



GOOD
health
adds **life**
TO YEARS

World Health Day 2012



World Health
Organization

Regional Office for the Eastern Mediterranean



JANUARY 2012

Safar 1433 - Rabi' al-awwal 1433

Good health adds life to years

SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6	7
7	8	9	10	11	12	13
8	9	10	11	12	13	14
14	15	16	17	18	19	20
15	16	17	18	19	20	21
21	22	23	24	25	26	27
22	23	24	25	26	27	28
28	29	1	2	3	4	5
29	30	31				
6	7	8				

Older persons can live happily.

Temporary feelings of sadness, grief and “blue” moods are normal emotions experienced by all age groups. Chronic depression that interferes with a person’s ability to function is not a normal part of ageing and can be treated by health professionals.



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FEBRUARY 2012

Rabi' al-awwal 1433 - Rabi' al-thani 1433

Good health adds life to years

SUN	MON	TUE	WED	THU	FRI	SAT
			1	2	3	4
			9	10	11	12
5	6	7	8	9	10	11
13	14	15	16	17	18	19
12	13	14	15	16	17	18
20	21	22	23	24	25	26
19	20	21	22	23	24	25
27	28	29	30	1	2	3
26	27	28	29			
4	5	6	7			

Older persons are all of us.

However we define old age, the truth is that we are all ageing and that sooner or later, we will all be older persons. The natural process of ageing starts before we are born. Whatever our age, how we live today has an impact on our health and well-being tomorrow.



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MARCH 2012

Rabi' al-thani 1433 - Jumada al-Oula 1433

Good health adds life to years

SUN	MON	TUE	WED	THU	FRI	SAT
				1	2	3
				8	9	10
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
18	19	20	21	22	23	24
25	26	27	28	29	30	1
25	26	27	28	29	30	31
2	3	4	5	6	7	8

Older women play key roles in their families and communities.

Women aged 60 and older worldwide can be an important source of support for families, communities and economies. Age-friendly communities are an effective approach to respond to the needs of ageing populations, including women.



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APRIL 2012

Jumada al-Oula 1433 - Jumada al-Thaniya 1433

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SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6	7
	9	10	11	12	13	14
8	9	10	11	12	13	14
	16	17	18	19	20	21
15	16	17	18	19	20	21
	23	24	25	26	27	28
22	23	24	25	26	27	28
	1	2	3	4	5	6
29	30					
	8	9				

* World Health Day 2012

Be active, be healthy

The longer people stay active, the longer they may enjoy good health, remain independent and continue to participate in society. Rapid ageing of populations and changing disease patterns are global phenomena that demand action at all levels by all of us. Is your community ready for change?



MAY 2012

Jumada al-Thaniya 1433 - Rajab 1433

Good health adds life to years

SUN	MON	TUE	WED	THU	FRI	SAT
		1	2	3	4	5
		10	11	12	13	14
6	7	8	9	10	11	12
15	16	17	18	19	20	21
13	14	15	16	17	18	19
22	23	24	25	26	27	28
20	21	22	23	24	25	26
29	30	1	2	3	4	5
27	28	29	30	31		
6	7	8	9	10		

Older persons have the wisdom and the experience.

Older persons are the age group with the widest and most diverse experiences. As leaders, workers, academics, scientists, volunteers, artists and advisers, they can transmit their experience and knowledge. In all countries, they are a key resource for others.



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JUNE 2012

Rajab 1433 - Sha'aban 1433

Good health adds life to years

SUN	MON	TUE	WED	THU	FRI	SAT
					1	2
					11	12
3	4	5	6	7	8	9
13	14	15	16	17	18	19
10	11	12	13	14	15	16
20	21	22	23	24	25	26
17	18	19	20	21	22	23
27	28	29	30	1	2	3
24	25	26	27	28	29	30
4	5	6	7	8	9	10

Older persons deserve quality health care.

In many parts of the world, older persons report that their health complaints are often dismissed as age-related, without proper diagnosis. Health care providers must remember that health needs do not stop at a particular stage of life.



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JULY 2012

Sha'aban 1433 - Ramadan 1433

Good health adds life to years

SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6	7
11	12	13	14	15	16	17
8	9	10	11	12	13	14
18	19	20	21	22	23	24
15	16	17	18	19	20	21
25	26	27	28	29	1	2
22	23	24	25	26	27	28
3	4	5	6	7	8	9
29	30	31				
10	11	12				

Older persons are a diverse group.

People are not all the same, and life experience adds to their diversity. Life at age 60 is very different from life at age 85. Globally, the “oldest” persons (80 years and above) are the fastest growing age group. Older persons are the age group with the widest and most diverse experiences.



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AUGUST 2012

Ramadan 1433 - Shawwal 1433

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SUN	MON	TUE	WED	THU	FRI	SAT
			1	2	3	4
			13	14	15	16
5	6	7	8	9	10	11
17	18	19	20	21	22	23
12	13	14	15	16	17	18
24	25	26	27	28	29	30
19	20	21	22	23	24	25
1	2	3	4	5	6	7
26	27	28	29	30	31	
8	9	10	11	12	13	

Communities need all age groups.

If given equal treatment in all aspects of life, ageing persons, including those who retire from work and those living with illness or disability, can continue to participate and contribute to their community. Staying active is the most cost-effective way for individuals to age well and their communities to stay healthy.



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SEPTEMBER 2012

Shawwal 1433 - Dhul-Qi'dah 1433

Good health adds life to years

SUN	MON	TUE	WED	THU	FRI	SAT
						1
						14
2	3	4	5	6	7	8
15	16	17	18	19	20	21
9	10	11	12	13	14	15
22	23	24	25	26	27	28
16	17	18	19	20	21	22
29	1	2	3	4	5	6
23	24	25	26	27	28	29
7	8	9	10	11	12	13
30						
14						

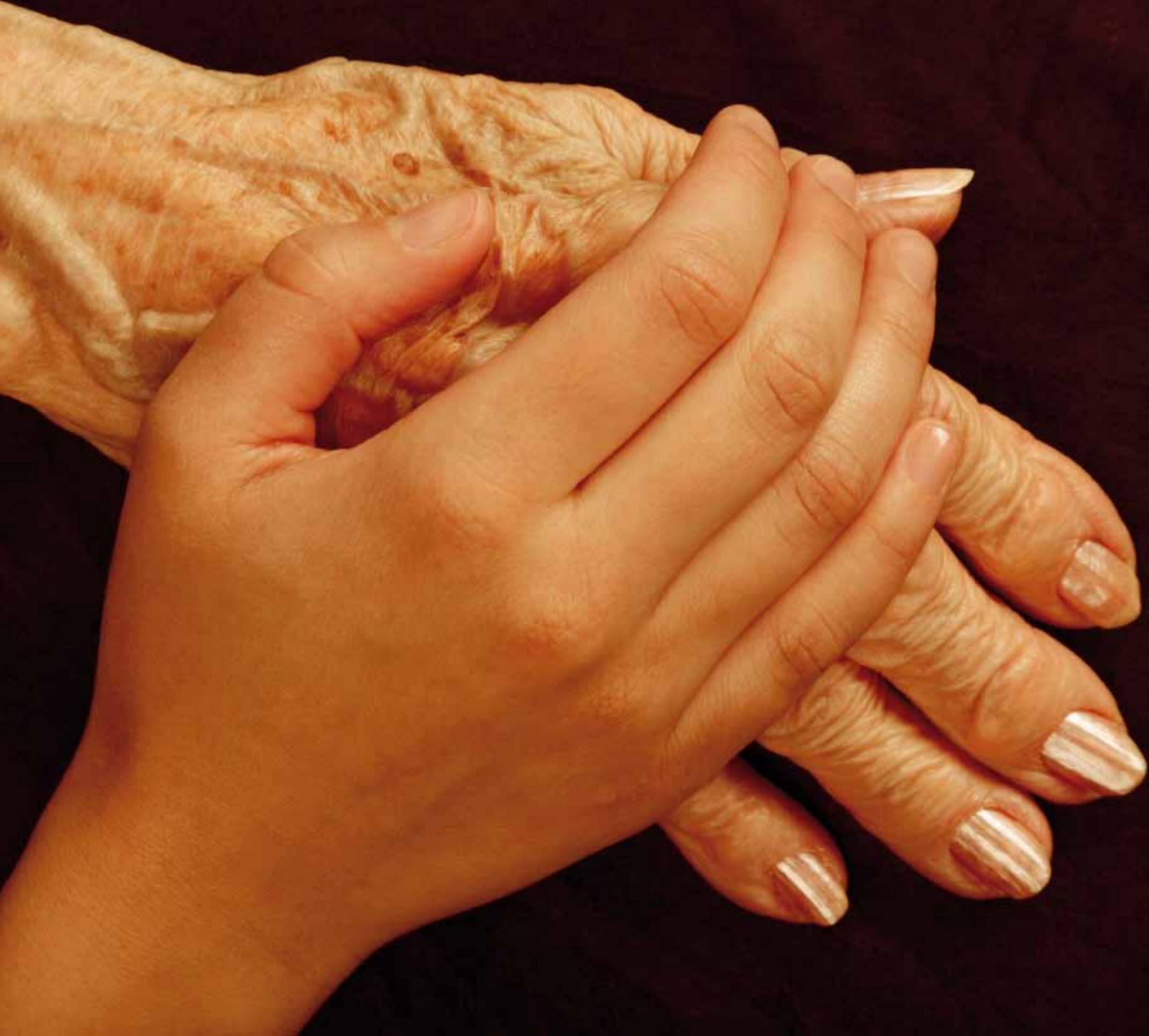
Most older persons are able and fit.

There is no reason to assume that older persons are less able to manage their financial and day-to-day affairs or to provide informed consent for medical treatment.



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OCTOBER 2012

Dhul-Qi'dah 1433 - Dhul-Hijjah 1433

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SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	3	4	5	6
	15	16	17	18	19	20
7	8	9	10	11	12	13
21	22	23	24	25	26	27
14	15	16	17	18	19	20
28	29	30	1	2	3	4
21	22	23	24	25	26	27
5	6	7	8	9	10	11
28	29	30	31			
12	13	14	15			

Social participation is healthy.

The risks of loneliness and social isolation among older people can be reduced through supporting their social participation. Such support is available from community groups run by older people, traditional societies, self-help and mutual aid groups, peer and professional outreach programmes, telephone support programmes and family caregivers.



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NOVEMBER 2012

Dhul-Hijjah 1433 - Al Muharram 1434

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SUN	MON	TUE	WED	THU	FRI	SAT
				1	2	3
				16	17	18
4	5	6	7	8	9	10
19	20	21	22	23	24	25
11	12	13	14	15	16	17
26	27	28	29	1	2	3
18	19	20	21	22	23	24
4	5	6	7	8	9	10
25	26	27	28	29	30	
11	12	13	14	15	16	

Older persons can be role models.

Older people in the community are potential role models for active ageing and can be encouraged to speak about their life experiences through cross-generational activities in schools and communities. Events and meetings suitable for all age groups can be organized.



DECEMBER 2012

Al Muharram 1434 - Safar 1434

Good health adds life to years

SUN	MON	TUE	WED	THU	FRI	SAT
						1
						17
2	3	4	5	6	7	8
18	19	20	21	22	23	24
9	10	11	12	13	14	15
25	26	27	28	29	1	2
16	17	18	19	20	21	22
3	4	5	6	7	8	9
23	24	25	26	27	28	29
10	11	12	13	14	15	16
30	31					
17	18					

Active ageing is healthy ageing.

Maintaining an active lifestyle is one of the most cost-effective ways to stay healthy and enjoy life. The word "active" refers to continuing participation in social, economic, cultural, spiritual and civic affairs, not just the ability to be physically active or to work for a living.



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