



## **INTERNET ARTICLE**

### **Empowered women make informed health and strategic decisions**

22 August 2016

Women have moulded this country and through their diligent work, water today reaches all women in all corners of South Africa.

As the foundations of our country, it can never be disputed that behind every man, there is a woman; but in this case, women are at the forefront of decision-making in water. These are strong willed women, who are content with themselves, who strive to bring positive sustainable change in the water business.

Since 1956, women brought an end to the idea that gender can only be related to power and dominance, which is associated with men. At the Department of Water and Sanitation Ms Nomvula Mokonyane and her deputy Mrs. Pamela Tshwete have demonstrated this by committing themselves to this country and ensuring that water supply and basic sanitation reach all of us. Truly this confirms that women are far more capable than believed, even at grassroots level.

The Department of Water and Sanitation in North West Province commemorated its women in water by empowering and encouraging them to take care of their health, especially since most women overlook their well-being and prioritize their daily demanding responsibilities.

The awareness, organized by the Wellness unit encouraged women to understand their health options and also Identified services, resources, and products that will best help them prevent their poor health.

Mr. Goitsemodimo Moroka from CANSA advised women to evade lifestyle diseases such as diabetes, high blood, gout, arthritis and opportunistic diseases such as cancer (breast cancer, cervical cancer) that have crept into many women's lives.

"Since 1994 cancer statistics have increased and that is why women have to start taking care of themselves and must take charge of their lives; go for regular checkups to the doctor and exercise. They should also be able to interpret their own bodies and also take note of the kind of lifestyles they live, which can have a negative effect on their health and career, he said.

The World Health Organisation (WHO) has pointed out that women's health and well-being exert an important influence on their children, families and community health and development.

**Katlego Mokaila**