



The Wellness Newsletter

THE OFFICIAL BULLETIN OF THE KNUST WELLNESS CENTRE

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THEME OF THE YEAR HEALTHY EATING

Most chronic diseases such as diabetes, hypertension, cancer and cardiovascular diseases (heart diseases) and stroke have been related to the increased risk of unhealthy eating or diet. Diet plays a crucial role in the increased risk with these chronic diseases. Healthy eating refers to the practice of consuming a balanced and varied diet that provides the necessary nutrients such as vitamins, minerals, protein, fats, and carbohydrates in the right proportions to support overall health, maintain energy levels, and prevent chronic diseases. It involves choosing nutrient-dense whole foods, such as fruits, vegetables, whole grains, lean proteins, and healthy fats, while limiting the intake of processed foods, added sugars, and unhealthy fats. Healthy eating also emphasizes portion control, mindful eating habits, and staying hydrated to foster long-term well-being. Balancing work, life, academics and other commitments leaves most individuals struggling to maintain a healthy diet due to time constraints, stress, and limited access to nutritious options. To address this, you can plan meals in advance, prioritize easy-to-make, nutrient-dense foods, and use meal prepping techniques to save time. Additionally, incorporating quick, healthy snacks and staying hydrated can help sustain energy and focus throughout the day. This year, our initiative at the KNUST Wellness Centre is to encourage everyone to make informed and wholesome dietary choices that support both physical and mental well-being.

We offer dietary consultations, promote healthy eating habits through our newsletters, share flyers highlighting the benefits of various foods, and host free webinars on different healthy eating topics. We hope that everyone participates in this initiative, helping us improve our diets and take steps toward a healthier lifestyle. By the end of the year, we aim to have you developed personalized diet plans and healthy eating habits that not only improve our own health but also positively impact the well-being of others.

Remember, **YOUR WELLBEING
OUR PRIORITY.**



PUBLIC HEALTH INFORMATION

(Public Health Unit,
University Health Services, KNUST)

CHOLERA

Cholera is an acute diarrheal infection caused by ingesting food or water contaminated with the bacterium *Vibrio cholerae*. The disease is closely linked to inadequate access to clean drinking water and sanitation facilities, leading to its prevalence in areas with poor infrastructure. Cholera can cause severe dehydration and death if left untreated.

Public Health Information:

- **Global Impact:** Annually, cholera affects 1.3 to 4.0 million people, resulting in 21,000 to 143,000 deaths worldwide.
- **Symptoms:** Most infected individuals exhibit mild or moderate symptoms. However, severe cases involve rapid onset of severe acute watery diarrhea, which can lead to fatal dehydration.
- **Transmission:** Cholera is commonly spread through contaminated water sources due to inadequate sanitation and hygiene practices.
- **Prevention:** Ensuring access to clean drinking water, proper sanitation, and consistent hygiene practices are crucial preventive measures. Use of oral cholera vaccines (OCV) is also an effective tool in prevention.
- **Treatment:** Prompt rehydration is the cornerstone of cholera treatment. In severe cases, intravenous fluids and antibiotics may be required to reduce the severity and duration of the disease.
- **Risk Factors:** Poor urban infrastructure, overcrowded living conditions, and lack of access to clean water and sanitation are significant risk factors.
- **Public Health Strategies:** Strengthening surveillance systems to detect and respond to outbreaks, improving WASH (Water, Sanitation, and Hygiene) infrastructure, and educating communities on hygiene practices are essential to control and prevent cholera.

The persistence of cholera highlights gaps in basic water and sanitation infrastructure and calls for increased political will and financial commitment to eliminate cholera as a public health threat.

ANNOUNCEMENTS

1. Saturday Health Walk and Aerobics is scheduled for every Saturday from 5:30am – 7:30am at the KNUST Wellness Centre. The Saturday Walk and Aerobics are open to all and it's free for all.
2. We offer a special dietary consultation for students where you'll receive personalized dietary advice and nutrition tips tailored specifically to fit your lifestyle.



Knutswellness

UNLOCK THE POWER OF HEALTHY EATING

Are you confused about what to eat?
Do you want to boost your energy, stay fit,
and maintain focus?
Our expert dietitian is here to guide you.
Get our student package today!

WE OFFER

- ✓ Personalized dietary advice
- ✓ Nutrition tips to suit your lifestyle
- ✓ Affordable at just 20 GHS per session

Every Wednesday @ 9 am – 2 pm
KNUST Wellness Centre

Don't miss this chance to transform
your health and academic life.



032 219 1673
BOOK YOUR APPOINTMENT TODAY

