



**MINISTRY OF PUBLIC SERVICE, ADMINISTRATIVE AND
INSTITUTIONAL REFORMS
MAURITIUS**

09 November 2020

Ministry of Public Service, Administrative and Institutional Reforms
Circular Letter No 57 of 2020
E/421/3/2/83

From : Secretary for Public Service

To : Supervising Officers in charge of Ministries/Departments

Setting up of Health Promotion Clubs

Mauritius is one of the countries in the world with the highest prevalence of diabetes, hypertension and cardiovascular diseases, which impact adversely on our scarce health resources, economic development and well-being of the Mauritian citizens. The major factors accounting for these non-communicable diseases are mainly lack of physical exercises, sedentary lifestyle and poor diets.

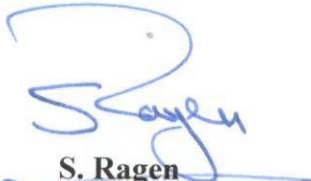
2. Government has, in that context, decided to set up Health Promotion Clubs across the Public Service to encourage public officers to practise regular physical exercises and adopt healthy eating habits. The Clubs would establish a calendar of activities and sensitize public officers about the benefits of regular physical activity, good eating habits and provide them with regular health and nutrition tips to lead a healthier lifestyle. In addition, the Clubs would make arrangements for public officers to benefit from regular medical checkups for early detection of diabetes and hypertension, as well as breast and cervical cancer screening for female public officers in collaboration with the Ministry of Health and Wellness. Classes of Zumba, Aerobics, Yoga, Karate and Meditation would be conducted by qualified instructors and outdoor activities would also be organized by the Health Promotion Clubs in collaboration with the Public Officers Welfare Council.

3. Supervising Officers are requested to make necessary arrangements for the setting up of a Health Promotion Club at the level of their Ministries/Departments, in collaboration with their Staff Welfare Associations. The Ministry of Health and Wellness will establish a calendar of activities for implementation by the Club.

4. In this context, it would be appreciated if the following information could be submitted to Dr S. Kowlessur, Chief Health Promotion and Research Coordinator at the Ministry of Health and Wellness at sukowlessur@govmu.org, within two weeks from the date of this Circular Letter:

- a) the contact details of the focal point of your Ministry/Department; and
- b) the number of male and female officers.

5. I rely on your usual collaboration and support.



S. Ragen

Secretary for Public Service

Copy to: Secretary to Cabinet and Head of the Civil Service