

NAMMED NEWS

ENDING COVID-19 IS A TEAM EFFORT!
GET VACCINATED AND ENCOURAGE OTHERS TO DO THE SAME IN JUNE.

WHAT'S HAPPENING IN HEALTH?



Masks are important, even if you are fully vaccinated!

Since the roll-out of COVID-19 vaccinations in our country began on 19 March 2021, thousands of Namibians have been vaccinated against the virus.

The two COVID-19 vaccines currently available in Namibia, namely Astra Zeneca and Sinopharm, require two doses given several weeks apart to ensure maximum protection against Coronavirus. According to the Centers for Disease Control and Prevention (CDC), you are considered fully vaccinated two weeks after the second dose in a 2-dose series (<https://bit.ly/33QxrfM>).

Being fully vaccinated does provide some peace of mind. However, all fully vaccinated individuals **must continue to mask up when:**

- In contact with high-risk individuals or individuals with a compromised immune system
- In contact with non-vaccinated individuals
- In public with people whose vaccination status is unknown

- In crowded areas or at gatherings
- At school, work, retail establishments and restaurants
- Social distancing is not possible

You might argue that wearing a mask is unnecessary after you have been vaccinated. What is the point of the vaccine, after all?

However, there is still a small chance that you can contract and transmit the virus – potentially without having any symptoms – even if you have been vaccinated. The goal is to limit transmissions at a population level. There is no way to distinguish between vaccinated and non-vaccinated individuals. Relaxing mask-wearing rules may be confusing and lead non-vaccinated individuals to stop wearing masks. This would ultimately increase the spread of the virus.

The bottom line is, we should all do our part to limit transmissions and build herd immunity. The best way to achieve this is to continue wearing masks and practising hand hygiene – regardless of your vaccination status – and to get vaccinated as soon as possible.

OUR MEMBERS SAY IT BEST!

Don't just believe us. Believe your fellow members.

“Nammed is the best Medical Aid in Namibia!”

– Roswitha Wentzel, Nammed Member





REASONS TO LOVE NAMMED

Men's health matters!

That's why Nammed covers screening for common men's health conditions, including:

- One cholesterol screening per year for adults older than 35
- One blood sugar test per year for adults older than 21
- One PSA test (prostate screening) every two years for male members older than 40

...and so much more.

For more reasons to love Nammed, visit www.nammed.info

PLEASE REMEMBER TO JOIN US FOR THE NAMMED AGM

Date: Wednesday, 9 June 2021

Time: 18h00 to 20h00

Venue: Arebbusch Travel Lodge, Windhoek

All paid-up members are welcome. Please remember to wear a mask and adhere to social distancing guidelines.



CHILDHOOD OBESITY: ITS IMPACT AND PREVENTION

The World Health Organization (WHO) has identified childhood obesity as one of the most serious public health challenges of the 21st century. It is a global problem which is increasingly affecting low- and middle-income countries, particularly in urban settings, including Namibia.

Childhood obesity & overweight in numbers



Worldwide...

340 million Children & adolescents (5 - 19 years) overweight or obese in 2016

38.2 million Children (under 5 years) overweight or obese in 2019



Namibia...

4.3% Children (under 5 years) obese in 2013

17.4% Children (8 - 11 years) obese in 2013

14.8% Children (8 - 11 years) overweight in 2013



The causes of childhood obesity

Much like adulthood obesity, childhood obesity is mainly associated with unhealthy diets and low levels of physical activity.

The impact of childhood obesity on health

Overweight and obese children and adolescents have an increased risk of:

- Breathing difficulties, such as asthma and sleep apnea
- Joint and musculoskeletal problems
- Fractures
- Early markers of heart disease, such as high blood pressure and high cholesterol
- Impaired glucose tolerance and insulin resistance
- Fatty liver disease, gallstones and heartburn
- Mental health problems, such as low self-esteem, anxiety and depression

In the long term, childhood obesity is associated with a higher chance of premature death and disability in adulthood.

Maintaining a healthy weight in childhood

When it comes to childhood overweight and obesity, prevention is better than cure. Parents play a vital role in this process and can employ several strategies to help their children maintain a healthy weight.

#1: Provide a healthy diet, with plenty of vegetables, fruits and whole-grain products. Include low-fat or non-fat dairy products and lean meats, poultry, fish, lentils, and beans for protein. Limit sugary drinks and replace high-fat and high-sugar or salty snacks with healthy snacks.

#2: Teach healthy eating habits. Do not force children to finish everything on their plate or to eat more than they want to. Avoid using adult-size plates for younger children as it encourages them to eat oversized portions. Have set meal times, ideally at the table with the whole family, instead of in front of the television.

#3: Help children stay active. Children should get at least 60 minutes of physical activity a day, either in one go or several short bursts of activity, depending on their age.

#4: Limit total screen time to no more than 2 hours per day. Completely avoid screen time for children under the age of 2, and remove all screens, including mobile phones, from children's and teenagers' bedrooms at night.

#5: Ensure adequate sleep. Children, and even adolescents, need more sleep than adults, with the amount depending on their age.

#6: Be a good role model. Children learn by example; therefore, it is important for parents to adopt a healthy lifestyle.

If you are concerned about your child's weight, consult a doctor, pediatrician or dietician.

DO NOT...

- Put children on calorie-deficient weight-loss diets
- Give children weight loss drugs or supplements

There is no quick fix for childhood obesity! Healthy lifestyle changes under the supervision of a medical professional are the only solution.

Nammed offers comprehensive benefits to support child health.

COVID-19 TESTING

Did you know that Nammed pays for COVID-19 tests, provided the following conditions are met:

- A GP or specialist has referred the member for testing
- A test is required for hospital admission
- Testing is done by a registered pathology provider with a practice number

HEALTH TIP OF THE MONTH

Give your loved one a proper hug today and enjoy the health benefits! A 20-second hug can reduce the harmful effects of stress, lower blood pressure, help the body fight infections, ease depression, and lessen tiredness.



CONTACT US

Our team is standing by to assist you.

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