

LIVEWELL INITIATIVE

NEWS BULLETIN

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*Brisk walk for
30 mins daily*

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LWI CEO Update

Dear All,

It is so great to witness another **Grand Health Bazaar GHB!** This year, as with previous years, all roads led to GHB2013, which held at the HAVILAH Centre via *Sheraton Four Points*, in Victoria Island, Lagos.

What is GHB?

GHB is our own way of saying to the corporate sector and to all 'lettered' people and 'high-flyers'....'Health is Wealth'...It is the LWI-innovation which brings healthcare to the fore, in the minds of corporate across all sectors of the economy. GHB was 'birthed' in February 2011, when the US Consulate General hosted a Press Briefing for LWI at its then 2, Broad Street Lagos Office, to announce the first ever GHB tagged 'GHB2011', on February 24th 2011.

ACKNOWLEDGEMENTS:

Our especial gratitude goes to His Excellency Gov Babatunde Raji Fashola, SAN, who declared the GHB2013 open through Honourable Commissioner Ministry of Energy and Mineral Resources MEMR Lagos State, Engr. Taofeek Tijani; and to the Hon Commissioner of Health Lagos State Dr. Jide Idris, ably represented by Hon PermSec Health Lagos, Dr. Femi Olugbile. To the Hon Minister of Health Mozambique, Dr. Alexandre Manguale, we say a very big Thank You for his dignified proxy presence through the Director of Health Policy, Dr. Celia Gonçalves. To the numerous CEOs, Chairpersons of NESG and NERC, Top Government Functionaries, Dignitaries, and to all delegates, we say a big 'Thank You' for your kind attendance at GHB2013.

THANK YOU TO OUR PARTNERS and PARTICIPANTS:

LWI says a big 'Thank You' to our principal partners at GHB2013, namely Skye Bank Plc, United States Consulate General, Lagos State Government, Shell SPDC, United Airlines, Airtel Nigeria, Oando Plc, UPDC Plc, Sahara Aviation, THT Ltd., among others. We are most grateful also to our Pro-bono Partners – Banwo & Ighodalo, Sola Oyetayo & Co., Vitabiotics, the G2G Group, Thgirb Ltd and to our Media Partners – CTL Africa Trend TV, Silverbird Group, BusinessDay, Oxford Business Group and the Africa Oil & Gas Report. We Thank All our Participants too....

Successes of GHB2013:

GHB2013, the unique and innovative multi-sectoral healthcare exposition was again able to play host to at least 120 companies, at least 2,500 delegates including several Women's Groups, some Schools and Universities, and, at least 24 corporate partners. *Thank you All, for making GHB2013 the most successful GHB ever!*

Bisi Bright, CEO, LWI

**Did you
know?**

*Your brain is about 2% of your total
body weight but uses 20% of your
all your body's oxygen and calories.*

Grand Health Bazaar 2013

LWI Grand Health Bazaar GHB2013, the multi-sectoral annual exposition with the theme *"Sustaining Wealth Creation through Health Solutions and Partnerships"*, was held on Wednesday April 17th – Friday April 19th 2013 at HAVILAH Centre, Oniru Road, Victoria Island, Lagos, Nigeria.

GHB2013, a '3-in-1' event made up of Plenary sessions, Exposition and an adjoining Health Fair was run on the heels of a very successful inaugural GHB2011 and 'an even more successful' GHB2012 which were both held also on Victoria Island, Lagos. GHB2013 was held out of the need to further foster collaboration between the health sector and the organised private sector with a view to attain mutual synergy between these groups; to bring about improvement of general health and health literacy in our society and enable commerce, corporate networking and synergistic collaborations.

To enhance participation and create a more interactive GHB2013 event, thematic plenary sessions were introduced as follows:

Grand Health Bazaar GHB2013 Pre-event "Wine & Cheese" Cocktail

As a warm up to the GHB2013, the multi-sectoral crosscutting and 'marquee' event of LWI hosted its friends, clients and corporate partners to a "Wine and Cheese" Cocktail event at the Silverbird Galleria, Victoria Island, Lagos. At least 16 companies and 9 corporate Partners attended the pre-event.

Day 1: April 17th 2013: Oil & Gas / Power Day at GHB2013

With the sub-theme *'Power and Energy: a Boost to the Eco System and Robust Health'*. This sub-theme focused on the oil and gas / power sector. His Excellency Governor of Lagos State Babatunde Raji Fashola, SAN declared the event open through the Hon Commissioner MEMR Lagos State, Engr. Taofeek Tijani, who attended the event with a high-powered team of oil and gas experts, including two Senior Special Advisers to the Lagos State Governor, His Excellency on MEMR.

Day 2: April 18th 2013: Property / Real Estate Day at GHB2013

With the sub-theme *'Building in Safety and Safety in Buildings: a Learning Continuum'*. This sub-theme focused on the property / real estate sector, with a view of highlighting the problematic occupational safety and health issues arising in the construction industry. The plenary sessions were chaired by JayKay Group CEO, Pharm. (Hon) Jim Agbaje and UPDC Plc CEO Dr. Hakeem Ogunniran, ably represented by the Director of Technical Operations Mr. Brian Greenaway.

Day 3: April 19th 2013: Aviation Day at GHB2013

With the sub-theme *'Travelers' Medicines and 'in-flight' Healthcare'*, which focused on the aviation sector with a view to examining the challenges of air travel with regards to individuals' health. The Mozambique Ministry of Health National Director for Planning & Cooperation Dr. Celia Gonçalves chaired the plenary session.

BOOK LAUNCH by LWI/Business Day Publications

Hon Minister of Health Mozambique Dr. Alexandre Manguale, ably represented by the Director of Policy Dr. Celia Gonçalves launched the **LWI/Business Day Health Report** titled *'Connecting Health to the Work Environment'*. This research project measured disease proneness and patterns among various formal and informal groups across the multi-sector. LWI offers basic tests and counselling to different organisations across the economy in Nigeria, where data is generated and analysed.

This data is reported to BusinessDay, which was accumulated into a very interesting report on the health status of Nigerians in various sectors of the economy. This health report is a useful reference book in governing corporate health policy and formulation. It is strongly recommended that every organisation should acquire a copy of the book. For more information on the health report, please visit this web-link: www.businessdaynigeria.com/your-work-killing-you-softly

GHB2013 IN PICTURES



For more GHB2013 picture stories, please visit our website www.livewellng.org

GHB2013 HIGHLIGHTS

LWI CELEBRATES WOMEN AT GHB2013:

LWI celebrated *Womanhood* at the recently concluded GHB2013 by dedicating Day 2: April 18th as **'Women's Health & Nutrition'** Day, which was strongly supported by the palpable presence of various Women's Societies including West African Women's Association WAWA led by its President Chief (Mrs.) Beatrice Ubeku, Women Care Association of Nigeria WOCAN, Women's Consortium of Nigeria WOCON led by its President Chief (Mrs.) Bisi Olateru-Olagbegi, ALPS Association of Lady Pharmacists led by Mrs. Modupe Ologunagba, American Women's Club AWC were in attendance. Nestlé's Maggi Kitchen prepared 'freshly cooked' meals for women's groups, schools and other participants at GHB2013.

GHB2013 EVENT STATISTICS:

In all, 80 exhibitors and 141 companies/organisations covered the 3-day event, which was set in a classy and professional ambience. There was a cross-sectoral presence of companies that cut across from the Oil and Gas, Energy, Aviation, Property and Real Estate Sectors, Healthcare Organisations/Clinics to the Pharmaceutical Companies, Banks, Manufacturers, Non-Governmental Organisations NGOs and Foundations, Telecommunications, Food & Nutrition Industry, Beverage Companies, Conglomerates and Commercial Entities.

GHB2013 was a carnival-like event with the presence of organisations from different sectors of the economy. The event was carried out by over 250 officers from over 140 companies/organisations and about 3,000 participants (by daily cumulative contact) numbering just over 1,800 participants by persons attended the event from all sectors of the economy. The turnout of invited dignitaries and exhibitors were as high as 90%. Participants' turnout also met a high expectation and the corporate sector representation was excellent. GHB2013 was by all ratings and feedback, a very successful and impactful '3 in 1' event.

Drivers and Transporters Health

On the 20th of April 2013, LWI carried out an Executive Health Enlightenment Scheme (EHES) programme at Nikky Taurus, a vehicle and driver hire company located at Maryland - Lagos.

The purpose of this programme was to increase the health literacy level of the participants (mostly the drivers) and to positively influence their health-seeking behaviour through educating them on good and bad the peculiarities and health consequences of the 'mobile or immigrant' lifestyle of drivers.

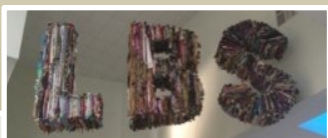
The programme was carried out and it started with a "Nutrition and Wellness" empowerment lecture at 4.00pm, followed by lifestyle and thereafter posture. The lecture was taken by Dr. Bukky Adewakun, a member of the LWI Faculty. The participants asked questions about their health and they were encouraged to modify their lifestyles to suit a healthier outcome. After the Q&A session, the participants were given free health checks with non-prescription medicines.



(L-R) Dr. Adewakun delivering the lecture... HIV test being conducted with privacy in a 'tent'... The LWI officers delivering free healthcare to the drivers and transporters

~News Titbits~

LWI officers undergo CSR training - During the month of April, five (5) Senior Officers of LWI attended a 3-day Corporate Social Responsibility (CSR) training for NGO's at the prestigious Lagos Business School LBS in Lekki, Ajah - Lagos. It was a very rewarding experience for our officers as they got to sharpen their knowledge and skills about how organisations can become more corporately responsible to their external environment.



(L-R) LBS Administrator issuing LBS CSR Training certificates to Nnedimma Obi and Dr. Nwadi Onuoha

LWI Vision

To halve health-illiteracy in Africa by the year 2030; and to increase the life expectancy of the people to 70 by the year 2030.

LWI Mission

To improve the health status of the people of Africa through wellness promotion and health-empowerment and thereby positively influence their health-seeking behaviour.

Want to get involved?

For more information, contact

Nnedimma Obi

naobi@livewellng.org or +234 (0) 704 144 2634

Dapo Oluwole

doluwole@livewellng.org or +234 (0) 802 498 3983

Damilola Olarewaju

dolarewaju@livewellng.org or +234 (0) 704 144 2637

LiveWell Initiative LWI, FBA Suites, 2nd Floor, Plot 5, Chief Yesuf Abiodun Street, Oniru Rd, V.I., Lagos.

+234 (0) 1 280 9337, +234 (0) 704 144 2634-38

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