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Research paper

Health day at the university of Namibia 2014 : A community service

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Abstract

Although there are many 'health days' to promote important public health issues, many of which are supported by different institutions. Global public health campaigns offer great potential to raise awareness and understanding about health issues. There are many world days observed throughout the year related to specific health issues or conditions.
The School of Public Health conducted yearly a health day in the beginning of March or April of each year. According to Clinicians handbook (1998) explains check -up as a clinical preventive services usually delivered by primary health care clinicians to persons with no signs and symptoms of illness as part of a routine health care process. Central to the periodic health examination.

Keywords: Health day; *Awareness raising; Clinical preventative services; Health activities; Health examination; Health facility;*

1. Introduction

Health days are important to ensure that the students function in an optimal holistic approach throughout their study life, being it physical, social, psychological and economical. It is said that a healthy body host a healthy mind and spirit. This survey will raise awareness to students to know the importance of once health.

2. Specific objectives

To assess whether students do take care of their own health by determining how often they go for blood pressure, sugar test, weight and length checkup.
To explore how often students visit the health facility on the campus.
To determine whether students utilized the health facility on campus.

3. Method

A research design is an outline, plan or strategy specifying the procedure to be used in seeking an answer to the research question and specifies how to collect and analyze data (Christensen, 2004).
A small mini-survey has been conducted on all those visiting the library on the specific date for the health day.

3.1. Ethical issues

The following ethical issues were followed during the study to better protect the rights of the research respondents.

Principle of respect for persons.

To adhere to this principle the researcher did not coerce participants to be part of the study. The researcher provided needed information regarding the study and ensured that respondents understood the objectives of the study to which enable them to participate voluntarily. The participants were explained to withdraw anytime from the study if they so wish.

Principle of beneficence.
The researcher did ensure that participants were protected from harm. The questions asked were not sensitive and participants were monitored throughout the process of questionnaires for any sign of discomfort. Respondents were explained the choice of withdrawing from the study or stopping if they feel uncomfortable.

Principle of Justice.
The participants were assured that collected information would not be made available to anyone who is not directly involved in the survey. The reported findings will be shared with concerned parties in such a way that the participants will remain anonymous.

4. Results and discussion

4.1. Results

The questionnaires consisted of a series of questions namely covering the aspects of: demographic information, general information on health aspects.
The total respondents who took part in the survey were 54.

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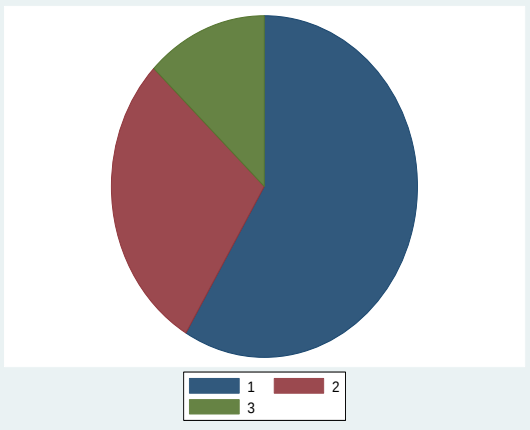


Fig 1: Age Categories of Respondents.

Color code numbering	Group	Total Number	Percentage
1	18-25 years	41	75.9%
2	26-35 years	10	18.5%
3	36 and above	3	5.5%

The majority age group of respondents was between the age group 18-25 years who made out 75.9% of all respondents.

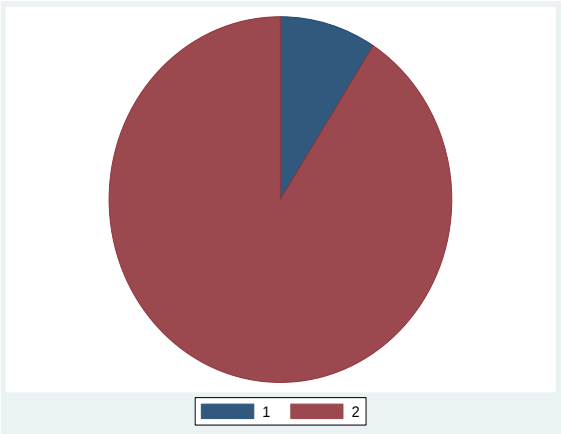


Fig. 2: Respondents Utilizing Clinic on Campus.

Color code numbering	Yes/No	Total Number	Percentage
1	Yes	9	17%
2	No	45	83%

The respondents not using the clinic appear to be the majority with 83%, compare to those using the clinic with 17%.
The reason why students don't use the clinic could be that the clinic has not been functioning because it was close down for renovation. Students went to other clinics in the regions.

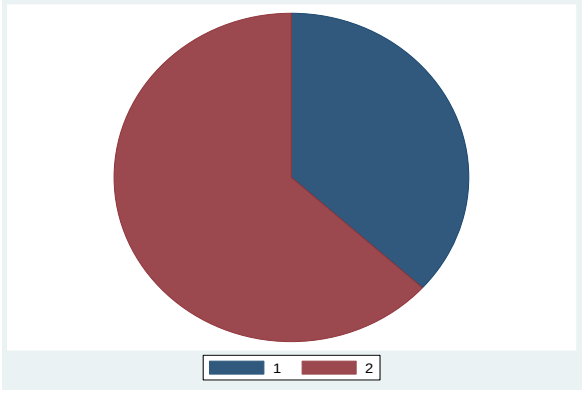


Fig. 3: Respondents Knowledge on Their Weight.

Color code numbering	Yes/No	Total Number	Percentage
1	No	25	46.2%
2	Yes	29	53.7%

53.7% of the respondents were having knowledge of their weight, compare to only 46.2% who had no knowledge.
A cross sectional study was conducted to 540 students ranging in the age from 19-24 years in Northern China. The study revealed that 80.5% of students had a normal BMI and 16.6% of students were underweight with the prevalence of BMI>30 obesity being very low in this study.
Habits involving regular eating patterns as well as vegetables were reported (Sakamati, Toyama, Amamoto, Liu, and Shinfuka, 2005). A dietary survey of Japanese respondents revealed a low rate in regular eating patterns (Ministry of Health Labor and Welfare, Japan, 2004).
A study revealed that adequate breakfast habits might contribute to the appearance to develop obesity (Oritega, Redondo, Lopez-Sobaler, Quintas, Zamora, Andres, Encinas-Sotillos, 1996).
A number of researchers study revealed that women desire a thinner body while men desire a heavier physique and muscularity (Pope, Gruber, Manweth, Bureau, de Col, Jouvert and Hudson, 2000).
The percentage of children and adolescents who are overweight has doubled in the last 30 years and the prevalence of obesity and related mortality rates continue to rise in adults (Flegal, Caroll, Ogden & Johnson, 2002).

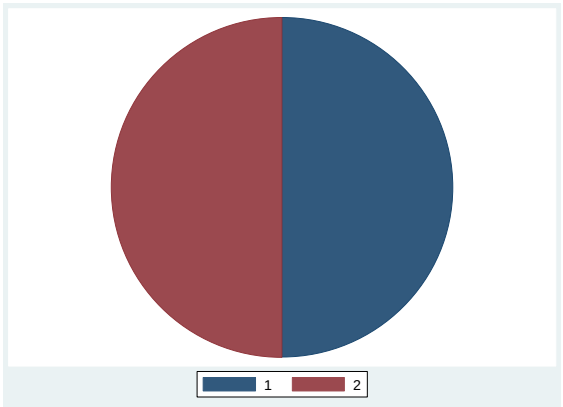


Fig. 4: Respondents Knowledge on Their Height.

Color code numbering	Yes/No	Total Number	Percentage
1	Yes	35	64.8%
2	No	19	35.1%

64.8% of the respondents were having knowledge of their height, compare to only 35.1% who had no knowledge.

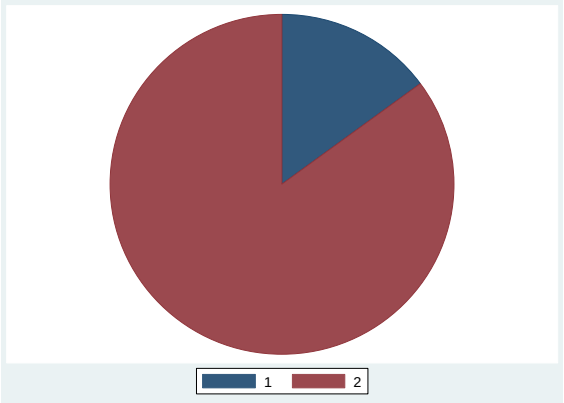


Fig. 5: Respondents Attending Regular BP- Check.

Color code numbering	Yes/No	Total Number	Percentage
1	Yes	14	25.9%
2	No	40	74%

25.9% of the respondents went for regular blood pressure check, compare to only 74. % who were not going, forming the majority.
Hypertension has the greatest risk factor for early morbidity and mortality caused by cardiovascular diseases (CD). Blood pressure (BP) is associated to a higher incidence of (CD) which are a problem for public health and are the main cause of death in most countries among adults Vason, Larson, Leip, Evans, O'Donnell& Kannel, (2001).
A descriptive study was conducted among 667 undergraduate students from Lubango-, Angola to investigate the prevalence of hypertension. The findings was that 61.3% were between the age group 18-29 years old; prevalence of hypertension from 20.3 to 26.7%, 17.1% were overweight; 60.6% preferred salty food; 4.0% were smokers; 40.6% drank alcohol. The results of this study indicated that there was a need for orientation programs to inform the population on chronic diseases (Simao, Hayashida, dos Santos, Cesarino & Nogueira, 2008).
Another study was conducted at the Makeree University on 183 under graduates; found that 35% were normal, 54% pre- hypertensive and11% hypertensive Bimenya, Byarugaba, Kalungi, Mayito Mugabe, Makabayi, Ayebare, wanzira & Muhame (2005).

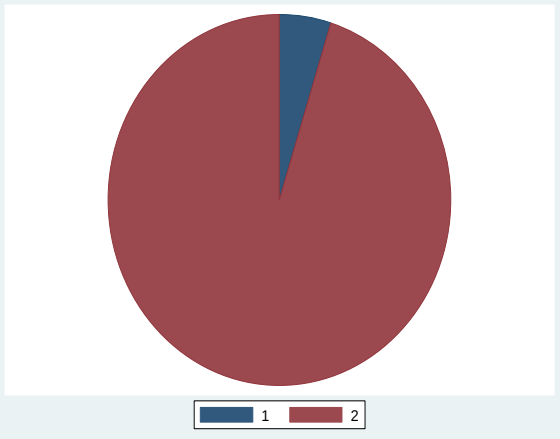


Fig. 6: Respondents Attending Regular Sugar Test.

Color code numbering	Yes/No	Total Number	Percentage
1	Yes	5	9.25%
2	No	49	90.7%

The majority 90.7% of the respondents were not attending regular sugar test, compare to only 9.5% who do attend.
Khan Gomathi, Shehnaz and Muttappallymyalil, 2012 conducted a study among 168 university students in Ajmanto to assess diabetes mellitus (DM). 25% were overweight or obese and 27% exercised regularly. Regarding knowledge of DM, 70% knew that high blood sugar levels are identified by family history. The study further revealed that the students' knowledge was not adequate.

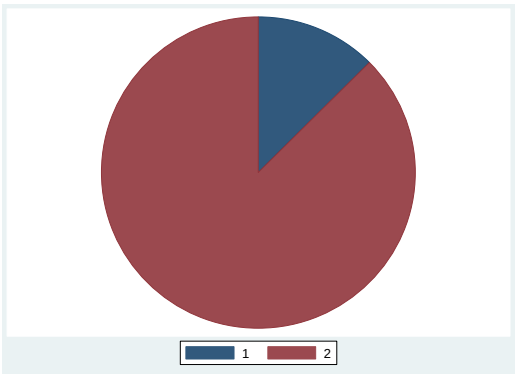


Fig. 7: Respondents Attending Regular Eye Test.

Color code numbering	Yes/No	Total Number	Percentage
1	Yes	12	22.2%
2	No	42	77.7%

77.7% of the respondents were not attending regular eye test, compare to only 22.2% who attended.
Shantakumari, Eideeb, Sreedharan & Gopal, (2014) conducted a study on 500 university students in Ajman. The study was undertaken to assess visual problems among students. The most visual problems reported among computer users were headache -53%; burning sensation in the eyes 54.8% tired eyes- 48%.
Another study was conducted on 599 University students in New Zealand by Garner, Waghorne & Anstice (1981). The study revealed that 33.2% of the participants wore spectacles or contact lenses and 27.1% never had a visual examination. A high proportion reporting visual problems and many had not sought advice.

Table 1: Health activities carried out during the health day.

Activities	Total	Male	Female	Normal findings	Abnormal Findings	Intervention
Neck massage	80	16	64	All	Normal	None
Sugar test	110	32	78	107	3	Refer for checkup at clinic.
Blood Pressure	159	46	113	147	12	Refer for check up At clinic.
Eye Test	62	13	49	59	3	Refer for checkup at clinic.
BMI	122	32	90	103	19	Refer for checkup at clinic.

From all abovementioned activities the abnormal findings were minimal compare to the normal findings. Those with abnormal findings were referred for further management to the clinic.

Table 2: Age categories of respondents.

Age groups	Neck massage	Sugar test	Eye Test	Blood Pressure	BMI
18-25	45	64	41	91	77
26-35	20	26	13	44	29
36 and above	15	20	8	24	16
Total	80	110	62	159	122

The different age groups as per different health activities provided. The age group 18-25 appears to be the majority within or among the different activities.

5. Conclusion

The findings to be shared with all concerned parties being it student committees or academic staff committees. The public demand for health and nutritional information should be taken in consideration when strategies are implemented aimed on improving the nutritional wellbeing of individuals. Students need to be educated and motivated to practice healthy life style habits, (Belaski, 2001).

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