



TOBEKA MADIBA ZUMA FOUNDATION

WORLD HEALTH DAY 2017- DEPRESSION: LET'S TALK

7 April 2017 - World Health Day, which marks the anniversary of the founding of WHO, providing us with a unique opportunity to mobilize action around health topics of concern to people all over the world. The theme of 2017 World Health Day campaign is **Depression: Let's Talk**

Depression affects people of all ages, from all walks of life, in all countries. It causes mental anguish and impacts on people's ability to carry out even the simplest everyday tasks, with sometimes devastating consequences for relationships with family and friends and the ability to earn a living. At worst, depression can lead to suicide, now the second leading cause of death among 15-29-year olds. Although, depression can be prevented and treated. A better understanding of what depression is, and how it can be prevented and treated, will help reduce the stigma associated with the condition, and lead to more people seeking help.

Depression may range from a very mild condition, bordering on normality, to severe (psychotic) depression accompanied by hallucinations and delusions. Across the world, depression remains a major cause of disability and premature death. When the negative reactions to life's situations become repetitively intense and frequent we develop symptoms of depression. WHO ranks depression as the fourth leading cause of disability worldwide and projects that by 2020, it will be the second leading cause.

The prevalence of depression is associated with the existence of chronic diseases: people with depression can present biological alterations that can increase the risks of developing them. In addition, people with chronic diseases can present limitations in their daily life that increase their odds of having depression. It is common to feel sad or discouraged after a heart attack, a cancer diagnosis, or if you are trying to manage a chronic condition like pain. You may be facing new limits on what you can do and feel anxious about treatment outcomes and the future. It may be hard to adapt to a new reality and to cope with the changes and ongoing treatment that come with the diagnosis. Your favorite activities, like hiking or gardening, may be harder to do.

Chronic diseases have a major economic, social and developmental impact on individuals, families, the health system and society at large. Since chronic diseases affect the young and people in their productive years, they reduce productive labour and earning capacity at a household level and inflict significant out of pocket expenses. Chronic diseases have a particularly negative impact in poor and rural communities, where income levels are low and few have access to health insurance and necessary medical services. Africa cannot claim to be an emerging market unless it is able to quantifiably demonstrate improvements in the status of children & women's health and access to necessary health services on an equitable basis.

The Tobeka Madiba Zuma Foundation

The Tobeka Madiba Zuma Foundation calls for increased investment to respond to depression in our country. In many countries SA included, there is no, or very little, support available for people with mental health disorders. Even in high-income countries, nearly 50% of people with depression do not get treatment. On average, just 3% of government health budgets is invested in mental health, varying from less than 1% in low-income countries to 5% in high-income countries. Investment in mental health makes economic sense. Stigma remains a big problem around Mental Health in our communities resulting in those affected and families not wanting to seek help. Certain cultural beliefs around mental health conditions where they are mistaken for witchcraft.

The Tobeka Madiba Zuma Foundation, which was conceptualized in 2009 and started operating in 2010, provides a novel approach to humanitarian outreach as envisioned by the First Lady of South Africa, Madam Tobeka Madiba Zuma. Madam Zuma is passionate about the plight of the impoverished and it is her vision to lend a helping hand to those in need, in order to support the government in meeting its objectives towards achievement of the Sustainable Development Goals.

A B E T T E R W O R L D F O R A L L



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FOUNDATION

The TMZF regards cancer awareness, HIV/ Aids testing & TB screening through Health Education Programmes and other interventions as an effective part of improving the lives of SA people.

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