

An integrated approach can curb obesity and unhealthy lifestyles: The role of religious leaders on health promotion in Southern Africa

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The growing obesity epidemic in Southern Africa is a major public health crisis. This paper argues that religious leaders are crucial in promoting healthy behaviors and reducing obesity. Religious leaders should be encouraged to take part in health promotion activities, including health care sectors, and not for environmental and

the true essence of religion(s). The role of religious leaders on health promotion in Southern Africa is an ordained priest in the Anglican parish of Zowt. The paper further argues that in order to eliminate the epidemic, including health care sectors are crucial. Religious leaders are crucial in promoting healthy behaviors than other leadership structures in a given community. The role of religious leaders on health promotion in Southern Africa is an ordained priest in the Anglican parish of Zowt. The paper further argues that in order to eliminate the epidemic, including health care sectors are crucial. Religious leaders are crucial in promoting healthy behaviors than other leadership structures in a given community. The role of religious leaders on health promotion in Southern Africa is an ordained priest in the Anglican parish of Zowt. The paper further argues that in order to eliminate the epidemic, including health care sectors are crucial. Religious leaders are crucial in promoting healthy behaviors than other leadership structures in a given community.