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Uganda, Factor 12: Human Diseases

Uganda: Government to improve medical education, improve water

The vast, African country of Uganda is a tropical area composed of about 41,652,938 individuals throughout four different regions. **Family size and composition:** The average family size in Uganda is about 4.7 people, and the average amount of children per woman is about 5. Due to the substantial quantity of children per family/woman, it is hard to keep up with the increasing amount of children born each year, and the demand that required (World Factbook, 2017). In the year, 1844, Uganda was discovered by Arabs and Europeans. On October, 9th, 1962, Uganda became an independent country, and Sir Edward Mutesa became the king of Uganda. (Sandbox Networks, 2000-2017). Uganda is enclosed by land and is one of the most population-filled countries besides Ethiopia. **Employment and wages:** In the large population of Uganda, 65% of the people live on less than \$3.10 (in United States currency) per day (Uganda's water crisis, 1990-2017). **Education:** The average education expectancy is about 10 years. (The World Factbook, 2017).

In particular, there are a couple of things that Uganda struggles with daily. Uganda has a very poorly organized government. Inside this poorly organized government, holds issues with the vast group of children per school, per small amount of teachers, and most adults don't get properly paid. Also, the abundance of children that are born in Uganda and the sum of money the government isn't enough to fully support all of the families. **Access to health care:** Another issue that Uganda faces is the limited amount of people in the healthcare field. There are so many people of Uganda who need health assistance for health, problems, and such, and there aren't enough caretakers to manage and take care of the demand that is expected. **Barriers to improving agricultural productivity:** Uganda has deforestation issues and overgrazing problems as well (Major problems facing Uganda Today, 2017)

The country of Uganda is very vast and filled with cool things. Uganda is about 241,038 square km. Uganda is located in East-Central Africa, west of Kenya, east of the Democratic Republic of the Congo (The world factbook, 2017). It's a tropical area, and from December to January, and June to August are the dry seasons. The area is mostly plateau, and they have many natural resources. Those natural resources consist of copper, cobalt, hydropower, limestone, salt, arable land, gold. 71% of Uganda's land is agricultural. Some of Uganda's environmental issues include deforestation, overgrazing, soil erosion, and draining of wetlands for agricultural use.

In 1894 Uganda became a British protectorate. In 1958 Uganda became self-governed. From 500 b.c to 1300 a.d Bantu people migrate to the region and establish the state of Buganda. John Speke was the first European visitor of Buganda (Britain took control of Buganda and therefore named it Uganda (1894-1900) Uganda gained independence in 1962 and Mutesa II the king became president.

On Tuesday, February 28, Uganda's government informed their people that their country is becoming food insecure and that the crops are failing. According to "Uganda warns of food insecurity," in a new report launched here dubbed National Food Insecurity Assessment, an estimated 69%. 26% is facing Stressed food insecurity.

The people of Uganda speak the language of Bantu and Luganda, depending on which part of the region they live. In Africa, as a whole dance is a way of expression and culture. Two types of dances that they practice in Uganda are the Tamenhaibunga and the Kiganda. The Tamenhaibunga is a dance used to demonstrate love and friendship, which are two important values of Uganda. The Kiganda is a more widely used dance of Uganda, and it's moving the lower half of your body to the beat of drums. This

dance is used for special occasions. Religion still stands in the country of Uganda. There are various forms of Christianity in Uganda, and also the Muslim faith is present(Our Africa: People and Culture, 2017). According to the World Factbook, the religion percentages in Uganda are as follows: Uganda's religion proportions consists of Protestant 45.1% (Anglican 32.0%, Pentecostal/Born Again/Evangelical 11.1%, Seventh-Day Adventist 1.7%, Baptist .3%), Roman Catholic 39.3%, Muslim 13.7%, other 1.6%, none 0.2%(The World Factbook, 2017).

The economy of Uganda recently had a downfall in 2008 but has since been getting better and growing. According to the World Factbook Central Intelligence Agency, about one-third of Uganda's population are employed in the agriculture industry, and therefore agriculture is a substantial part of Uganda's everyday life and survival. **Crops grown or animals raised:** Uganda's main agriculture products include coffee, tea, cotton, tobacco, cassava, potatoes, corn, millet, pulses, cut flowers; beef, goat meat, milk, poultry, and fish (The World Factbook, 2017). **Agricultural practices:** The majority of the money that Uganda receives is from their arduous work in producing and growing food and such in their land. Sugar, brewing, tobacco, cotton textiles; cement, steel production are a few industries that contributed to the economy of Uganda. In regards to trading with other countries, coffee accounts for most of the money that is received.

Within the country of Uganda holds four entire regions. The Eastern Region, Central Region, Northern Region, and Western Region. The most recent census states that the Eastern Region is composed of 9,554,200 people, the Central region is made up of 10,095,900 people, Northern holds 7,594,700, and the Western has 9,348,200 people. Each Region is composed of about twenty to thirty districts(Uganda: Administrative Division, 2017).

Food security is when you are in proximity to and have access to nutritional food. Food security is different from food insecurity because food insecurity is when you don't have access to nutritious foods and are distant from the places where the nutritious foods are held. According to, 2016 World Hunger and Poverty Statistics, from 2014-2016, out of the 7.3 billion people in the world, there are 795 million who are malnourished. **Barriers to accessing food markets and adequate nutrition:** About 4 million people suffer from food insecurity in Uganda(Tajuba, 2016), and there are currently 37.58 million living in Uganda as of 2013. A food bank is a place where necessities of life are given for free for those who are impoverished. Almost every place in Uganda has a food bank for those in need. Within these food banks carry food processors which help people to sell their crops easier. Six of the epicenters in Uganda have farm days where they teach people how to farm properly. These days are a big help to those who are in need of food and need to know how to grow their crops properly so that they will be able to sell them. The organization that helps with this foods security is called the hunger project. Human diseases and Water and Sanitation are two factors that contribute to food s. For human disease, it reduces the risk of diseases such as HIV and malaria to improve health and increase agricultural production. Water and Sanitation access to sanitary items such as water fountains, bathrooms, toilets, and hygiene necessities like showers and toilets. Mother is watching over her four children as they sit down to eat. Akello is eight, Dembe is seventeen, Bacia is four, and Bale is ten. The father isn't home because the mother doesn't have much control over her body. **Diet:** As the children sit down to eat their meat and bean stew, they pray and thank God for the food that they had. The next morning Dembe goes to find work, while Akello, Bacia, and Bale go to school. Dembe comes home often because she is expecting a child. She gets sick often because doesn't eat enough because she's rushing out of the house to search for work. When she gets sick it's hard for her to find help because she doesn't have much access to healthcare, and the doctors are limited.

**Farm size:** The family has a small portion of farmland because women are less likely to own large portions of farmland. **Crops grown or animals raised:** In the small area that they hold they typically grow potatoes, corn, and millet, and that's what their meal mostly consists of.

Some major barriers that influence the productivity of agriculture in Uganda are the infectious diseases and the high birth rate. With high quotas of diseases like HIV/AIDS, it's killing a lot of people because there aren't a lot of people available in the medical field to help them get better when they're carrying the disease. Although the whole population of Uganda doesn't have HIV/AIDS, 1,461,700 people are living with it, and 28,200 have died from it (World Factbook, 2017). This may seem like a small number, but more and more individuals are getting the disease, especially due to the high birth rate in Uganda. The barrier that contributes to earning employment and living wage is the population. **Barriers to employment at living wage:** Uganda has one of the most fast increasing populations in the world. Due to this fact, it's hard to distribute enough money and income to every single working person in Uganda, because the population is growing so fast. So primarily, the income of Uganda can't keep up with the population growth. In one precise region of Uganda, Karamoja, the reason they're food insecure is because of drought and limited rainfall (Food Assistance Fact Sheet-Uganda, 2017). If there isn't enough rain, that means the crops won't be able to grow, and therefore, the people are food insecure because they have no access to food.

The Factor that I chose to do was human diseases. Earlier this year, the mother was diagnosed with Hepatitis A. This disease caused her to be sick a lot and off of her feet. **Describe the effect of the factor on the typical family in your country:** Because she was in diseased, she spent a large portion of her income to try to find a doctor to reduce the pain and for medication so she wouldn't get sick as much. Because she spent so much money and was off her feet, this caused leading income issues to occur in her family. She was unable to tend her farm, so she couldn't produce food, and because she couldn't produce food, she couldn't sell her crops and make money off of them, which caused her family to be food insecure because she couldn't provide and for a while her children barely ate.

**Describe the present status of this factor:** As of this last year, the status of these diseases continues to be high. Some of these diseases include HIV/AIDS, bacterial diarrhea, typhoid fever, hepatitis a and e, malaria, rabies, schistosomiasis, and dengue fever, and trypanosomiasis-Gambiense (African sleeping sickness) (World Factbook, 2017). All of these diseases are transmitted sexually, or through food, water, or insects. The environment has little to do with human diseases and is not degraded. These such illnesses are specifically affecting poor people because most of the diseases are preventable, or treatable, but the poor don't have money to get healthcare and get better from their diseases (Neglected diseases in Uganda, 2017). **Describe the trends for this factor:** The trend isn't changing because according to the world factbook, the risk of carrying these diseases are still very high. The trends are measured through the number of people affected.

Improving human disease would help the amount of food available to my family, because if the mother hadn't spent so much money on trying to locate a healthcare facility, in order to heal from her disease, and if she had never got hepatitis, then the family would be much more wealthy and they would have enough money to sell crops and make money off of it. If the healthcare providers didn't have to utilize so many resources from the environment, then the environment would probably increase more. Improving human disease would lead to helping the economy because if there was less disease, a lot of money wouldn't be poured into trying to cure and mend those diseases. Improving the diseases would also help poverty reduction because if people didn't spend so much money trying to get better from their diseases then they wouldn't go into poverty trying to pay medical bills.

**Describe how other major issues will affect your chosen factor:** Population growth would affect human disease because we've established that Uganda has a rapidly growing population, so as long as the populations growing, the ability to carry disease is growing. Water scarcity could affect human disease generally and in the family in both a positive and negative way. It could affect it in a positive way because if there's limited water, then that's less risk for schistosomiasis (disease spread through a water

snail), and possibly hepatitis a, e, bacterial diarrhea, and typhoid fever. The main negative effect that this would have is the fact that the mother has hepatitis a, and when you're in and out of health care, and sick, you need food and water available to you because it's essentially a part of the recovery process. Urbanization could help the chance of human diseases because Uganda is in a rural area, and some of these diseases are common just because it's a rural, tropical area where there's plenty of places for diseases to be transmitted.

**Describe how improving this factor would benefit your country:** Within my urban area, there are many places in which I would like to improve human diseases to benefit the community and my family. After much research, I've learned that health care in Uganda is extremely limited. Not a lot of people in Uganda get a substantial amount of education, so there aren't many people in the medical industry. If there are people in the industry it's a small amount and they're sporadic. To help this issue, I would conduct a fundraiser or start an organization where people from different countries or even missionaries could come and donate money to this cause. I would also put money towards finding a more efficient way to making sure all food and water is cleaned properly. A share of the diseases that are common in Uganda are food or waterborne diseases, and if so many people are getting them, that means that the food and water aren't being filtered or kept correctly. Also if the missionary contributions work out, a segment of those funds will go to the mother of my family who is suffering from Hepatitis A. To solve this issue by 2030, I'm going to stick with my contributions idea. I'm going to have missionaries come over and any other people who want to give, to come over to our country in order to achieve better health care and efficient cleanliness in food and water. **Describe one of more local project in your country that could be scaled up successfully:** There's a project called, "Uganda Clean Cooking Supply Chain Expansion Project" and I think that could be scaled up so that it could reach people faster.

**Give suggestions for the appropriate role of communities, the national government, and organization in implementing your recommendations:** I suggest that we give the people more schooling and implement more healthcare opportunities so that the people of Uganda have more access to medical centers when they carry disease. I suggest that the community comes together and make their voice be heard concerning the limited healthcare they possess so that people in higher authority may hear the people's concerns and possibly make a change. Rural farms can create new ways to make sure their food and water are clean and brainstorm new ideas about how to go about changing this. Urban families have more access to technology, so they could use that to their advantage to capture the attention of leaders and other countries to come together to benefit the people struggling with human disease in the country of Uganda.