

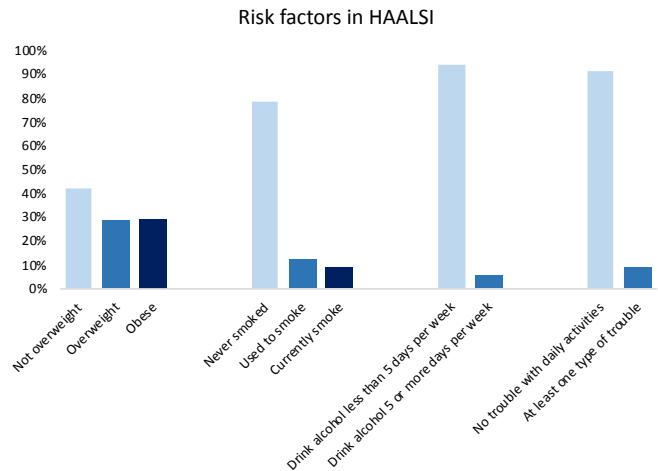
# MAKING RURAL VOICES HEARD – WE ALL COUNT

Over the past few years, the MRC/Wits-Agincourt Unit conducted research in 27 villages in Bushbuckridge. One study researched healthy lifestyle behaviors and other factors that influence chronic diseases in around 5 000 people aged 40 and older.



## FROM THIS STUDY WE LEARNED:

- Overall, the elderly population is fairly healthy!
- Being overweight is the most common risk factor for future disease
  - Almost 3 out of 5 people are overweight
  - Of the people who are overweight, more than half are obese
- Not many older people smoke
  - Less than 1 in 10 people currently smoke
  - Almost 4 in 5 people have never smoked
- Most people use alcohol only a few days per week
  - When people use alcohol, 94% of them drink on less than 5 days per week
  - However, more information is needed about the quantity that people drink at one time
- Most people are still healthy enough to do daily tasks
  - Less than 1 in 10 older people report a limitation that affects their day-to-day life



## HEALTHY NOW, HEALTHY LATER

- Eat fruits, vegetables, and other healthy foods
- Exercise several times a week
- Drink plenty of water
- Get a good night's sleep
- Avoid smoking and using any kind of tobacco product, including snuff
- Drink alcohol in moderation – 14 units per week is what is recommended in South Africa

**What does 1 unit of alcohol look like?**

**330 ml**

Standard 4.5% cider (218ml)

Standard 13% wine (76ml)

Standard 40% whiskey (25ml)

Standard 4% beer (250ml)

Standard 4% alcopop (275ml) (250ml)

Umqombothi or marula beer (330ml)

**14 UNITS per week**

You shouldn't regularly exceed

**drinkaware**

**THANK YOU FOR YOUR SUPPORT AND PARTICIPATION. WE COULD NOT DO RESEARCH WITHOUT YOU!**