



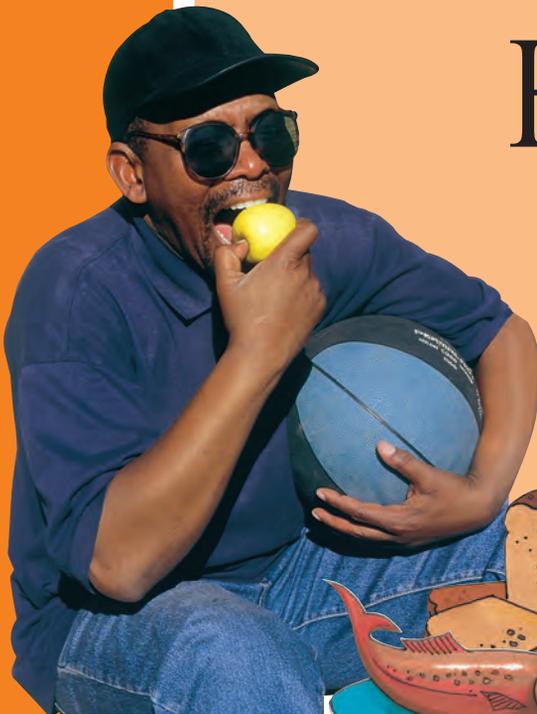
INSTITUTE

HEALTH & DEVELOPMENT
COMMUNICATION

High blood pressure



Healthy living is good for everyone



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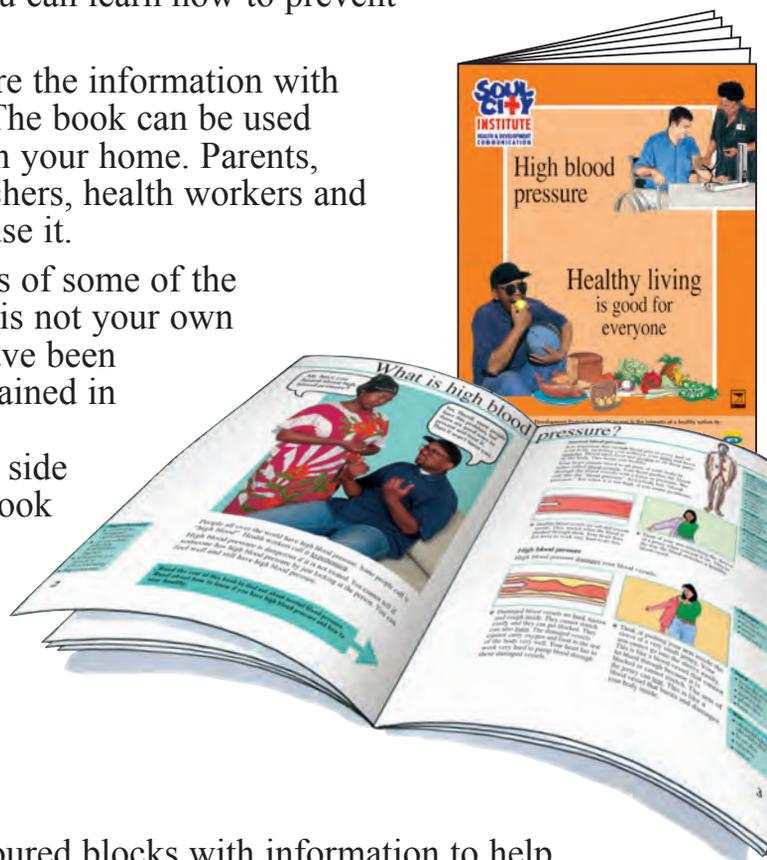
How to use this book

This book will help you to understand what high blood pressure means. You can learn how to prevent it and how to treat it.

Read these pages and share the information with your family and friends. The book can be used by your community and in your home. Parents, adults, young people, teachers, health workers and community workers can use it.

You may want translations of some of the difficult words if English is not your own language. These words have been underlined. They are explained in Zulu, Xhosa, Sotho and Afrikaans in boxes on the side of each page. The boxes look like this:

English
▪ Zulu
▪ Xhosa
▪ Sotho
▪ Afrikaans



In this book there are coloured blocks with information to help make things better in the community. These blocks look like this:



Community Information

Remind elderly relatives to take their medicines. Help them to get to the clinic for their check-ups.

There are also coloured blocks that help you to remember important things. These are shown like this:



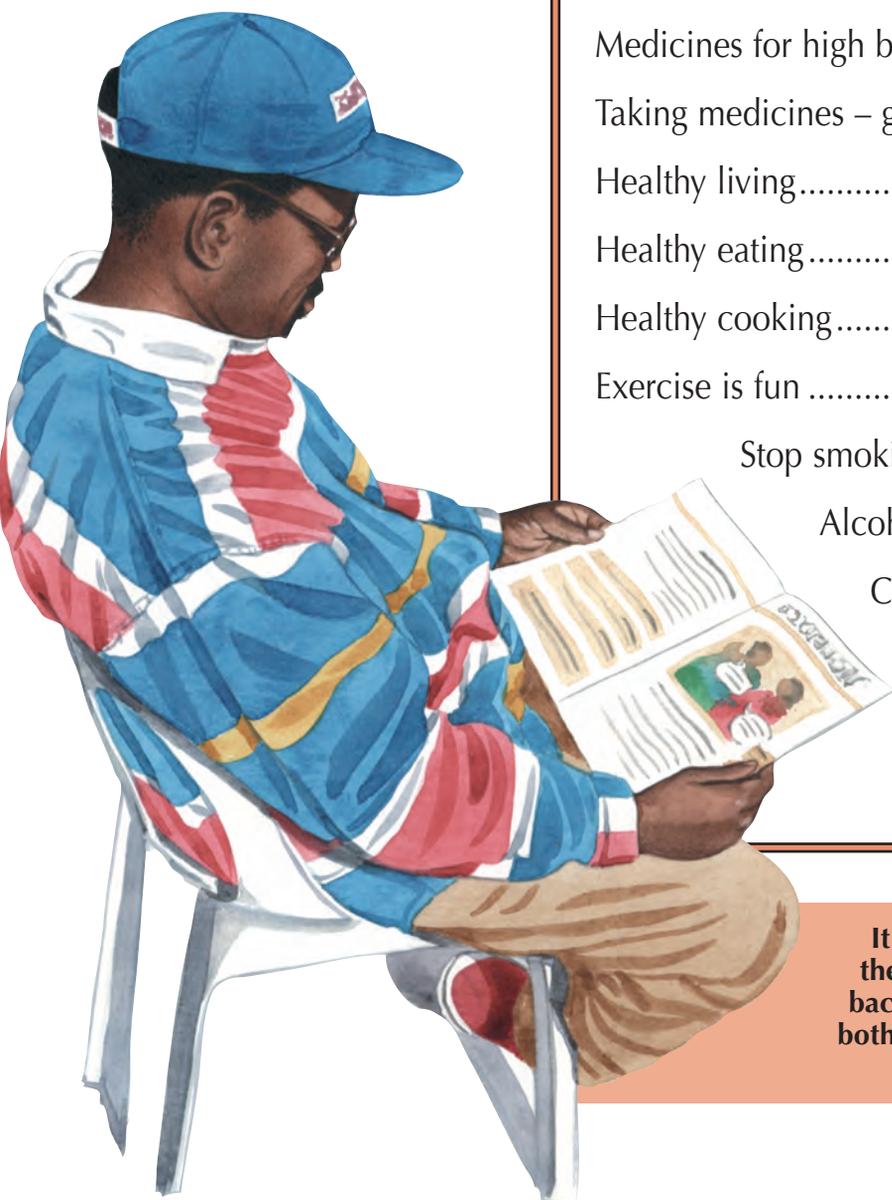
Your blood pressure can go up for a short time if you are scared or excited.

Sometimes there are other special things to think about. These are shown in coloured blocks like this:

High blood pressure affects whole families. If your blood pressure is high, you should tell all the members of your family to get their blood pressure measured.

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It is best to hold this book open as the picture shows. Do not fold it backwards. Often you need to look at both pages together.

What is high blood

Ali, have you heard about high blood pressure?

Yes, Thandi, many people have this problem, but there are good ways to prevent and treat it. Then it won't harm you.



People all over the world have high blood pressure. Some people call it “high blood”. Health workers call it hypertension.

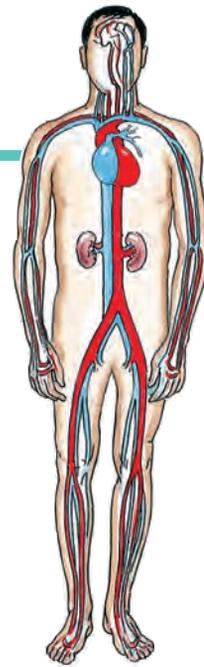
High blood pressure is dangerous if it is not treated. You cannot tell if someone has high blood pressure by just looking at the person. You can feel well and still have high blood pressure.

Read the rest of this book to find out about normal blood pressure. Read about how to know if you have high blood pressure and how to stay healthy.

hypertension

- umfutho-wegazi ophakeme
- uxinzelelo eliphakamileyo legazi
- khatello ya madi e phahameng
- hipertensie

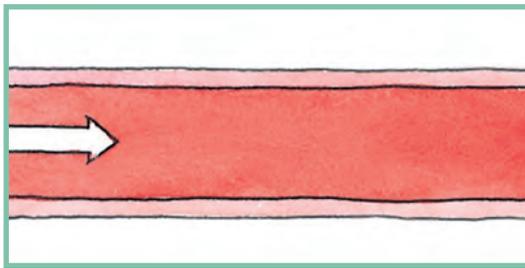
pressure?



Normal blood pressure

It is important that enough blood gets to every part of your body, including your kidneys, your brain and heart muscles. Blood takes food and oxygen to all these parts of the body. This keeps you healthy.

Your heart pumps blood to all parts of your body in tubes called blood vessels. Your heart pushes the blood through the blood vessels with a force or pressure. We call this the “blood pressure”. Everybody has “blood pressure,” but when it is too high, it can cause problems.



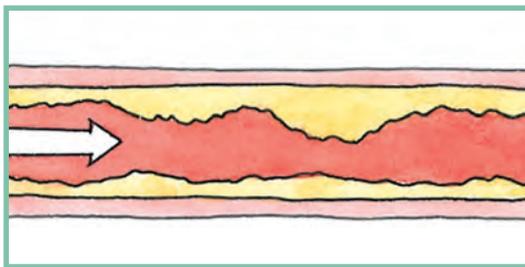
- Healthy blood vessels are soft and smooth inside. They stretch when the blood is pushed through them. Your heart does not have to work very hard to do this.



- Think of your arm stretching the sleeve of a jersey when you put it on. This is the way the blood stretches a healthy blood vessel.

High blood pressure

High blood pressure damages your blood vessels.



- Damaged blood vessels are hard, narrow and rough inside. They cannot stretch easily and they can get blocked. They can also burst. The damaged vessels cannot carry oxygen and food to the rest of the body very well. Your heart has to work very hard to pump blood through these damaged vessels.



- Think of pushing your arm inside the sleeve of a very small jersey. Your arm cannot go into the sleeve easily. This is like a blood vessel that cannot let blood through because it is blocked or cannot stretch. The arm of the jersey can tear. This is like a blood vessel that bursts and damages your body inside.

brain

- ubuchopho
- ubuchopho
- boko
- brein

muscles

- imisipha/izicuba
- izihlunu
- mesifa
- spiere

oxygen

- i-oxygen
- i-oksijini
- okosejene
- suurstof

blood vessels

- imithambo yegazi
- imithambo yegazi
- methapo ya madi
- slagare

damages

- ilimaza
- yonakalisa
- senya
- beskadig

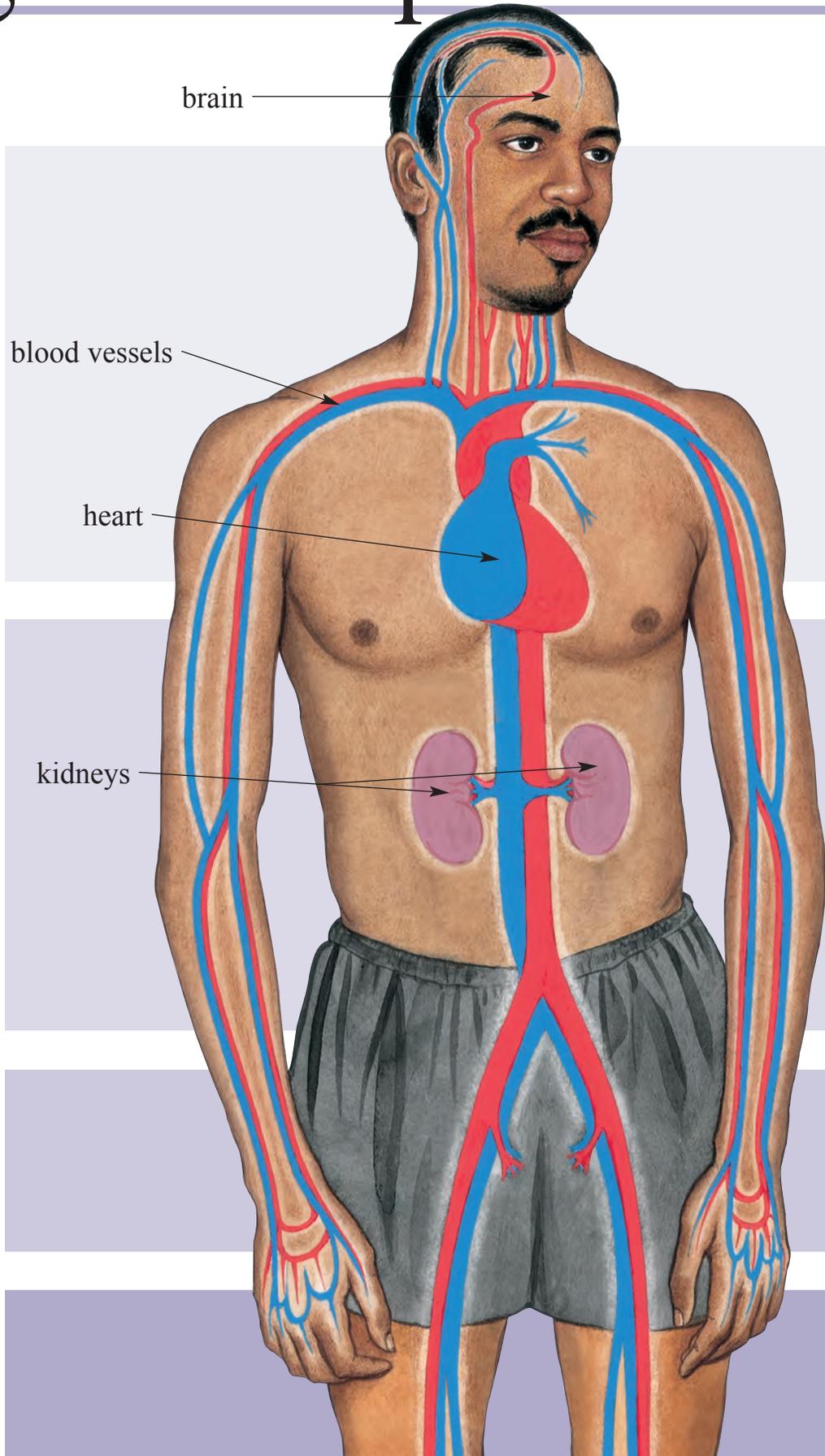
burst

- zingaqhuma/bhamuka
- gqabhuka
- phatloha
- bars

tear

- ukuklebhuka/ukudabuka
- krazuka
- taboha
- skeur

High blood pressure can



damage your body

High blood pressure can damage your brain

Damaged blood vessels going to the brain can burst or get blocked. This hurts your brain and it is called a stroke. A person who has had a stroke can have problems moving his or her arms and legs. Sometimes the person cannot talk or think clearly. Sometimes this damage can get better with help, but it can also stay for the rest of your life.



stroke

- i-stroke/istrowuku
- isitrowukhu
- seterouku
- beroerte

heart failure

- ukukhathala kwentliziyo
- ukunga sebenzi kakuhle kwentliziyo
- ho ema ha pelo
- hartversaking

pump

- isifutho/isipompo
- impompo
- pompo
- pomp

heart attack

- isifo senhliziyo
- ukuhlaselwa yintliziyo
- ho hlaselwa ke pelo
- hartaanval

balance

- ukulinganisa
- lungelelanisa
- lekanya
- balans

minerals

- amaminerali
- iiminerali
- diminerale
- minerale

prevented

- ingavinjelwa
- inganqandwa/ingathintelwa
- thibelwa
- voorkom

treated

- ingelapheka
- inganyangwa
- alafshwa
- behandel

High blood pressure can damage your heart

There are three serious things that can happen to your heart with high blood pressure:

- **Heart failure** is when your heart can no longer work as a strong pump. This is because the heart muscles have become weak from all the hard work of pushing blood through damaged blood vessels.
- **Angina** is a chest pain that happens when the heart muscles do not get enough oxygen. This is because the blood vessels to the heart are too narrow.
- A **heart attack** is when part of the heart muscle dies. This is because the blood vessels to the heart get blocked.

High blood pressure can damage your kidneys

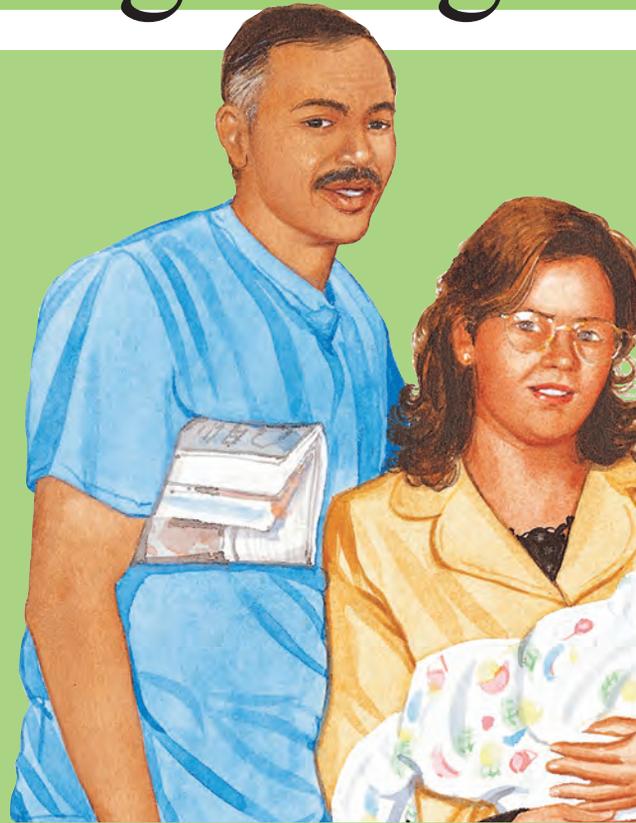
When your kidneys are damaged they cannot clean your blood or balance the water and minerals in your body.



All of these illnesses are very serious. But high blood pressure can be prevented and treated by living a healthy life. Read how to live a healthy life on pages 10 and 11. All of us should know what our blood pressure is. You should have it measured at the clinic.

Who can get high

High blood pressure can happen to anyone. People who have normal blood pressure when they are young, can get high blood pressure later in life. If your mother or father has high blood pressure, you are more likely to get it. It is important for young **and** older people to live a healthy life.



risk factors

- okungabanga ingozi
- imibandelo yomngcipheko
- mabaka a ka tlisang kotsi
- risiko faktore

overweight

- ukukhuluphala kakhulu
- utyebe ngokugqithileyo
- ho nona ho feta tekano
- oorgewig

diabetes

- isifo sikashukela
- isifo seswekile
- lefu la tswekere/dayabitise
- suikersiekte

Here is a list of some things that can give you high blood pressure. These things are called the risk factors for high blood pressure:

- you are overweight



- you eat a lot of salt and salty food



- you eat a lot of fatty food



- you drink too much alcohol (read page 26)



- you smoke



- you have diabetes (sugar sickness)



- you do not exercise often



- you are an older person (more than 50 years)



- you have someone in your family with high blood pressure



If you have any of these risk factors, you should have your blood pressure checked once a year.

blood pressure?



People with diabetes can get high blood pressure

Diabetes is sometimes called sugar sickness. High blood pressure and diabetes are often found together. So people with high blood pressure should also be tested for diabetes.

If you have diabetes, it is important to do these things:

- Live a healthy life. This will help you control your diabetes and will help prevent high blood pressure.
- Some people have to control their diabetes by taking medicines from the clinic.
- You must have your blood pressure checked every time you visit the diabetes clinic.

Pregnant women can get high blood pressure

Some women get high blood pressure when they are pregnant. High blood pressure in pregnancy can harm the mother and the baby.

Go to the clinic as soon as you think you are pregnant. The health worker will check your blood pressure. If you had high blood pressure before you were pregnant, tell the health worker. The health worker will give you treatment if your blood pressure is too high.

control

- lawula
- lawula
- laola
- beheer



What is your blood

Lerato, how will I know if I have high blood pressure?

You cannot feel if you have high blood pressure, Vusi. The only way to find out is to have it measured at the clinic.

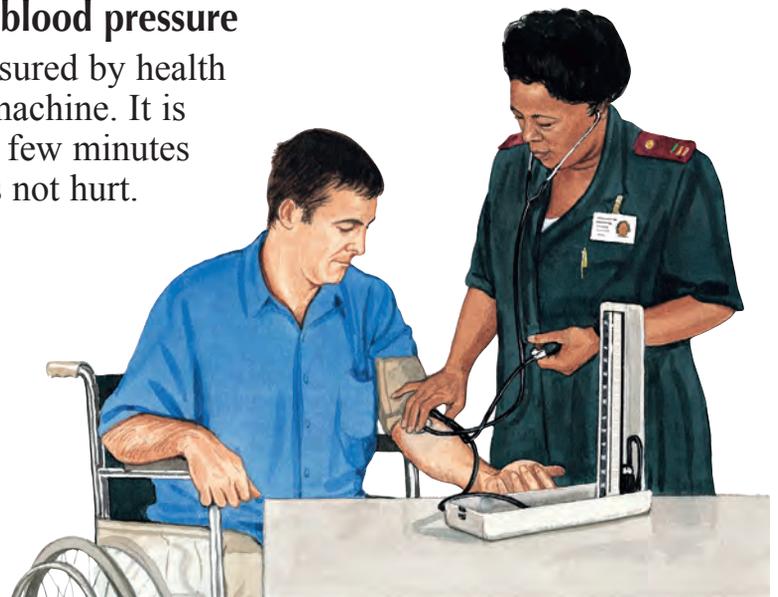
measured

- ukukalwa
- iyametwa/kwenziwa umlinganiselo
- ho metha/lekanya
- gemeet



Find out about your blood pressure

Blood pressure is measured by health workers on a special machine. It is very simple. It takes a few minutes to measure and it does not hurt.



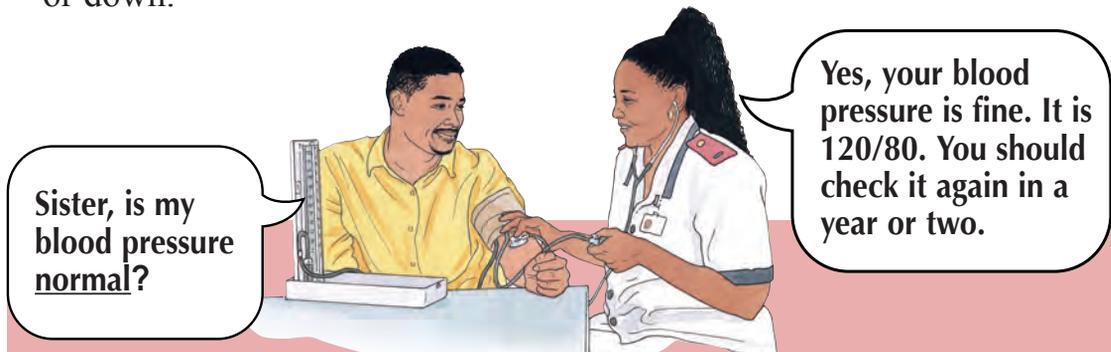
pressure?

All people should know their blood pressure

- Ask the health worker to check your blood pressure every time you go to the clinic, no matter what you are there for.



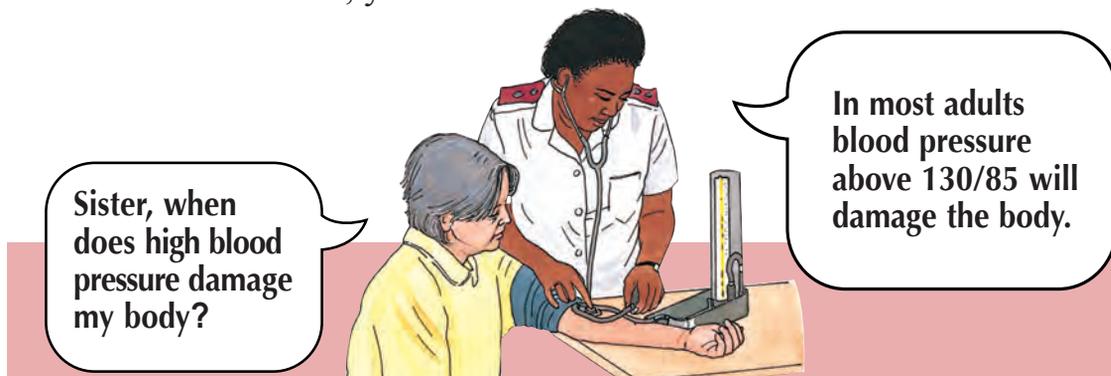
- Write down your blood pressure. Also write down the date it was measured. This will help you to see if it stays normal, or goes up or down.



normal

- okuvamile
- yeyesiqhelo
- tlwaelehileng
- normaal

- In a healthy adult, blood pressure must not be above 130/85. If it is above 160/95, you must see a doctor.



Remember!

Your blood pressure can go up for a short time if you are scared or excited. The health worker must measure your blood pressure at least twice, with a break in between. Only then can you be sure that you have high blood pressure.

Live a healthy life to

You can make a difference to your blood pressure!

Healthy living is important for everyone – not just people with high blood pressure.



High blood pressure can be prevented and treated

- High blood pressure can be **prevented** by living a healthy life.
- High blood pressure can be **treated** by living a healthy life. This is often enough to bring the blood pressure down. Some people will also need to take medicines.
- It is important to find out if you have high blood pressure as soon as you can. Then you can treat it before it damages your body.



High blood pressure affects whole families. If your blood pressure is high, you should tell all the members of your family to get their blood pressure measured.

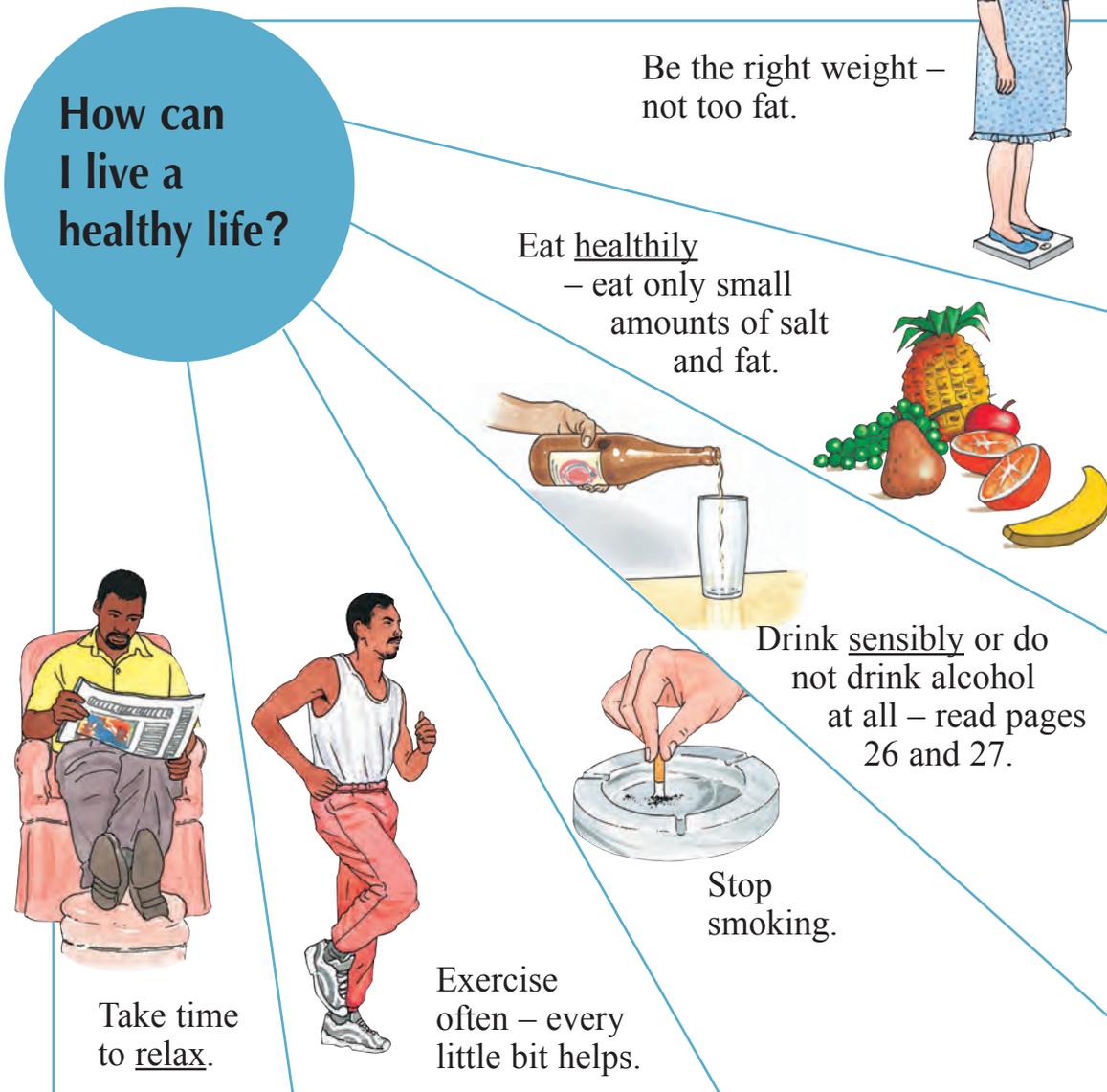
make a difference

Healthy living for the whole family

- Healthy living can also prevent illnesses like diabetes, strokes, heart disease and some cancers.
- Healthy living is not expensive.
- Healthy living and eating is for the whole family. You don't have to cook special food for someone in your home who has high blood pressure.
- Healthy living makes you feel good and live longer.
- Healthy living makes you think and work better.

cancers

- ikhensa/umdlavuza
- imihlaza/iikhensa
- dikankere
- kanker



Read pages 16 – 29 to learn more about healthy living.

Medicines for high



High blood pressure is a serious problem, but it can be treated

High blood pressure is treated by living a healthy life.

This may be enough to bring the blood pressure down.

Some people will need to take medicines **and** live a healthy life, for their blood pressure to come down. The health worker at the clinic will tell you if you need to take medicines.

You must take your medicines every day. You may have to do this for the rest of your life. Do not stop unless a health worker says you can.

blood pressure

If you have high blood pressure, you need to go for regular checkups at the clinic. Your health worker will tell you how often to go.

Remember these things when you go to the clinic:

- Do not miss your appointments.



- Go to the clinic before your medicines are finished. Don't let them run out.



- Take your bottles and packets of medicines with you to the clinic.
- Show the health worker these bottles or packets even if they are empty. This will tell her exactly what medicines you have been taking.



- Remember to take your medicines every day. You must also do this on the day you go to the clinic. If you don't, your blood pressure will be high. The health worker will think the medicines are not working.



- Do not smoke or drink coffee for half an hour before your blood pressure is checked.



Community Information

Remind elderly relatives to take their medicines. Help them to get to the clinic for their check-ups.

regular

- njalo
- njalonjalo
- phethapheto
- gereelde

appointments

- isikhathi sokuya ekliniki
- iziqibo zokudibana/amaxesha ekuvunye-lwene ngawo
- nako tse behilweng tsa ho kopano
- afspraak

Taking medicines –



Bettina, I had my blood pressure measured today and it is normal. Can I stop taking my medicines now?

No, Vusi. Your blood pressure is normal because you are taking your medicines. It will become high again if you stop.

headache

- ikhanda elibuhlungu
- intloko ebuhlungu
- opelwa ke hlooho
- hoofpyn

dizzy

- ukuba nesiyezi
- ukuba nesiyezi
- ho tsekelo
- duiselig

emergencies

- isimo esiphuthumayo
- kwiimeko ezingxamisekileyo
- tlasa mabaka a tshohanyetso
- noodgevalle

double dose

- ngokuphindiwe
- ithamo eliphindwe kabini
- tekanyo tse pedi
- dubbele dosis

You must take your medicines every day even if you feel well. This is because you cannot feel high blood pressure. If you stop taking the medicines, your blood pressure will go up again.

Some medicines can make you feel bad. Some medicines can give you a headache or make you feel dizzy. Your health worker will try to find you different medicines that do not make you feel bad.

Remember these things about your medicines

- Try to take your medicines at the same time every day.
- Learn the names of your medicines and how often you take them.
- Visit the clinic before your medicines are finished.
- Keep a list of your medicines in your purse or wallet. Write down how often you take them. This will help in emergencies.
- If you forget to take the medicines for a whole day, do not take a double dose. Take the usual amount as soon as you remember.

Healthy living

To live a healthy life you should:

- eat healthily
- eat only small amounts of salt, fat and sugar
- drink sensibly or don't drink alcohol at all
- stop smoking
- be more active and exercise often
- be the right weight – not too fat, not too thin
- take time to relax

Healthy eating is important for everyone

Try to eat many different kinds of foods every week. This is important because each kind of food gives us something different that we need to stay healthy and strong.



Starch foods give you energy

Most of your food should be starch. Eat at least **one** of these starch foods every meal:



pap



soft porridge



wholewheat bread



samp



potatoes



mealies



oats, bran, cereal



mielie meal



rice

Try to use starch foods that are not processed or refined. When the factory processes food it takes the goodness out. Examples of processed food are white rice and white bread. Wholewheat bread is healthier than white bread. Brown rice is healthier than white rice.

wholewheat

- ukoro
- senggolowa epheteleyo
- koro
- volkoring

processed

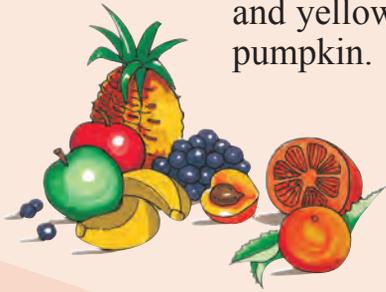
- ukudla okuthengwa seku-nezithako
- kusetyenziwe
- sebetswa
- verwerk

refined

- okucolisiwe
- kuyacolwa
- hlwekiswa
- verfyn

Fruit and vegetables stop sickness

Try to eat at least five pieces of fruit and vegetables every day – especially dark green and yellow vegetables like morogo and pumpkin.



If you are hungry, these foods are also good to eat between meals.

Fruit and vegetables of different colours are good for you in different ways. Try to eat meals with many colours!

Protein foods build your body

These foods keep your blood, muscles and bones strong. Try to eat one of these foods every day:



dried beans



split peas, lentils



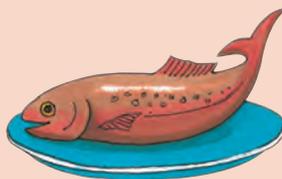
chicken without skin



meat with the fat cut off
(not more than
3 times a week)



eggs



fish



peanut butter



Dairy products are also good but they must be “low fat” or “fat free”. Use skim milk, low fat or fat-free milk, cottage cheese and yoghurt. Buttermilk is also low in fat.

muscles

- imisipha/
amamaseli
- izihlunu
- mesifa
- spiere

lentils

- amalentili
- iilentile
- di-lentile
- lensies

Healthy eating

flavourings

- izinongo/ izithako
- izinongo/ iziqholo
- dinatefisi
- geurmiddels

Use small amounts of salt and salty foods

Only add small amounts of salt or other salty flavourings to your food. Instead of salt you can add curry, chilli, pepper, paprika, herbs, lemon juice, garlic and vinegar.

These foods have too much salt in them:



pies, soup powders,
tinned soup,
chips, salted biscuits



tinned meat and vegetables,
sardines, smoked fish,
smoked meat



stock cubes, salty
seasonings, onion salt,
garlic salt

Use small amounts of fat and fatty foods

Too much fat in food is unhealthy for everyone, but it is worse for people with high blood pressure.

These foods have lots of fat:



fried food, polony,
potato chips,
chicken skin,
sausages



condensed milk,
coffee creamers,
chocolate



oil, margarine,
lard, butter



vetkoek, pies,
crisps

These foods have little fat when you buy them. Do not fry them. This will make them into fatty foods.



fish



samp,
mielie meal



fruit,
vegetables



lentils, beans,
soya mince



It is unhealthy to be overweight

People who are overweight get more problems like high blood pressure, diabetes, heart disease and some cancers.

Find out your weight at the clinic. The health worker will tell you if you are the right weight.

diabetes

- isifo sikashukela
- isifo seswekile
- lefu la tswekere/dayabitise
- suikersiekte

heart disease

- isifo senhliziyo
- isifo sentliziyo
- lefu la pelo
- hartsiektes

cancers

- ikhensa/umdlavuza
- imihlaza/iikhensa
- dikankere
- kanker

Here are some tips for losing weight

The best way to lose weight is to exercise and to eat healthy food. Read pages 16, 17, 22 and 23.

Eat foods with lots of fibre like wholewheat bread, oats, beans, lentils, fruit and vegetables. They will help to stop your hunger.

Avoid foods with lots of fat and sugar like biscuits, chocolates, chips and cakes.

Eat three small meals a day. Start every day with breakfast. If you miss a meal, it makes you hungry and then you want to eat too much later on.

Many people will lose weight if they just eat smaller amounts of food. It helps if you choose a smaller size plate.

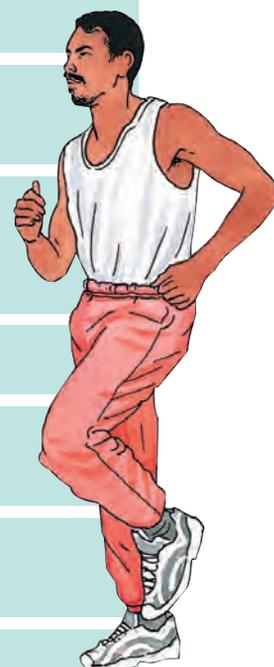
Try not to eat fatty foods between meals. It is better to eat fruit or vegetables, like an apple or a carrot, when you feel hungry.

Eat slowly and chew your food well.

Eat small amounts of food at a time and stop when you feel full.

If you drink lots of water between meals, it will help you feel less hungry.

Drinking alcohol makes you put on weight.



Healthy cooking

steam

- ukuhuha
ukudla
ngomfutho
wamanzi
ashisayo
- khupha
umphunga
- phufodi/
moya wa
metsi a belang
- stoom

bake

- ukubhaka
- bhaka
- ho baka
- bak

grill

- ukosa
- osa
- hadika
- rooster

label

- ilebhuli
- umbhalo
wokuphawula/
ileyibheli
- letshwao/
sesupo
- etiket

factory

- ifektri
- efektri/
kumzi-
mveliso
- fekethering
- fabriek

item

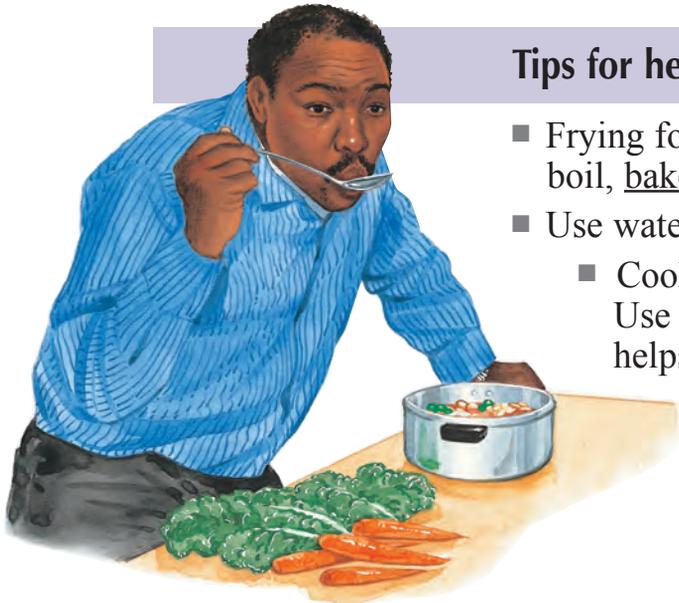
- i-item
- inkcazo/
umba
- ntlha
- item

processed

- ukudla
okuthengwa
sekunezithako
- kusetyenziwe
- sebetswa
- geproses-
seerde

Remember!

Tips for healthy cooking



- Frying food is not healthy. It is better to steam, boil, bake, grill or braai.
- Use water instead of oil to cook vegetables.
 - Cook vegetables for a very short time. Use only a little water or steam them. This helps to keep the goodness in.
- If you use oil, use very little.
- Don't add oil, butter or margarine to cooked food.
- Cut the fat off meat and the skin off chicken before you cook it.

How do I know if food has a lot of fat or salt in it?

- Read the label on tins and packets. Compare the amounts of fat and salt in different foods.
- Choose food that has a "fat-free" label.
- Most food made in a factory will have a list on the label that tells you what is in the food.
- The first item on the list is the one that is used the most in that tin or packet.



These words mean the food has fat in it:

vegetable
oil

palm oil

coconut
oil

butter

margarine

marine
oil

animal
fat

These words mean the food has been made with salt:

salt

sodium

monosodium glutamate (MSG)

Na

Foods like biscuits, sweets and chocolate have a lot of sugar in them. Food made with a lot of sugar does not give your body the goodness it needs. Sugar is also bad for your teeth. Remember that many processed foods contain a lot of sugar and fat.

Tips to save money



- Grow your own vegetables if you can.
- It is cheaper to buy some food in **bulk**, like mielie meal and potatoes. Buy together with friends.
- Most fruit and vegetables go bad quickly, so only buy enough for a few days.
- Fruit and vegetables sold by street **hawkers** are good quality and cheaper than in shops. Sun takes the goodness out of food. Only buy food that is in the shade.
- Buy dried beans, lentils or soya instead of meat or chicken. They are cheaper and better for you.
- Coffee creamers and condensed milk are expensive. They also have lots of fat. Use skim milk powder or low fat milk powder instead.
- Use left-over food from one meal to make soup to eat later.
- Use the skins and leaves of vegetables like potatoes, carrots, pumpkin, sweet potatoes, beetroot and peas in soups and stews.
- A lot of the healthy goodness in the food goes into the water when you cook vegetables. Use the left-over water for soups or stews.



bulk

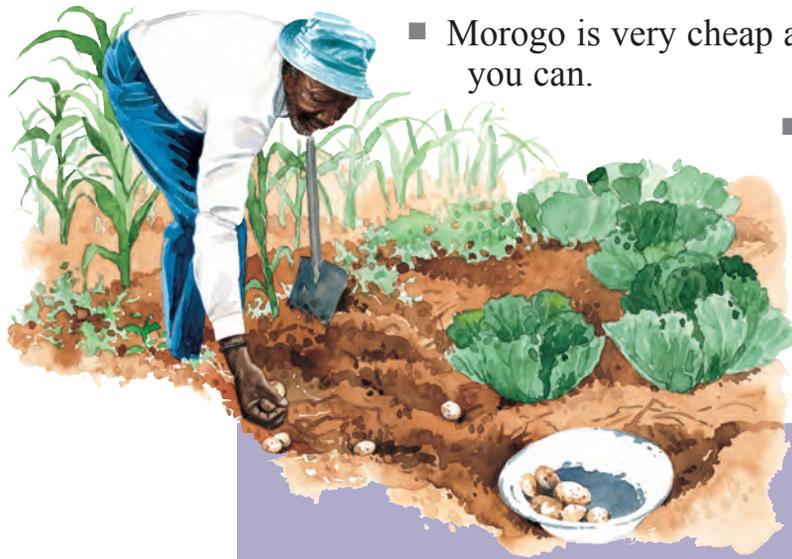
- ubuningi/ngobuningi
- isixa/isambuku/ngobuninzi
- bongata
- grootmaat

hawkers

- abathengisa emigwaqeni
- abantu abathengisa ezitratweni
- dimousi/barekisi ba diterateng
- smouse

- Morogo is very cheap and very healthy. Use it as often as you can.

- Eat carrots, potatoes and sweet potatoes with their skins. Make sure you wash them before you cook them.



Try to drink at least 8 glasses of water every day.



Exercise is fun

Doctor, I am too old to start exercising.

It's never too late to start exercising.



Why is it important to exercise?

- Exercise makes your muscles and heart get stronger.
- You will eat less when you exercise.
- You will lose weight because your body will use up fat.
- Exercise can make you feel happy.
- Exercise can help take away stress.
- Exercise can help you to sleep and work better.
- Family and friends can enjoy exercising together.

stress

- ukukha-thazeka emoyeni
- udandatheko/ isitresi
- ho kgatha-tseha moyeng
- stres

What can I do to get more active?

- Invite a friend to go for a walk after work or during lunch breaks.



- Walk a few times round your house, as quickly as possible.



- Play games with children.



- Go dancing.

- Play a sport like soccer.



- Work in a garden.



Some people do exercise as part of their job, like builders or miners. Others have to make a plan to exercise. You could do some of these things to help you exercise more often:

- Don't use the lift. Walk up the stairs. You can start with one floor and do more and more floors as you get fit.



- If you can, walk instead of using transport. Walk fast wherever you are going.



- Get out of the taxi before you need to. You can walk the rest of the way.



- Remember that cleaning the house, and collecting firewood or water, are also good exercise.



The whole family can do these things to keep fit and healthy. They all help to bring high blood pressure down and keep you more healthy.

To keep really fit and to keep your heart strong you should exercise 3 – 5 times a week. Two hours or more exercise a week is best. Try to do 30 minutes of exercise that makes you sweat and your heart beat fast. Walking quickly can do this. Remember that any exercise is better than no exercise.

sweat

- ukujuluka
- ubile
- fufulelwe
- sweet

Stop smoking

Smoking is bad for everyone. It is even more dangerous for people with high blood pressure or diabetes. Smoking damages your lungs, your blood vessels and many other parts of your body.

lungs

- amaphaphu
- amaphaphu
- matswafu
- longe

encourage

- khuthaza
- khuthaza
- kgothatsa
- aanmoedig

addiction

- injwayelo
- ubungendle
- bokgoba/
boinehelo
- verslawing

How to stop smoking

1 Decide to stop

- Decide on a date to stop smoking.
- Do not change your mind when that day arrives! Ask your friends and family to help you. Ask them to encourage you not to smoke and not to offer you cigarettes.
- Never decide to have “just one” cigarette, no matter what happens. One cigarette leads to another and another.



2 Throw away the addiction

- Throw away your cigarettes and ashtrays.
- The first two or three days are the most difficult because you will **want** to smoke.
- After that it will get easier. It can take up to three months before you stop wanting to smoke.



3 Do these things when you want to smoke

- Remind yourself why you stopped smoking.
- Drink lots of water.
- Do deep breathing.
- Do something different so you don't think about smoking – the urge to smoke will pass.





6 Keep up the good work

- Take one day at a time.
- Each day without a cigarette is good for your health.
- After 48 hours the nicotine will be out of your body.
- After a year of not smoking, your risk of a heart attack is only half as great as when you smoked.
- After ten years, your risk of having lung cancer is similar to that of a non-smoker.

5 How to change your life

- For ten days stay away from people who smoke. Stay away from other things that make you want to smoke, like alcohol.
 - Chew sugarfree gum when you want sweet foods.
 - Eat fruit between meals.
 - Exercise every day. You don't have to put on weight when you give up smoking.



4 How to carry on

- Exercise often. Go for a run or a walk. This will help you relax.
- You may feel dizzy or irritable once you have stopped smoking. Or you may get headaches or start coughing. Do not worry – this is normal. It shows that your body is getting better from the bad effects of smoking. The problems will go away within 14 days.

risk

- ingozi/ingcuphe
- umngcipheko
- ho ba kotsing
- risiko

dizzy

- ukuba nesiyezi
- ukuba nesiyezi
- ho tsekelo
- duiselig

irritable

- ukucasuka
- ukucaphuka
- ho thohothelwa
- geirriteerd

headaches

- ukuhlala uphathwa yikhanda
- umane uba nentloko ebuhlungu
- opelwa ke dihloho
- hoofpyne

Alcohol – sensible

Can I drink alcohol if I have high blood pressure, Vusi?

Ali, it is better not to drink any alcohol. If you do drink alcohol, try to drink sensibly.

sensibly

- ngokunomqondo
- ngokuvakalayo
- ka kelello
- verstanding

sensible

- ngokunengqondo
- ngokunengqondo
- ka kelello
- matige

in control

- ukulawula/ukuphatha
- ukuba sezingqondweni
- ho laola
- in beheer

What is sensible drinking?

Sensible drinking is drinking small amounts of alcohol, but still being in control of your body and your mind.

Count your units of alcohol when you are drinking. This will help you to control how much you drink.

■ What is a unit of alcohol?



1 tot of whisky, brandy or other spirits

OR



1 small glass of wine

OR



1 small can of beer or cider

drinking



I really want to be a sensible drinker. How do I do it?

- It is better to drink after you have eaten food.
- Sip your drink slowly. Don't try to drink as much as other people.
- Have a glass of water or a cooldrink between every drink of alcohol.
- Don't buy a lot of alcohol at once. This makes it more difficult to stop drinking when you want to.
- Don't let others force you to drink. You have the right to say no.

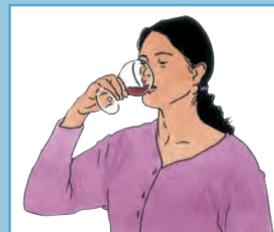
force

- ukuphoqelela
- ukunya-nzelwa
- qobella
- dwing

Everyone should have at least one or two days a week without alcohol.

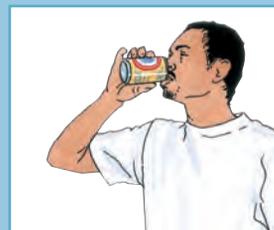
■ Sensible drinking for women

No more than 1 unit of alcohol in one day.



■ Sensible drinking for men

No more than 2 units of alcohol in one day.



These amounts are legally safe for driving a car. Men are allowed more units than women because they usually weigh more.

Coping with stress



stressful

- ubunzima
- nobunzima
- ho ba le kगतello
- stresvolle

dangerous

- ingozi
- ingozi
- kotsi
- gevaarlik

What is stress?

Many of us lead very stressful lives.

- We worry about our safety, our families, our health, our wages and our jobs.
- Some people's jobs are very dangerous and can cause a lot of stress.
- Sometimes the places we live in can cause stress.
- Living far away from our families can also be stressful.

Stress can make us sick, but avoiding stress can be difficult. Here are some tips to help you feel less stressed:

- Talk it out! Often it helps just to talk to someone about your problem. Talk to your family or your friends. Join a support group or a stokvel. Talk to your religious counsellor.



stokvel

- izitokofela
- izitokhfela
- di-stokvel
- stokvel



- Do something different! Take up a hobby, read a book or go for a long walk. Sew, knit, or make something with your hands.

- Exercise is a good way to fight stress. It will help you lose weight too.



hobby

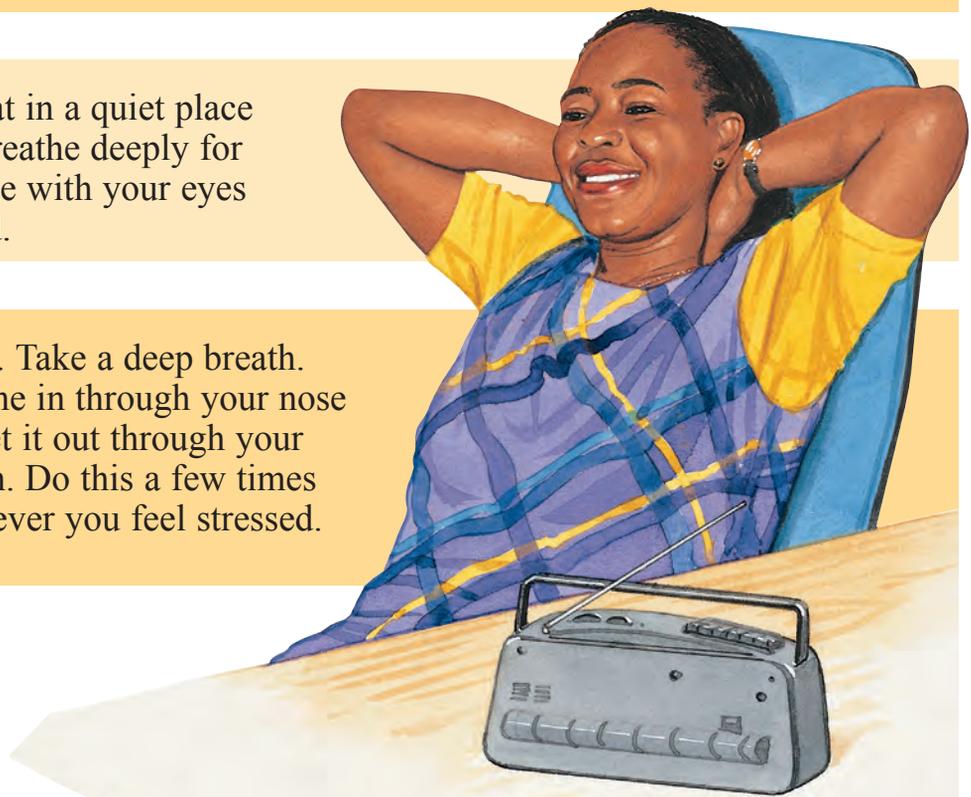
- into ozijabulisa ngayo
- into oyithandayo yokuzo-nwabisa
- ntho eo o ratang ho ithabisa ka yona
- stokperdjie



- Talk to your union about helping to change stressful working conditions.

- Lie flat in a quiet place and breathe deeply for a while with your eyes closed.

- Relax. Take a deep breath. Breathe in through your nose and let it out through your mouth. Do this a few times whenever you feel stressed.



Community action

The community can get involved in solving the problem of high blood pressure.

affordable

- zithengeke
- ekwazekayo ukubhateleka
- tse ka kgonwang ho lefelwa
- bekostigbaar

manufacturer

- umkhqizi/i-manufacturer
- umenzi/umnini-fektri
- mohlahisi
- vervaardiger

label

- ilebuli/ilebhuli
- umbhalo wokuphawula/ileyibheli
- letshwao/sesupo
- etiket

councillors

- osodolobha/amakhansela
- amalungu ebhunga/iikhawunsila
- dikhanselara
- raadslede

advertising

- ukukhangisa/uku-advethayza
- intengiso yokwazisa/uku-advethayza
- papatso
- advertering

misuse

- uku sebenzisa
- ukubaxwa
- tshebedisompe
- misbruik

recreation facilities

- izindawo zokuphumula/izindawo zokuchitha isizungu
- izibonelelo zolonwabo
- dibaka tsa boikgathollo
- ontspannings-fasiliteite

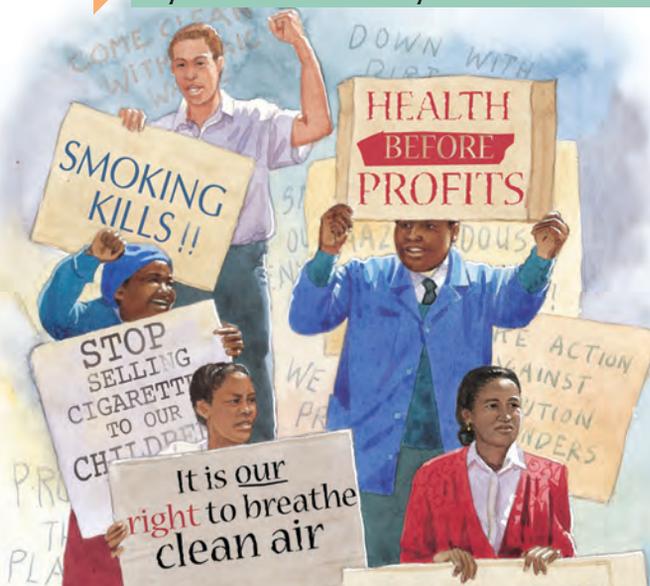


It should be easy and cheap for people to choose healthy food

- Ask your local spaza or café to sell healthy food at an affordable price – like yellow mielie meal and wholewheat bread.
- Speak to your union or manager about healthy and cheap food at the workplace.
- You can also write to the manufacturer of food you buy in tins or packets. Ask them to write the amount of fat, salt and sugar on the label. It should be written in a simple way for everyone to understand.



Work with local councillors to stop advertising cigarettes in your community



- Do not allow tobacco companies to advertise cigarettes in your community – especially near schools.
- Do not allow shops to sell cigarettes to children under 16. It is against the law.
- Smoking in public places like shops, lifts and banks is harmful to those around you.
- Do not smoke near children.



Take action against alcohol misuse

- Do not allow children under 18 to buy or drink alcohol.
- Work together to build recreation facilities for young people so that they do not drink for fun.
- Work with local councillors to stop alcohol being advertised in your community.
- Do not allow people to drive when they are drunk.

Take action for better living and working conditions



- We need safe housing, water and electricity.
- We need cleaner, safer workplaces.
- We need safe streets so that we can go jogging or walking in safety.

All these things mean less stress in our lives.
Less stress helps us to keep healthy.

jogging

- ukuzelula umzimba ngokugijima
- nkcunkca/joga/shukumisa umzimba
- ho matha butle
- draf

Take action – get organised

- Join a community organisation.
- Get active in your local community police forum.
- Speak to your union.
- Only re-elect councillors and politicians who help the community. Make sure your councillor knows what you need.
- Make your councillors work for you.

politicians

- abazombu-sazwe
- abezopolitiko
- ba-dipolotiki
- politici



List of places to

DEPARTMENT OF HEALTH

National Tel:
012 312 0000

Provincial Tel:
012 303 9000

MUNICIPAL CLINICS

Go to any clinic and ask the health workers for advice

SANCA = South African Council on Alcoholism and Drug Dependency

AA = Alcoholics Anonymous

Helpline Tel:
086 143 5722

To stop drinking

- **NATIONAL OFFICE**
SANCA
Tel: 011 781 6410
PO Box 663
Auckland Park
2006
- **EASTERN CAPE**
SANCA
East London
Tel: 043 722 1210
043 743 4350
Port Elizabeth
Tel: 041 487 2827
Umtata
Tel: 047 532 6556
AA
East London
Tel: 043 722 4033
Port Elizabeth
Tel: 041 452 7328
- **FREE STATE**
SANCA
Bloemfontein
Tel: 051 447 4111/7271
Welkom
Tel: 057 352 5444
AA
Vereeniging
Tel: 016 455 2986
- **GAUTENG**
SANCA
Johannesburg
Tel: 011 726 4210
086 117 3422
Pretoria
Tel: 012 542 1121
Soweto
Tel: 011 984 4017
073 978 4703
AA
Johannesburg
Tel: 011 683 9101
East Rand
Tel: 011 421 1534
Pretoria
Tel: 012 331 2446
- **KWAZULU-NATAL**
SANCA
Durban
Tel: 031 202 2241
Pietermaritzburg
Tel: 033 345 4173
AA
Durban
Tel: 031 301 4959
Pietermaritzburg
Tel: 033 345 6795
- **MPUMALANGA**
SANCA
Witbank
Tel: 013 656 2370
Nelspruit
Tel: 013 752 4376
013 755 2710
- **NORTH WEST**
SANCA
Klerksdorp
Tel: 018 462 4568/9
- **NORTHERN CAPE**
SANCA
Kimberley
Tel: 053 831 3102/1699
Upington
Tel: 054 339 2456
- **LIMPOPO**
SANCA
Polokwane
Tel: 015 295 3700
- **WESTERN CAPE**
SANCA
Cape Town
Tel: 021 945 4080
AA
Cape Town
Tel: 021 592 5047
021 510 2288



JAPAN
Official Development Assistance

Kagiso Trust



KAGISO TRUST

Kagiso Trust was started in 1986 by church and community leaders. Today it is the biggest Black-led development organisation. Kagiso Trust aims to develop communities that have suffered because of apartheid.

Some of the Kagiso Trust programmes are:

- Development support
- Primary health care
- AIDS awareness
- Education and skills development
- Women empowerment
- Economic development

Kagiso Trust can be contacted at: PO Box 1878, Johannesburg 2000
8th floor, Braamfontein Centre, c/r Jorrisen Street and Jan Smuts Ave,
Braamfontein, Johannesburg Fax: 011 403 1941

help you

To eat healthily

- **DIABETES SOUTH AFRICA NATIONAL OFFICE**
Tel: 011 886 3721/3765
PO Box 604
Fontainebleau
2032
- **WEIGHLESS**
Tollfree
Tel: 0861 100 551
Johannesburg
011 612 3400
- **EASTERN CAPE DIABETES SA**
East London
Tel: 043 704 0700
Port Elizabeth
Tel: 082 579 9059
041 367 2810
- **NORTHERN CAPE DIABETES SA**
Kimberley
Tel: 053 831 2880
- **GAUTENG DIABETES SA**
Johannesburg
Tel: 011 886 3765
011 792 9888
Pretoria
Tel: 083 294 1726
- **WEIGHT-WATCHERS**
Tel: 086 111 3225
- **KWAZULU-NATAL DIABETES SA**
Durban
Tel: 031 304 0369
Pietermaritzburg
Tel: 033 346 0934
- **WESTERN CAPE DIABETES SA**
Cape Town
Tel: 021 425 4440

To live healthily

- **CANCER ASSOCIATION OF SA**
Tollfree
Tel: 0800 226622
Gauteng
Tel: 011 646 5628
National Office
Tel: 011 616 7662
- **HEART FOUNDATION**
Tel: 0860 223222
- **GAUTENG RUN / WALK FOR LIFE**
Tel: 086 100 5566
- **WESTERN CAPE SA COUNCIL FOR THE AGED**
Cape Town
Tel: 021 426 4249
- **GAUTENG HYPERTENSION SOCIETY OF SA**
Tel: 012 354 2110

To stop smoking

- **GAUTENG NATIONAL COUNCIL AGAINST SMOKING**
Tel: 011 725 1514
- **TOBACCO & HEALTH INFORMATION CLINIC**
Tel: 011 720 3145

To cope with stress

- **GAUTENG ANXIETY & DEPRESSION SUPPORT GROUP**
Tel: 011 883 4552

The Soul City Distribution Centre: To order Soul City material please call us on 0860 11 5000

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It is not possible, in a small booklet like this, to give you all the answers you may need. The purpose of this booklet is just to give you some ideas. You should not rely on everything that is written in this book for each and every situation.

If you need more information, speak to your doctor or health care worker. Soul City and Jacana Media cannot be held responsible for any medical problems.

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Beyond HIV and AIDS there's hope.

The OneLove campaign is spreading its message of staying with one partner for the greater good of South Africans and all the people of Southern Africa. Soul City Institute of Health and Development Communication believes this is one way that HIV and AIDS can be defeated. Having multiple sexual partners increases your chances of becoming infected with HIV and hurting the ones you love. BP supports this initiative because we're committed to building a healthy, successful nation.

