

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**

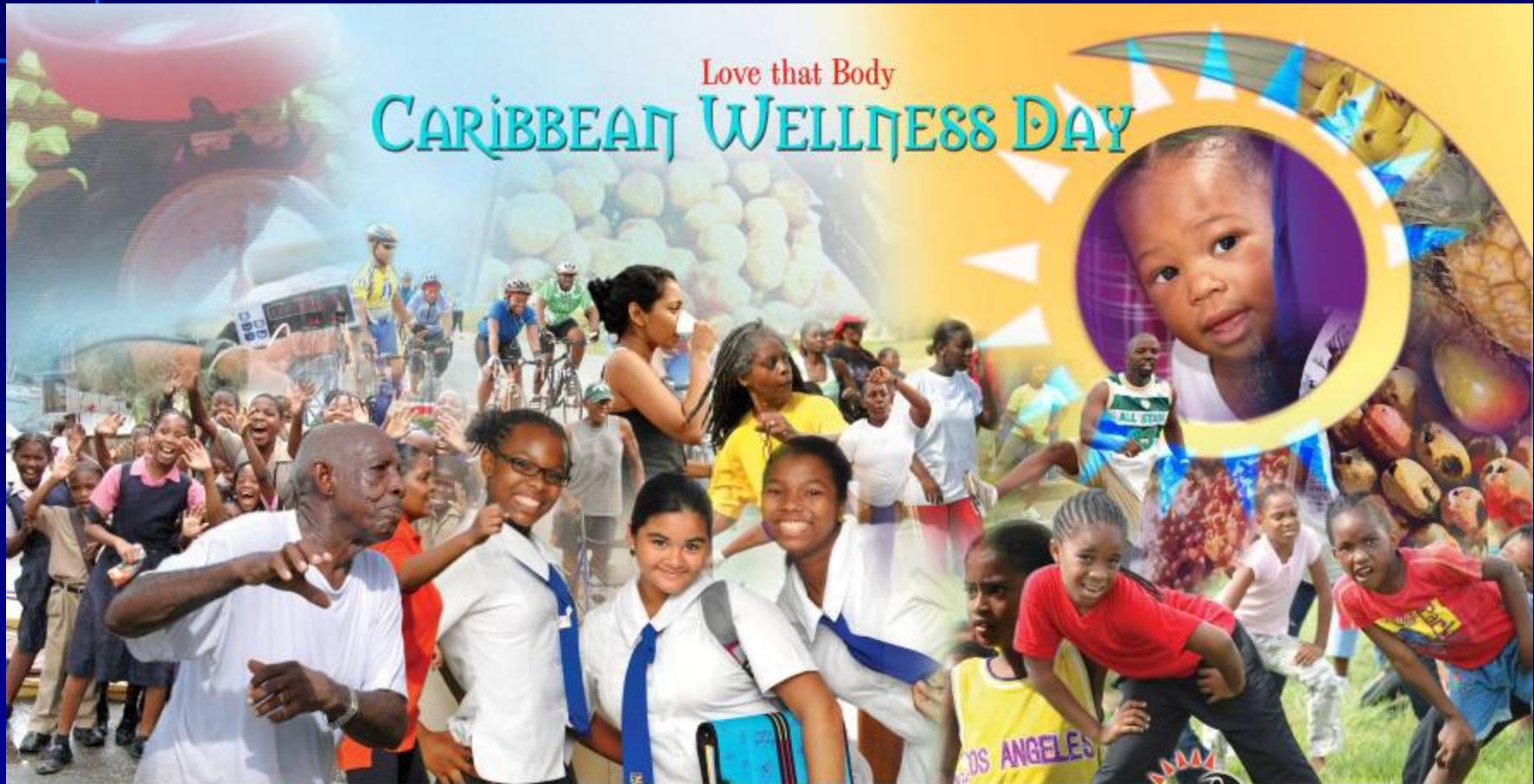
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CARICOM Consultant – NCD Prevention & Control

- 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](http://www.paho.org/cwd10)
  - Countries accessed images, for local use

# CWD 2010 poster

## Thanks to PIN / PAHO



# 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 10<sup>th</sup> 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

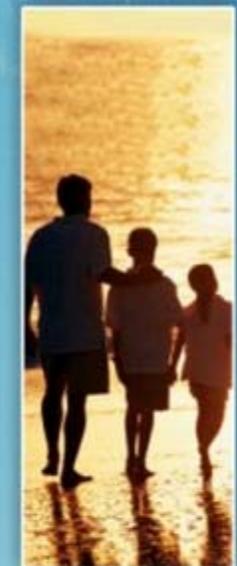
# CARIBBEAN Wellness DAY

SEPTEMBER 11, 2010

## MEGA HEALTH EXTRAVAGANZA

### LOVE YOUR BODY! *Portions Count!*

Vegetables  
(at least 2 times)  
Protein  
(at least 2 times)



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



# 2010 BODY

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

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

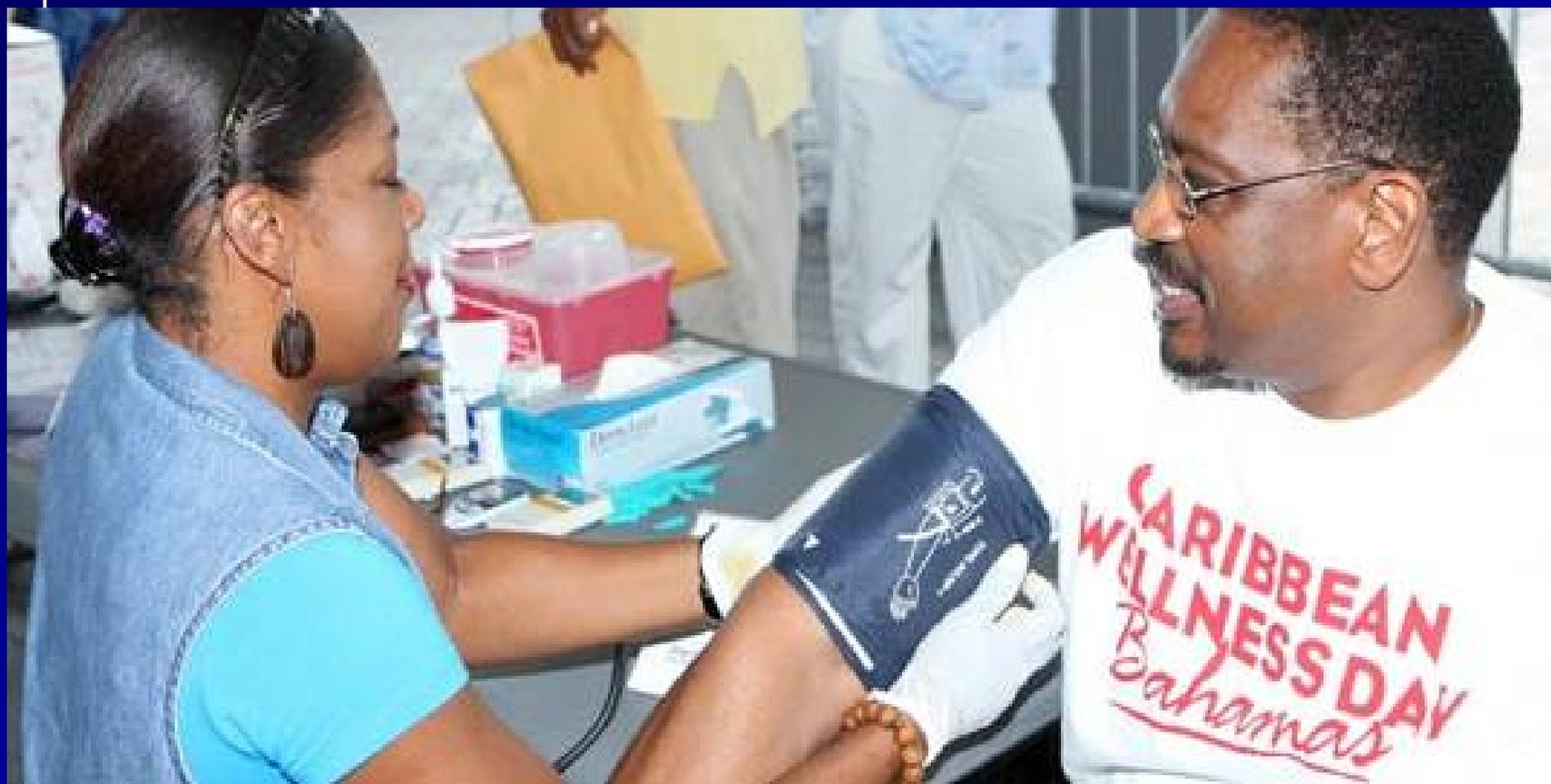
For further information:  
Tel: (242) 328-1535  
(242) 502-4700  
Fax: (242) 325-5421

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.

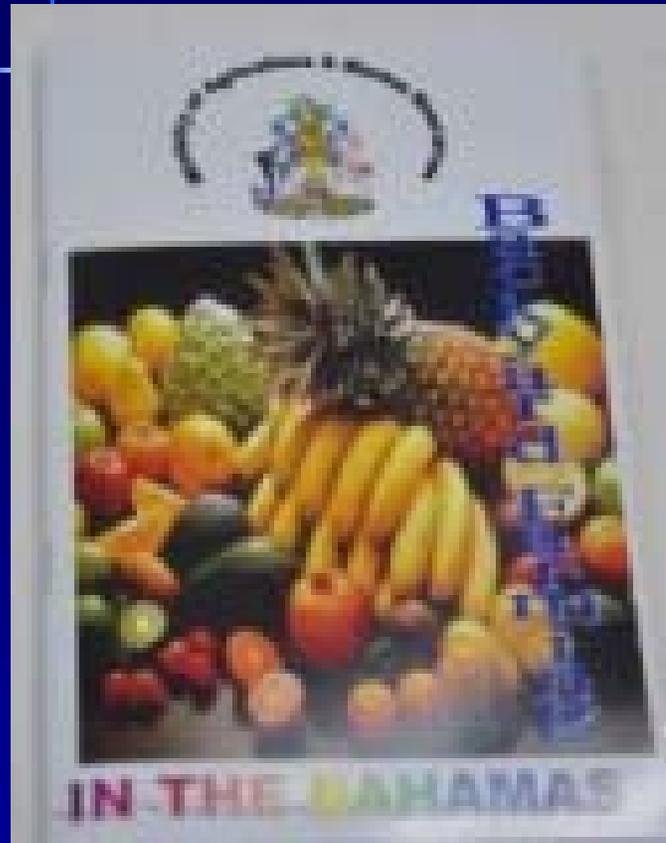
- *Take the stairs Wednesday*
- *Water Wednesday (aim for 8 glasses)*
- *Portion in proportion Wednesday*
- *5-9 servings of fruits & vegetables Wednesday*
- *Get up and move Wednesday*
- *Sugar Free Wednesday*
- *Low salt Wednesday*
- *Spend time with family Wednesday*
- *Touch a life Wednesday*
- *Pack 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

"Barbados Today" digital edition 13<sup>th</sup> Sept

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## Enjoyable exercises

**FOCUS TODAY**

Just like their CEO, Dr. Joe St. John watches the game of life.

Made it, hold it. Rows closer by the road with an expert.

The young and old joined in.

Looking up, kids got in on the action.

Volstead was also one of the games being played.

The address had a blast.

And Johnson is sure get the crowd going.

<http://www.barbadostoday.bb/launch.aspx?referral=other&refresh=b19SNq042Fr1&PBID=87ad6005-1972-4d63-92b0-8927eda53c7a&skip=>

# 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

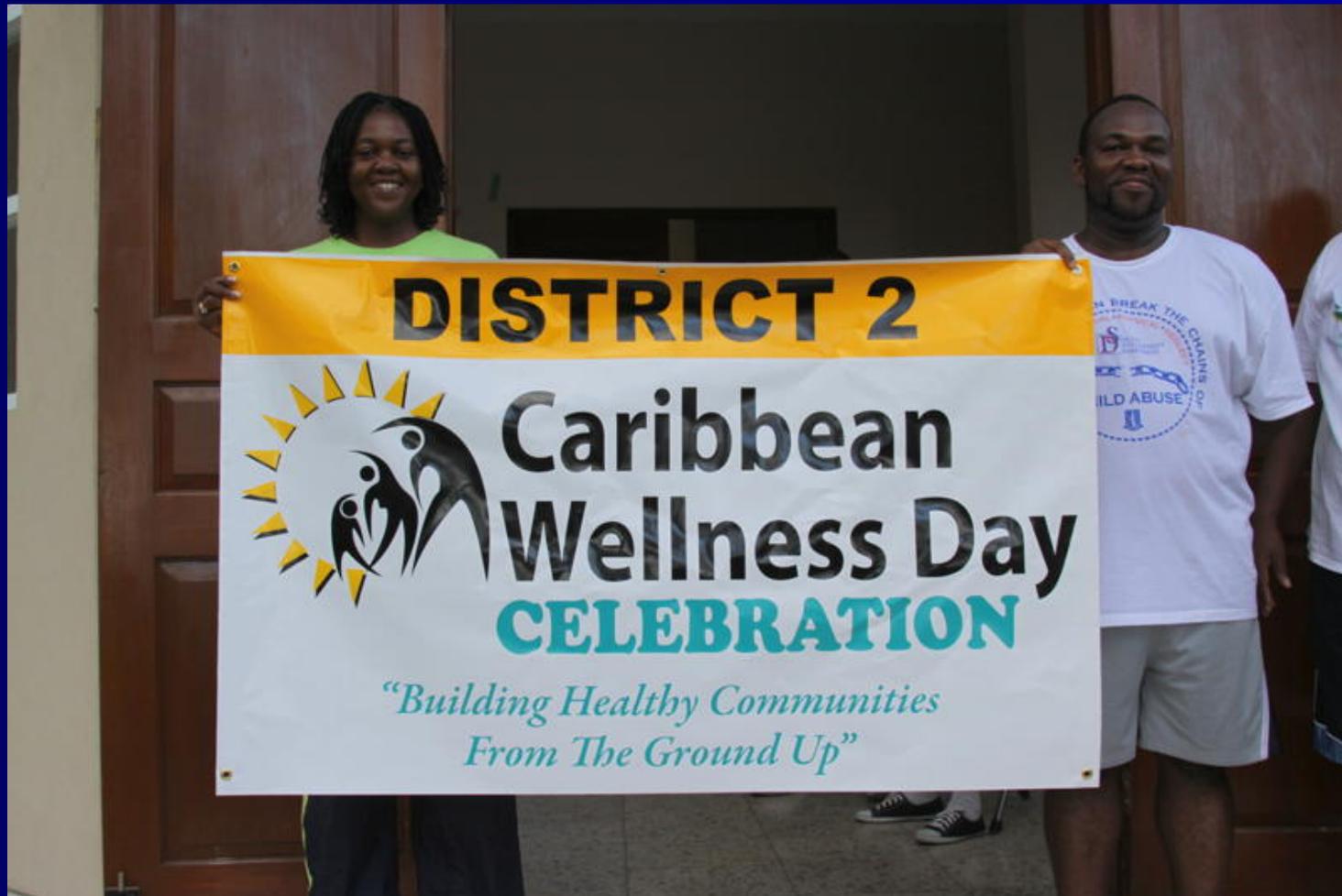


- Wellness Day events in 8 of 9 districts
- Activities - information discussions walks, basketball games, fitness and nutrition demonstrations

# Anegada district



# District 2



# District 3



# District 4



# Cayman Islands

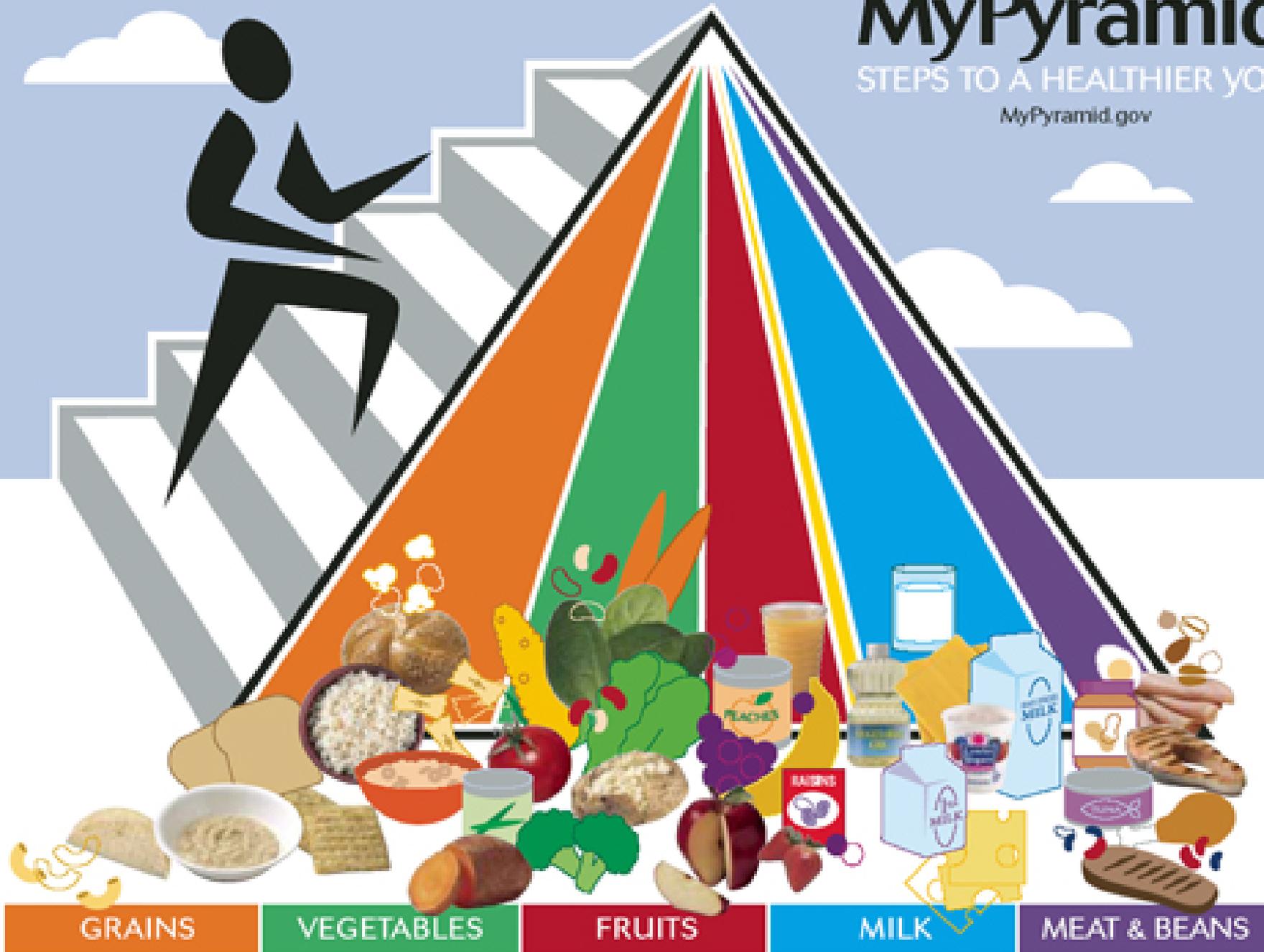


School Health Coordinator Joanna Rose Wright distributes fruit and water packages to students

# MyPyramid

STEPS TO A HEALTHIER YOU

[MyPyramid.gov](http://MyPyramid.gov)





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

- 29<sup>th</sup> – 30<sup>th</sup> 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 35<sup>th</sup> 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 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