



THE HEART
AND STROKE
FOUNDATION
SOUTH AFRICA



forward together
sonke siya phambili
saam vorentoe

Promoting Women's Health in a low-income community in Cape Town, South Africa

23 March 2022



Photo by Stefan Els

Promoting Women's Health in a low-income community in Cape Town, South Africa

Women's Health and Wellness (WHW) initiative

- Women's health remains a *key public health priority* in South Africa
- Despite increases in female life expectancy, non-communicable diseases are driving morbidity and mortality.
- This is Public Health (TIPH) campaign provides an opportunity to sound a clarion call for *improved women's health and wellness*.
- As part of the TIPH campaign the Division of Health Systems and Public health in the Department of Global Health, Stellenbosch University launched a series of initiatives including a *Women's Health and Wellness (WHW) initiative*.
- A WHW day was arranged in collaboration with key non-governmental organisations aimed at **raising awareness** with the theme of *Spread the Word*.

The Division of Health Systems and Public Health in the
Department of Global Health, Faculty of Medicine and Health
Sciences, cordially invites you to attend our first:

WOMEN'S HEALTH AND WELLNESS DAY

Spread the word!



*A day to mobilise women,
focus on health promotion, knowledge sharing, stimulate dialogue
and showcase community assets and programmes
Strengthening the Health and Wellness of Our Communities, Together*

22 February, 2022 | 09h00 to 15h00 (SAST)
Real Life Christian Centre, 73 Wayside Road,
Bishop Lavis, Cape Town, 7490



For more information please contact:
Professor René English (renenglish@sun.ac.za)
Ms Stacey Blows (blowssd@sun.ac.za)



Promoting Women's Health

Promote awareness of public health issues.

Knowledge sharing, multidisciplinary interaction and communication between academics, public health professionals, students and communities and provide a multi-faceted response to the basic question: what is Public Health?


Academics, key stakeholders and community members co-create solutions to pressing public health issues within communities.

Empowered Women: A Women's Health and Wellness Day

22 February 2022 | 09h00 to 15h00 (SAST)

Real Life Christian Centre, 73 Wayside Road, Bishop Lavis, Cape Town, 7490

TIME	TOPIC	SPEAKER
09h00-09h45	REGISTRATION, SCREENING AND TESTING	
10h00-10h15	Welcome and purpose of the day	Prof Renè English Head of Division: Health Systems and Public Health, Stellenbosch University
10h15-10h30	Hear our voices	Ms Melanie Erasmus
10h30-10h45	Keynote Address: Women's health	Dr Therese Fish Vice Dean: Clinical Services and Social Impact, Stellenbosch University
11h00-11h15	Information session: 'Know your numbers' Spread the word – the meaning of measurements	Ms Prudence Cele Health Promotions Officer The Heart and Stroke Foundation, SA
11h15-11h30	Cervical cancer prevention	Ms Robyn Adams Department of Obstetrics and Gynaecology, Stellenbosch University
11h30-11h45	Interactive activity	Ms Lynn Hendricks & Ms Stacey Blows Health Systems and Public Health, Stellenbosch University
11h45-12h00	Let's exercise! ☺	Mrs Kathleen Bosman StepTouch Fitness Club

12h00-13h00	LUNCH BREAK (visit trade exhibits/testing/network)	
13h00-13h30	Information session: Breast cancer	Dr Jenny Edge Medical Specialist, Head: Breast and Endocrine Surgery Unit, Stellenbosch University
13h30-13h45	Information session: Eating well	Ms Ronel Beukes Lecturer, Human Nutrition, Stellenbosch University
13h45 - 14h00	Evaluation and thanks	Prof Renè English
14h00-14h10	Inspirational message/poem and closing	Ms Melanie Erasmus
14h10-15h00	Visit trade exhibits/testing/network	
 <p><i>Strengthening the Health and Wellness of Our Communities, Together Yes, WE CAN!</i></p>		

Focus: community engagement

- University faculty presented on cardiovascular health, breast health, cervical cancer prevention and good nutrition (amongst others).
- About 120 women attended the day and were tested for a range of preventable diseases.
- The event provided an opportunity to leverage and showcase other products developed as part of the TIPH campaign, including a Chatbot developed to answer Frequently Answered Questions regarding vaccination. <http://www.sun.ac.za/english/faculty/healthsciences/global-health/health-systems-public-health/futureproofing-public-health/Pages/Resources.aspx>
- A special session was held with the attendees where they were encouraged to speak about the key challenges faced by women in the community.

Health promotion

Provide information, tools and support to build healthy communities



The Heart and Stroke Foundation

Community health risk assessments

Blood sugar, cholesterol, blood pressure as well as weight status and waist circum to help individuals to understand their risk for CVD.



Bishop Lavis Community Health Centre

Putting the PUBLIC in Public Health

Hear their voices



Bishop Lavis Community

Photos by Stacey Blows

Empower

Empower people to adopt healthy lifestyles and seek appropriate care early in the manifestation of the disease

Assist in making healthier choices easy

Division of Human Nutrition, SU



Collaborate

Building engagements and partnerships

Department of Health, NPOs, NGOs, SAPS, Department of Education and more!



Awareness

Raise awareness about public health - What is Public Health?

Division of Health Systems and Public Health, SU

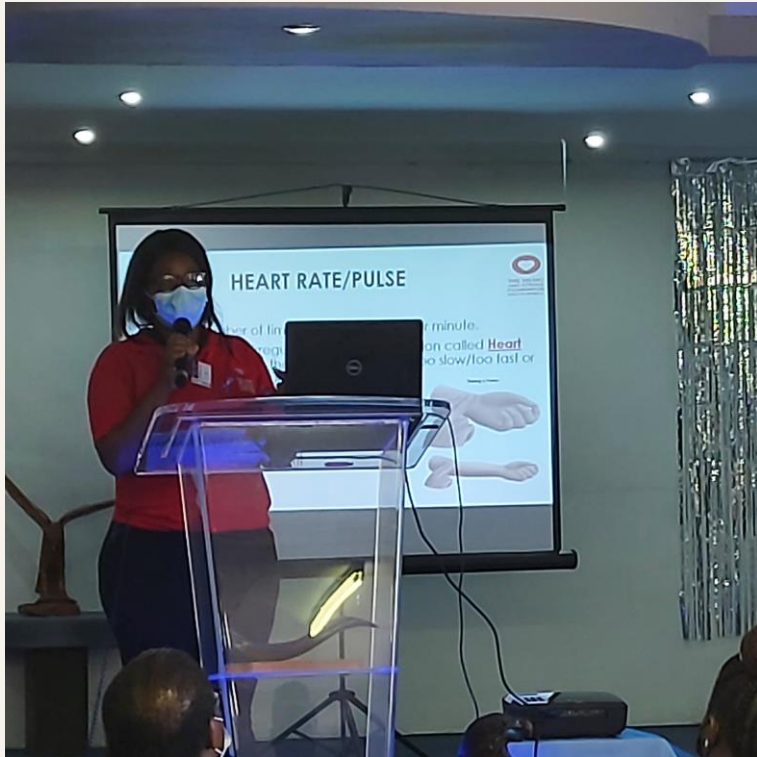


Photos by Stacey Blows

Cardiovascular health

Know your numbers - the meaning of measurement.

Heart and Stroke Foundation (NPO)



Cervical cancer

Awareness and prevention - encourage women to do screening and prevent the cancer.

Division of Obstetrics and gynaecology -
Global Health, SU



Breast cancer

Educating women on what they can do to be proactive with their breast health.

Division of Surgery, SU



Knowledge and early detection saves lives!

Photo by Stacey Blows

Woman2Woman (Local Non-profit Organization)



Step touch fitness club (local senior club)



Department of Health



Outcomes and Impact

Let's reflect

Outcomes

- Build capacity amongst stakeholders to plan for and execute local women's events.
- Increased knowledge, changed attitudes, perceptions and beliefs regarding the topics under discussion after the Women's Day event.
- Model/approach to setting up local initiatives of such a nature, and strengthening of integration of such programmes within the COPC model.

Impact

- Early and appropriate health seeking behaviours of women.
 - Decreased incidence of women's health related conditions
 - Improved health and individual outcomes for children and families

The TIPH team are developing a range of additional activities/initiatives to build on the information gleaned from the session



Photo by Stacey Blows



THE HEART
AND STROKE
FOUNDATION
SOUTH AFRICA



forward together
sonke siya phambili
saam vorentoe

Thank you!
Enkosi
Dankie



Photo by Stacey Blows