



DIRECTORATE OF INFORMATION AND COMMUNICATION

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The AU Medical Services Directorate commemorated the Africa Healthy Lifestyle Day
When your life works your work works



Addis Ababa, Ethiopia, 16 March 2018- The African Union (AU) Medical Services Directorate commemorated the Africa Healthy Lifestyle Day today at the African Union Commission (AUC) Headquarters. The Directorate of Medical Services celebrated the day with the Slogan: “When your life works your work works”. The activities were highly attended by AU Staff as well as Ambassadors. The Day began by an active sensitization exercise and distribution of flyers at the AU

the AU main gate. Later on, presentations on Work Life Balance were delivered followed by discussion and closing remarks for the commemoration of the Africa Healthy Lifestyle Day.

Welcoming the participants, Dr. Yankuba Kassama, Director, Medical Services underscored the fact that finding a suitable balance between work and daily living is a challenge that all workers face. The ability to successfully combine work, family commitments and personal life is important for the well-being of all of us.

The theme for this year's commemoration “Work Life Balance”, a concept that supports the efforts of workers to split their time and energy between work and the other important aspects of their lives.

The Deputy Chairperson of the AUC H.E. Mr. Thomas Kwesi Quartey was the guest of honor during the 2018 Africa Healthy Lifestyle Day commemoration.

Mr. Thomas Kwesi Quartey welcomed the participants on behalf of H.E. Moussa Faki Mahamat, the Chairperson of the AU Commission and stated that the decision to commemorate this day was taken in July 2008 by the African Ministers of Health and adopted by the Executive Council. The Decision was in line with the World Health Organization (WHO's) framework strategy for prevention and control of Noncommunicable diseases (NCDs) across Africa and the world.



In addition, Mr. Quartey stated that the African Union is committed to lay a strong foundation for Agenda 2063 to accelerate the development in Africa and in achieving good quality of life of human being.

Dr. Yankuba Kassama further stressed “An important aspect of work-life balance is the amount of time we spend at work. Evidence suggests that long working hours impairs personal health, jeopardizes safety and increases stress”. Furthermore, the Director called on managers and supervisors to support their staff in the pursuit of work-life balance. “Let us create a flexible workplace that will allow staff to pursue all components of a healthy life” added Dr. Kassama.

Dr Brook Tsehay, Chairperson, Africa Healthy Lifestyle Organizing Committee, during the closing expressed his appreciation to the different Heads of Directorates and AU Commission staff for all the support given to the Medical Services Directorate in the organization of the event and for attending the lecture.

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