

“As Africa’s wealth increases, the non-communicable diseases will take on increasingly important roles.”

The non-communicable diseases are diseases which are not transmissible and that can be prevented. They are most of the time caused by stress, food that we eat, and sometimes they are inherited from our parents. They were of low percentage in past years but nowadays they are taking another level of growth as many years pass. Public-health can use different strategies in order to reduce this for example they can sensitize the population on consuming good food and do sports.

The non-communicable diseases can be prevented as we know what their causes are. In the introduction, we saw some of its causes like stress, bad food and sometimes they are inherited. They are increasing among the Africans as people are not aware of its causes. As we are increasing financially, we all tend to change food we have been consuming and go to ones containing too much oil, sugar and salt and we don’t even do sport in order to burn the unnecessary fats. And also as we are in the development process, we are tending to work high and rest less, which increases stress and cause the bad functionality of some organs and leads to those diseases.

The food that we eat everyday takes an important role on our health. African people used to consume African food like cassava and beans and they had a good health, contrary to our alimentation today where we eat chips from Monday to Sunday, and fat gets high quantity in our body where we end up with those non-communicable diseases. Our Public health can continue to tell us to consume exactly the food which is constructive, energetic and protective that our body needs in order to get a better health.

Public-health should also continue informing us about doing sport. This can help a lot because sport burns unnecessary fats in our body and leave us healthy. Sport also can help in fighting against stress and leave us free from anything else. Few people used to understand the use of doing sport but in our days, most of the people are aware of the importance of doing sport but still, many understand its necessity and still don’t do it by giving as excuse not finding the time for it. So public-health can help to inform that small people that don’t take time for sport that it is good for their health because if they really understood its necessity they will surely find time for it.

As conclusion, our public-health still has a lot to do in order to fight against the non-communicable diseases as I was saying it above. But we cannot say that they have not been working as they try to inform people in UMUGANDA and Akagoroba k'ababyeyi programs about how they can prepare good foods. Public health also tries his best in informing people in doing sport, our government put a sport programs on every Friday at 3PM in all government institutions. They should also continue to tell people especially in villages about this diseases so that once someone gets them, he doesn't spend time taking it as sorcery instead he immediately run to the hospital and be treated on time. So they are doing their best all they have to do is reinforcement.