



Faculty of Health Sciences Scientific Day April 7th 2017

Health and Well Being

World Health Day

Her Excellency Dr. Inaya Ezzedine, Minister of State for administrative development

Ladies and gentlemen, distinguished guests, fellow colleagues,

Health and Well-being

These two words have become key in any plan to achieve a better life. In 2012, the WHO issued its report entitled *Governance for Health in the 21st Century*.

In September 2015, the UN Sustainable Development Summit adopted the Sustainable Development Goals to be achieved by 2030. The third goal states: “Good Health and Well-being – Ensure healthy lives and promote well-being for all at all ages”.

In 2016, BAU adopted Health and Well-being as one of its main research themes.

And today we celebrate the World Health Day to enhance well-being and attain better health. This year, the theme is focused on depression, a major challenge to health.

Health is a dynamic and positive term! Being healthy is central to living longer and being more productive. **As healthy individuals**, we should avoid whatever negatively affects our health. We should know the risks of being unhealthy, and recognize that depression is a condition that can be overcome. **Sadly**, depression affects people regardless of their age, country, or culture. **Luckily**, the effects of depression can be reversed. In addition to professional help (in the form of various therapies) by psychologists, psychiatrists and physicians, there are many things that can be undertaken to alleviate



depression. Through exercise, healthy life-styles, and a positive social life, early and mild forms of depression can easily be eliminated. This entails a need to raise awareness, to foster better understanding, to encourage healthier life-styles, and to stimulate more positive outlooks on life.

Today's event, then, is BAU's contribution to the WHO campaign launched today under the slogan "Depression – Let's Talk". The presentations delivered today by various specialists aim to initiate a dialogue and to voice aspects of depression that have always been silenced because they have been stigmatized by society. The issues tackled today are intended to offer an opportunity to take positive action – with a firm belief that we may be able to help many people regain their mental health and live a better life.

Thank you.