

# YOUR HEALTH

## Obesity

OBESITY is the word used to describe being very overweight – when a person has too much body fat. Such a person's body mass is too great for his or her height. The body mass index is measured by weight in kilograms divided by the height in metres squared. If the index is 30kg/m<sup>2</sup> or higher, the person is obese.

### Why do people become obese?

Food contains energy needed by the body. Eating more food than the body needs results in extra being stored in the body as fat, which can lead to obesity.

### Eating more than the body needs can happen for the following reasons:

- Eating large amounts of food at each meal.
- Eating too much, especially fatty foods.
- Eating too many snacks.
- Eating excessively for pleasure.
- Eating too much when under stress.
- Many drinks, including alcohol and beer have lots of energy and some people drink too much alcohol.
- A more sedentary lifestyle. For example, using buses and cars instead of walking, and office work instead of manual labour.
- Some people gain weight easily. Their body digests and uses food for energy slowly. They have a low basal metabolic rate.

### Health risks

Obese people have a greater risk of developing health problems. These include:

- High blood pressure.
- Heart disease.
- Back problems, sore joints.
- Diabetes.
- Digestive problems.
- Cancer.
- Body image issues, unhappiness and eating disorders.

### Some useful ideas for preventing obesity:

- Be positive, losing weight takes time.
- Exercise more;
- Keep busy; boredom and loneliness makes people eat more.
- Keep a diary, record everything eaten for at least two weeks.
- Avoid take-aways – take a packed lunch to work.
- Eat less, use a small plate.
- Read food labels.

### Change the eating habits:

- Balanced eating.
  - Eat more vegetables and fibre.
  - Eat fewer snacks.
  - Reduce fat.
  - Grill, roast, steam or bake foods.
- A healthy lifestyle and balanced eating habits will help prevent obesity.

Compiled by the eThekweni Health Department

# Grants-in-Aid Distributions: 2007 (continued)

THE state relies on non-governmental organisations to help it meet society's needs. EThekweni's Grants-in-Aid programme is a way of supporting these organisations.

Applications for sundry grants are invited yearly

and fall within one of four categories: social welfare, early childhood development, sport and culture, and economic empowerment.

This year, goods and cheques to a total value of R4-million have been approved and the City began

distributing the aid early last month (details of which were published in the last edition of *eZasegagasini Metro*). The distribution continues until December. Below are listed the organisations which will be receiving aid on 10, 11 and 17 November.

## 10 November

### VENUE: Mduduzi Ngobese Hall (Zone 4)

WARD	NAME OF ORGANISATION	ADDRESS	GOODS REQUIRED
95	Folweni Community Resource Centre	A 1100 Folweni Township	1 x computer, 1 x printer, 50 x plastic chairs
95	Vukani Garden Club	B 1844 Folweni	R10 500 cheque
95	Inkonjane Women's Club	A 1467 Folweni	R10 500 cheque
95	Folweni Pre School & Crèche	Menziwa Road	R10 500 cheque
95	Slindokuhle Club	Folweni Township	R10 500 cheque
96	Ukukhanya Kwezwe Creche	Lugobe Street	R10 500 cheque
96	Intuthuko Daycare Centre	Adams Mission	1 x computer, 1 x printer, 1 x photocopying machine
96	Lizalise Palliative Care Centre	House no 226284	R10 500 cheque
96	Isigungu Sokuthula Community Organisation	Mtapha Road	2 x sewing machine, 1 x overlocker, R3 021 material voucher
96	Sinethemba Club	Adams Mission Entuthukweni Store	1 x computer baking oven
97	Nkanyenzi Creche & Pre-School	B 813	1 x computer, 1 x printer, 1 x four drawer filing cabinet, 1 x desk, 1 x chair
97	Africa Cares For Life	14 Kiaat Place	R10 500 cheque
97	Baphehle Garden Project	Maphumulo Tribal Authority	1 x petrol hand driven cultivator
97	Imizamo Yamakhosikazi	St Henry Felekisi- Doonside	R 10 500 cheque
98	Imfume Zakhele Creche	Imfume Mission	R 10 500 cheque
98	Umnini Sport Academy	Umgababa, Ilovu, Umnini	1 x sound system, 1 x cd player, 1 soccer kit adult (royal blue and white) 2 x soccer balls, 2 x netballs
98	Temple Praise	Umnini, Ilovu	R10 500 cheque
98	Ichophiqhakazile	Umgobhohini	2 x block making machine, 2 x wheel barrow, 30 x cement, 1 x hosepipes, 2 x truck loads umngeni sand, 4 x spades, 2 roll brick force, 10 x metre mesh wire (2 m height)
98	Progressive Youth Organisation	Ilovu & Umnini	1 x plastic water tank
99	Umnini Sinethemba HIV/ Aids & Other Health Crisis		1 x computer, 1 x fax machine 1 x photo copying machine
99	Danganya Educare Centre	Old Main Road (R102) Umkomaas	R10 500 cheque
99	Magabheni Young Movement	Mnini Trust Reserve	R10 500 cheque
100	Zama Zama Creche	69 Sidiya Highway	1 x keyboard, 1 x bass guitar, 1 x lead guitar, 1 x saxophone
100	Promises of God	Madwaleni Road Empusheni Isipingo	R10 500 cheque
Zone 4	Uthando Lwembokodo	Road D 1011	R10 500 cheque
		Marshingwane Cp School Vemenga	R10 500 cheque

## 11 November

### VENUE: Ramalinga Hall (Zone 5)

WARD	NAME OF ORGANISATION	ADDRESS	GOODS REQUIRED
69	Wentworth Aids Action Group	74 Hubbe Road	R10 500 cheque
89	Zimisele Farmers Club	Mkhazini Rd Lower Folweni	R10 500 cheque
89	Masibambane eZimbokodweni	50129 Sompukane Rd eZimbokodweni	2 x industrial sewing machine, 1 x overlocker, R 3021 material
90	Ubuhle Bemfundo	17 Jadwatt Street	20 x jolly chairs, 5 x jolly tables, 1 x R 2000 set toys, 1 x computer, 1 printer
90	Rainbow Trust Life Centre	No 5 Jadwads Road	R10 500 cheque
90	Isivuno Club	Isipingo Beach	2 x sewing machines, 1 overlocker, R 3 021 material voucher
93	Nqabani Care Centre	Zuzumqhele J.S School	R10 500 cheque
93	Unite Sport in Action	956 Gugu Ntuli Place	R10 500 cheque
93	Siyathuthuka Women's Club	73 Waterberg Beach Amanzimtoti	1 x fridge, 1 x gas stove, 1 gas cylinder, 1 x fire extinguisher, 2 x 100 litre pots, 1 x freezer
94	KwaMakhutha Community Aged Care Centre	118 KwaMakhutha Township	R10 500 cheque
94	Khulani Production Academy School	2470 KwaMakhutha	R10 500 cheque
94	Masibumbane Nursery & Pre Primary	3150 KwaMakhutha	R10 500 cheque
94	Masiphephe Women's Club	2137 KwaMakhutha	1 x fridge, 1 x gas stove, 1 x gas cylinder, 1 x fire extinguisher, 2 x 100 litre pots, 50 x plates
94	Ithubelihle Block Making Project	916 KwaMakhutha	6 x block making machine, 8 x wheelbarrows, 24 x spades
Zone 5	Siyakhula Youth Club	Mkhazini	R50 000

## 17 November

### VENUE: V Hall Umlazi (Zone 7)

WARD	NAME OF ORGANISATION	ADDRESS	GOODS REQUIRED
80	Coast to Coast Youth Project	V7/ 203	R10 500 cheque
80	Kwazubumnandi Pre-School	V 862 Umlazi TS	1 x electric stove, 1 x R3 000 set toys, 3 x 100 litre, 1 x 3m by 3m carpet
80	Thembela Health Care	V 622 Umlazi	R10 500 cheque
80	Khuthalani Community Project	B 539 Umlazi	1 industrial sewing machine, 2 x overlocker, 1 x cutting table, 1 x pressing irons, 2 x ironing boards
80	Zamindlela Organisation	B 456 Umlazi Township	2 x sewing machine, 1 x overlocker, R3 021 material voucher
83	Ramzu Karate Nation Academy	L 1047 Phola Crescent	1 x computer, 1 x printer, 9 x pairs weights 0,5kg, 2 x extra large training bags, 1 x large training bag, 1 x medium training bag.
84	Bhekithemba Comfort Centre	BB 1497	R10 500 cheque
84	Jabusizabantu Educare Community Centre	Nongalaza Road	1 x R 2000 set toys, 25 x mattresses, 1 x stove, 1x fridge
84	Vukayibambe	CC/B 212 Umlazi	10 x spades, 10 x forks, 5 x hosepipe, 5 x rake, 5 wheelbarrows, R 4 500 cheque for fencing
84	Sicelumasa Community Organisation	974 Bhambatha Street BB	Umlazi1 x 3 plate gas stove, 1 x 19 litre gas cylinder, 1 x fire extinguisher, 2 x 100 litre pots, 100 x plates, 100 x spoons, 100 x glasses, 100 x dessert bowls
85	Sincengimpilo Gardening Projects	N 1015 Umlazi	5 x spades, 5 x forks, 5 wheelbarrows, 5 x hoes, 5 forks, R6 840 seed voucher
85	Isolabantu Community Home Based Care	1336 Masakhane Road	R10 500 cheque
85	Zamokuhle Community Crèche	N 137 Umlazi Township	1 x computer, 1 x printer, 25 x cot mattresses, 1 carpet
85	Siyabonga Sewing Academy	42 Phambili Rd P Umlazi	2 x sewing machines, 1 x overlocker, R3 021 material voucher
86	Ubuhle Besizwe Youth Development Organisation	186 Maurice Gumede Street	R10 500 cheque
86	Moving Original Player Mop	U 1718 Umlazi Township	R10 500 cheque
86	Malukazi Community Creche	U 773 Umlazi	1 x R 2 500 set toys, 5 jolly tables, 20 jolly chairs, 1 x electric stove, 1 x fridge