

Half of children not exercising enough

Fewer than half of Northern Ireland's children are doing enough exercise.

Despite this most parents think they are active enough, a survey showed. Around a fifth of boys and 15% of girls are overweight or obese, the British Heart Foundation in Northern Ireland added.

The charity published a report, Couch Kids, highlighting the need for more activity.

Associate medical director Dr Mike Knapton said: "Mums and dads need to take off the blinkers about how active kids need to be in order to keep their hearts healthy."

"Kids need to get moving yet we have been standing still for the last decade."

Around 44% of children are doing the recommended daily hour of physical activity.

Mr Knapton added: "Parents have such an important role in helping and encouraging their kids to be more active by building exercise into their everyday lives - whether that's taking part in team sports, playing outside with their friends or walking to school."

The UK-wide report collected research from a wealth of sources to provide a clear picture of the level of childhood obesity, how active children are, barriers that stop them from exercising, and made recommendations on tackling the problem.

Dr Knapton added: "Public health needs to feature more strongly in transport, planning and education policies."

(Source: belfasttelegraph.co.uk)

End violence against women once and for all: UN chief

Tehran Times Social Desk

TEHRAN — UN Secretary General Ban Ki-moon in his message on the International Day for the Elimination of Violence Against Women, November 25, called for more investment on resources in countering violence against women.

The full text of his message, a copy of which sent to the Tehran Times daily by the UN Information Center (UNIC) in Tehran, reads:

"In the ten years since the general assembly designated November 25 as the International Day for the Elimination of Violence Against Women, the circle of engagement has widened. More groups and individuals, including men and boys, are getting involved in efforts to prevent and address this heinous violation of women's human rights. There has also been significant progress at the national level as many countries have adopted laws and comprehensive action plans.

"However, much work lies ahead. In every country, women and girls continue to be plagued by violence, causing tremendous suffering. Such violence undermines development, generates instability, and makes peace that much harder to achieve. We must demand accountability for the violations, and take concrete steps to end impunity. We must listen to and support the survivors.

"Our goal is clear: an end to these inexcusable crimes -- whether it is the use of rape as a weapon of war, domestic violence, ... so-called "honor" crimes or We must address the roots of this violence by eradicating discrimination and changing the mindsets that perpetuate it.

The "Unite to End Violence Against Women" campaign that I launched last



year is galvanizing action across the United Nations system. It calls for all countries to put in place, by the year 2015, strong laws, multi-sectoral action plans, preventive measures, data collection, and systematic efforts to address sexual violence in conflict situations. I invite governments, organizations and individuals to join us in this Campaign. I have also just launched a network of men leaders to strengthen our advocacy.

"The UN General Assembly's support for the creation of a new gender equality entity will also bolster our work. The

new entity will promote gender equality and the empowerment of women, and hold the UN system itself accountable for supporting measures to eliminate discrimination against women and end violence against them.

"Women around the world are the very linchpin keeping families, communities, and nations together. On this international day, let us reaffirm our commitment to women's human rights; let us invest more resources in countering this violence; and let us do all it takes to end these horrific assaults once and for all."



Surge in Iran's AIDS death rate

Tehran Times Social Desk

TEHRAN — The human immunodeficiency virus (HIV), the pathogen that causes AIDS, has claimed 94 more lives in Iran over the second quarter of 1388 (began March 21, 2009), compared to the first quarter of the year, the Health Ministry said in a report on Monday.

According to the ministry, a total of 3,409 Iranians have died of the virus over the second quarter of the year (began March 21), while the death rate was 3,315 in the first quarter.

The report pointed out that there was also a significant increase in the number of HIV infected individuals over the said period.

Of the total of 20,130 individuals that were reportedly diagnosed with AIDS in the second quarter, 2,097 patients reached the late stage of the disease. However, from the 19,774 individuals infected during the first quarter of the year, 1,975 reached the late stage of the disease.

The report blamed drug injection for 76.6 percent of the AIDS transmission across the country.

Sexual and prenatal transmissions have infected 13.3 and 0.8 percent respectively.

Men account for 93 percent of the HIV patients, and women comprise 7 percent of the infected population, the report added. Acquired immune deficiency syndrome or acquired immunodeficiency syndrome (AIDS) is a disease of the human immune system caused by the human immunodeficiency virus (HIV).

This condition progressively reduces the effectiveness of the immune system and leaves individuals susceptible to opportunistic infections and tumors. HIV is transmitted through direct contact of a mucous membrane or the bloodstream with a bodily fluid containing HIV, such as blood, semen, vaginal fluid, preseminal fluid, and breast milk.

This transmission can involve sex, blood transfusion, contaminated hypodermic needles, exchange between mother and baby during pregnancy, childbirth, breastfeeding or other exposure to one of the above bodily fluids.

AIDS is now a pandemic. The World Health Organization's latest statistics in 2007 estimated that 33.2 million people lived with the disease worldwide, from which 30.8 million are adult and 2 million are children, and women account for 15.5 million cases.

The disease killed an estimated 2.1 million people, including 330,000 children in 2007, and more than 25 million people have died of AIDS since 1981.

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For further information, please refer to the website or headquarters of the conference secretariat.
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