



Editorial

It was an honor when asked to be the Editor in Chief of the Journal of Community and Health Sciences (JCHS)

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Editor in Chief of the Journal of Community and Health Sciences (JCHS)

Smoking is one of the main preventable causes of premature morbidity and mortality. Cardiovascular disease is one of the main causes of deaths in South Africa and is strongly associated with tobacco. It is known that high school students progress from a preparatory phase by experimenting with a few cigarettes into a regulatory smoking habit and continue their smoking into adulthood. It is alarming that 26% of scholars and between 30 -52% of university students are smoking. Studies have shown that tobacco does not reduce stress but nicotine dependency increases stress levels, this is once again supported in the study done among University students that showed that the highest stress scores were experienced among smokers.

Physiotherapists play important roles in communities and assist in helping people with disabilities from birth to old age. Satisfaction with the care of physiotherapist services may not always be as expected by those who receive the care. It is acknowledged that physiotherapists are excellent in performing their duties related to specific disabilities, but there may be a place for improvement regarding communication with the clients, especially as far as the prognosis of the disability is concerned.

An important role of physiotherapists is to involve the family or caregiver of the person experiencing the disability. They should also promote their services among elderly people as musculoskeletal problems and physical inactivity is high among elderly people and physiotherapists can assist with improving the quality of life for elderly people.

It would be unusual for any editor not to receive an article related to HIV/AIDS as it is a hot topic for research in all fields. It is important to note that specific guidelines used by HIV/AIDS counselors can assist adherences to antiretroviral treatment and thus increase CD₄ counts and decrease viral loads.

The evolution of new technology and the increase of student numbers is an ongoing challenge for lecturers. The University of the Western Cape (UWC) has introduced a program, "Knowledge Environment for Webpage Learning (KEWL) and Next Generation (KNG)" to facilitate online learning. Many students are exposed for the first time to computers at UWC. Despite this disadvantage, the majority of students master the skills of using KEWL-KNG as a teaching and learning strategy. The use of methods such as reflective diaries and real case studies to integrate theory and practice is a challenging skill but students felt that it is useful and certainly assist in the integration of theory and practice.

The recognition of women in South Africa is high on the political agenda. Dedicated time to write articles, a supportive network and cultivating a culture of publishing can support black women at historical black universities to increase their publication output. Women have also been liberated from the old traditional beliefs that certain sports if not almost all sports are only for men. The emancipation of sport for women is interestingly explained in the article Herstories (history) of women in South African sport.

The JCHS is a peer reviewed journal and is published bi annually. It covers a wide interest in community and health science related topics. The features that make JCHS so unique are:

- it offers a platform for debate between various disciplines which is essential in helping us to understand and learn from each other
- the editorial team encourage original research but support the publication of scholarly papers and scientific systematic reviews.

The editorial team offers a platform for novice researches to share their research finding and offers "hands on" assistance with academic writing skills. I thank all the authors for submitting their work for publication and I trust that, you, the reader, will find it interesting and gain knowledge from their publications and will want to feel part of the team by submitting your work for publication.

Yours sincerely
Cheryl

The Faculty of Community of Health Sciences is proud to announce that the first issue of the JCHS is available online to offer easy and free access to all the articles published in JCHS. The ISSN number for the Journal of Community and Health Sciences is:1990-9403.ISSN and the issue can be accessed via:
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