

**SPEECH BY PROF ABDUL AZIZ BABA
VICE-CHANCELLOR, INTERNATIONAL MEDICAL UNIVERSITY
AT THE
OFFICIAL LAUNCH OF IMU HEALTHY CAFETERIA
IN CONJUNCTION WITH THE
IMU WELLNESS PROGRAMME
11 MAY 2017 | INTERNATIONAL MEDICAL UNIVERSITY**

- 1. Yang Berhormat Dato' Seri Dr. Hilmi bin Haji Yahaya**
Deputy Minister of Health,
Ministry of Health Malaysia
- 2. Dr Mei Ling Young**
Deputy Vice-Chancellor, International and Engagement
International Medical University
- 3. Puan Zaiton Daud**
Deputy Director, Nutrition Division
Ministry of Health Malaysia
- 4. Dr. Nor Halizam binti Ismail**
Senior Medical and Health Officer
Department of Health and Environment
Kuala Lumpur City Hall (DBKL)
5. Senior Management, Deans, Faculty members, Staff and Students of IMU
6. Distinguished Guests
7. Members of the Media
8. Ladies and Gentlemen

Salam sejahtera and a warm welcome to the International Medical University (IMU). First and foremost, I would like to express our appreciation to Yang Berhormat Dato' Seri Dr Hilmi for taking time off his busy schedule to be with us here today for this auspicious occasion and to officiate the IMU Healthy Cafeteria in conjunction with the IMU Wellness Programme.

Today the IMU unlocks yet another milestone in its journey to become a Malaysian success in both educating the next generation of medical and healthcare professionals and being a corporate and socially responsible organisation. It is a great honour to have you with us to witness the launch of our Wellness Programme under the University's "Living the Values" initiative. This programme timely launched as part our year long 25th Anniversary celebration, ties back to our goal to create a better society through better health; where else to begin the journey but right here in the IMU.

From the very beginning, we at the IMU are constantly striving to point our community back to taking care of their health through preventive care /medicine. And preventive care, as the name suggests, can be as simple as making healthier choices. Making the right food choices, for instance, can have a huge impact on one's health in the long run. However simple this may sound, as an institution that deals closely on the subject of health, we are acutely aware that the subject of staff overall wellbeing receives minimal consideration in any planning agenda.

So as part of our initiatives to empower and enable our staff to achieve a balanced lifestyle and overall wellbeing, the University takes it upon itself to make that possible to the IMU community whom we value greatly. For without which, IMU would not be where it is today.

With this in mind, the IMU Wellness programme has been designed to create a conducive environment to:

- increase the IMU community's level of physical activity,
- help them be aware of their level of health risk through screening and early detection programmes,
- disease management activities,
- support the mental wellbeing through stress management workshops,
- and even assist them in breaking the tobacco consumption habit.

There will be a series of initiatives of educational nature that serve as reminders to us all of the importance and ways to live a healthy lifestyle even at work. Earlier this year, the team had set out to upgrade our Pandan Serai cafeteria to be a healthy eatery that provides healthy meal selections on a daily basis. Many of the staff spend more than half their days at the workplace, investing

approximately 8 to 10 hours there. This means having at least two meals on premise. We need to help them make healthy food choices and our Healthy Cafeteria is designed to do that. Doing it together also means they can motivate and encourage one another and not feel so alone on the journey.

We have also recently subscribed our staff on the AIA Vitality programme that actively motivates and rewards the staff for making healthy choices every day. This is part of our commitment to our staff and our investment in them. They are not just here to work, clock in the hours and take home their pay at the end of the month. The IMU is a big family where we care for each other.

We are serious about this Wellness initiative and are embarking on this because we care. We care about our staff, the students, the faculty, the community and we care that they are part of our nation and the world at large. They too have families and friends whom they can positively influence whether directly or indirectly. It is also timely as part of our 25th Anniversary Celebration, to reinforce and promote better health and thus result in a better society. Let it start with us, today.

Once again, I would like to thank the team for their passion and tireless efforts in realising the Wellness programme for everyone to engage in for better health. And to YB Dato' Seri, staff and faculty, students and the community, thank you for being a part of us in promoting better lifestyles not only in workplaces and organisations, but also beyond this campus. And with a healthier workforce, we can strive to deliver more to the growth of our nation.

Have a pleasant day ahead. Thank you.