale for the program	4
5. Intervention	4
6. Findings and discussion.....	5
i. Age distribution to Workers to Diplomatic wives.	5
ii. Nutrition Status to Workers to Diplomatic wives.....	5
iii. Blood Pressure to Workers to Diplomatic wives.....	6
7. Discussions.....	6
8. Recommendations	7
9. Conclusion	7
Appendices	9
Photo preview.....	9

1. Introductions

The Tanzania Breast Cancer Foundation in collaboration with the Community Center for Preventive Medicine [CCPmedicine] conducted a one day health check and awareness for workers to diplomatic wives. Traditionally, diplomatic wives have been gathering yearly in order to raise awareness on health issues of public health importance. Health services were offered on 26th October 2017 at the residence of the Norwegian Ambassador. A total of 40 women were screen for blood pressure and body mass index, also provided with health education.

2. Background information

A significant increase in the magnitude of non-communicable diseases [NCDs] such as heart diseases [diabetes, hypertension, and stroke] and cancers [prostate, cervical and breast] is a huge concern for the government, however; the community is yet to appreciate a true picture. Non communicable diseases have become a number one cause of premature death and preventable disabilities. For instance, in 2008 alone, over 14 million premature deaths due to NCDs were reported globally; unfortunately, 80% of these deaths were found in the African region. This number is estimated to rise to 52 million people by 2030¹. Over weight is among major factors that trigger the burden. The increased burden of NCDs can be avoided by adopting healthy living style and modifying individual's eating, drinking, smoking and physical activity behaviors.

3. Problem statement.

Increased burden of NCDs can affect productivity of an individual and certainly of an institution. Before the NCDs manifest as a diseases, an individual will mostly continue with his/her routine work and later in advanced stage the signs may limit the

¹World Health Organization. *The Global Burden of Disease: 2004 Update*. Geneva : World Health Organization; 2008

individual functions. It consumes more time and financial resources if interventions to lower associated risks are executed lately. Nonetheless, when identified early better health outcomes are mostly granted. A household health promotion intervention similar to what was undertaken by workers to diplomatic wives has shown to be the most effective and efficient way of addressing the overgrowing burden of NCDs, hence improves the individual's and institution's productivity.

4. Rationale for the program

Health can primary be produced, protected or destroyed at a household/family.

Women in particularly wives have the major role in making optimizing the health of the people in a household/family. House hold health programs similar to this have crosscutting health promotion effect that cements a sustained impact at an individual and family levels thus, whole society. Maintaining a team of healthy household is a cost saving strategy that facilitates productivity at a household/family level.

5. Intervention

Health education and check was offered on 26th October 2017 where everybody who came for the service was examined and basic anthropometric measurements [Weight, Height, & Blood Pressure] were taken. Health education on breast and prostate cancer was offered and by Dr. Manase Frank and Dr. Harrison Chuwa.

6. Findings and discussion

i. Age distribution Workers to Diplomatic wives.

A total of 40 people participated, and the majority were between age group between 40 and 49 years, Figure above.

Nutrition Status workers to Diplomatic wives

ii.

Sixty three percent [63%] were found with weight above a recommended normal value.

iii. Blood Pressure status workers to Diplomatic wives

Thirty nine percent [39%] of people were found with high blood pressure.

7. Discussions

Body mass index is one of major indicators of risk factors for non-communicable diseases particularly: stroke, diabetes, heart attack and cancers of prostate, breast and cervix. The non-communicable diseases have recently peaked as a number one cause of preventable deaths globally. Unfortunately, over 80% of these deaths occur in the sab-Saharan Africa region, Tanzania being one on the most affected nations. Over seventy percent of participants we screened were found with one or more than one risk factor for non-communicable diseases. Nearly, sixty seven percent [67%] were found with health problems that require medical intervention. These numbers are already higher than general population and when compared with many institutions national-wide.

8. Recommendations

We recommend that, diplomatic wives continue to mainstream household health promotion initiative while widening the scope. It is highly recommended to include the component of early detection in order to facilitate timely interventions for those who are found with diseases. Also, follow up for those with early signs and cumulative risk for chronic diseases is a paramount. Some of the recommended health tips to reduce the risks of developing chronic diseases at a household include:

HOW TO PREVENT STROKE

1. Exercise: 45min walk a day
2. Limited use of salt
3. Reduced use of red meat
4. Avoid use of tobacco & smoke
5. Limited alcohol intake and
6. Routine health examination

9. Conclusion

These initial findings justify the significance of a household health promotion programs for family members and households. The Community Center for Preventive Medicine wishes to thank the TBCF and workers to diplomatic wives committee for mainstreaming health program in their annual plans. We look forward to provide needed medical support and further collaboration as it may deem.

Appendices

Photo preview