



UNIVERSITY OF EMBU

REMARKS BY
PROF. DANIEL MUGENDI NJIRU
DURING THE
HEALTH AND WELLNESS SENSITIZATION FORUM
FOR ALL MEMBERS OF STAFF
HELD ON
THURSDAY, 24TH MARCH 2022
FROM
9.30 A.M. TO 11.00 A.M.
VIA THE UNIVERSITY WEB-CONFERENCE PLATFORM.



- University Management and Senate
- Invited Guest Speakers
- HIV & AIDS Prevention Committee Members
- Staff
- Ladies and Gentlemen

Good Morning;

We are gathered yet again for this important activity in the University Calendar of activities. This is our regular Health and Wellness Sensitization. We always lay great emphasis on the well-being of our staff and students. The University is committed to supporting employees as they strive to improve their overall health and wellness. That is why over the years, we have partnered with health and wellness institutions and consultants in the region and beyond to offer wellness sensitization programmes for our staff and students.

Each sensitization focuses on a different aspect of personal well-being or an important health and wellness topic and we conduct these trainings free of charge. In addition, a variety of wellness programmes are available on a full-time basis at the University Health Services Department for all staff and students.



I thank the HIV & AIDS Prevention Committee for organizing this sensitization consistently twice a year for over 5 years now. I also take this opportunity to welcome the facilitators to the University of Embu, and for accepting to facilitate this sensitization forum for our University community. **Thank you.**

Ladies and Gentlemen,

While Kenya as a country has been grappling with communicable diseases for a long time, trends are changing, where the biggest disease burden seems to be the Non-Communicable Diseases (NCDs) which accounts for 39% of deaths annually. NCDs are the world's number one killer, accounting for 60% (35 million) of all global deaths.

The Ministry of Health, through the Department of Non-Communicable Diseases has adopted the vision of achieving a nation free from the preventable burden of NCDs. The purpose of this strategy is to halt and reverse the rising burden of NCDs through effective multisector collaboration and partnerships. Non-Communicable Diseases (NCDs) include cardiovascular diseases, cancer, diabetes and varieties of chronic respiratory diseases.



We as a University, fully support this initiative and it is for this reason that we are bringing the message of how to live healthy through regular sensitizations and screening.

The relevance and need for these sensitizations cannot be overemphasized; time and time again we have met in these forums, and we have been educated on what to do and what not to do. It is therefore, imperative for all staff to embrace the culture of attending the screenings for the illnesses that we are always highlighting during these health and wellness forums. Remember the Swahili saying that says ***“Usipoziba ufa utajenga ukuta”***

A healthy workforce is productive and brings prosperity to the institution where they work as well as promote sustainable economic growth for the entire nation. Globally, investing in NCDs awareness and prevention has been proven to contribute to reduced health care costs and increased economic development.

Most of the determinants of NCDs and their risk factors lie well outside the purview of the health care providers and require a personal initiative. This is the initiative we are talking about here today by educating ourselves on how to better take care of ourselves.



In conclusion, let me talk briefly about COVID-19. Despite the directive by the Ministry of Health that lifted the requirement of wearing face masks in public, which made the face mask no longer mandatory in public places, we must move forward together in this new chapter in the fight against COVID-19 by ensuring that we stay safe. Let us all play an active role in protecting one another. If you feel unwell, or you feel like you are getting the symptoms of the illness, kindly seek medical care urgently before it gets out of control. Let us continue exercising caution because even though the infection rates have gone down, COVID-19 is still around. I urge those who have not received or completed the vaccination dose to do so for the sake of all of us in the University Community.

I call upon each one of us to follow the sensitization keenly because there is something in it for everyone. Let us all not just listen and forget, or for the sake of being seen to have attended, but take the information that will be given here today seriously and integrate it into our lives for better health outcomes. **Thank you all again for making time to attend this sensitization. Thank you.**

It is now my pleasure to declare this Health and Wellness Sensitization Forum Officially Open.

Thank you and God Bless you All.

Prof. Daniel Mugendi Njiru, P.h.D
VICE-CHANCELLOR

