

# NATIONAL HEALTHY LIFESTYLE WEEK 2010



Public Servants in Action!

Non Communicable Diseases such as diabetes, cancer, heart disease and high blood pressure are major causes of morbidity and mortality in Samoa every year. The consumption of food high in fat, sugar and salt; the minimal intake of fruits and vegetables; drinking excessive alcohol; tobacco smoking and a lack of physical activity are the main causes of these diseases.

National Healthy Lifestyle Week was celebrated from 15<sup>th</sup> – 19<sup>th</sup> November 2010. This National Health event is celebrated each year raising national awareness on prevention and negative health impacts of non communicable diseases such as diabetes, hypertension, heart diseases, cancer, and conditions such as obesity and lack of physical activity. Activities during the week included television and radio programmes and information booths on the impacts and prevention of lifestyle disease. Aerobics and physical activity programmes were also conducted for the public in front of the Government Building in Apia from 4:30pm – 5:00pm throughout the whole week.



The green team (PSC & SLC) having fun doing jazzercise



Palanitina (CEO, MOH) beating Afoa Peseta (SLC GM) in green during the CEO sack race

Healthy Lifestyle Week ended with the approval for all public servants to take half day of the normal working hours for physical activity. This was an initiative of WinLA (Women in Leadership Advocacy Group). There were twelve ministries and organizations involved and divided into groups of two. The six teams were; Ministry of Health & Samoa Tourism Authority; Public Service Commission & Samoa Land Corporation; Ministry of Education, Sports and Culture & Samoa Qualifications Authority; Ministry of Women, Community and Social Development & Samoa International Finance Agency; National Provident Fund & Ministry of Prime Minister and Cabinet; and the Ministry of Revenue & Samoa Housing Corporation.