

LIVEWELL INITIATIVE

NEWS BULLETIN

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Stanbic IBTC Bank Plc -Health Week 2014

During the month of July, Stanbic IBTC Bank Plc in collaboration with LiveWell Initiative LWI organised a health week from July 14th-19th 2014 for the members of their staff. The programme which is the second in the series of LWI-Stanbic IBTC Nationwide Health week Celebrations is aimed at improving overall employee morale and productivity within the Stanbic IBTC Holdings Group and hereby positively influencing the health-seeking behaviour of Stanbic IBTC Officers and Staff through lifestyle and behaviour modification.

The programme which commenced on the first day with the theme **'Think Healthy, Feel Healthy, Be Healthy'**, was a daily thematic programme which had the officers of LWI serving fruits and water at the Stanbic IBTC Corporate Head Office at Walter Carrington Crescent Victoria Island, its branches at Idejo Street Victoria Island, Olawale Bakare Street Victoria Island and Industrial Avenue Ilupeju everyday.

The Grand Finale, which was a health fair, took place simultaneously at Lagos, Abuja, Ibadan, Port Hachour on the 19th of July with a health awareness walk. Thereafter the participants had a session for aerobic exercise and Zumba dance routines. After the aerobic sessions, the participants were ushered by the LWI Team to the health checkup stand which consisted of Stress Test, Body Mass Index (BMI), Blood Pressure, Random Blood Glucose, Hepatitis B and C Screening, HIV Screening, Prostate Cancer Screening for the men and Breast Examination for the women.

In all, nearly up to 5,000 cumulative screenings were carried out on a cumulative number of almost 800 staffers nationwide, with a few attendances by family members. On the average, each attendee underwent 6 -8 screening tests.

Corporate entities who came to exhibit their goods and services included Chellarams Plc, Dana Group, New Height Pharmaceuticals, MegaCare Group, Forever Living Products FLP, Metro Eye Clinic, May and Baker, Accucheck, Aspen, Vitabiotics, Pharmaplus, SKP Pharma, House of Tara, Total Beauty, Adler Products, HealthPlus, and Casabella. The companies gave out free products to staffers.

Mr Yinka Sanni, CEO Stanbic IBTC Bank PLC- *"This programme has been well run by LWI...I am impressed"*

Madam Yemisi Sani, Regional Manager(North)- *"This programme was impactful, and it will serve as a motivational tool for the staffers in the organisation; this will in return bring better productivity and growth for the organization"*



Did you know?

You get a new stomach lining every three to four days. If you didn't the strong acids your stomach uses to digest food would also digest your stomach

Grand Health Bazaar 2014

All roads led to the Havilah Events Centre Oniru on May 14th-16th for Livewell Initiative's annual Multi-sectoral Healthcare event 3-in-1 Exposition, Plenary and Health Fair, which brings together all Sectors of the Economy under the umbrella of Health. The three days fourth annual event was borne out of the need to foster synergy between the health sector and the organized to bring about improvement in the workplace and the society at large. It also serves as a forum for exhibition of goods and services, sales corporate networking and synergistic collaborations.

GHB2014

Theme: 'Sustaining Wealth Creation through Health-Enhanced *Africapitalism*'

Day 1: May 14th 2014: Local Content Day:

The event which was flagged off by Her Royal Highness HRH the Erelu of Lagos, Abiola Dosunmu, was well attended by technocrats from all walks of life. The theme for the day centered on '**Sustaining Wealth Creation through Health-enhanced Africapitalism**', while the sub-theme was '*Promoting the Eco-system through Power, Oil & Gas Operations*'.

There were speeches by the CEO Shell Nigeria Exploration and Production Company SNEPCO Mr. Anthony Attah, delivered by the GM Local Content Development, Engr Austin Uzoka and, and the CEO of GE Nigeria Dr Lazarus Angbazo, ably represented by Mr Peter Phillip, Team Lead Supply Chain SSA. Both speeches emphasized the relevance of the health system and the ecosystem and a credible supply chain system. They also explained their organizations' roles in improving the ecosystem through its local content sourcing and innovation. The Biostadt Group CEO, Mr. Emmanuel Ajayi, tackled the main theme, explaining the role of Tony Elumelu in highlighting "*Africapitalism*" as the way to go, for the African economy to truly emerge.

Her Royal Highness Erelu Abiola Dosunmu, Director NEPAD Business Group, moderated over the Plenary Session on the main theme titled '*Promoting the Ecosystem through Power, Oil & Gas Operations*', and was joined by Human Resources Dept. DPR Mr J.I Igbudu and General Manager Swiss Biostadt Limited Mr N.A.E Mohammed, The Technical Adviser to His Excellency the Honourable Minister of Agriculture Dr Akinwunmi Adesina on Cassava Value Chain, Mrs Oluwatoyin Adetunji.

Day 2: May 15th 2014: Food and Beverage Day:

The theme for the day centered on '**Food as Medicine: the True Access to Emancipation and Wealth**' was flagged off by Chairman Agric & Non-Oil Export Group of Lagos State Chamber of Commerce LCCI, Prince Wale Oyekoya, on behalf of His Excellency the Honourable Minister of Agriculture Dr Akinwunmi Adesina.

The plenary session which was chaired by Prince Wale Oyekoya, included panelists such as Mr Afiola Etomi of Doreo Partners, Senior Quality Manager (SafeCare) Program Director, Dr Dupe Oludipe who spoke on behalf of Nicole Spieker, Quality Director, PharmAccess Foundation. And Agro Farmer & Environmentalist, NBA Member, Mr Desmond Majekodunmi. Thereafter, the representative of DG SON Dr. Joseph Odumodu, Head Food & Safety of SON, Mrs Ngozi Ekwueme spoke along with Mr Akiwuwatan Olaposi, Business Manager (South) AgroCare Business Unit of Swiss Biostadt Limited,

Day 3: May 16th 2014: Agricultural Day:

Day 3, which was Agricultural Day with the theme '**Sustainable Agriculture and Bio-diversity: 'Go Green, Go Organic**' was flagged off by Former Permanent Secretary Health, Lagos State; Dr. Olufemi Olugbile, also well attended by technocrats from all walks of life including, DPR, State and Federal Institutions, Women's Professional Groups and Private Sector Practitioners.

The first plenary was led by Mambizeni Madzivire of the World Bank IFC PPP Health Specialist; who spoke vastly on the sub-theme. Other speakers on the panel included by Prof Oluyinka Ogundipe, Former Chief Paediatrician at LUTH/LASUTH, Dr Oyet Gogomary, Group Head EHSQ Oando Plc, Mrs Ayeni, Director (Standards Organization of Nigeria) SON, who, Mr. Abiola Joseph of Roche SSA and Director Nutrition Lagos State Dr Abimbola Ajayi.

The session climaxed in the presentation of a short paper by His Excellency the Hon Commissioner for Health Ogun State Dr Olaokun Soyinka who also presented gifts to winners of the GHB2014 raffle draw, which includes packs of AquaDana (Water), O-Gas Cylinders, Mobitel Internet Dongles, and the Grand Prize of a Chellarams Plc Bicycle. The Ultimate Grand Prize of an Economy Return Ticket from Lagos to anywhere in the USA, which had been won earlier in the day by a staffer of Renault Motors.

WOMENS' DAY AT GHB2014 – MAGI KITCHEN COOKS FOR LWI

On Day 2 of GHB 2014, there was a women's day session in the afternoon titled '*Health innovations in Improving Healthcare Access and Economic Empowerment for Women as an Emancipation Tool*'. Among the speakers were Mrs Foluso Olaniyan, Former CEO of UTC Group; as well as Mrs Mnena Lan, of the National Academy of Sciences. The session was chaired by Ms. Yemisi Ransome-Kuti, Executive Director of the NNGOs.

Nestle's "**Maggi Kitchen**" was on hand to cook and serve delicious meals to all the women participants.

LWI GREEN, LWI BAY, AND LWI SUPPORT

During GHB 2014, LWI launched three new products from its stables called LWI GREEN, LWIBAY and LWI SUPPORT. LWI GREEN was launched by Prince Wale Oyekoya, of LCCI and Mr Afiola Etomi of Doreo Partners while LWI SUPPORT, which is a collaborative project between Livewell Initiative and SWISS based NGO SUPPORT takes affordable healthcare to underdeveloped and riverine areas and LWIBAY the *quick affordable health contact* were launched by Dr. Femi Olugbile and Executive Director Private Sector Health Alliance of Nigeria Dr. Umar Sadiq Muntaq respectively.

EVENT STATISTICS

Over 40 corporate partners and over 120 exhibitors attended with about 2,000 Participants across the three days were made up of Medical Women's Association of Nigeria, the Association of Lady Pharmacists of Nigeria, WOCON, National Council of Women's Societies NCWS, Covenant University, ALDC / UN Habitat Reporting, professional bodies, Universities, DPR, State and Federal Institutions, Public and Private Schools Women's Professional Groups and Private Sector Practitioners.

CORPORATE PARTNERS

The principal partners were Shell Nigeria SPDC, GE Healthcare, Swiss Biostadt Limited, Coca-Cola Nigeria, Chellarams Plc, Standard Organisation of Nigeria, Nigeria-Britain Association NBA, IntraHealth International; Delta Airlines among others who took exhibition stands. Media partners for the event were Silverbird Television, TV Continental, and Web TV.

GHB 2014 in Pictures



Water is Life – Drink 6-8 Glasses Daily !

Stanbic IBTC Ebola Awareness Programme

Sequel to the just concluded Stanbic IBTC Bank PLC Health Week, LWI collaborated with Stanbic IBTC to carry out an "Ebola Awareness Programme" on the 12th of August 2014 at 9 different branches (6 from Lagos, including its corporate Head Office at Walter Carrington Crescent Victoria Island, 1 from Abuja, 1 from Ibadan and 1 from Port Harcourt) with other branches nationwide joining via teleconference. The aim of this programme was to raise awareness and correct misconceptions about the Ebola Virus which has been declared a disease of Public Health concern by the WHO.

Each programme commenced with an Introductory into the advent of the Ebola Virus, the current statistics and updated figures on the incidence of Ebola using confirmed WHO Statistics. After that, the LWI Team utilized the WHO statistics citing updated probable cases in line with the Ministry of Health statistics; with further enlightenment on the number of cases being quarantined and the recently confirmed death toll of three people. Participants were thereafter taken through the symptoms of the virus and the preventive measures against the Ebola Virus including Hand washing techniques, the use of soap wipes and hand sanitizers.

The participants freely asked questions about the Ebola virus and how they could be protected and a lot of misconceptions were corrected.



~Internships at LWI~

This quarter, LiveWell Initiative began its undergraduate internships for Public Health and Pharmacy students from Babcock University and University of Lagos respectively. The aim of this programme is to give the students proper Public Health and Pharmacy field experience. This internship programme will see the students posted in groups into the different departments of the organization which are: Programme Planning and Implementation, Grants Funding & Strategy, Logistics and coordination, Research and Surveillance and the LWI Academy and will work under preceptors and co-preceptors.

The Pharmacy students will also be posted to Community, Clinical and Industrial pharmacies to boost their experience. The programme will also avail the students of taking part in LWI outreach programme and gaining life skills such as presentation skills, time management and team work.



LWI Vision

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

LWI Mission

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

Want to get involved?

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