

The Impact of Urbanization on Public Health in Sub-Saharan Africa

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Abstract. This article examines the effects of rapid urbanization on public health in Sub-Saharan Africa, focusing on the challenges it presents, such as inadequate sanitation, pollution, and the rise of non-communicable diseases. Through data analysis and case studies, the article highlights the need for sustainable urban planning and public health policies to mitigate these challenges and improve the overall health outcomes in the region.

Keywords: Urbanization, Public Health, Sub-Saharan Africa, Non-Communicable Diseases, Sanitation

Introduction

Urbanization in Sub-Saharan Africa is occurring at an unprecedented rate, resulting in significant challenges to public health. The influx of populations into urban areas has led to overcrowding, inadequate sanitation, and increased pollution, all of which pose severe risks to health. Moreover, the transition from rural to urban lifestyles is contributing to a rise in non-communicable diseases such as diabetes and hypertension. This article explores these challenges in detail and assesses the current public health policies in place to address them. By examining case studies and recent data, it provides a comprehensive overview of the urbanization-public health nexus in the region.

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