

EKIWANDIICO KY'OBUBAAGA ERI ABETABA MU KUNOONYEREZA KWA MOCCA

1. Enyanjula

Twagala okukwebaza olw'okwetaba mu kunoonyereza kuno. Engerri okunoonyereza kuno gyekuwedde, tuwandiise ekiwandiiko okukutegeeza ebizulidwa.

Okunoonyereza kwakolebwa okugezesa engerri empya ey'okuwamu endabiliira eri abantu abalina akawuka ka mukenenya, obulwadde bwa Puleesa (obumanyidwa) oba sukaari omungi mu musaayi (obulwadde bwa sukari obumanyidwa). Kwayitibwa okunoonyereza kwa MOCCA study.



2. Lwaki okunoonyereza kuno kwakolebwa?

Mu kiseera kino waliwo abantu bangi mu Africa abalina obulwadde bwa puleesa, obulwadde bwa sukari oba byombi. Abantu abalina obulwadde bwa Puleesa oba obulwadde bwa Sukari betaaga okufuna obujjanjabi mu budde obutuufu okumala obulamu bwabwe bwona okusobola okuziyiza endwadde zino okuvako obuzibu obulala mu mibiiri gyabwe, nga; okulwala obulwadde bw'omutima oba obuzimbu bw'omubiiri, ekibumba, amaaso oba okukosebwa ebigerere. Waliwo n'embeera endala mwolina okufuna obujjanjabi okumala

obulamubwo bwona nga mu kawuka ka mukenenya. Buno tubuyita *obujjanjabi obumala ebanga eddene*.

Mu kiseera kino, obujjanjabi bwa mukenenya, obulwadde bwa pulesa, obulwadde bwa sukari buteera okutegekebwa mu kilinika ez'enjawulo eza buli bulwadde. Kino tekikola burungi mu mpereza y'eby'obulamu. Era kitegeeza nti abantu abalina obulwadde nga buno obw'ebiika ebibiiri oba okusingawo balina okugenda okulabibwa mu kilinika ez'emirundi egiwerako.

3. Okunoonyereza kuno kwakolebwa kutya?

Twaddamu okutegeka kilinika ez'enjawulo eziwerezwa obujjanjabi bwa mukenenya, obulwadde bwa sukari n'obulwadde bwa pulesa netuzifuula kilinika **EMU**, eyitibwa kilinika y'obujjanjabi obw'endwadde ezilumiira ebanga eddene. Abantu abalabibwa mu kilinika eno balina obulwadde bwa Puleesa oba obulwadde bwa sukari oba akawuka ka mukenenya oba balina ekiika ekisuuka ku kiimu eky'obulwadde obwo. Nga omuntu eyetaba mu kunoonyereza kuno, oba wali wetabye mu kilinika y'obujjanjabi obw'endwadde ezilumiira ebanga eddene.

Okunoonyereza kuno kwakolebwa mu Tanzania ne Uganda. Okunoonyereza kwatandiika mu August 2018 ne kugwa mu January 2020. Mu buli nsi, kilinika y'obujjanjabi obw'endwadde ezilumiira ebanga eddene 5 zatekebawo mu malwaliiro ag'enjawulo.

Buli kilinika yategekebwa mu ngeri efanagala, abantu abalina embeera zino essatu balabibwanga mu kilinika emu, batuulanga awalindiirwa wamu, balabanga abasawo b'ebaamu mu busenge obulabibwamu bwebumu era bafunanga eddagala lyabwe okuva awagabibwa eddagala wewamu nga abantu abalala bona mu kunoonyereza kuno. Mu ngeri eno, twakakasa nti abantu mu kunoonyereza kuno bafuna omutindo gw'endabiliira gwegumu si nsonga kiika kya bulwadde ki kyebaliina.

Ani yetaba mu kunoonyereza kuno?

Okutwaliiza awamu, abantu 2273 betaba mu kunoonyereza kuno ne bafuniira obujjanjabi bwabwe ku kilinika y'obujjanjabi obw'endwadde ezilumiira ebanga eddene. Ku bano, omuntu omu ku buli bantu baana (1/4) yalina obulwadde bwa kiika kimu- Akawuka ka mukenenya koka, obulwadde bwa sukari bwoka oba obulwadde bwa pulesa bwoka- era Ku bano, omuntu omu ku buli bantu baana (1/4) yalina ebiika by'obulwadde bibiiri (2) oba ebissatu (3) byona. Kumpi abantu bassatu ku buli baana (3/4) ku bano bali bakayala.



4. Okunoonyereza kwazuula ki?

a) Twazuula nti abantu abasinga abali bakozeza kilinika y'obujjanjabi obw'endwadde ezilumiira ebanga eddene basigala nga bafuna obujjanjabi.

Abantu abasinga basigala bafuna obujjanjabi okumala ekiseera ky'okunoonyereza kyona (83%).

Omuwendo guno guli waggulu nnyo okusinga ekibadde kijja nga kilabibwa mu kunoonyereza okutunuliira okukumiira abantu ku bujjanjabi mu kilinika ezibadde zijjanjaba ekiika ky'obulwadde kimu kyona. Tetwalabawo njawulo mu muwendo gw'abantu abasigala ku kilinika y'obujjanjabi obw'endwadde ezilumiira ebanga eddene wakati w'abantu abalina embeera emu yoka n'abo abalina embeera ebiiri oba okusingawo.

Tetumanyi lwaki abantu bangi okusinga ab'abulijo basigala ku bujjanjabi mu kilinika yaffe y'obujjanjabi obw'endwadde ezilumiira ebanga eddene. Tulowooza nti osanga abasawo abajjanjabanga embeera emu yokka gyebovudeko bayigiira ku banaabwe nebasobola

okuzuula engeri ezisingawo oburungi okukakasa nti abantu bagenda mu maaso n'okujja ku kilinika.

b) Twazuula nti okuziyiza obulwadde bw'abantu okwongera okubeera obuubi tekyakyuka oba kyalongosebhamu

Era twatunula okusuuka ku oba abantu abasigala ku bujjanjabi, okulaba engeri obulwadde bw'abantu gyebwaziyizibwamu okweyongera obuubi mu kiseera ky'okunoonyereza. Twakozesa ebipiima eby'obujjanjabi ebiberako okwekenenya kino. Twazuula nti Omuwendo gw'akawuka ka mukenenya gwakendeera mu bantu abasinga era ekiipimo kya sukari mu musaayi kyakendera ne pulesa eyali waggulu nekenderako mu bantu.

c) Tulwooza nti okukumiira ekiipimo kya sukari mu musaayi ne pulesa wansi byetaaga okwongera okulongoosamu

Mu kunoonyereza kwaffe okukumiira ekiipimo kya sukari mu musaayi ne pulesa wansi byalongookamu oluvanyuma lwekiseera nga twekenenya abantu abalina obulwadde buno. Naye, okunoonyereza wekwagwera omuwendo gw'abantu abalina ekiipimo kya sukari ekiri waggulu ne pulesa elinye abaali basobodde okubikumiira wansi bali batono okusinga kyetwayagala okulaba era okunoonyereza kwaffe okuddako kugya kusimba esiira ku ngeri gyetyinza okwongera okubikumira wansi.

d) Twazuula nti okugatta kilinika ezinajjanjabibwamu abantu abalina obulwadde obulumiira ebanga eddene kiyinza okukendeeza ensasanya eri empereza y'eby'obulamu n'eri abantu abakozesa empereza zino.

Twagerageranya ebisale by'okuddukanya kilinika yaffe ejjanjabibwamu abantu abalina obulwadde obulumiira ebanga eddene n'ebisale by'okuddukanya kilinika ezawulidwa eri buli bulwadde. Okunoonyereza kwaffe kwalaga nti okugatta endabiliira mu kilinika emu ejjanjabibwamu abantu abalina endwadde ezilumiira ebanga eddene kikendeeza ensasanya eri empereza y'ebyobujjanjabi n'abantu abalina obulwadde buno. Okugezesa, abantu abalina obulwadde obusuuka mu bw'ekiika ekimu, okugatta endabiliira kitegeeza nti bagenda ku dwaliro emirundi mitonoko era n'okukendeera mu nsasanya ku by'entambula.

Wadde nga ebizulidwa bino bizamu amaanyi, kuno kwekunoonyereza okusoosa okw'ekiika kino. N'olwekyo mu kiseera kino tukola okunoonyereza okunene okusingawo ku kuwereza endabiliira y'endwadde ezilumiira ebanga eddene mu kilinika emu mu kifo kya kilinika ez'enjawulo n'engeri gyekiyinza okulongoosamu empereza y'eby'obulamu n'okukyusa eby'ensasanya.



5. Ebizulidwa mu kunoonyereza kuno tubikozesa ki?

Tutegeeza ekitongole ky'eby'obulamu mu Uganda ne mu Tanzania byetuzudde era tubikozesa okulaga nti waliwo omukisa gw'okukola enkyukakyuka mu mpereza y'ebiyobulamu okulongoosa embeera y'obulamu bw'abazadde mu banga eddene awamu n'okukendeeza ensasanya y'enkola z'ebiyobulamu

Tugya kufulumya ebizulidwa mu kunoonyereza kuno mu butabo bwensi zonna abanoonyereza abalala babiyigireko. Kino kitusobozesa okugabana byetuzudde n'abanoonyereza abalala awamu n'abantu abagala okubimanyako mu nsi
Zonna

6. Obujjanjabi bwange bunagenda mu maaso?

Ogya kusobola okwongera okufunira obujjanjabibwo wano awajjanjabibwa nga bwewakolanga nga okunoonyereza tekunaba kutandiika. Abanoonyereza bayinza okuddamu okukutukiliira okubuuza oba oyagala okwetaba mu kunoonyereza okulala.

7. Nsobola kubatukiliira ntya singa mba njagala okwongera okwogera ku kunoonyereza kuno?

Bwoba nga olina ekibuuzo kyona oba nga oyagala okumanya ebisingawo ku kunoonyereza okwakagwa oba okunoonyereza okugenda okutandiika kwona, Tukusaba obeere wa ddembe okututukilira:

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8. Webale nnyo okwetaba mu kunoonyereza kuno.

Tuddamu okukwebaaza olw'okwetaba mu kunoonyereza kuno, okwetabakwo mu kunoonyereza, twasobola okuzuula eby'omugaso ebituyambye okukakasa nti empeereza y'ebuyobulamu ewa abantu obujjanjabiobusinga oburungi nga bwekisobooka.