



KWAZULU-NATAL PROVINCE

HEALTH
REPUBLIC OF SOUTH AFRICA

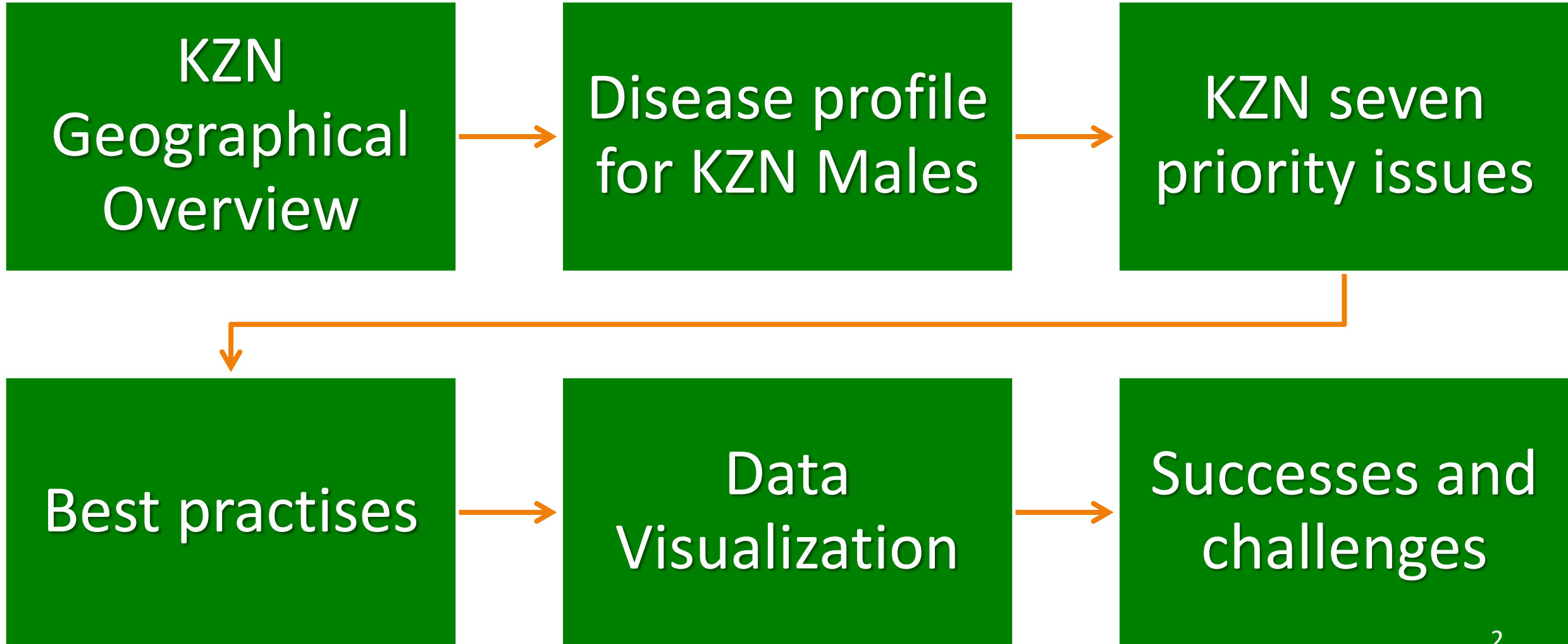


Improving HIV/STI'S/TB Policy Implementation in the KwaZulu-Natal (KZN) Province in South Africa Under the President's Emergency Plan for AIDS Relief (PEPFAR)

MODELS OF CARE & BEST PRACTICES FOR MEN'S HEALTH SERVICES IN KZN

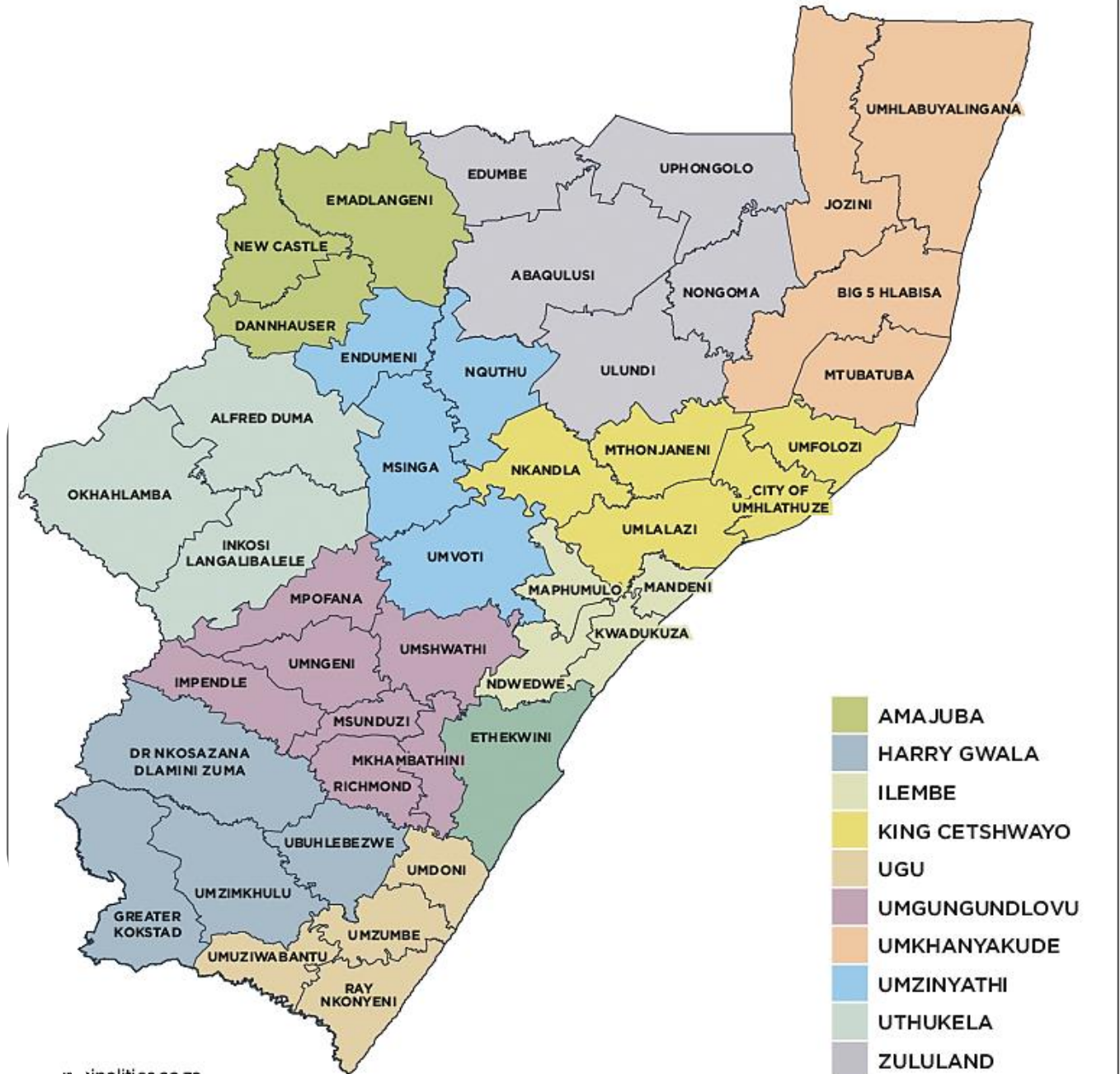
PRESENTER: NOZIPHO SHABALALA
DEPUTY DIRECTOR: MEN'S HEALTH INTEGRATION EXPERT

OUTLINE



KZN OVERVIEW

- Number of districts : 11
- Total population:12.3 million
- Male Population: 5.9 million, or 47.5% of population



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DISEASE PROFILE FOR KZN MALES

COMMUNICABLE DISEASES

HIV/AIDS and Tuberculosis

NON-COMMUNICABLE DISEASES

Mental Health Issue
(Often compounded by
masculinity norms)

Depression and Anxiety: These are widespread mental health conditions. While men and women experience them, men often manifest symptoms differently

Substance, alcohol and drugs abuse.

DISEASE PROFILE IN KZN MALES



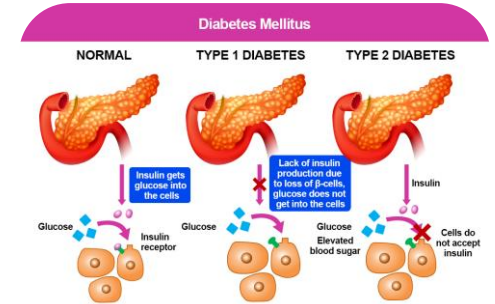
NCDs are a growing public health challenge in South Africa, and men in KZN are particularly affected.

Hypertension: A high percentage of men in South Africa have hypertension, and the incidence of new diagnoses has been increasing in KZN.

DISEASE PROFILE FOR KZN MALES

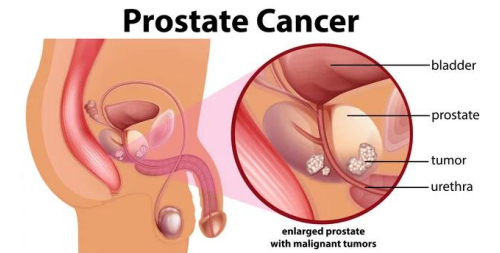
Diabetes Mellitus:

The prevalence of diabetes is a notable concern. Uncontrolled diabetes can lead to severe and irreversible complications, including heart disease, stroke, kidney disease, and blindness.



Prostate Cancer:

As men age, prostate health becomes a major concern. Prostate cancer affects the prostate gland and is a common male cancer. Regular screening is crucial for early detection.



Sexual and Reproductive Health:

(STIs, Erectile Dysfunction)



PRIORITY HEALTH ISSUES

HIV/TB Screening,
testing prevention
and treatment.

Mental Health
Screening (Including
drug and substance
abuse .

Hypertension and
Diabetes Mellitus.

Cancers
Prostate and
testicular

Sexual Reproductive
Health Erectile
Dysfunction, Early
Ejaculation and
vasectomies.

Sexual Reproductive
Health screening +
referral for
Vasectomy

Other prevention
services (PEP, Prep,
condom distribution)

STI Screening,
diagnosis and
treatment

BEST PRACTICES

COMMUNITY MOBILIZATION & DEMAND CREATION



- Addressing **socio-cultural barriers** through local, male-led dialogue platforms
“protect your families by taking care of your health.”
- Cultural Dialogue Platforms:** Isibaya Samadoda and iKhosombeni Lamajita Activations: Community engagement sessions where men (especially elders and positive role models) openly discuss health, masculinity, GBV, and encourage service uptake.



BEST PRACTISES

ESTABLISH

Establish dedicated "Men's Corners" or entirely Men-Centered Clinics within public facilities.

ENSURE

Ensure the service is primarily run by motivated clinicians.

BE

"One-Stop-Shop" Approach: Every male consultation must be used as an opportunity for holistic screening.



1. Men-Friendly Clinic:

Dedicated "Men's Corners" or "Phila Ndoda" Sites: These are known for creating dedicated spaces or clinics specifically designed to be more welcoming and accessible to men.

2. Mobile and Outreach Services:

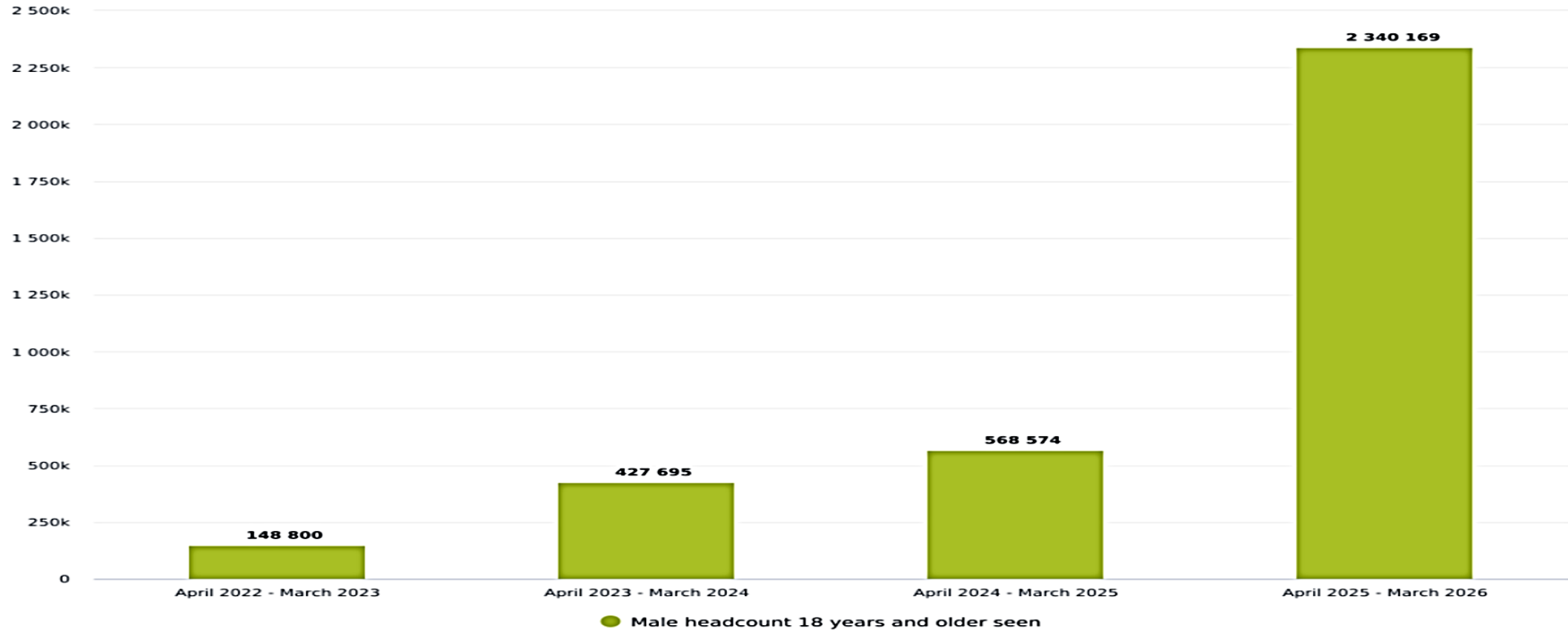
To address the barriers of time and travel, services are being brought closer to where men live and work.

These are often set up at locations where men congregate, such as taxi ranks, workplaces, sports events, and educational sites.



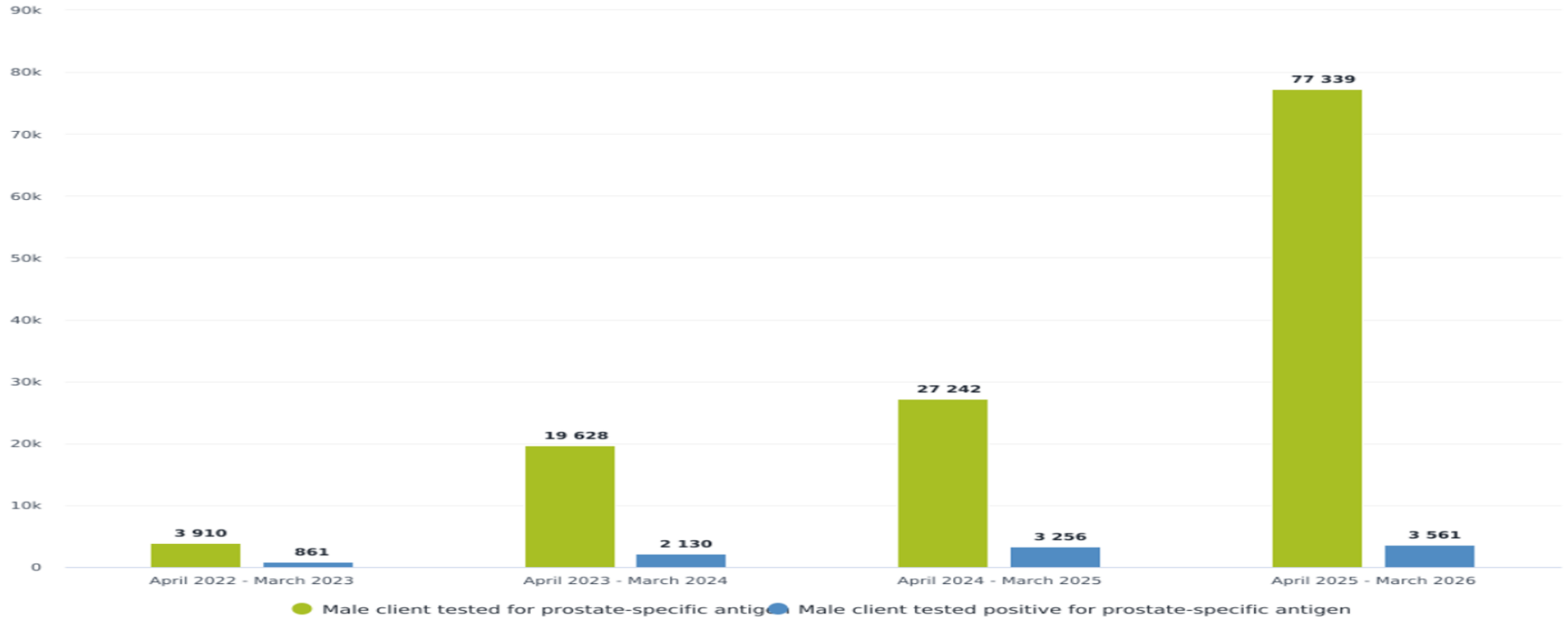
MALE HEADCOUNT 18 YEARS AND ABOVE

kz KwaZulu-Natal Province



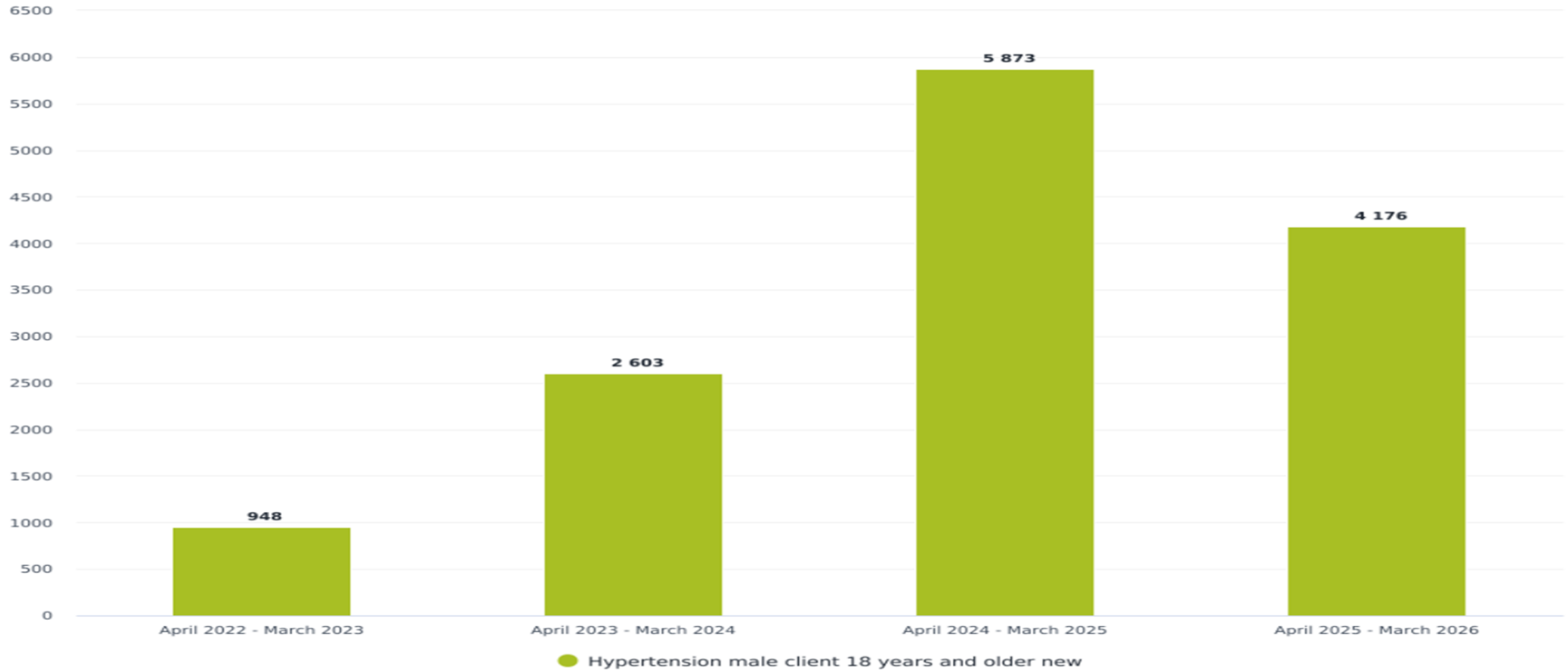
PSA TEST vs POSITIVES

kz KwaZulu-Natal Province



MALE Dx HYPERTENSION

kz KwaZulu-Natal Province





Despite some notable successes, rendering men's health services in KwaZulu-Natal (KZN) continues to face significant and deeply rooted challenges.

Socio-Cultural Barriers and Stigma:

Masculinity Norms: Deeply ingrained cultural and social norms around masculinity often discourage men from seeking help.

Stigma Associated with Illness: There is a pervasive stigma, particularly around HIV and other sexually transmitted infections (STIs).



SUCCESES

Availability of Men's Health Policy awaiting endorsement by Acting HoD.

Bringing services to men (workplace and recreational facilities)

Mobile and Community-Based Men's Health Mobiles: Currently in 7 with 2 on the pipeline for allocation.

Increased number of men-friendly facilities from 29 in 2022 to 156 in 2025.

Sustained collaborative work with other male-dominated government departm



JOINING HANDS IN SAVING LIVES



THANK YOU

