



GAUTENG PROVINCE

HEALTH
REPUBLIC OF SOUTH AFRICA

MEDIA STATEMENT

SUNDAY, 27 JULY 2025

MEC NKOMO-RALEHOKO LEADS TEAM HEALTH IN JOINING THOUSANDS OF PARTICIPANTS AT THE ANNUAL 702 WALK THE TALK

As part of efforts to promote healthy lifestyles and mobilise communities to engage in physical exercise, the Gauteng MEC for Health and Wellness, Nomantu Nkomo-Ralehoko is this morning joining thousands of participants at the annual 702 Walk the Talk in Pretoria.

The MEC will lead over 190 officials from the Gauteng Department of Health (GDoH) taking part in one of three walking routes: 8 km, 6.7 km, and 4 km fun walk. The walk start at Freedom Park Heritage Site and finish on the Southern Lawns of the Union Buildings.

This participation is in line with the Department's #AsibeHealthyGP campaign, which aims to encourage people to engage in physical exercise and reduce the risk of cardiovascular diseases and other non-communicable diseases that continue to strain our public health system.

According to the World Health Organization, non-communicable diseases like heart disease, stroke, cancer, diabetes and chronic lung disease account for over 70 % of all deaths globally. Many of these lifestyle-related conditions can be prevented through regular physical activity, a balanced diet and other healthy behaviours.

"As the population of Gauteng continues to grow, we are seeing an increasing number of people presenting at health facilities for medical care. It is therefore crucial that we encourage communities to get active and adopt healthier lifestyles to reduce the burden of disease on the public healthcare system. Events like the 702 Walk The Talk are a great way to raise awareness about the importance of preventative healthcare," states MEC Nkomo-Ralehoko, pointing out that outreach health officials will also offer health screening services on site.

Members of the public are encouraged to organise and support initiatives of this nature in their respective communities to build a healthier Gauteng.

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Issued by the Gauteng Department of Health

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