



**GAUTENG PROVINCE**

HEALTH  
REPUBLIC OF SOUTH AFRICA

**OVERVIEW AND INTRODUCTION OF MEC BY HEAD OF DEPARTMENT, DR NOMONDE NOLUTSUNGU DURING THE LAUNCH OF WELLNESS WEDNESDAYS CAMPAIGN HELD AT SEBOKENG HOSPITAL, SEDIBENG ON 23 NOVEMBER 2022**

Programme director,  
Premier of Gauteng Province  
MEC for Health and wellness,  
Executive Mayor of Sedibeng,  
MMC for Health in Sedibeng,  
Sedibeng Ward Councillors present,  
The Chaplaincy,  
Social Partners,  
Our sponsors,  
The Departmental Leadership,  
Distinguished guests,  
The Community of Sedibeng and surrounding areas,  
Ladies and Gentlemen,

**It is said that the greatest wealth in life is health!** And we can all agree that a healthy lifestyle is indeed key to a prolonged life.

We are gathered here this morning, with a common purpose of ensuring that we put our health first.

Today, we launch the Wellness Wednesday Campaign which is part of a bigger health and wellness programme, still to be unveiled. This takes place as the Gauteng Department of Health under the stewardship of MEC for Health and Wellness, Ms

Nomantu Nkomo-Ralehoko embarks on an exciting journey to intensify health awareness among Gauteng residents. The aim to influence behavioural change which contributes to the state of our health as we build a fitter, healthier, and happier Gauteng.

Programme director,

It is an established fact that a healthy citizen is a productive community member therefore, the Gauteng Province is here today in Sedibeng to encourage community members in the District and across the entire province to lead healthy lifestyle so you can continue to do the things you love more.

Through this campaign we will engage in meaningful dialogue about the state of our health and the contributing factors to the quadruple burden of disease, namely:

- HIV/AIDS and TB
- Non-Communicable Diseases such as Diabetes and Hypertension impact the health system heavily. There is a rise in non-communicable diseases in the age-group 25-49 with a peak among those aged 50 years and above. With 3,4% Diabetes clients on treatment caseload and 15,3% Hypertension treatment caseload.
- High maternal and child mortality
- High levels of violence and injuries

Hopefully the province wide campaign we will be rolling out during the remainder of the 6<sup>th</sup> administration term and beyond will lead to many of us thinking more intentionally about the kind of choices we make when it comes to our health. If we can take steps to take care of our health today we will thank our selves tomorrow.

Mine, ladies and gentlemen not to take up much of your time but to introduce umama we Health, who is passionate about Health and Wellness issues. The MEC for Health and Wellness, Ms Nomantu Nkomo-Ralehoko has literally hit the ground running since joining the Department almost two months ago.

MEC Nkomo-Ralehoko has now made it her mission to encourage the habit of leading a healthy lifestyle by participating in physical activity and also engaging the community

on disease prevention strategies and reduction of morbidity and mortality associated with communicable as well as non-communicable diseases.

Ladies and gentlemen let us give a round of applause as we welcome MEC Nkomo-Ralehoko to share her remarks on the launch of the Wellness Wednesdays.

Thank you.