

Contemporary issues affecting health

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Outline

- What's are contemporary issues
 - Discuss the contemporary issues affecting the health/health seeking behaviours in neighbourhoods
1. Global perspective (focus on the EU Zone, Middle East, Asia and the Americas)
 - Migration, wars/violent crimes (related to terrorism or drug cartels), Climate change/natural disasters, racism/sectarianism etc
 2. Sub Saharan Africa and SADC Region
 - Migration, Wars/Violent crimes (related to political instability and religion), Starvation (related to instability. Climate change and natural disasters), Cultural conflicts

Outline CT

3. Zambian perspective

- Increase in alcoholism, mental health problems(related to social issues e.g relationships, GBV, influence from social media etc),violent crimes (kidnappings, gassing ? Ritual killing),corruption and hooliganism.
- Increase in uncertified herbal and beauty therapist (natural remedies for cosmetic and wellbeing e.g body reformation, aphrodisiac remedies etc)

Introduction

- According to merriam-webster the word contemporary means *happening, existing, living, or coming into being during the same period of time*
- The contemporary means *living or occurring at the same time or belonging to or occurring in the present (Oxford Dictionary)*
- Therefore this unit seeks to investigate or related how these contemporary issues affect health/health seeking behaviors or the wellbeing of people in our neighborhoods or communities

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- These issues vary depending on the geographical location, hence the need to contextualised them.
- The following are some of the contemporary issues affecting all populations despite locations
 - Migration issues
 - Climate change and natural disaster
 - Instability and wars
 - Influence of social media

1.Global Perspective

a)EU Zone, Middle East, Asia & the Americas

1.Migrations

- Migrations involves the movement of people from their country of origin to the host country.in these regions migration has been associated with the following factors
 - Social economic issues (movement of most people from eastern Europe, middle east and Asia to UK, France ,Italy etc and the movement of south American countries to north America).
 - Instability, wars and violent crimes (case of the Taliban being in power, conflicts in the middle east war in Ukraine and violence related to drug cartels in south America).

2. Climate change and natural disaster.

- The effects of climate change and natural disasters leading to starvation and destruction of property

3. Influence of the Social Media

- Social media has contributes negatively to societies globally due to false alerts, deception and wrong publicity.

All theses factors have altered and influence the peoples life style and negatively affecting the health seeking behaviors.

Effects on communities/neighbourhoods

- Drug abuse and violent crime. The increase in violent crimes in the US have been closely linked to the influence of migrants from south American countries.
- Terrorism related to radicalized ideas by migrants mainly from middle east countries on British, France and US.
- Mental health problems like depression, PTSD and substance abuse related disorders.
- Cultural shocks and crushes related to migration. This will affect the way people will view health and unhealthy behaviors in the host country.

2.Sub Saharan Africa and SADC Region

African has most diverse cultures with various ethnic grouping. This has its own merits and demerits. CI affecting African countries are similar, they include the following

1. Migrations and wars.
 - Unlike the Americas most migrations in Africa are related to Civil conflicts like wars in the DRC, Somalia, CAR etc. the conflicts have triggered mass migrations
 - Political instability and religion. The case of Boko haram and alshabab in Nigeria and Somalia.

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- Climate change has lead to flooding and droughts like the case in the horn of Africa and Mozambique.
- Effects of social media and the dilutions of some of the valuable cultural norms and practices.
- Corruption and embezzlement of national recourses

The following are the effects of CI in most African countries

- Starvation leading to morbidity and mortality.
- Sexual violations as a weapon of war leading to PTSD, Anxieties, depression and substance related disorders.
- Cultural norms and practices that conflict with health seeking behaviors.

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- Violent crime related to fanatic religious groups and xenophobia this has contributed to GBV and abduction and mass killings.
- Importation of various norms and culture that has a negative effects on health and wellbeing
- Overburdened health care systems due to escalation of CI in various communities and neighborhoods
- Social economic stress for most African populations related to corruption leading to economic hardship, civil conflict and migration.

3. **Zambian perspective**

- ❑ Like most African countries in the sub Saharan Africa, Zambia has not been spared with CI. However, the focus of this unit will be narrowed to some of the CI unique to most communities in Zambia.
- ❑ **The following are the CI of focus for our country**
 - 1. Increase in alcoholism**

Zambia is among 15 countries in African with the highest rates of alcohol consumption. The effects are as follows

 - **Increase in alcohol related mental disorders**
 - **Increase in cardiovascular disease**

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- GBV and domestic violence
- Infertility related problems
- Increase in HIV/STIs and other IOs like TB.

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2. Corruption and hooliganism. This vice can lead to

- Social economic problems at house hold level
- Problems with the health care systems
- Problems with provision of basic sevice

All these problems can lead to distress and health problems

3. Influence of the social media

4. Increase in uncertified herbal and beauty therapist (natural remedies for cosmetic and wellbeing e.g body reformation, aphrodisiac remedies etc)

- Herbal medics in buses and public markets. Most of the remedies given lack scientific trials hence they put consumers at risk especially those targeting to cure
- Erectile or infertility problems

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- Various organ system problems
- Beauty therapist. Those dealing with body reforming and cosmetics and skin manipulations.

5. Prophetic Healer (Papás)

Negative influence of non approved methods of healing and their effects on society

IN SUMMARY

Like many African countries most of these CI affect communities and neighborhoods health and health seeking behaviors. There it is important for public health Professionals to consider these dynamics as they plan¹⁵

Further Reading

- Ludwig, J. *et al.* Neighborhood Effects on the Long-Term Well-Being of Low-Income Adults. *Science* **337**, 1505–1510 (2012).
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END
Thank you!