



DIMAMO and University of Limpopo's Health and Wellness Centre host Health Awareness Campaign

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June 2025



The DIMAMO Population Health Research Centre (PHRC), in collaboration with the University of Limpopo's Health and Wellness Centre successfully hosted the *First Things First* health awareness campaign from 12 - 14 March. The three-day event aimed to educate, empower and provide essential health services to students and staff, emphasising the importance of preventive care and wellness.

The campaign focused on creating awareness around HIV/AIDS, tuberculosis (TB), and Sexually Transmitted Infections (STIs) while also providing lung function testing, voluntary male medical circumcision (VMMC) and screenings for non-communicable diseases. Blood pressure and glucose testing took place helping students monitor their health and detect early signs of chronic conditions. There were also sessions addressing gender-based violence (GBV), mental health, substance abuse, sexual diversity (LGBTQIA+) and other wellness concerns.

One of the key focus areas was lung function testing aimed at assessing respiratory health and detecting potential lung-related conditions. This is particularly relevant given the rising popularity of smoking methods like hookah (hubbly bubbly) and vaping, both of which pose significant health risks.



By conducting lung function tests, DIMAMO PHRC aims to detect respiratory issues at an early stage, allowing for timely intervention and management. Health monitoring intends to provide ongoing surveillance of lung health of students, especially in areas where hookah smoking and vaping are prevalent. Health education will inform the public about the risks associated with various smoking methods and promote healthier lifestyle choices.

This health campaign reflects DIMAMO PHRC's commitment to preventive healthcare and the well-being of the University of Limpopo community. Students and staff had access to free health screenings, educational sessions and interactive discussions led by medical professionals and health advocates.

This initiative reflects DIMAMO PHRC's ongoing commitment to public health and community well-being. Attendees were encouraged to take proactive steps toward their health, seek medical support when needed and spread awareness within their communities.

The campaign was well received by students, with many expressing appreciation for the convenience and accessibility of services. One student shared their experience, "I had never considered getting tested before, but this event made it easy and comfortable. The counselors were so supportive and I feel more confident about taking charge of my health." Another student, who attended the mental health awareness session, remarked, "It's reassuring to know that mental health is being taken seriously. I learned a lot about managing stress and where to seek help if I ever need it."

