



health

Department:
Health
REPUBLIC OF SOUTH AFRICA



MEDIA ADVISORY

To: Editors & Health Journalists
Issued by: National Department of Health
Date: Friday, 07 February 2025

Deputy Minister Phaahla to participate in Parkrun for Healthy Lifestyle

Pretoria: The Deputy Minister of Health, Dr Joe Phaahla will on Saturday, 08 February lead and participate in the Parkrun in Katlehong, Ekurhuleni in Gauteng as part of department's Healthy Lifestyle Campaign to encourage individuals and communities to participate in regular physical activities to prevent avoidable conditions such as diabetes, cardiovascular disease, obesity and certain types of cancers.

Obesity are serious health problems in South Africa that significantly contributes to non-communicable diseases as well as being associated with a higher risk of death and disability from these diseases.

The Department of Health has signed a memorandum of understanding with Parkrun South Africa to collaborate in establishing park runs in townships and rural areas as most of the existing of them are located in suburban communities. This is in line with the strategy for the prevention and control of Non-Communicable Diseases in South Africa.

Parkrun is a free, community event where people walk, jog, run, volunteer or spectate every weekend (mostly on Saturdays) morning in various locations around the country. There are currently over 220 parkrun events/sites organised around the country taking place on every Saturday.

Members of the media are invited to join the event scheduled as follows:

Date Saturday, 08 February 2025
Time 07h00
Venue Kwanele Parkrun, Katlehong, Ekurhuleni

For more information and media enquiries, please contact:

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