



TEMPLATE FOR THE SPEAKERS AT SASRECON IN OCTOBER 2017

TOPIC: BE ACTIVE, B-HEALTHY, BE PRODUCTIVE

TITLE: Professor

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PROFILE AND KEY ACHIEVEMENTS: (not more than 100 words):

Prof. Hanlie Moss is currently the Director of the research focus area: Physical activity, Sport and Recreation (PhASRec), at the North-West University in Potchefstroom. She is a registered Biokineticist with the Health Professions Council of South Africa (HPCSA) and serves on the board of Directors of the Biokinetics Association of South Africa in the portfolio for Academics. Her research interests are related to physical activity and exercise for the prevention and treatment of risk factors for chronic diseases of lifestyle. She is the principle investigator of the B-Healthy project, an exercise intervention project within a low resourced community of Potchefstroom. The project aims to understand the effect of physical activity on the risk factors of non-communicable diseases and the functional performance of persons dependant on the public health care system. She is also the 2017 recipient of the South African Academy of Art and Sciences' Albert Strating award for preventive medicine.

ABSTRACT OF PRESENTATION: (not more than 300 words):

Physical inactivity is currently the 4th leading cause of death in the world. South Africans report one of the highest levels of inactivity. Concurrently, the burden of non-communicable disease is increasing to rates similar that the burden of communicable diseases. Various risk factors for non-communicable diseases are modifiable, such as the introduction of regular physical activity and healthy dietary intake. Modification of risk factors based on behaviour, are strongly dependent on the knowledge and perceptions of the population toward physical activity and healthy eating. A reduction in the risk factors for non-communicable disease, has a direct benefit on the economic burden of South Africa, considering the large number of persons dependant on public health care. This presentation will focus on the current burden of physical inactivity globally and specific South Africa. Results from the B-Healthy project, a pragmatic low-cost exercise intervention within a low resources community of Potchefstroom, dependant on the public health sector, will be presented. The changes observed with the exercise intervention will be translated into the reduction of the burden of disease and how this reduction translate into an increase in productivity. The introduction of a national strategy for physical activity within the public health sector can be considered a double edged sword, reducing burden of disease and improving productivity potential.

PRACTICAL LESSONS FOR THE SOUTH AFRICAN SPORT SECTOR: (not more than 200 words):

South Africa is a sport loving nation, yet we fail to acknowledge that the burden of disease due to the large non-sporting population, is and increasing economic burden that can be managed through the introduction of regular physical activity and dietary intake in the older population of South Africa, where this burden is the largest.

- Supporting physical activity and recreation activities in low resourced communities reduce the prevalence of risk factors for NCDs
- A reduced prevalence of risk factors for NCDs, reduce the economic burden
- Improved health status and functional performance will enable the older population to be self-reliant for longer
- Increasing knowledge about physical activity and dietary intake in older persons, knowledge about healthy lifestyles in younger children will also be improved.