WOMEN'S HEALTH AND NUTRITION

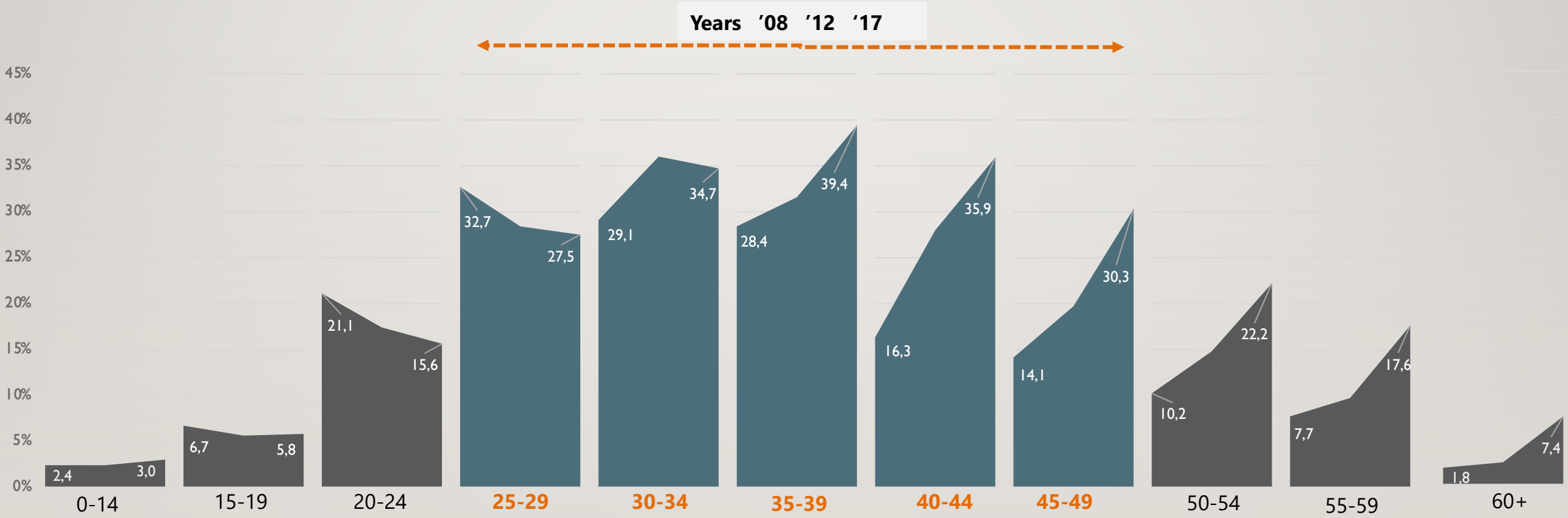


BY

NEO SESEDINYANA

HIV prevalence was **highest** among sexually active women in the age groups 25-29 to 45-49. The prevalence has been decreasing among those aged 20-29 and increasing among those 35 years and above over the years.

HIV prevalence ***among women*** by age group (in proportion)



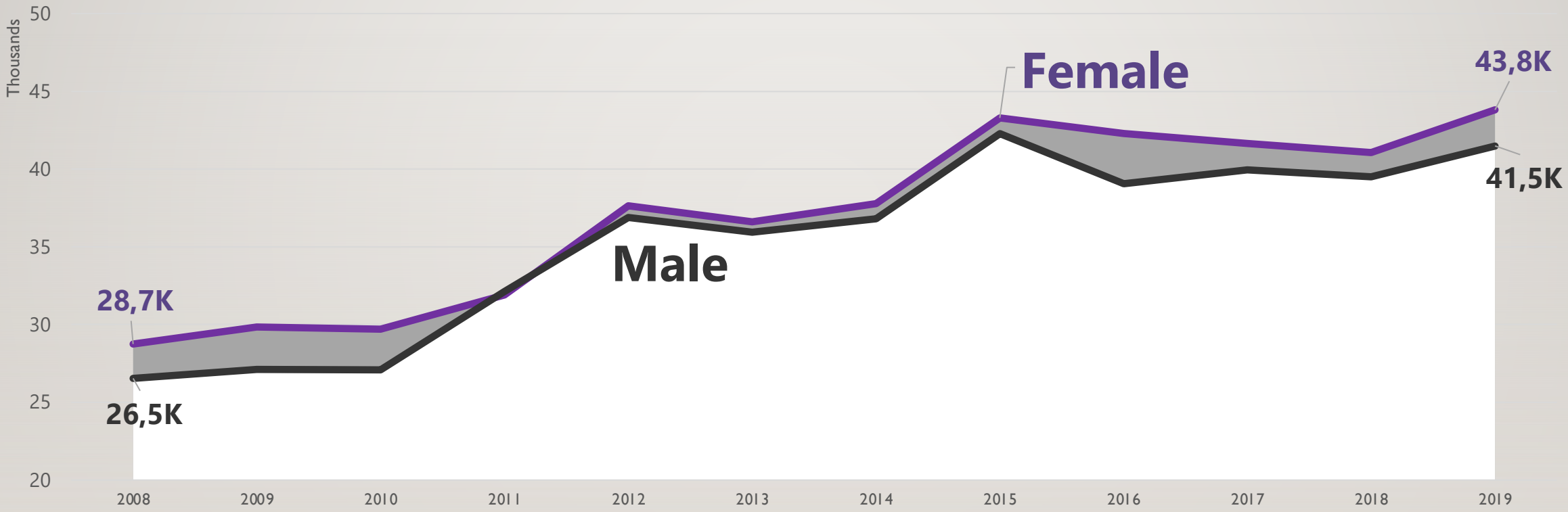
Source: Prevalence, Incidence, Behaviour and Communication Survey, 2017

Ref: Stats SA

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Cancers diagnosed among **females are slightly higher** than those diagnosed among males, **by 5% on average..**

Number of cancers diagnosed among females compared to male, 2008 – 2019 **Source: Cancer Register, 2019**

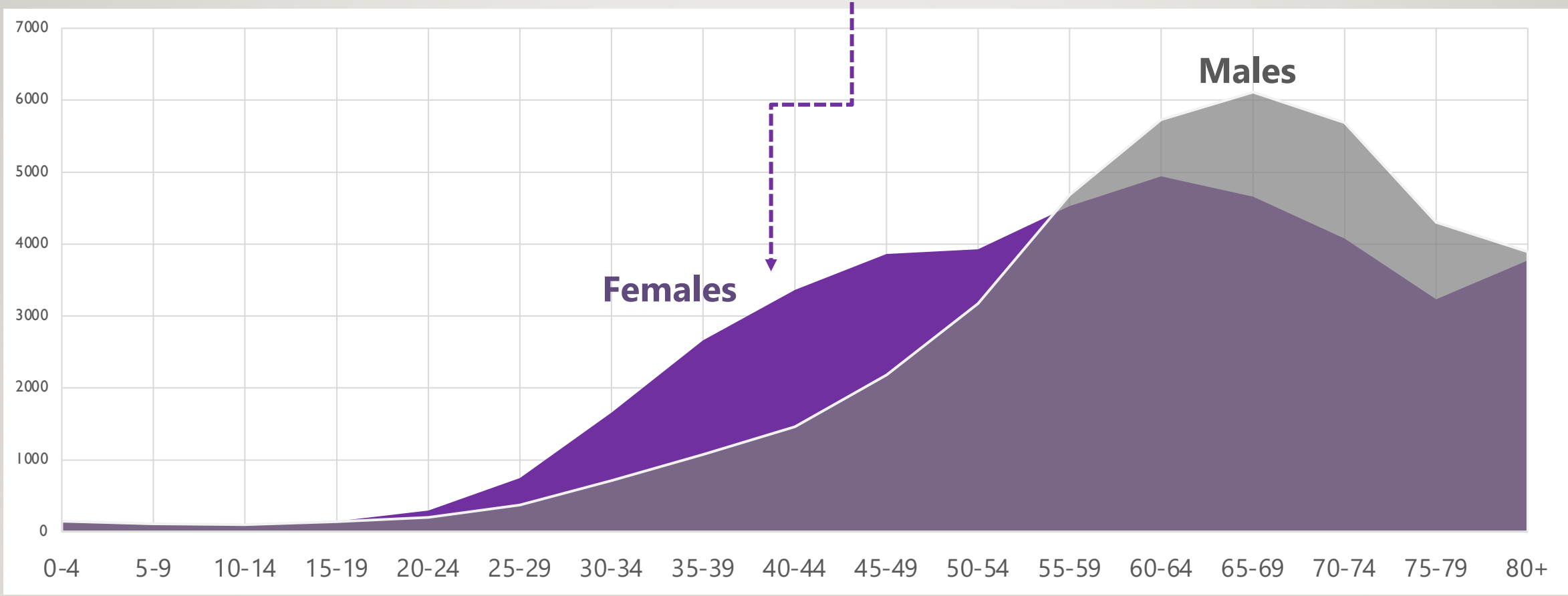


Ref: Stats SA

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Between ages **25 to 54 years cancers diagnosed among females were almost twice as high as those diagnosed among males.** *Median age in years at diagnosis: 59 for females; 64 for males*

Age distribution of diagnosed cancer cases, 2019 Source Cancer Register 2019

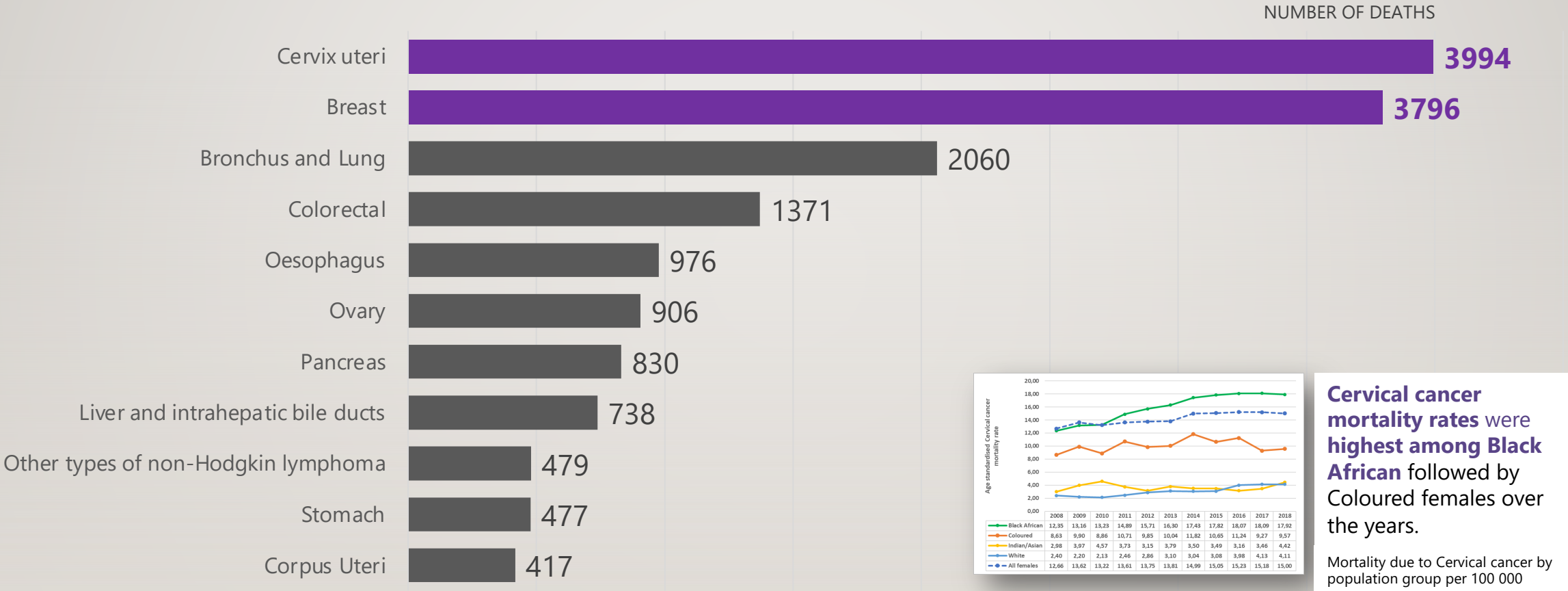


Ref: Stats SA

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The two leading cancers contributing to **female mortality were cervical (3 994) and breast cancer (3 796).**

Contributing to Mortality. Source Cancer Register 2019



	2008	2009	2010	2011	2012	2013	2014	2015	2016	2017	2018
Black African	12,35	13,16	13,23	14,89	15,71	16,30	17,43	17,82	18,07	18,09	17,92
Coloured	8,63	9,90	8,86	10,71	9,85	10,04	11,82	10,65	11,24	9,27	9,57
Indian/Asian	2,98	3,97	4,57	3,73	3,15	3,79	3,50	3,49	3,16	3,46	4,42
White	2,40	2,20	2,13	2,46	2,86	3,10	3,04	3,08	3,98	4,13	4,11
All females	12,66	13,62	13,22	13,61	13,75	13,81	14,99	15,05	15,23	15,18	15,00

Cervical cancer mortality rates were **highest among Black African** followed by Coloured females over the years.

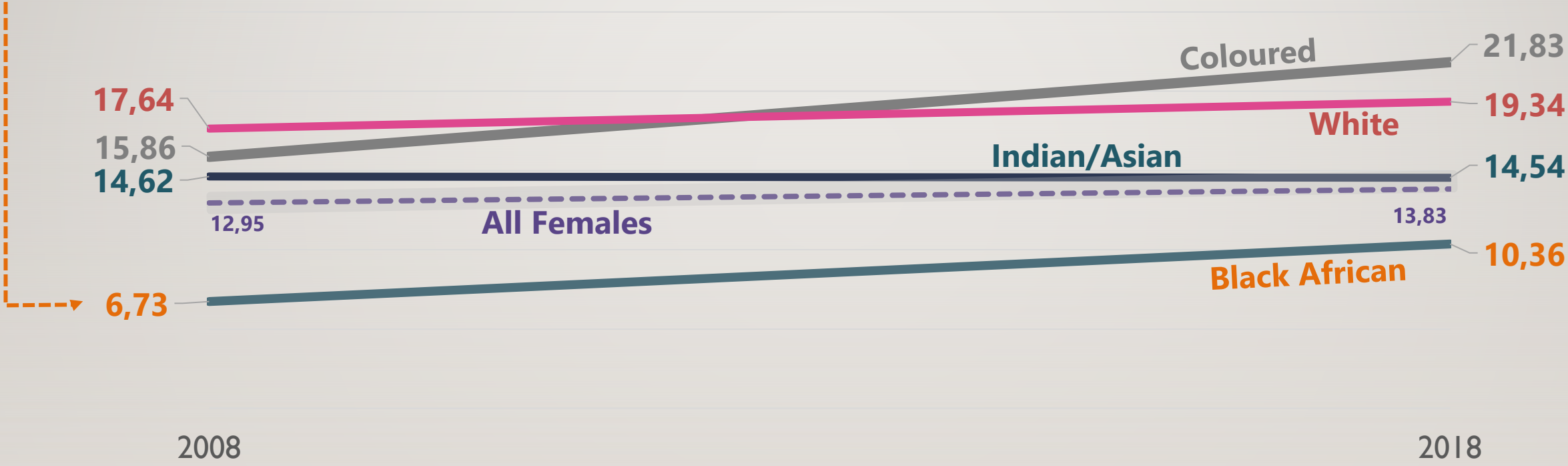
Mortality due to Cervical cancer by population group per 100 000

Ref: Stats SA

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The **lowest mortality due to breast cancer** was reported among **Black African females** over time: Below 10,4 cases/100,000 in 2018.

Mortality due to breast cancer by population group per 100 000 Source: Cancer Register, 2019



Ref: Stats SA

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OUTLINE

1. Introduction
2. Nutrients Needs Throughout Lifespan
    1. Adolescent Girls
    2. Women and Reproductive
    3. Menopause
    4. Older Women
3. Common Health Issues and Nutritional Deficiency
4. Dietary Recommendations and Lifestyle Choices
5. Health Promotion Strategies (5 Self Care)
6. Conclusion

I. INTRODUCTION

- Overview: This presentation on women's health and nutrition hopes to highlight the unique nutritional needs of women at various life stages, emphasizing the importance of balanced diets and lifestyle choices for overall health. It will also highlight & address common health issues (NOT ALL), nutrient deficiencies, and how nutrition can impact fertility, pregnancy, and menopause. The summary will highlight the importance of taking care of self holistically to optimise the benefits nutrients
- Women's Health:
  - **Health**: Is defined as a state of complete physical, mental, social wellbeing and not merely the absence of disease or infirmity (WHO definition)
    - **Wellness** is an active process through which people become aware of and make choices toward a more successful existence
- **Context:**
  - **Physiological Differences**: Men and women differ in their organs sizes, with women having smaller lungs and heart compared to men. Women's bodies also have less blood volume.
  - **Hormonal differences:** Men and women leads to varying nutritional needs. Generally women require more iron, calcium and vitamin D compared to men, especially during menstruation, pregnancy and breastfeeding. Men need more protein, especially for athletes due to higher lean muscle mass

2. NUTRIENTS NEEDS THROUGHOUT LIFESPAN

2.1 Adolescent Girls:

- Access is need to information and services related to nutrition and general health. These programs can be reached from various places and platforms like school, youth oriented health programs; however, home remains the number one place for such informative information
- Needs education and literacy to improve nutrition.
- Should receive enough food, iron and folate (salt) supplements and iron and iodine-fortified foods

- It is important to have proper nutrition during this period of rapid growth, including specific nutrient needs (e.g., calcium, iron, vitamin D) and the impact of dietary choices on long-term health.
- Encouraging the intake of proper nutrition at this stage helps build strong immune

2. NUTRIENTS NEEDS THROUGHOUT LIFESPAN

2.2 Women & Reproductive Years:

- A research that was done in India indicated that 60% of deaths of children under age 5 were associated with malnutrition and that was strongly correlated with mothers' poor nutritional status.
- United Nations World Food Program (UNWFP) recently reported that Sudan is current the number one country in Africa that is stricken by hunger and that most affected are women and Children. This add to the malnutrition impact and aftereffects thereof.

- Women's nutritional needs differs form men, particularly during certain stage in life. E.g. Pregnant women or breastfeeding require more nutrients to support the growing baby's needs

2. NUTRIENTS NEEDS CONT….

2.3 Menopause:

- Is the stage in which a menstrual periods stop permanently and can no longer get pregnant. A person goes through 12 consecutive months without a menstrual period. On average, it happens at age 52, however it can occur between the ages of 45 and 55 and its considered natural as it is part of aging. Menopause that happens at 40 or younger is called **premature menopause**

- It's a natural process that occurs when ovaries stop producing reproductive hormones.

- **Induced menopause**: It is menopause that happens due to surgery or medical treatment

2. NUTRIENTS NEEDS CONT….

- **Postmenopausal:** It is time after menopause. The menopause symptoms have reduced at this stage, however they are at risk for osteoporosis and heart diseases due to low oestrogen level

  - **Osteoporosis**: It's a medical condition in which the bones become brittle and fragile from loss of tissue, typically as a result of a hormonal changes or deficiency of calcium or vitamin D
  - **Oestrogen**: Any of a group of steroid hormones that regulate sexual development and function, including maintenance of the menstrual cycle in women/female vertebrates

2. NUTRIENTS NEEDS CONT. …

MENOPAUSAL SYMPTOMS

- Hot flushes
- Irregular periods (heavy or lighter than usual)
- Night Sweats and/ cold flashes
- Digestive Problems
- Insomnia
- Vaginal dryness and discomfort during sex
- Loss of Libido
- Weight gain and fluid retention
- Heart palpitations
- Urinary urgency (pressing need to pee frequently)

MENOPAUSAL SYMPTOMS

- Emotional changes: (Irritability, mood swings, depression & Anxiety)
- Lack of energy
- Itching tingling skin
- Dry hair
- Migraine
- Join and muscle aches & pain
- Back pain
- Breast tenderness and swealing
- Skin thinning and drying
- Memory lapses and difficulty concentrating

2. NUTRIENTS NEEDS CONT….

2.4 Older Women (60 years and over)

- Many health complications faced by women as they get older are as the result of exposure to risk factors in adolescence and adulthood stage. Risks such as smoking or being a second-hand smoke, sedentary lifestyle (spending too much time sitting) and unhealthy diets.

- It is important to continue healthy eating and regular physical activity to maintain bone health, manage chronic diseases, and promote overall well-being.

3. COMMON HEALTH ISSUES AND NUTRITIONAL DEFICIENCY

- **Common Health Issues:**
  - **Breast Cancer:** Is said to be a disease in which abnormal breast cells grow out of control and form tumours. If it is not attended to it can be fatal as it will spread thought the body
  - **Civic Cancer:** Is the second most common type of cancer in women worldwide with cases linked to sexually transmitted genital infection with the human papillomavirus (HPV)
    - Due to poor access to screening and treatment services, more than 90% of deaths occur in women living in low and middle income countries
  - **Diabetes, Rheumatic Arthritis and few others** are among health issues that women experience.
  - What these illnesses have in common is highlights on “STRESS, NUTRITION, EXERCISE” as the major contributing factors towards health decay

3. COMMON HEALTH ISSUES AND NUTRITIONAL DEFICIENCY CONT….

- **Some of the crucial nutrients to include in the diet:**
  - **Calcium**: a mineral that's vital for bone and teeth health— than men do in order to maintain healthy bones, particularly during pregnancy and breastfeeding and also later in life. You can find calcium in dark leafy greens, canned salmon (with bones), dairy foods, and fortified products.
  - **Iron**: is necessary for red blood cell production. Because red blood cells carry oxygen to all parts of your body, iron is critical, especially during pregnancy when blood volume increases. Women require more iron than men due to menstrual blood loss, pregnancy, and breastfeeding.
  - **Vitamin D**: is essential for healthy bones and teeth. Women require more vitamin D than men to maintain bone health, particularly those who are postmenopausal.
  - **Omega 3**: Omega-3s support brain and eye health. They also play a role in reducing your risk of heart disease. You can find omega-3 fatty acids in chia seeds, avocados, walnuts, and hemp seeds.
  - **Folate**: Is a vitamin B that supports health fetal (fetus) development during pregnancy

4. DIETARY RECOMMENDATIONS AND LIFESTYLE CHOICES

- **Balanced Diet:** It is important to have a balanced diet rich in fruits, vegetables, whole grains, lean protein, and healthy fats.
- **Hydration:** Maintaining an adequate amount of water in the body is beneficial for the overall health as it supports bodily function like joints lubrication, nutrients delivery, brain function, skin, organ function, etc…
- **Physical Activity:** Regular physical activity is good overall health and well-being. It improves sleep, mood, reduces stress, lowers blood pressure and cholesterol, strengthens bones and muscles, etc…
- **Supplementation:** I would suggest that we revert to that only to boost specific nutrient needs or deficiencies while we choose to eating healthy and do what's necessary to be in a good health condition. If a need arise to take supplements it is important of consult with a healthcare professional.
- **Food Choices:** With food, it is important to eat according to your blood type/ group. Not everything even thought it is good Healthwise can be beneficial to everyone. Example: Group B+ is not to eat chicken and tomato as it causes blood clots.
- **Cooking Methods:** Grilling, baking, and steaming are advisable when cooking and also to not overcook vegetable to get all the needed benefits

5 FACES OF SELF CARE

These 5 faces are suggestions that can help you be in a healthy state if you consistently apply ALL

Spiritual

- Be consistent in reading the WORD and Praying
- Get involved in a home-cell and some departments in your local church
- Join mission trips or attend conferences with spiritual content
- Implement RETREAT in your life. It helps to turn the world's volume off and recoup without normal routine and normal noise

Mental

- Feed your brain with important information
- Avoid being in a stressful environment
- Do some ART as it reduces stress, can be therapeutic, improve cognitive function, etc...
- Find a Godly friend/ mentor whom you can talk you or a therapist (you don't have to be mentally ill to see a therapist)
- Minimise social media (refrain from being a media consumer)

Physical

- Force yourself to REST
- Sleep enough
- Try have massage more often
- Exercise (walk, stretch daily, cycle, join gym, take stairs, swimming, DEEP BREATHING exercise.)

Social

- Network with people that add value to your life
- Attend events that enhances your knowledge and help you to become the better version of yourself

Nutrition

- Eat a well balanced diet, paying attention to what to avoid with certain chronic illnesses
- Eat according to your blood group to avoid eating food or using salts that are harmful for your group.
- Eating healthy is more beneficial when the other four (spiritual, mental, physical, social) are taken care of.

6. CONCLUSION

- Think of your health as an investment, not an expense
  - Your wellbeing is your most valuable **asset**
  - Every health choice you make today is an **investment** in a brighter, more vibrant future.
- All the money in the world can't buy back your health. Start now and make good, healthy choices
- While good nutrition plays a critical role in everyone's life, it's important to realize how nutrition can impact your health through the lens of the reproductive phases of your life.
  - Small dietary changes can make a big difference in your overall health and well-being, so even one small change at a time is a big win!