

Ubuvuzi, ivangura no gukoresha ibitangazamakuru mu baturage batuye muri leta ya Utah badahabwa serivisi uko bikwiye

**Healthcare Ibyavuye mu bushakashatsi
bwerekeye kubona ubuvuzi**

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Ubuvuzi, ivangura no gukoresha ibitangazamakuru mu baturage batuye muri leta ya Utah badahabwa serivisi uko bikwiye:
Ibyavuye mu bushakashatsi bwerekeye kubona ubuvuzi

Ibyerekeye iyi raporo

Iyi raporo yateguve n'Ikigo gishinzwe gukora ubushakashatsi n'isesengura muri Wyoming (WYSAC) muri Kaminuza ya Wyoming igenewe Ishami rishinzwe ubuzima n'imibereho myiza y'abaturage muri leta ya Utah, muri gahunda yo Kubaho ubuzima buzira umuze kandi ukora imyitozo ngororamubiri (HEAL).

Gushimira

Itegurwa n'itangwa ry'ubushakashatsi: HEAL, Best of Africa, Komite Mpuzamahanga ishinzwe ubutabazi, Utah Muslim Civic League, Kaminuza ya leta ya Utah – Blanding

Abafashe amafoto

Igifuniko: Hush Naidoo Jade Photography kuri Unsplash.com

Incamate ya raporo: Brad Neathery kuri Unsplash.com

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Incamake ya raporo

Ibyerekeye Ubushakashatsi mu byerekeye kubona ubuvuzi

Mu 2021, Ishami rishinzwe ubuzima na servisi zihabwa abaturage muri leta ya Utah, muri gahunda yo Kubaho ubuzima buzira umuze kandi ukora imyitozo ngororamubiri (HEAL) ryagiranye amasezerano n'lmiryango ikorana bya hafi n'abaturage igeria kuri 4 (CBO) kugira ngo hategurwe hanatangwe ubushakashatsi bugamije kumenya ingaruka z'ivangura mu kubona ubuvuzi ku banyamerika b'abirabura/Bakomoka muri Afurika, Abahinde/Ba kavukire bo muri Alaska batuye muri leta ya Utah. Iyo miryango irimo Best of Africa, Komite Mpuzamahanga ishinzwe ubutabazi – Salt Lake City, Utah Muslim Civic League, na Kaminuza ya Leta ya Utah – Blanding. Ubushakashatsi bwabazaga ibyerekeye imyirondoro, ibijyanye n'imibereho y'abantu bigena imiterere y'ubuzima, kubona ubuvuzi, ivangura n'indwara karande.



Iby'ibanze byavuye mu bushakashatsi

Igiteranyo cy'abantu bakuru bagera kuri 556 bafite imyaka 18 kuzamura basubije ibibazo by'ubushakashatsi. Abensi mu basubije bari bato (bafite imyaka 18-34) kandi bo mu matsinda adahagarariwe uko bikwiye. Hafi 1 muri 4 mu basubije yari ku cyangwa munsi y'umurongo w'ubukene. Mu mwaka washize, abasubije barenga 1 muri 3 ntibabashije kubona ubuvuzi bitewe n'igiciro. Hafi 1 muri 3 mu basubije yari arwaye byibuze indwara idakira kandi hafi kimwe cya kabiri cyabo bari bafite ibiro byinshi cyangwa bafite umubyibaho ukabije.

Hafi 1 muri 3 mu basubije bavuze ko bakorewe ivangura ahatangirwa ubuvuzi kandi abasubije bumvise barakorewe ivangura ahatangirwa ubuvuzi bari ku rwego rwo hasi rwo kubona ubuvuzi kandi bafite ibipimo byo hejuru by'indwara za karande. By'umwihariko, abantu bumvise barakorewe ivangura bari bafie ibipimo byo hasi byo gusuzumwa ku buryo buhoraho cyangwa kubona amakuru y'ubuzima bumva kurusha abatarigeze bumva bakorewe ivangura. Byongeye kandi, abantu bumvise barakorewe ivangura bavuze ko bari bafite ibipimo byo hejuru by'umuvuduko ukabije w'amaraso, kolesiteroli nyinshi, uburwayi bubanziriza kurwara diyabete n'indwara ya diyabete.

Mu gihe cyo kugera ku bitangazamakuru, abasubije bakunze gukoresha Facebook na YouTube. Abasubije bahisemo kubona amakuru yerekeye ubuzima bwabo bayakuye k'ubaha ubuvuzi, inshuti/umuryango cyangwa abajyanama b'ubuzima. Ibyo bakunda byasaga nk'ibidahinduka mu basubije batandukanye.

Ni bande basubije ibibazo byo mu bushakashatsi?



- Abenshi mu basubije bari bato kandi bo mu matsinda adahagarariwe uko bikwiye.
- Abenshi mu basubije bari barize amashuri arengeje amashuri yisumbuye kandi bari bafite akazi. **Ariko hafi 1 muri 4 mu basubije babaga mu bukene.**



- **35,8% by'abasubije ntibabashije kubona ubuvuzi bitewe n'ikiguzi mu mwaka ushize.**
- 2 muri 3 mu basubije bari bafite uw'ibanze ubaha serivisi z'ubuvuzi kandi hafi 3 muri 5 mu basubije bisuzumishije ku buryo buhoraho mu mwaka ushize.
- Abenshi mu basubije bari bafite ubwishingizi bw'ubuzima, muri rusange bwari ubwishingizi bwa Medicaid.



- **Hafi 32,7% by'abasubije bari bafite byibuze uburwayi bw'akarande 1**, aho ibipimo byagiye bihindagurika mu bafite uburwayi bubanziriza diyabete, indwara ya diyabete na kolesiteroli nyinshi.
- Hafi kimwe cya kabiri cy'abasubije bari bafite ibiro byinshi cyangwa umubyibaho ukabije.
- Abantu bafite imyaka 50 n'abayirengeje, abbarangije kaminuza n'abantu batabonye ubuvuzi bitewe n'ikiguzi bari bafite ibipimo byinshi by'uburwayi bw'akarande.

Ni gute abasubije bagizweho ingaruka n'ivangura mu buvuzi?



- **1 muri 3 mu basubije bavuze ko bakorewe ivangura** mu gihe cyo kubona ubuvuzi muri Utah.
- Abasubije bari bafite imyaka 35-49, Abirabura b'abanyamerika/Abanyamerika bakomoka muri Afurika cyangwa ababa mu ntara z'icyaro bumvise barakorewe ivangura kenshi ahatangirwa ubuvuzi.
- Abasubije bakorewe ivangura bumvise ko akensi byabaga bitewe n'ibara ry'uruuhu rwabo.



- Hafi 1 muri 3 mu basubije batinze gusaba ubuvuzi buhoraho bitewe n'ubwoba bw'uko bakorerwa ivangura
- Abasubije bumvise barakorewe ivangura **byashobokaga gake ko babona ubuvuzi** cyangwa amakuru y'ubuzima basobanukirwa.
- Abasubije bumvise barakorewe ivangura bari bafite **ibipimo byo hejuru by'uburwayi bw'akarande.**

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Ni gute abasubije babona amakuru yerekeye ubuzima bwabo?



- Akensi, abasubije bakoresha **Facebook na YouTube**.
- Amahitamo y'ibitangazamakuru bikomeye cyane yari amwe mu batuye mu bice bitandukanye.



- Abasubije bifuzaga kubona amakuru yerekeye ubuzima bwabo bayakuye **k'ubaha ubuvuzi, inshuti/umuryango n'abajyanama b'ubuzima**.
- Ibyo bakunda byasaga nk'ibikomeza kudahinduka mu basubije batandukanye.

Inama

Ku Miryango ikorana bya hafi n'abaturage (CBOs)

Imiryango ikorana bya hafi n'abaturage (CBOs) igira uruhare rukomeye mu gushyigikira ubuzima bwiza bw'abaturage aho ikorera. Hashingiwe ku byavuye mu bushakashatsi, CBOs zishobora guteza imbere ubuzima bwiza no gukemura ibibazo by'ivangura mu buryo bukurikira:

- Guteza imbere ibizamini by'umubiri bikorwa buri mwaka n'ubundi buryo bwo guhabwa ubuvuvi bukumira indwara nko kwisuzumisha uburwayi bw'akarande.
- Guteza imbere imibereho y'ubuzima buzira umuze idaheza hashingiwe ku mabwiriza ndangamuco n'imigenzo.
- Gutanga amakuru y'ubuzima ashingiye ku muco akaboneka mu baturage.
- Kureba uko basangiza amakuru y'ubuzima binyuze mu miyoboro y'imbuga mpuzambaga aho abaturage basanzwe bakura amakuru.
- Gufasha abaturage kubona abatanga serivisi z'ubuvuvi bumva bisanzuyeho. Ibi bishobora kubamo ubufasha burimo kugira uruhare mu bikorwa byo gufasha abantu kwivugira ahatangirwa ubuvuvi.

Ibikenewe byihariye n'ubushobozi bya buri CBO bigenda bitandukana cyane, akensi CBO imenya ibikeneye gukemurwa cyane mu kubona ubuvuvi no kurwanya ivangura aho ikorera. Izo nama zishobora gufatwa nk'intangiriro ariko ntizigomba gusimbura ubumenyi bw'inzobere n'ibiba mu buzima busanzwe bw'abaturage.

Ku mashami y'ubuzima abegereye n'indi miryango

Amashami y'ubuzima abegereye n'indi miryango ni byo biri mu mwanya mwiza wo kugira icyo bakora ku bibazo byagaragajwe muri ubu bushakashatsi. Bashobora gukora ibikurikira:

- Gushyiraho uburyo bwo gukomeza guha ubumenyi abatanga serivisi z'ubuvuvi kugira ngo basobanukirwe uko ivangura riba ahatangirwa ubuvuvi n'uko ryarwanywa.
- Guhura na za CBO ubwazo kugira ngo hagaragazwe ahakenewe cyane gutangwa ubufasha mu by'ubuzima. Igihe bishoboka, gushyira ibyo bikenewe muri gahunda z'ibikorwa.
- Gushyira uburyo bwo gusuzuma uburwayi karande ahantu aho amatsinda yagezwaho n'ubu bushakashatsi asanzwe ateranira. Urugero: Bashobora gukorana n'urusengero cyangwa umusigitu wo muri ako gace kugira ngo hakorerwe igikorwa cy'isuzuma cyangwa hashyirweho gahunda yo kwipima umuvuduko w'amaraso.
- Gutegura inyandiko ziteza imbere ubuzima bwiza zijiyanie n'umuco kandi zibereye imiyoboro y'imbuga mpuzambaga. Abatavuga Icyongereza bashobora kungukira mu nyandiko zasemuwe mu rurimi bumva.
- Kugirana ibiganiro umwe umwe ndetse no/cyangwa mu matsinda n'abaturage hamwe n'abatanga serivisi z'ubuvuvi kugira ngo barusheho gucukumbura iby'ivangura ribera

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ahatangirwa serivisi z'ubuvuzi. Andi makuru arakenewe kugira ngo habeho gusobanukirwa neza uko ivangura riri kuba ahatangirwa serivisi z'ubuvuzi n'uko ryarwanywa.

Ku miryango ishinzwe ubuzima ku rwego rwa leta no ku rwego rw'ighugu

Imiryango ishinzwe ubuzima ku rwego rwa leta no ku rwego rw'ighugu ishobora gukorera ku rwego rwo hejuru mu kugira igikorwa kugira ngo imivurire ihinduke. Bashobora:

- Kumenya ibyuho biri aho utanga serivisi z'ubuvuzi agera aho abaturage bashyizwe imbere batuye nk'urugero: Aho Abahinde b'Abanyamerika/Ba Kavukire ba Alaska cyangwa Abirabura b'Abanyamerika/Abanyamerika bakomoka muri Afurika batuye. Bigomba kwitabwaho kugira ngo hizerwe neza ko umubare w'abatanga serivisi z'ubuvuzi uhagije mu bemera abarwayi bakuru bivuriza ku bwishingizi bwa Medicaid. Mu bishoboka, harimo:
 - Gukora ibikorwa byo gushishikariza abantu baturuka mu duce tudahagarariwe uko bikwiye kugira ngo bakore akazi kajanye n'ubuvuzi.
 - Gushyira mu bikorwa cyangwa gushyigikira ingamba zo gukemura icyuho kiri mu kugeza serivisi z'ubuvuzi kuri bose. Urugero: Amavuriro yo mu modoka ashobora kubasha gufasha abatuye ahantu bigoye kubageraho.
- Gushyira mu bikorwa gahunda y'uduhibazamusyi kugira ngo habeho gushishikariza abantu bujuje ibisabwa gusuzumwa uburwayi bw'akarande. Kuzuza ibisabwa bishobora gushingira ku; urugero: amafaranya yinjizwa, imyaka, ibara ry'uruhu n'ibindi.
- Gushyiraho ingamba ngenderwaho mu mivurire kugira ngo habeho kuryoza abatanga serivisi z'ubuvuzi bagaragaweho ibikorwa by'ivangura. Gushyiraho uburyo bwo gutuma abantu bagizweho ingaruka n'ivangura batanga raporo batavuze amazina yabo. Abakora mu by'ubuvuzi bagomba no gushyiraho inzira zo gukurikirana raporo zatanzwe.
- Gukora ku buryo amatsinda adahagarariwe ku buryo bukwiye ahagararirwa mu buryo bukwiye mu bushakashatsi bushingiye ku baturage no mu bindi bikorwa byo gukusanya amakuru nka BRFSS. Kugaragaza mu buryo bukwiye aba baturage bishobora kunoza serivisi bahabwa no gutuma babona izo bakeneye. Urugero: Abaturage baturuka muri Aziya yo hagati na Afurika y'amajyaruguru bafatwa nk"Abazungu" bikaba byaratumye bahezwa muri gahunda zitangirwa aho batuye n'izo ku rwego rw'ighugu.