Basic IPC Measures for Physical Activity

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WoW! aims to strengthen Supported Self-Management in order to prevent, reduce and better control NCDs by addressing their key individual behavioural and social/structural determinants through wellness-promoting partnerships using a systems approach.

WoW! incrementally promotes and activates 7 Dimensions of Wellness towards achieving & maintaining balance...
Co-Creating Enabling Environments
Promoting Health & Reducing Health Inequalities

Continuous Participatory Improvement Framework
(process, outcome, impact)

ICT Solutions

Behavioural Change & Systems Transformation

Multiple Setting Activation & Action

WELLNESS CHAMPION NETWORK

Multisectoral, including community
Volunteer & Natural Leader
Peer Health Promoter & Activator!
Free Training & Operational Support
Standardised functions

Mixed & multi-method tools
Support Manager allocation
Multi-way Communication & Quarterly Meetings
Celebrate & Reward Achievements

Multisectoral Networking
Community-led & Responsive
Assisted Self-Management Guides & Tools
Multimedia resources
Individual development
Community building
Wow! Branding (clothing) Sense of Belonging

Evidence-based co-actions (interventions)
Social prescribing: fusing health & community systems
Measurable outcomes: individual & system
Customised implementation
Assisted Self-Management resources
Inclusive (diversity & “differability”)

Health Facility: PHC, COPC, hospital, etc.
Community: household, ECD, school, faith-based, Senior Citizens, etc.
Public Space: Active Public, Safe Play Streets, Wellness Pop-Ups, etc.
Work Space: staff

Multisectoral Partnerships

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Co-Creating Wellness-Enabling Environments

Outcomes

To **promote**, **activate**, **scale** and **sustain**:

1. **People development** for healthy lifestyles assisted self-management through inclusive platforms to **promote health** and **reduce health inequalities**.

2. **Healthy eating and healthy weight management** through **food environment awareness**, **food safety** and **food gardens**.

3. **Increased health-promoting physical activity** through **active living** and **activations**.

4. **Social connectedness, inclusiveness and gender equity** through all-encompassing design, implementation and evaluation.
Lockdown Levels 4 and 3!

THINK
COVID 19!
ACT
Co-Creating Wellness-Enabling Environments

Key Messages: WhatsApp, Facebook & Email

- Pre-Lockdown Cancellation of all Physical Activity Group Sessions!
- STOP the Spread of COVID-19 Infection!

STAY HOME if you can.

Be Coronavirus Safe

Keep hands clean and food safe

How to wash your hands
- Use these steps to wash your hands for at least 20 seconds.

1. Rub palms together.
2. Rub tips of fingers against palm. Snap hands.
3. Rub fingers between each other.
4. Place one hand over back of other, rub between fingers. Snap hands.
5. Grip fingers and rub together.
6. Rub each thumb with opposite palm. Snap hands.

- Roll up your sleeves, rinse hands in clean water and apply soap to palm of hand.
- Wash your hands with clean water and dry on paper towel or allow to dry on their own.

Wash hands before and during

Before Lunch and tea breaks
Before and after handling raw meat or poultry
Before handling anything else other than food. For example, keys, mobile phones.
Before Leaving the kitchen for any reason
Before serving food

Must go out? KEEP 1.5m away from others.

Western Cape Government

www.westerncape.gov.za
Co-Creating Wellness-Enabling Environments

Key Messages: WhatsApp, Facebook & Email

- **STOP** the Spread of COVID-19 Infection!
- **UbuntuCare Cloth Mask** Project (high quality mask specs).

**Masks**

What you need to know

Well made cloth masks do not replace the 5 Golden Rules of Good Hygiene. They may offer some extra protection if well made and used correctly.

1. Wash your hands often for at least 20 seconds with soap and water.
2. Do not touch your face with unwashed hands.
3. Cough or sneeze into a tissue or your elbow. Safely throw away the tissue.
4. Keep 1.5 metres apart from others.
5. Stay home if unwell. Contact a hotline or your health worker.

Follow the 5 Golden Rules of Good Hygiene to stop the spread of coronavirus:

- Wash your hands first.
- Place the inside of a clean mask against your face.
- Cover your nose and mouth.
- Make sure it fits well, don’t touch the cloth part.

Use a cloth mask safely:

- Remember cloth masks do not replace the 5 Golden Rules of Good Hygiene.
- Well made cloth masks used correctly may offer some extra protection.

1. When putting on the mask:
   - Wash your hands first.
   - Place the inside of a clean mask against your face.
   - Cover your nose and mouth.
   - Make sure it fits well, don’t touch the cloth part.

2. While wearing the mask:
   - Do not touch your face or fiddle with the mask.
   - Remove the mask if it is wet.

3. When taking off the mask:
   - Touch only the straps.
   - Keep it in a container until you wash it.
   - Wash your hands after taking it off.

4. Caring for your masks:
   - Have 2 masks so that you have a clean one ready.
   - Do not share masks with other people.
   - Wash the mask with soap and hot water.
   - Dry the mask in the sun and iron it to disinfect it.

UbuntuCare Cloth Mask Project

High quality specifications for cloth masks.
Co-Creating Wellness-Enabling Environments
Key Messages: WhatsApp, Facebook & Email

Promoting Regular Physical Activity at Home!

Keeping active every day is good for your body, mind and spirit especially during these stressful times. And more physical activities you do can improve your sleep which is also important for good health.

BE ACTIVE & STAY HEALTHY AT HOME!

Doing any activity around the home is better than none at all. Be active during #COVID19 outbreak to maintain your heart health, muscle strength and flexibility. It is good for your mental health too!

BE ACTIVE & STAY HEALTHY AT HOME!

Tips to stay active at home during #COVID19 outbreak

1. Walk up and down the stairs
2. Do some stretching exercises
3. Dance to music for a few minutes
4. Seek more ideas & resources online

WHO recommends that all healthy adults do 30 minutes/day of physical activity, and children should be physically active for 1 hour/day.

If you are at home during #COVID19 outbreak

Be active at home during #COVID19 outbreak

1. Try exercise classes online
2. Dance to music
3. Play active video games
4. Try skipping rope
5. Do some muscle strength & balance training

Be active at home during #COVID19 outbreak

1. Regularly check your sitting posture while working from home
2. Break up your sitting & stand up while working, on the phone, or watching TV
Co-Creating Wellness-Enabling Environments

Key Messages: WhatsApp, Facebook & Email

Promoting **Regular** Physical Activity at Home!

**HIGH KNEES**

Strength: High knee drill teaches your body to optimise your knee lift during the running stride. Technique: Lean with your hands against a wall, keeping your arms straight. Bring your right knee up until it's in line with your belly button. Place your right foot on the floor and lift your left knee up to belly button height. Repeat the move as fast as possible but ensure that you lift your knees high enough. Be safe keep yourummy muscles tight and your back straight.

**LEANING PLANK**

Assume a plank position with your hands on the floor and your wrists, elbows and shoulders stacked vertically. Bring your feet together and squeeze your glutes. Maintaining a rigid frame from your ankles to your head, create tension in your trunk to prevent your hips from dipping or rising. Focus on controlling your breathing and keeping your structure stable.

**DESK PUSH-UPS**

Stand a few feet away from your desk or counter and place your hands about shoulder-width apart on the edge. Your body will be at an angle. Keeping your shoulders down and away from your ears, your glutes tight and your body in one straight line from shoulder to feet, lower your body toward the desk or counter, allowing your elbows to bend at least to a ninety-degree angle. Exhale and push away until your arms are straight.
Promoting Regular Physical Activity at Home!

**SEATED NECK RELEASE**

This gentle stretch relieves tension in the back of your neck while sitting comfortably in a chair or on the floor. Rest your hand on your wrist, grasping your hands together at your back. Start with your palm up. Bring your wrist to your shoulder, flex your arm at elbow, and then slowly lower your arm. Release your arm and repeat stretching it up and down

**JUMP ROPE**

You're likely very familiar with this exercise, but just in case: Stand with your feet hip-width apart and hands holding an imaginary rope. Swing the rope with your wrists while you jump both feet up. Try to hop as quickly as possible, going far speed more than height.

**SEATED CLASP RELEASE**

Start with your palms together just below your chin. Slowly lower your hands toward your waistline, keeping your hands close to your stomach and your palms together, until you feel a mild to moderate stretch under your arms. Hold for at least 15 to 30 seconds. Repeat 2 to 4 times.

**PRAYER STRETCH**

Extend your arm in front of you with your palm up. Bend your wrist, pointing your hand toward the floor. With your other hand, gently bend your wrist farther until you feel a mild to moderate stretch in your forearm. Hold for at least 15 to 30 seconds. Repeat 2 to 4 times.

**WRIST FLEXOR STRETCH**

Extend your arm in front of you with your palm down. Bend your wrist, pointing your hand toward the floor. With your other hand, gently bend your wrist farther until you feel a mild to moderate stretch in your forearm. Hold for at least 15 to 30 seconds. Repeat 2 to 4 times.
Co-Creating Wellness-Enabling Environments

Key Messages: WhatsApp, Facebook & Email

- Sustaining Regular Physical Activity in Hospital: “I’m a Champion!”
Lockdown Level 2!

Think

COVID 19!

Act
#wowaction

Group Physical Activity During COVID-19
Ideally, exercise outdoors and in open public spaces!

Please DO NOT join the Exercise Programme if you have:
- COVID-19 symptoms
- Fever/High Temperature
- Cough
- Shortness of Breath/ Difficulty Breathing
- Or are in isolation/quarantine for COVID-19

Coronavirus Hotlines:
021 928 4102 or 080 928 4102;
0800 029 999
WhatsApp "Hi" to 0600 123 456

During Exercising, please:
- Wear a face mask, covering your nose and mouth.
- Wash hands with soap and water or sanitize before and after physical activity.
- Maintain at least a 2 metre distance from other participants.
- Don’t share exercise equipment, water bottles or towels.
- Frequently touched surfaces must be cleaned/wiped down before and after group physical activity.

Follow the Golden Rules of Good Hygiene to Stop the Spread of Coronavirus
1. Leave home only when necessary.
2. Wear a cloth mask when leaving home. Never share a mask!
3. Keep at least 1,5 metres apart from others.
4. Wash your hands often for at least 20 seconds with soap and water. Do not touch your face with unwashed hands.
5. Cough or sneeze into a tissue or your elbow. Safely throw away the tissue
6. Stay home if unwell. Contact a hotline or your health workers.
Co-creating Wellness-Enabling Environments

WoW!-branded UbuntuCare Mask

• Public-private partnership born out of need to provide quality cloth masks (non-medical) and at the same time create employment for seamstresses within the most impoverished and vulnerable of our communities.

• We encourage the corporate and private sectors and the public to donate money for, sell or buy, the masks.

• Importantly, every 2-mask pack sponsored, sold or bought funds high-quality masks which are handed out free to vulnerable communities through existing WCG DoH networks.

• 100% of all funds raised are used to make and distribute more masks.
Co-creating Wellness-Enabling Environments

*WoW!*-branded UbuntuCare Mask
Co-creating Wellness-Enabling Environments

UbuntuCare Mask

The message is simple:

Protect Each Other!

Be UBUNTU!
Co-Creating Wellness-Enabling Environments
Spontaneous Small Group Activities...

- **WoW! Wellness Champions**: Restarting **Regular Physical Activity in Small Groups** (50 max) with **Basic IPC measures**.
- **Min of Health**: **First Monday Community Wellness Activations**.
Lockdown Level 1!
Co-Creating Wellness-Enabling Environments
Promoting Regular Physical Activity: The New Norm

Wow! COVID-19 Quiz for Physical Activity Group Sessions

Complete this quick COVID-19 Quiz to check if you are up-to-date with the information you need to know for safe group physical activity. Some questions may have more than one answer. You will receive your score and the answers after you submit by clicking the "View Score button". Good luck!

*Required
Co-Creating Wellness-Enabling Environments
Promoting Basic IPC for COVID-19+

- **Generic IPC Module**: training and awareness raising.
Co-Creating Wellness-Enabling Environments
Promoting Active Living...

- WoW! Wellness Champions: activating **Healthy Active Meetings** with **Basic IPC measures**.
Co-Creating Wellness-Enabling Environments

Promoting Active Public: The New Norm

- Promoting Regular Physical Activity!
- Promoting FUN & FREE Access!
- Promoting Social Connectedness & Inclusivity!
- Real & Virtual Combo!

Self-Assess!
Space!
Ventilation!
Face!
Hands!
Equipment!

WESTERN CAPE GOVERNMENT
Health

Western Cape on Wellness
Creating A Culture Of Wellness Together

WOW!
LEARN
LIVE
EAT
PLAY

ACTIVE PUBLIC!
Virtual WoW! Walk
Join this Virtual Walk in Cape Town or Wherever You Are!

Wow! is hosting its first free #wowaction Virtual Walk!
Due to COVID-19 restrictions we can’t get together in big groups, but we can still be active where we live/work/play!
Social distancing and good hygiene to be followed, with a maximum of 50 participants in physical group walks.

DATE: Saturday, 26 September 2020
TIME: 09h30 to 11h30, SAST
VENUE:
- Option A: Anywhere in the world!
  Choose any route in your area. Warm-up, walk/run for at least 5km to 10km, then enjoy a gentle stretch. Share your photos by 2pm on Facebook: Wow! WesternCape On Wellness with #wowaction
- Option B: Mouille Point Lighthouse, 100 Beach Road, Mouille Point, Cape Town.
  Meet at the LIGHTHOUSE LAWNs. Warm-up, walk/run for at least 5km to 10km, then enjoy a gentle stretch. Share your photos by 2pm on Facebook: Wow! WesternCape On Wellness with #wowaction

DRESS: Face Mask, comfortable clothing, walking shoes, your own water and hand sanitiser.
Be part of the Wow! Movement!

For more information contact Team Wow!:
* Phone: 021 483 9982
* Email: wow@westerncape.gov.za
* Website: www.westerncape.gov.za/wow
* Facebook Group: Wow! WesternCape On Wellness

THINK
COVID-19

ACT
Co-Creating Wellness-Enabling Environments

Promoting Active Public: The New Norm

Equipment!
Hands!
Face!
Ventilation!
Space!
Self-Assess!

Promoting Regular Physical Activity!
Promoting FUN & FREE Access!
Promoting Social Connectedness & Inclusivity!

Please Join Us Wherever You Are!

Real & Virtual

Creating Wellness
Enabling Environments

Promoting Active Public: The New Norm
Concluding Remarks

- Parallel to its devastation, COVID-19 presents opportunities for change and growth to promote personal & population health.

- Promote Basic IPC Awareness and Actions for COVID-19+

- Responsive, flexible systems approach actions to co-create enabling environments for regular physical activity across the life continuum – our “New Norm”.

- Promote a Growth Mindset for change – policy makers, service providers, public, “patients”…

- Encourage co-learning for collective actions…

  It Starts with Me!

Western Cape Government

Health

WOW! LEARN LIVE EAT PLAY
“What if there was one prescription that could prevent and treat dozens of diseases, such as diabetes, hypertension and obesity?”

-Robert E. Sallis, M.D., M.P.H., FACSM, Exercise is Medicine™ Task Force Chairman
“More people are at risk because of physical inactivity than of any other single risk factor for chronic disease”

McGinnis

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Robert E. Sallis, M.D., M.P.H., FACSM,
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Co-Creating Wellness-Enabling Environments

“It always seems impossible until it’s done”
Nelson Mandela (1918-2013)
"I am because we are"
[Ubuntu, South Africa]

Thank you: English
Dankie: Afrikaans
Enkosi: IsiXhosa
Ngiyabonga: IsiZulu
Siyabonga: SiSwati
Ngiyathokoza: IsiNdebele
Ke a leboha: Sesotho
Ke a leboga: Northern Sotho
Ke a leboga: Setswana
Inkomu: Xitsonga
Ndo livhuwa / Ro livhuwa: Tshivenda
Thank You for Joining Us!
Please Contact & Follow Us!

wow@westerncape.gov.za

www.westerncape.gov.za/wow

WoW! WesternCape on Wellness

SMS “WoW” to 35 395

Add 066 390 6646, send:
Join WoW + Name & Surname
Thank you!
Enkosi kakhulu!
Baie dankie!