



Burden of Disease Today  
CONFERENCE

## **SOUTH AFRICA 2010**

They say that health is the first level of wealth. If this is true then building a healthy nation is the first step towards wealth creation – a topic that most of us are particularly interested in.

This year's Burden of Disease Today Conference aim to reposition the level of importance we place on influencing the behaviour of individuals to reduce the prevalence of non-communicable disease and in fostering a groundswell of activity aimed at combating communicable disease in our beautiful country.

The programme is designed to provide you with the latest statistics in the field, to share the learning's of both our health wellness experts with you, and to equip you with tips and tools that you can use immediately.

If you work in the public or private sectors of the healthcare industry, or are an employer and need a better understanding of the impact or the burden of disease, this conference has been designed with you in mind!

*"A healthy attitude is contagious but don't wait to catch it from others. Be a carrier". - Tom Stoppard*

#### CONTACT DETAILS:

Len Deacon

Tel.: +27 21 975 5409

Email: [len.deacon@wordlonline.co.za](mailto:len.deacon@wordlonline.co.za)

#### RESERVATIONS:

Lana Jooste

Tel.: +27 21 975 5409

Email: [lane@lda.co.za](mailto:lane@lda.co.za)

# INVITATION

## BUILDING A HEALTH NATION

### 9 – 10 MARCH 2010

*Sunnyside Park Hotel, Park Town, Johannesburg*

#### **COST OF CONFERENCE**

**IHRM MEMBER: R4332.00**

**NON-MEMBER: R4902.00**

**IHRM**

THE INSTITUTE OF HEALTH RISK MANAGERS

# 3<sup>rd</sup> DURDEN OF DISEASE TODAY CONFERENCE

## PROGRAMME

### DAY 1 Tuesday 09 March 2010

#### Influencing Non-Communicable Diseases

- 09:00-09:45 Culture: Creating a positive working environment.  
*Speaker: Dr Donna Allen Cover, Positive Purpose Incorporated (USA)*
- 09:45-10:30 Work-site wellness: Effective health promotion and risk management strategies for the workplace.  
*Speaker: Tracy-Kolby Alexander, University of Cape Town and ESSM*
- 10:30-11:00 TEA
- 11:00-11:45 Nutrition and cardiovascular disease.  
*Speaker: Prof. Jimmy Volmink, Director of the Cochrane Collaboration, Deputy Dean (Research) Faculty of Health Sciences Stellenbosch University*
- 11:45-12:30 Stress: Managing workplace stress.  
*Speaker: Ina Rothman, Afritorte*
- 12:30-13:30 LUNCH
- 13:30-14:15 Smoking: Good reasons to quit.  
*Speaker: Dr. Yusuf Saloojee, National Council Against Smoking*
- 14:15-16:00 Interactive workshop: How to get people to make smart health choices.  
*Facilitator: Len Deacon*

### Day 2 Wednesday 19 March 2010

#### Combating Communicable Diseases

- 09:00-09:45 Status check: How successful is SA in decreasing communicable diseases.  
*Speaker: Prof. Shan Naidoo, University of Witwatersrand*
- 09:45-10:30 Outbreaks: Managing the impact of cholera and influenza outbreaks.  
*Speaker: Dr. Lucille Blumberg, National Institute for Communicable Diseases*
- 10:30-11:00 TEA
- 11:00-11:45 Vaccines: New vaccines for malaria and other communicable diseases.  
*Speaker: Mrs. Lee Baker, Amayeza Info Centre*
- 11:45-12:30 TB: Stop  
*Speaker: Prof. Anton Stoltz, Foundation for Professional Development*
- 12:30-13:30 LUNCH
- 13:30-14:15 Goals: Tracking the health-related millennium development goals.  
*Speaker: Debbie Bradshaw, Medical Research Council*
- 14:15-16:00 Interactive workshop: How to construct health education content that changes target risk behaviour.  
*Facilitator: Margot Brews*

