

CARIBBEAN COMMUNITY SECRETARIAT

**19th MEETING OF THE CAUCUS OF
CARICOM MINISTERS
RESPONSIBLE FOR HEALTH**

Washington, DC, USA

25-26 September 2010

**Review of the Caribbean
Wellness Day (CWD) 2010**

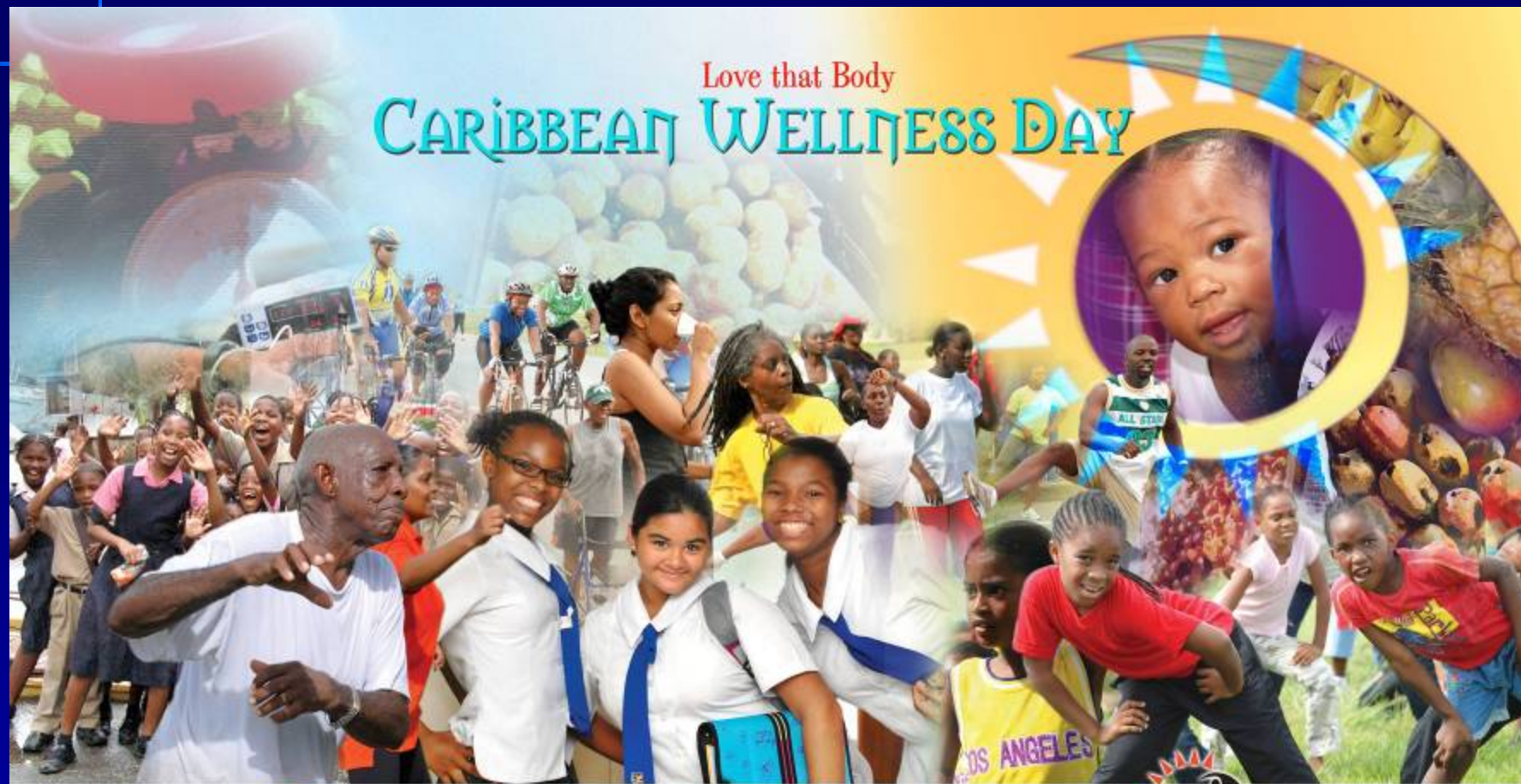
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CARICOM Consultant – NCD Prevention & Control

- Regional CWD budget 2010 = \$0.
 - No posters etc. sent to countries
 - Conference calls to share
- PAHO updated poster with photos from CWD 2009
- Web-site www.paho.org/cwd10
 - Countries accessed images, for local use

CWD 2010 poster

Thanks to PIN / PAHO



**Pan American
Health
Organization**
Regional Office of the
World Health Organization



CWD Statement from CARICOM

- THE HONOURABLE DENZIL DOUGLAS,
PRIME MINISTER OF ST. KITTS AND
NEVIS AND LEAD CARICOM HEAD
WITH RESPONSIBILITY FOR HEALTH

"...scale up our implementation of the
Declaration and in this way, create a
healthier and wealthier population."

Antigua & Barbuda

Medical Benefits Scheme Diabetes Village Street Fair Sept 10

- Blocked road in St. John's for Fair with Dr. Carlisle Goddard: Screening , Exercise demonstrations and programs, Healthy meals preparation and demonstrations, Foot and eye examinations
- Public lectures on healthy eating, diabetes management.
- MOH booth
 - educational materials including on tobacco control.
 - nutrition counseling for persons at risk

Antigua & Barbuda

- Sept 10th Continuing Medical Education (CME) session on the Management of Diabetes and dinner for health care professionals
- Clare Hall Health Center, food demonstration, tasting of salt free dishes
- MBS half day "Camp" for children with Diabetes
- Sunday Sept 12 CWD Faith Based Organizations Fact Sheet used, plus screening in churches
- 6 week Fitness Challenge at Mt. St. John Hospital starts early October

Antigua: MBS Exercise Club



Antigua Showing off pedometers



Bahamas

Love that Body, Portions Count.

- One week of healthy-living activity
- Partners other Governmental agencies, faith-based and NGOs and private sector companies
- Caribbean Wellness Day Health Extravaganza, under the theme: Walk-a-thon at dawn with CWD partner, Bahamas' Cancer Society *Us Too*, Health screenings were available post walk.
- Health Extravaganza

■ Health Extravaganza

- exercise, backyard gardening, farmers market and healthy cooking demonstrations,
- interactive booths on starting a physical activity programme, health and medical insurance
- cooking and eating healthy - show single servings and combinations
- local Chef demonstrated a healthy menu choice

■ Games included: Hula-hoop, Hop-scotch, Three-legged race, Watermelon eating contest and Electric Slide Dance-off

■ Beautiful CWD medals awarded for first, second and third, however, on that day, everyone was declared winners.



MINISTRY OF HEALTH

CARIBBEAN *Wellness* DAY

SEPTEMBER 11, 2010

MEGA HEALTH EXTRAVAGANZA

LOVE YOUR BODY! *Portions Count!*



12 PM - 5 PM • MINISTRY OF HEALTH • MEETING & DELANCY STs.



MINISTRY OF HEALTH

CARIBBEAN *Wellness* DAY

SATURDAY, SEPTEMBER 11TH, 2010

MINISTRY OF HEALTH GROUNDS @ 10 AM - 5 PM

MEETING & AUGUSTA STREETS

LOVE YOUR BODY!

Portions Count!

ACTIVITIES

- Opening Ceremony
 - Dance: National School of Dance
 - Healthy Food Preparation
 - Bouncing Castle
 - Junkanoo Rush-Out
 - Exercise Booths
 - Blood Pressure/Sugar Screening
 - Ministry of Agriculture "Back Yard Gardening" Workshop
 - Face Painting
 - Jump Rope Competition
 - Watermelon Eating Contest
 - Apple Bobbing
 - Electric Slide Contest
 - Limbo Dance Contest
 - SOCA Aerobics
 - 3-Point Basketball Shoot-out
 - Hop Scotch Competition
 - Kiddie-Corner
- Plus more contests + prizes!



Bahamas Ongoing programme

THE MINISTRY OF HEALTH PROMOTES:

Wellness Wednesdays

Take the Steps to a Healthier Life!



MINISTRY OF HEALTH
Poinciana Hill
P. O. Box N-3729
Nassau, N.P., BAHAMAS

For further information:
Tel: (242) 328-1535
(242) 502-4700
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Living a healthy lifestyle doesn't have to be hard. Here are a few simple tips to get you started. Once you start, come up with other healthy choices that work for you.

- *Take the stairs Wednesday*
- *Water Wednesday (aim for 8 glasses)*
- *Portion in proportion Wednesday*
- *5-9 servings of fruits & vegetables Wednesday*
- *Get up and move Wednesday*
- *Sugar Free Wednesday*
- *Low salt Wednesday*
- *Spend time with family Wednesday*
- *Touch a life Wednesday*
- *Pack your lunch Wednesday*
- *Take care of yourself Wednesday*
- *Salad Wednesday*
- *No fried food Wednesday*
- *Rainbow Wednesday (colorful plate)*
- *"Don't sweat the small stuff" Wednesday*
- *Check your numbers Wednesday*
(Blood Pressure and Weight)

"Wellness Wednesdays" is an Initiative of the Healthy Lifestyle Secretariat.

Bahamas Minster checks BP



Promoting fruits and vegetables



Love your body – portions count





Secretary to the Cabinet
playing hopscotch





Bahamas – Lessons Learned

- Program **sustained** for the full year
- A **holistic** approach (physical, mental, spiritual and social) to wellness.
- To strengthen the **Intersectoral Committee** and form other alliances within the community.
- To **increase promotion** of behavioural change and responsibility for one's health.

Barbados

- **National Taskforce on Physical Activity 2-day workshop at PAHO**
 - Basic Exercise Skills to safely conduct group exercise programmes in their communities
 - Community Fitness Trainers from churches, workplaces and community groups



Barbados Aerobics





Barbados Line Dancing





"Barbados Today" digital edition 13th Sept



Belize

Celebrating CWD Sept 26 - Oct 2

- **Sept 30, 2010: Ministry of Health Launches Smoke Free Spaces and Wellness Fair**
- Official ceremony at the Matron Roberts Health Center
- Minister of Health, Hon. Pablo Marin will launch Cabinet's approval to make all public spaces smoke free.
- Wellness Fair follows focusing on good nutrition, physical activity, mental health and wellness

British Virgin Islands



Governor of the British Virgin Islands His Excellency William Boyd McCleary CMG, CVO, his wife Jenny and daughter Emily.

The walk was led by the Minister Penn

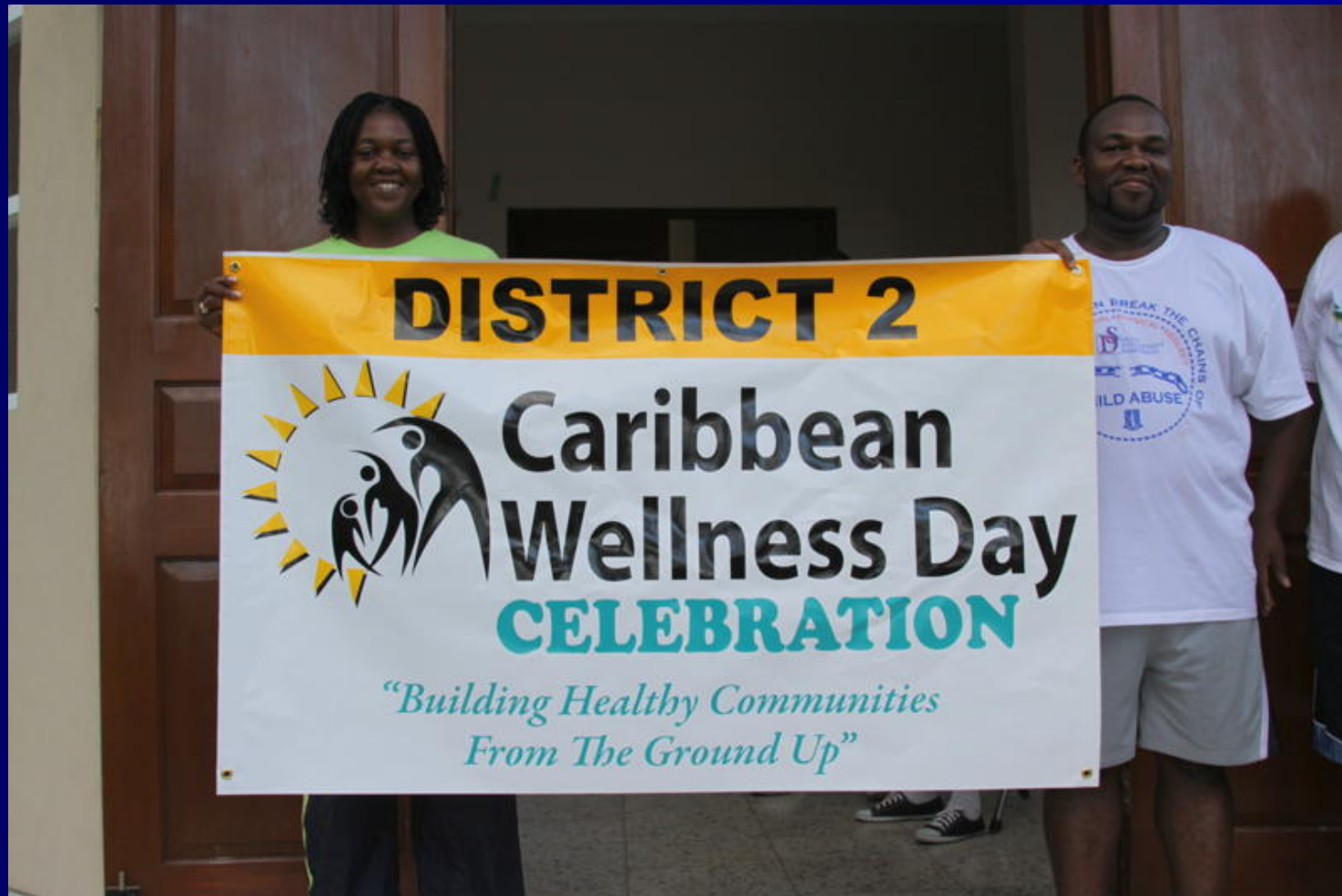


- Wellness Day events in 8 of 9 districts
- Activities - information discussions walks, basketball games, fitness and nutrition demonstrations

Anegada district



District 2



District 3



District 4



Cayman Islands



School Health Coordinator Joanna Rose Wright distributes fruit and water packages to students

MyPyramid

STEPS TO A HEALTHIER YOU

MyPyramid.gov



GRAINS

VEGETABLES

FRUITS

MILK

MEAT & BEANS



Students of Savannah Primary School respond to questions on Good Nutrition

Fruit and veggies slide guide to share with parents





Dominica: CWD launch

Minister Timothy



September 8th- 25th

"Love that Body, Feed it Right,"

- Media campaign / Public Service Announcements - benefits of physical activity, proper nutrition to promote healthy lifestyle
- Activities in all districts
 - health fairs, food fairs, dancing, family sports day, mass aerobics and health education sessions
- Health Extravaganza on Friday the 10th Sept in collaboration with other stakeholders.
 - healthy food booths, screening booths and a dancercise

Roseau Health Center staff



LaPlaine



Marigot



Portsmouth



St. Josephs display



Come join us...



Grenada

- Address by Acting Minister Quarless
- Community Wellness Forum in six districts
- Personal health contracts to modify health behaviours
- Screening: blood pressure, blood sugar and BMI
- Family Sports Day and wellness walks in districts.
- Partners Ministries of Education, Youth and Sports, Grenada Food & Nutrition Council, other community groups

Grenada

Family Sports Day – Progress Park, St Andrew



Grenada

Family Sports Day – Tanteen Playing Field, St George's



Grenada Body Care Week

Sept 20 – 26

- Move-it Monday - exercise for at least 10 mins
- Tasty Tuesday - spice up your meals with local herbs and spices
- Walking Wednesday - walk for at least 10 mins
- Thirsty Thursday - drink more water
- Fresh fruit Friday - eat local fruits
- Soupy Saturday - drink low fat local soups
- Sunny Sunday - cheer someone, give a smile

Grenada

Grenada Marketing and National Importing Board at the Ministerial Complex .



Love your body – Protect It



Grenada

Food and Nutrition Council Display – Ministerial Complex



Love your body – Protect It



Guyana

Love that Body, Know your Risk

- Interfaith service
- Launch of a rural medical boat to serve the health needs of remote communities.
- Ministry of Health, CARICOM Secretariat and PAHO staff walk and media promotions
- Family fun day and Health Fair with partners
 - 6,000 participants
 - Screening, healthy eating, physical activity
 - Mental Health, Substance abuse

Guyana - Most colorful version of CWD logo



FITNESS WALK, led by Minister Ramsammy Minister Ramsaran, Minister Prashad (Tourism, Industry, Commerce) and the PAHO PWR A. Vlugman



Including the differently abled



Walk contributed to
Guyana's Million
Mile Challenge

Music from Guyana
Prison Service Steel
Pan Band
Health Fair



Aerobics







Jamaica CWD launch



CWD Activities

- Minister of Health's call to action
- Mandeville and Montego Bay promoted physical activity hula hoop, potato race, dance, squats and healthy eating
- In St. James, there was a diabetes group walk
- In partnership
 - Jamaica Physical Education Association
 - Adolescent Health Project
- 4 Physical Activity Workshops with principals, physical activity teachers and healthy lifestyle clubs

Love your Body, Treat your Body Right



On-going Activities

- 29th – 30th Sept: Workshop to establish Health Promoting Schools
 - addressing the chronic disease and risks
 - Ministry of Health, Ministry of Education
University of West Indies

St Kitts & Nevis

- 6th Sept 'Fitness Extravaganza'
- 9th Sept - 'National Fruit Day' and exhibition of healthy dishes from fruits and vegetables
- 11th Sept - Hon. Minister Marcella Liburd address re healthy habits, increased physical activity and balanced diet including fresh fruits and vegetables.
- 22nd Sept launch of the National Dietary Guidelines

St. Lucia

- Main celebration in Vieux Fort in the south
- Health Festival
 - with dance, jump rope, aerobics and strength training,
 - dance marathon won by 60 year old female.
- Over 35 groups – well attended
- 8 Private Sectors, 2 Medical Universities and St Jude's Hospital
- Health promotion materials,
 - foot care, food portioning demonstration, sampling of diabetic bread and cake, screening for diabetes & hypertension, body mass index, back yard gardening and health

- All 8 parishes had activities
- Schools
 - dances, net ball
- Workplaces
 - screening, walks and mini health fairs
- Faith-based organizations and other NGOs
 - Mini Health Fairs, walks, screening
- Private sector country activities
 - sponsorship, healthy products

Working with Partners



Healthy One Pot Meal



Promoting protective shoes for persons living with diabetes



Screening



On-going Activities

- Every day should be Wellness Day
 - Promoting food portion, physical activity, no smoking, limit alcohol consumption, regular medical check ups.
- Physical fitness programmes at all health centres
- Screening for Diabetes and Hypertension at a few Health Centres and Churches
- Radio discussions on Healthy Lifestyle practices

St. Vincent & Grenadines

- Minister of Health message
- 4th Sept - Seventh Day Adventist church service
 - presentation on healthy eating
- Radio Programme "Health Word"
- National Wellness Symposium
 - Ministries of Health and Agriculture, NGO, public and private sectors.

St Vincent & Grenadines

- Workplace ergonomics and exercise in all government Ministries (316 participants).
- Friday 10th - Go Green campaign, Kingstown
 - blocked street
 - exhibition,
 - screening
 - solar energy cooking demonstration to protect the environment.
- Saturday 11th - walkathon and exercise session

Suriname

- CWD will be in November to coincide with celebrations of 35th years of independence

Turks and Caicos

- Week of activities - 6 to 11 Sept
- Island wide participation
- Financial support from the private sector

Trinidad & Tobago – Launch;



L-R: Dr. Anton Cumberbatch: Chief Medical Officer,
Sandra Jones: Permanent Secretary, Minister of
Health: Senator the Honourable Therese
Baptiste-Cornelis, Yvonne Lewis: Director
Health Education / Dep. Director Health
Promotion, Dr. Carol Boyd-Scobie: PAHO/WHO
Country Representative, Mr. Darren Ganga:
Captain of the T&T National Cricket Team

Minister observes cricketers signing up for CWD 5 K



Minister Baptiste-Cornelis works out



...leads the 5K walk



Kids on trampolines



Love that body, move that body



Fun...

Love that body, move that body



...fun,...

Love that body, move that body



...more fun



Love that body, move that body



Ministers of Health are invited to:

- Congratulate CARICOM countries for institutionalizing CWD, despite constraints
- Consider adapting innovations for ongoing physical activity e.g.
 - Grenada, Bahamas: Wellness Wednesdays
 - Diego Martin, TRT Every Sunday blocked roads
 - St Lucia, Dominica, Belize and Trinidad and Tobago have weekly exercise at health facilities
- Endorse proposals for CWD 2011 celebrations in the diaspora in support of the UN HLM on NCDs