

TOPIC: Individual and Societal Health in East Africa

In this lesson, you will learn some general information about individual and societal health in East Africa and common health issues related to living and traveling in this region. Furthermore, you will review medical and corporeal terminology that has been discussed previously in the Hinnebusch texts. As a foreign traveler, it is vital that you are able to precisely and effectively describe various parts of the body and that you possess some basic knowledge about diseases and the nature of seeking medical attention in East Africa.

Also, in engaging with the LangMedia materials for this lesson, you will begin to recognize the importance and complexity of understanding the social, political, and historical aspects of health and medical practices in East Africa. It will become evident that notions of individual and societal "health", when understood in the broadest sense of the term, involves discussions of gender, body politics, education, women's rights, as well as both the national and global political economy (especially in regard to the HIV/AIDS epidemic in this region). Although these complexities will not be discussed in detail here, it is important that you understand notions of individual and societal health as necessarily involving a di-scopic lens: the narrow scope of practical medical knowledge and everyday bodily care, and the broad scope of political, social, and ideological discussions of "health".

Materials for this Study Guide

Textbooks

- Hinnebusch
 - Lesson 20, Habari za Sarufi, Note 1 (pp. 140-141)
 - [Online audio for Hinnebusch](#)
- Almasi
 - Chapter 31 (pp. 325-331)

Online Materials

- LangMedia Swahili collection:
 - Society and Social Issues in Tanzania: [Well-Being of Families](#)
 - Society and Social Issues in Tanzania: [HIV/AIDS - How Widespread?](#)

- Society and Social Issues in Tanzania: [HIV/AIDS Education](#)
- Newspaper Resources
 - [Gazeti la Mwananchi Tanzania](#)
 - [Mwanzo - Hizb ut Tahrir Kenya](#)
 - [RFI](#)
- Other Online Resources
 - [University of Kansas Kiswahili Lesson 30 - Diseases](#)

Assignments for Independent Study

Reviewing the -ka- Tense/Aspect Marker

The -ka- marker performs several functions: the narrative past, the consecutive subjunctive (Go and do x), and in newspaper headlines in the third person. In this study guide, we will be using it to relate narratives about health in the past.

- Review the material in Hinnebusch Lesson 20, Habari za Sarufi, Note 1 (pp. 140-141).
- Read Almasi, Chapter 31 (pp. 325-331). Take note of the examples given, and memorize them through flashcards or some other method if they are unfamiliar.

Learning about Health in East Africa

- Study the vocabulary in [Lesson 30 - Diseases](#). Make flashcards or use whatever system you have to memorize these words and phrases.
- Watch the following videos on LangMedia:
 - Society and Social Issues in Tanzania: [Well-Being of Families](#) - "Alleviation of Poverty" and "Family Planning"
 - Society and Social Issues in Tanzania: [HIV/AIDS - How Widespread?](#) - "Challenges Dealing with AIDS"
 - Society and Social Issues in Tanzania: [HIV/AIDS Education](#) - "Youth and AIDS Education"
- First watch the videos and try to understand as much as you can. After a couple of watches, read over the Swahili transcript. Take note of any expressions or new words and add them to your memory system.
- Complete the following assignments:

- **HAND IN:** Write a reaction (at least 20 sentences) in Swahili to at least two of the videos. Give your opinions about what was said as well as trying to relate it to your experience or your prior knowledge.
- **HAND IN:** Write a story (at least 20 sentences) in Swahili about a made-up time that someone dealt with some minor health issues and had to go to the doctor. Use vocabulary from the link above as well as the -ka- tense where appropriate.
- **HAND IN:** Write an outline in Swahili for a 5-6-minute presentation about a disease or health issue in East Africa. Write it out as bullet points with full sentences. Feel free to use the materials from this guide as well as to do research in English, but this outline and the presentation itself must be in Swahili.

Reading the News

- Go to [Gazeti la Mwananchi Tanzania](#), [Mwanzo - Hizb ut Tahrir Kenya](#), or [RFI](#) and find a short article in Swahili on the subject of Health. Read the article, noting down any new words or expressions to study afterwards and enter into your memory system.
 - **HAND IN:** A short summary (10 sentences) of an authentic Swahili news article about Health. Visit [Gazeti la Mwananchi Tanzania](#), [Mwanzo - Hizb ut Tahrir Kenya](#), or [RFI](#) to find one.

Conversation Session Preparation

- Be prepared to... Present a short description (5-6 minutes) of a prominent disease or health issue in Kenya, Uganda, or Tanzania. Of course, as you have seen in the LangMedia videos for this lesson, HIV/AIDS is the most popularized health issue in the East African region. Other diseases and health issues that you could present on are malaria, dysentery, nutrition, potable water, cancer, etc... Make sure to mention whether this disease or health issue is predominantly a problem for travelers or people native to that region.

- Be prepared to... Perform a role play of both doctor/patient and pharmacist/client scenarios. You should be able to describe your symptoms in detail and discuss the area of the body where you are feeling pain or being affected. Also, you should be able to briefly recount your recent activity (especially as a foreigner/traveler) in order to assist the doctor in finding the correct diagnosis.

Homework for Tutorial

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