

The Relevance of Physical Education and Sports in the Achievement of Millenium Development Goals (MDGs) in East Africa Region

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Abstract

In year 2000, 192 countries which are UN member states approved the eight (8) UN millennium Development Goals (MDGs). Four of these MDGs are extreme poverty eradication, diseases eradication, promotion of gender equality and women empowerment, and to develop global partnership by 2015. Unfortunately, up to this day, seven years after the declaration, and almost a half way through the allocated time for their achievement, notable sections of the East African population continue to catastrophically suffer from poverty and diseases. The well-to-do affluent families/persons are great victims of sedentary lifestyles leading to physically debilitating conditions/infirmities such as obesity, hypertension type 11 diabetes mellitus, and osteoporosis, amongst others. At the same time, many non-affluent members of our community are in abject poverty. Granted this scenario, the achievement of the MDGs by 2015 in East Africa is bound to be a huge illusion. Fortunately, promotion of physical Education (PE) and sports in our society is proven to be a panacea and a potent means of enhancing good health and wealth creation in our community, women empowerment and international partnership for development. The incorporation of scientific principles in the same further increases the possibilities of attaining success. The East African community thus needs to synergize towards these achievements as detailed in this paper which is notably relevant for policy makers for use as a blue print.

Key words: Millenium Development Goals (MDGs), Physical Education (PE), sports, blue print, panacea