

available in the domestic market so that plane owners should not seek

He said the aircraft hangar will average cost of 100m/- each.

Makenye

Expert warns against impact of lifestyle diseases

By Guardian Reporter

NON communicable diseases (NCDs) which are popularly known as lifestyle diseases are taking toll among the

productive group in the economy posing danger to sustained growth.

Speaking to the Guardian over the weekend in Dar es Salaam, corporate wellness expert Bhakti Shah warned

that NCDs pose an increasingly global challenge and account for a significant number of deaths. NCDs are diseases which are not infectious, that is they are not passed on from person

to person. They are also known as 'lifestyle diseases' that develop over long durations and generally exhibit slow progression. According to a 2011 Report by the World

Economic Forum and Harvard Business Review, NCDs are a clear threat not only to human health, but also to development and economic growth, she said.

Shah, who is the Founder and Managing Director of ImpactAya, a corporate wellness firm based in Dar es Salaam and a founding member and past President of the American Chamber of Commerce in Tanzania cited

that NCDs are all deaths in the world's main income groups. 80 per cent of the world's main income groups pointed out

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lost output over the period 2011-2030 will be nearly USD 47 trillion and the economic burden of life lost due to all NCDs range from USD 22.8 trillion in 2010 to USD 43.3 trillion by 2030.

"NCDs are rising rapidly in African Nations and are projected to exceed communicable diseases as the major cause of death by 2020," said Shah who is also Vice-Chair for Malaria and HIV/AIDS for Rotary District 9211.

The World Health Organisation estimates that 31 percent all deaths in

Tanzania are due to NCDs including but not limited to cardiovascular diseases, cancers, diabetes and chronic respiratory diseases.

NCDs at workplaces cause loss of productivity, absenteeism, accidents, high medical costs and employee turnover. Unmanaged diabetes results in more than eight days absenteeism per employee every year while cardiovascular diseases result in lost productivity and premature death.

High blood pressure results in frequent doctor visits and absenteeism, obesity results in

escalated costs due to consequences such as hypertension, cardiovascular diseases, diabetes and diabetic complications, sleep apnea, arthritis, social disability.

She advised that there are affordable solutions that call for simple lifestyle changes in regard to nutrition, exercise and rest.

Summing up, she said a healthy workplace culture is a key component for all employers, irrespective of the size of their organisation; "such a culture can be maintained by developing and implementing a variety of wellness

programs and services," she said.

Wellness programmes empower employees to achieve their health and wellness goals, help change unhealthy patterns and get them on the road to healthier lifestyle choices.

Healthy employees perform their roles more efficiently, miss fewer days of work, and help to decrease health care costs. Wellness empowerment can be conducted through several types of channels. These include classroom and seminar sessions, working collaboratively with a health and wellness coach and in a self-directed setting.