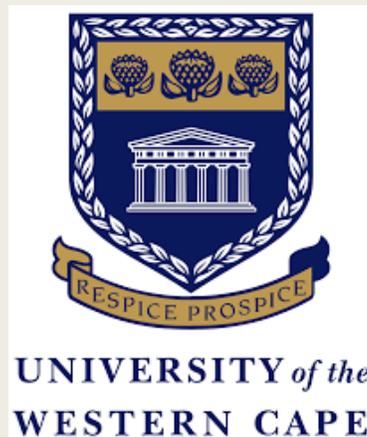


DEVELOPMENT & IMPLEMENTATION OF AN
OCCUPATION-BASED COMMUNITY DEVELOPMENT
PROGRAMME WITH WOMEN TO ADDRESS THE
PREVENTION OF NON-COMMUNICABLE DISEASES
IN A LOW SOCIO-ECONOMIC COMMUNITY OF THE
WESTERN CAPE - MRS AZIZA KALAM

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WFOT Congress 2018

What are NCDs?

- NCDs are chronic medical conditions eg.
 - *Diabetes (Usually Type 2)*
 - *Cardiovascular Diseases (Hypertention, Strokes, Heart Attacks)*
 - *Mental illness/Depression*
 - *and Cancer*

that are non-infectious and mostly preventable through modification of their health risk factors (unhealthy diets, lack of exercise, excessive use of alcohol and tobacco).



What is the Problem?

- In 2008: 1/3 of all deaths in SA were due to NCDs (WCDH -2015)
- By 2030, prevalence would have doubled to 72 Million deaths globally.
- NCDs affect: The most vulnerable in society who are living in under resourced communities, little to no access to medical care and healthy foods, due to lack of food security

Purpose to:

- Facilitate occupational consciousness in order to recognise hegemonic practices that negatively affect health & well-being
- Derive practice guidelines to facilitate women's agency, self-reliance and occupational enablement



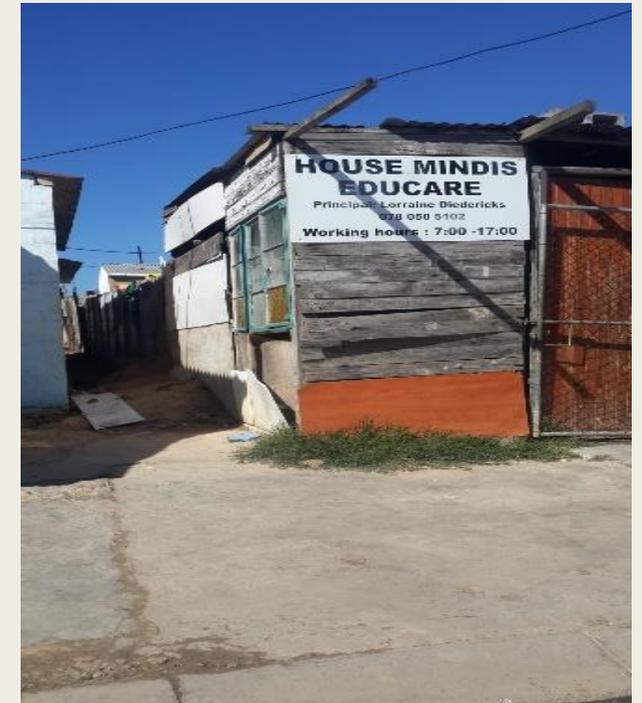
Setting and Participants

- Fisantekraal is a LSE community 10km outside of Durbanville
- Community was founded by seasonal farmworkers
- High unemployment rate, poverty, gangsterism, teenage pregnancy, drugs, low levels of education.
- Low cost housing (4X4 or 4X6m²), squatter section, satellite police station, day clinic, 1 Primary and 1 High School, many ECDs, approx. 40 churches, approx. 40 shebeens.
- Participants: 8 women, mostly older adults (grandmothers, single parents, recipients of Social grants), from a women's empowerment group.



Methodology

- **Theoretical Frameworks**
 - *Empowerment Theory (Paulo Friere, 2005)*
 - *Health Promotion (WHO, 1986)*
 - *Occupation-based Community Development (Galvaan, Peters, Cornelius & Richards, 2012)*
- **Aim:** To develop and implement an O-bCD programme to address the prevention of NCDs
- **Objectives of phase 1&2:** Perception of NCDs
 - *Current health-risk behaviours and Occupational Choices*
 - *Needs in relation to Occupational Participation*
 - *Enablers for Occupational Participation*
- **Critical Research Paradigm**
- **Qualitative Research Approach**
- **Participatory Action Research Design**



Data collection

- **PAR (Phase 1) Observe: O-bCD (Stage 1) = Initiating intervention and needs assessment**

- *Key Informant interviews*

- Owner of Hagar house for abuse women and children
- LO teacher at the local High School
- Community-based carer

- *Photovoice*

- Disposable cameras for each participant(empowerment)



- **PAR (Phase 2) Reflect : O-bCD (Stage 1 contin.)**

- *Focus group discussions - Conscientisation, Occupational history, needs, enablers*

Findings

■ Perception of NCDs

- *Although many participants have NCDs, they were mainly aware of the communicable diseases such as HIV/Aids & TB. Through conscientisation, they became aware of NCDs and the risk factors*

■ Perception of current health risk-behaviours & occupational choices

- *Social grants and feeding schemes*
- *Adult children not being responsible for their own children*
- *Burden on older adults*
- *Spaza shops*

■ Needs-handing back responsibility, assertiveness

■ Enablers for occupational participation

- *Religious observance*
- *Health & Educational Workshops*



Reflections

- **Conscientisation**
- **Prayer group**
- **Craft activities**
- **Support & Connecting**
- **Facebook**

<https://www.facebook.com/Fisantekraal-Women-Empowerment-Group-2049628911915840/>



Conclusion

■ PAR (Phase 3) - O-bCD (Stage 2)

- *To select and design occupation-based strategies together with participants to empower them to address their health-risk behaviours in order to prevent NCDs*

■ PAR(Phase 4)- O-bCD (Stage 3)

- *To explore and describe the process of implementation of the occupation-based strategies to facilitate the occupational empowerment of the women to prevent NCDs*



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Thank you

Fisantekraal-Women-Empowerment-Group

