



Health Promoters @ Community

“Health knowledge gives life to communities”

At least half of the South African population is unemployed and poor (about 23 million people), of which about half of this number are children and youth. This deprivation, which often includes inadequate nutrition, shelter, water and sanitation affects people’s physical and mental health and life expectancy in many ways. Unfortunately, the effects of poverty are made worse in South Africa by the high levels of violence experienced in most of the communities which are home to the poor.* So geographical situation (some provinces are poorer than others), gender (poor women suffer more) and alcohol and drug misuse compound the devastating effects of poverty and violence.

All over the world, research shows that chronic infectious and non-infectious illnesses as well as mental health problems affect the poor much more than the middle and upper classes. So tragically, figures showing that South Africa has the highest number of people in the world living with HIV / AIDS is not surprising, nor is the high incidence of tuberculosis or the rapidly rising incidence of non-communicable diseases.* Though some poverty relief has come for children, youth and elders in terms of government social grants over the past few years, access to health education , primary health care, clinics and hospitals is still very limited for the poor, often due to inadequate implementation of health policies and legislation.

It is for all these reasons that the main thrust of **Health Promotion South Africa Trust’s** intervention is to educate poor South Africans in health prevention and, if they are already ill, in good health management. The training model used by HPSA aims at firstly, educating individuals in health prevention and management. Once the basic training is complete, the next step is to offer these trainees a more advanced Health Promoter course, which gives them the knowledge and ability to work more intensively in their communities, and hopefully, contribute to community upliftment.

The **Health Promoters @ Community** programmes are free and are aimed at everyone, men, women, youth, children and elders. Training takes place in Health Information Centres in the townships of Mfuleni, Khayelitsha, Langa, Kayamandi and Langrug in collaboration with our partners- Powerchild Campus, Baphumelele Childcare Centre, Langa Sports Centre, The Legacy Centre and CORC-Langrug, respectively. Programmes are run at these centres daily, from Monday to Fridays and sometimes on week-ends depending on the demand. Well-trained Health Promoters who are permanently stationed at these sites teach the trainees in the vernacular. HPSA has other projects running in various sectors of the community, which includes the **HP @School, HP @Crèche, HP @Church, HP @Work, HP @Home** and **HP @Winery** projects (find them on the HPSA website). These satellite programmes increase HPSA’s contact with people in areas not reached by the main centres as well as increasing their visibility in and interaction with outlying communities .

HEALTH EDUCATION IS **ALSO** A HUMAN RIGHT!





The aims of the **Health Promoters @ Community** are that trainees will:

- Learn knowledge about basic health and hygiene promotion principles and practices
- Develop positive attitudes towards good health habits and, as health ambassadors, encourage a culture of healthy habits in their communities
- Be active in bringing about social / community transformation from a health perspective

Your donations will help the poorest people in South Africa, who have very little hope, to learn to improve their health (and their life expectancy) and to give back to their community .

***Padarath, A and English, R, editors. South African Health Review, 2012 /13. Durban: Health Systems Trust, 2013**

December, 2018

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