

Healthy Body,
Health Minds,
Prevention of
Illness

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KWAZULU-NATAL AQUATICS

Definition of Health

“Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity.”

World Health Organisation (WHO)



Definition of Mental Health

“A state of well-being in which the individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her community”.

World Health Organisation (WHO)





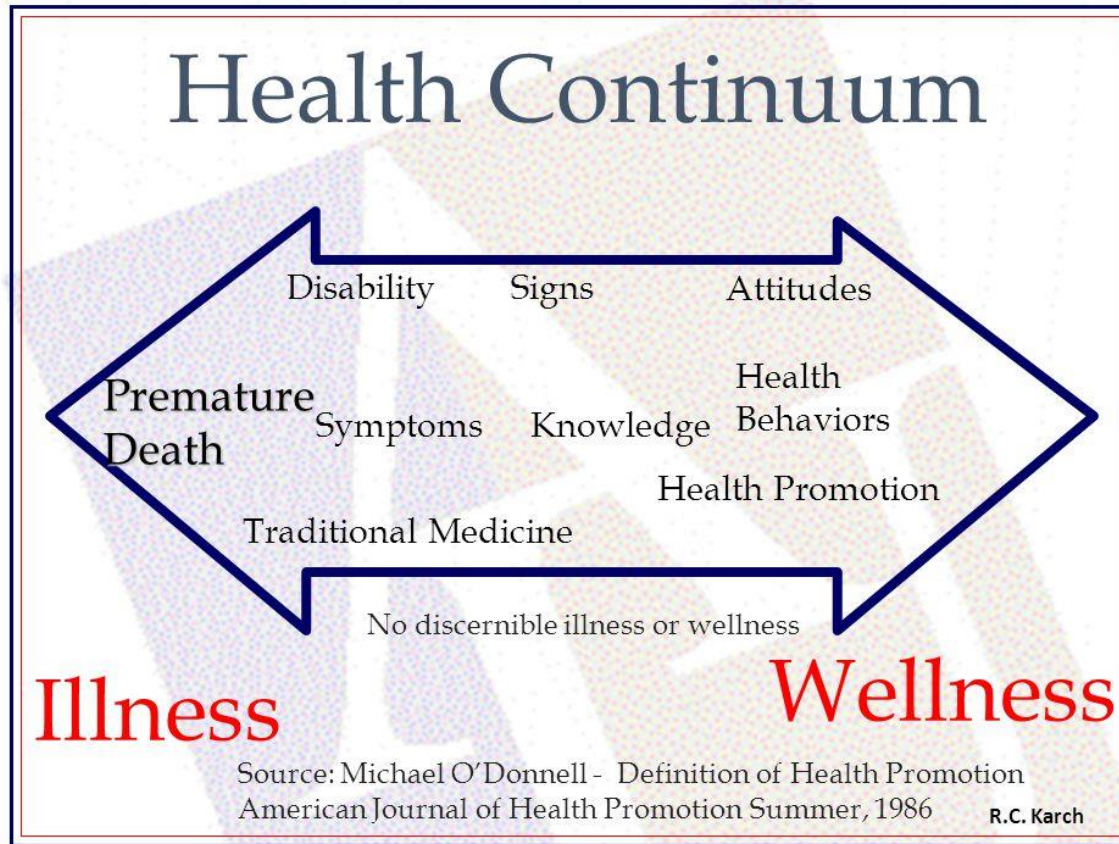
Determinants of Health

Social Determinants

- Income and social status
- Social support networks
- Education and literacy
- Working conditions
- Social environments
- Physical environments
- Culture
- Health care services

Personal Determinants

- Personal health practices
- Healthy child development
- Biology and genetics
- Gender
- Diet



Understanding Health

- How to measure “physical health”?
 -routine health screening
 -many tests
 -results easily interpretable...
 -but do normal results = good health?

physical health



Understanding Health

- How to measure “mental health”
 -more sophisticated testing required....
 -basic screening tools available.....
 -interpretation of results may be dubious...



Health and Sport



Benefits of Exercise

- Stronger muscles
- Flexibility
- Posture
- Heart and Lung health
- Better appetite
- Relaxation
- Quality of life



Benefits of Swimming

- Strengthens abdominal and shoulder muscles
- Reduce weight and obesity
- Reduces stress
- Enhances energy levels
- Strengthens heart and lungs
- Pain and arthritis relief
- Post surgical therapy



Sport is not all good!

- Sporting mental health
- Sporting injuries
- Sporting deaths
- Impact on quality of life

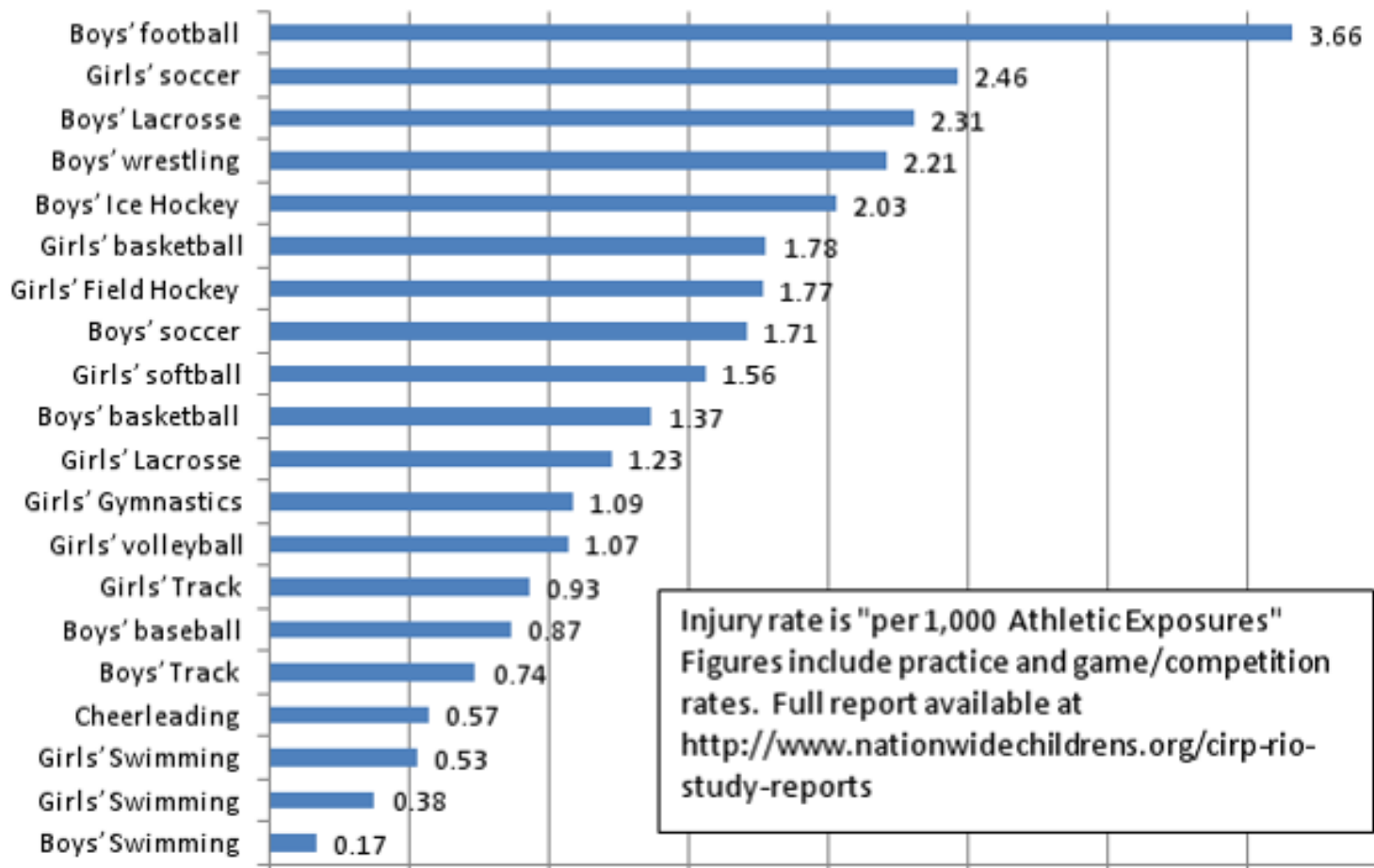
Sporting Injuries

- High risk sports:
 - Rugby
 - Boxing and other contact
 - Soccer
 - Athletics
 - Tennis



Sports injuries in swimming

High School Sports Injury Rates by Sport, 2011-12
NATIONAL HIGH SCHOOL SPORTS-RELATED INJURY SURVEILLANCE STUDY



Injuries in Swimming

- 60% of injuries happen in the water.
- 30-40% doing dryland.
- Body Part Most Injured in the water:
Shoulder.
- Body Part Most Injured doing Dryland:
Back/neck.

Illnesses in Swimming

- Recreational Water Illnesses (RWI's)
- Caused by germs spread by swallowing, breathing in mists or aerosols of, or having contact with contaminated water
- Caused by chemicals in the water or chemicals that evaporate from the water

Water Illnesses

- Gastrointestinal:
 - diarrhoea
- Skin rashes (“hot tub rash”)
- Ear infections (“swimmer’s ear”/otitis externa)
- Lung Disorders: asthma
- Eye disorders: conjunctivitis
- Neurologic disorders
- Wound infections

Sporting Deaths

- What do Tinus Linee, John Mudgeway, Ryan Walker and Jarrod Cunningham, Joost van der Westhuizen, Doddie Weir have in common?
 - A common sport
 - A common disease/death



The healthy athlete at training and competition

- Dietary factors
- Sleep and rest
- Stress reduction from home and school
- Recovery periods

Preventing Illness....generally

- A balanced diet
- Physical exercise
- Mental fitness
- Stress management at work and at home



Preventing Illness in Sport

- All of the previous factors!
- Routine fitness assessments
- Recognising signs of overtraining
- Proper warm-up and cool down
- Proper recovery periods
- Ensuring training is part of the whole life of the athlete: integrate within school, family and social life



Thank You!

