



World Health Day 2012 Commemorated in Sierra Leone



The CMO and the WHO Rep leading the walk



Group photo at the end of the walk



Media briefing on WHD 2012

Sierra Leone commemorated World Health Day (WHD) together with other WHO member states on 7 April on the theme: **Ageing and Health**, with the slogan: **Good Health Adds Life to Years**. Activities to mark the occasion included a 5 Kilometre walk along the Lumley-Aberdeen beach. The walk was facilitated by the Ministry of Health & Sanitation (MoHS) and WHO. It drew participants from different groups including sport clubs, UN agencies, NGOs, government departments and the general public.

Television and radio broadcast and discussions, and press conference were also held to further inform the public about the occasion and issues relating to ageing and health.

Giving a short talk at the end of the walk, the WHO representative Dr Alemu encouraged the people to continue what they had started as a commemoration of 2012 WHD. He added that "**keeping oneself physically active, eating healthy diets and avoiding tobacco use in all its forms and harmful use of alcohol will contribute to adding life to years**".

In a similar remarks, the Chief Medical Officer (CMO) of MoHS, Dr Daoh also reiterated that healthy ageing is linked to healthy practices in the earlier stages in life. He said "**one need to maintain physical, mental and social wellbeing to stay healthy and independent well into old age in order to contribute to our communities and families**".

A one day symposium that will be attended by stakeholders and policy makers has been planned for later this month by WHO and MoHS to deliberate on the issues pertaining to ageing in the country.



Dr Daoh & Dr Alemu giving interview to journalists after the walk



Participants before, during and after the walk