

YOUR HEALTH

PREVENTION OF CHRONIC DISEASES

THE major causes of chronic diseases are known, and if these risk factors were eliminated, chronic diseases would be prevented.

Chronic disease prevention and control helps people live longer, healthier lives.

Nutrition

We must eat the right kind of food. Not all that is given to us to eat is good food.

A guide to healthy eating:

Eat small portions and at regular times.

Use salt sparingly.

Limit intake of sugar, sweets, chocolates, cakes and desserts.

Ensure a high-fibre intake.

Fibre is a name given to a group of materials found in plant food, that is fruit, vegetable and cereal grains, that the body cannot digest.

Some of the important functions of fibre include:

Lowers cholesterol level.

Improves blood sugar control in diabetics.

Keeps you feeling fuller for longer.

Prevents constipation.

Reduces the risk of certain cancers, especially of the colon.

Avoid alcohol consumption or drink only in moderation.

Enjoy a variety of foods.

Make starchy food the basis of most meals.

Eat plenty of vegetables and fruits everyday – eat with the skin whenever possible.

Eat fats sparingly.

Cut down foods with a high fat content such as polony, pies, sausages, pastries, biscuits and cakes.

Remove skin from chicken and meat.

Preferably grill, roast or bake.

Chicken, fish, milk or eggs can be eaten daily.

Oil and rich foods increase weight and body fat, worsens constipation and increase cholesterol levels.

Water:

Drink more fluid as fibre absorbs a lot of water.

Drink at least eight glasses of water a day.

Tea, coffee and cooldrinks do not count as water.

Too little water leads to constipation.

Be active:

Health starts with an active body.

Exercise regularly.

Benefits of exercises: Better sleep.

Help you work well.

Keeps weight down.

Look and feel better.

Reduce stress.

Eliminate smoking.

Feed the mind with healthy and positive thoughts.

Manage stress effectively.

Get involved in community development.

Go for regular medical check-ups.

Take your medication as prescribed.

Compiled by the eThekweni Health Department

Drop-off recycling centre opened in Hillcrest

KEN MCHUNU

IT'S just got easier for Outer West residents to be environmentally friendly, with the opening of a recycling drop-off centre in Hillcrest, the 18th such facility to be established in the past five years.

Managed by the Association of Clean Communities, a wing of Durban Solid Waste (DSW), the centres encourage recycling with their convenient locations across eThekweni.

Roseanne Griffin of the Association of Clean Communities lauded the "remarkable" support communities have shown towards the centres.

She said the education campaigns that DSW had taken to various communities had helped communities realise the importance of recycling and preserving the environment.

"Through recycling, we can make the most of the natural resources we do have,

without depleting reserves. As people worldwide are turning more to disposable packaging for their products there is more and more waste being created.

"Some items, such as plastic, take many years to biodegrade, if they do at all. Without recycling, these products fill up our landfills taking much-needed space and making it uninhabitable," she said.

Unlike at buy-back centres, no cash was given in

exchange for recyclables at drop off centres.

"Buy-back centres are job creation initiatives geared towards creating employment for the community.

"Informal collectors are able to bring their recyclables to the buy-back centre and exchange them for cash.

Buy-back centres are located at North Coast Road, Westmead, Queensmead, Pinetown and Isipingo. And two new centres, at Lorne and Brook streets."

Griffin invited people interested in becoming involved in the operations of the Hillcrest drop-off depot to write to: The Association of Clean Communities; 188 Argyle Rd; Morningside; or PO Box 1535; Durban; 4000; or by fax: 031 303 3969 by no later than Friday, 12 October.

Parties considered suitable will be called for an interview later this month.

For more details, call Griffin at 031 303 1665.

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ON THE MARCH: Boy Scouts join a street procession in the city centre last Friday
Picture: SIYABONGA MAPHUMULO

Durban steps out in style

SIYABONGA MAPHUMULO and PHUMLA BHODOZA

CELEBRATE Durban, the month-long festival, reached its high point at the weekend with a city centre street festival and processions.

Smith Street, from Aliwal to Gardiner streets, was closed from Friday noon to Sunday morning, making space for a carnival, fashion shows, hip hop music and dance, comedy and a food festival.

Maidens from Ntuzuma E section and Umlazi J section, joined the procession. As did Swazi dancers, a drum major-ette squad, and hundreds of people in traditional Zulu attire. The maidens, many of whom had taken part in the Umkhosi womhlanga ceremony in KwaNongoma earlier last month, ended their procession at Church Walk, where they danced for Mayor Obed Mlaba.

The mayor said he was delighted to see so many

young people celebrating their cultures. He said preserving traditions helped young people avoid drugs, crime and teenage pregnancy.

Also at Church Walk, marquees had been set up where crafters exhibited bedding, hats, jewellery and beadwork.

On Saturday morning the street carnival continued with a procession of 30 decorative floats.

An international food festival, with the cuisine of Durban's 12 sister cities was another highlight.

Food-lovers sampled everything from a Maputo dish of prawns and spiced cashew nut dip to a Leeds beef hot pot with mustard mash.

Celebrate Durban also coincided with a meeting of a New Partnership for Africa's Development (Nepad) cities committee and a visiting Korean delegation.

The Nepad committee, which is chaired by Mlaba met to discuss sustainable

development. He said that while there was much other African cities could learn from the development in eThekweni, the city itself could learn from other African states.

City Manager Michael Sutcliffe said Durban could take a leaf from Ghana's crime fighting strategies. "Why is it that in Ghana you can walk the streets all night long and not get mugged while you can't do the same in some of Durban's streets?" he asked.

The Korean delegation, from Daejeon, had come to sign an agreement of co-operation with eThekweni.

Mlaba and the Vice Mayor of Daejeon, Yang Hong-Kyu, agreed the sister city relationship would be in the interest of both cities.

As a host venue for the 2002 Korea World Cup, Daejeon is expected to share its experiences in preparing for the event with eThekweni.

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Big hopes for Bridge City plan

KEN MCHUNU

A SHOPPING centre and 40 000-passenger railway station are among the facilities now under construction at the R750-million Bridge City Town Centre development near KwaMashu, north of the city.

This was revealed at the sod-turning ceremony held at the construction site last week.

Bridge City, an urban renewal partnership between the city, Crowie Projects and Tongaat Hullet Developments, is expected to act as a catalyst for economic growth in the Inanda, Ntuzuma and KwaMashu (INK) area, eventually generating an estimated R1-billion in retail turnover per annum.

It is set to create 25 000 permanent jobs once completed, in addition to 27 500 temporary construction jobs and 11 000 other jobs during the various development stages.

The shopping centre is strategically located near main passageways including the N2, M25 and North Coast Road to boost its popularity among commuters.

It is only one aspect of the 650 000m² development which will bring other much-needed facilities to the area, including a hospital, a regional magistrates court, residential accommodation, offices as well as bus and taxi ranks.

Speaking at the sod-turn-

ing, national Transport Minister Jeff Radebe said the provision of an integrated and accessible transport system was a key part of the development.

"We are proud to be building this rail infrastructure which will provide an underground destination station, serving 40 000 commuters every day," Radebe said.

Liberty

Mayor Obed Mlaba said the project aimed to integrate the communities of the INK area, "communities that were previously separated by all sorts of social evils."

"It is a development that aims to transform INK townships from being dormitories for labourers into comfortable residences, where people can enjoy liberty and raise their families."

The City has committed funding to build a major regional bus and taxi rank next to the shopping centre.

KwaMashu councillor Faso Majola, said: "We are extremely happy that this dream is fast becoming a reality."

Bridge City shopping centre will house leading retailers including clothing stores, supermarkets, furnishers and takeaways, to name a few. It will service more than 700 000 people of INK and Phoenix.

It is due to open in October 2009.

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Prayers offered for peace at Healing City event

THEMBA KHUMALO

HUNDREDS braved the cold and rain to attend the Healing City event on Heritage Day last month at the beachfront Amphitheatre.

The multicultural event, which was also part of the Celebrate Durban festival, was organised by the city's Health Department.

Major religions united to pray for world peace and reconciliation and also focused on climate change.

Health Head Umi Sankar said: "I was happy with the turnout of traditional healers and the foundation we have laid between our department and them."

"We have a long-standing relationship with the eThek-

wini Traditional Healers Council and have even grown the relation to counties in the East and West.

"We want to build on today's initiative which turned out to be excellent," said Sankar.

Deputy Mayor Logie Naidoo said: "Traditional healers have an important role to play in our communities and

in healing our city. South Africa used to be a very fragmented and divided country. However, that is in the past; we have healed our nation from the division. Let South Africa be the beacon of hope to all countries in conflict."

The event was notable for its variety and the colourful traditional attire of the participants, who shared different

cultural activities, from sangoma music to India dance.

Activities included yoga, tai chi, meditating and a candle-lighting ceremony to symbolise peace and unity.

Information stalls handed out material to people who were interested in adopting a more healthy way of living.

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