



The Wellness Newsletter

THE OFFICIAL BULLETIN OF THE KNUST WELLNESS CENTRE

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TRAVEL MEDICINE

(PUBLIC HEALTH UNIT, UNIVERSITY HEALTH SERVICES, KNUST)

Travel Medicine, also known as Emporiatrics, is a specialized field of medicine focused on the prevention and management of health issues that may arise due to international travel. This discipline addresses a wide array of health concerns, from common infections to more complex medical conditions encountered in different geographic regions.

Public Health Information

Risk Assessment: Travel medicine involves pre-travel risk assessment based on destination, duration, purpose of travel, and individual health status. This helps identify potential health risks and tailor preventive measures accordingly.

Vaccinations: Essential vaccines for travelers include those for diseases like yellow fever, typhoid, hepatitis A and B, and rabies. Immunizations are often mandated by specific countries and are a crucial aspect of travel health preparation.

Prophylaxis: Preventive medications, such as antimalarials, are recommended for travelers to areas with high malaria transmission. Additionally, prophylactic measures may include antibiotics for traveler's diarrhea and antivirals for influenza.

Health Education: Travelers receive guidance on food and water safety, insect bite prevention, altitude sickness, and jet lag management. Education on sexually transmitted infections (STIs) and safe sex practices is also crucial.

Health Insurance: Comprehensive travel health insurance is strongly recommended to cover unforeseen medical expenses, including emergency evacuation and repatriation.

Post-Travel Health: Monitoring and addressing any health complaints after returning from travel is vital. This includes screening for diseases like malaria, dengue, and other tropical infections.

Common Travel-Related Health Concerns:

Infectious Diseases: Cholera, typhoid, dengue fever, Zika virus, and COVID-19, among others.

Environmental Hazards: Heatstroke, altitude sickness, and air pollution.

Traveler's Diarrhea: A common ailment impacting 20-60% of travelers to developing countries.

Accidents and Injuries: Motor vehicle accidents, sports injuries, and other trauma.

Chronic Disease Management: Ensuring continuity of care for travelers with pre-existing conditions such as diabetes, hypertension, and cardiovascular diseases.

Effective travel medicine practices significantly reduce the risk of illness and enhance the overall travel experience. By addressing the diverse health challenges associated with traveling, this specialized field plays an essential role in safeguarding the well-being of international travelers.

THE NUTRITION CORNER

FRUITS & VEGETABLES WHY WE DO NOT EAT ENOUGH FRUITS AND VEGETABLES AND WHAT WE CAN DO ABOUT IT

Globally, particularly in low- and middle-income countries, the consumption of fruits and vegetables is often lower than recommended. This low intake is attributable to several factors ranging from policy, production, socioeconomic and personal factors among others. An understanding of these factors can provide valuable insights into the barriers that prevent individuals from incorporating more fruits and vegetables into their diets. This will in turn help individuals develop targeted strategies that will address these specific obstacles and ultimately promote healthier eating habits.

Rising food costs

The relatively high cost of fruits and vegetables may be one of the reasons why people do not eat enough of them. Due to limited financial means, many individuals and families find it difficult to regularly afford fruits and vegetables. Thus, people frequently choose less expensive staple meals or highly processed foods that provide quick satisfaction, over fruits and vegetables. The rise in cost of living feeds a vicious cycle of unhealthy eating habits that may result in poor health consequences. One way to go around this challenge is to aim to buy fruits and vegetables that are in season. When fruits and vegetables are in season, they are usually less expensive than when they are not in season.

-Written by Dr. Laurene Boateng (PhD, RD)

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WHAT TO EXPECT

- 1 **Eat Green Challenge (1st – 7th April, 2025)**
- 2 **Does being Overweight and Obese Matter? (Webinar) (11th April, 2025)**
- 3 **Dissemination of Educative materials (Posters and Flyers)**

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Your Wellbeing, Our Priority

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