

What does it mean to be a health advocate in the Caribbean?

Presented by:

- Danielle Walwyn
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Qu'est-ce que ça veut dire être un promoteur de la santé dans les Caraïbes ?

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What is the Healthy Caribbean Coalition?

- A network of civil society organisations focused on the prevention, management and awareness of **non-communicable diseases**
- Focused on a **whole-of-society** approach – coordination from all sectors of society

Qu'est-ce que la Coalition des Caraïbes en santé?

- Un réseau d'organisations de la société civile qui se sont concentrés sur la prévention, la gestion et la sensibilisation aux **maladies non transmissibles**
- Une approche inclusive qui implique **sa société toute entière**

What does whole-of-society mean?

We need everyone's help to make a change!



De qui se compose la société entière?

Nous aurons besoin de l'aide de tout le monde!



What is childhood obesity and what are the causes?

Qu'est-ce que l'obésité chez les enfants et quelles sont les causes?



CHILDHOOD OBESITY

1 in 3 Caribbean Children is overweight or obese

Caused by unhealthy diets linked to the over consumption of ultra processed foods

EXCESS SUGAR CONSUMPTION is a major cause of overweight and obesity

Sweet beverages are the primary source of sugar in the diets of Caribbean children and adolescents

56% OF CARIBBEAN CHILDREN 13-15 drank carbonated soft drinks over or more than 3 per day during the past 30 days. These drinks are ultra-processed, energy-dense and nutrient-poor

HCC POLICY ASKS

REALIZING SCHOOL POLICY ASKS
Barriers that exist and monitoring of school environments and unhealthy foods in and around schools

TO ACHIEVE ITS THREE 2030 GOALS
Prevalence of a new or existing child with 10% or more low energy and use the resources for RCT prevention and control

MANAGING A BURDEN OF RISK FACTORS
Lack of physical activity in children and adolescents is a key factor related to WLL and obesity including fat, salt and sugar

WE WANT TO END THE CHILDHOOD
Barriers that monitoring of unhealthy foods and beverages to children (includes school food environments)

WE WANT TO INCREASE PHYSICAL ACTIVITY
We ensure physical activity in all primary and secondary schools

WE WANT TO ADOPT A HEALTHY LIFESTYLE
Ensuring legislation related to the International Code of Marketing of Breastmilk Substitutes

POTENTIAL RISKS
Childhood obesity is a leading cause of death and disability in the world

ENOUGH



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What is childhood obesity?

- This occurs when a child exceeds the normal or healthy weight for their sex, age and height.

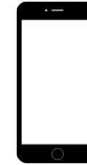
Qu'est-ce que l'obésité infantile?

- Cela se produit généralement lorsque le poids d'enfant dépasse ce qui est recommandé pour son sexe, son âge et son taille



What are some of the causes?

- Eating too much fatty and sweet foods (Sweets, fast food, ice cream etc)
- Drinking too many sugary drinks

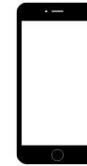


Quelles sont les causes?

- La consommation excessive d'aliments gras et plus sucrés (des bonbons, le repas-minute, la glace, etc.)
- La consommation excessive de boissons sucrées

What are some of the other causes?

- Spending too much time not being active (e.g. sitting in front of a screen)



Quelles sont d'autres causes?

- De longues périodes d'inactivité (s'asseoir devant un écran)

1 in 3 Caribbean Children is overweight or obese

Un enfant sur trois dans les Caraïbes est surpoid ou obèse



Why is this a big deal?

- Obesity can lead to the development of what we call **non-communicable diseases, including** diseases such as cardiovascular diseases (heart attacks and strokes), diabetes, cancer and mental illnesses

Pourquoi est-ce un grand problème?

- L'obésité peut provoquer des **maladies chroniques non transmissibles comme** les maladies cardiovasculaires (des crises cardiaques et des attaques cérébrales) le diabète, le cancer et des maladies mentales

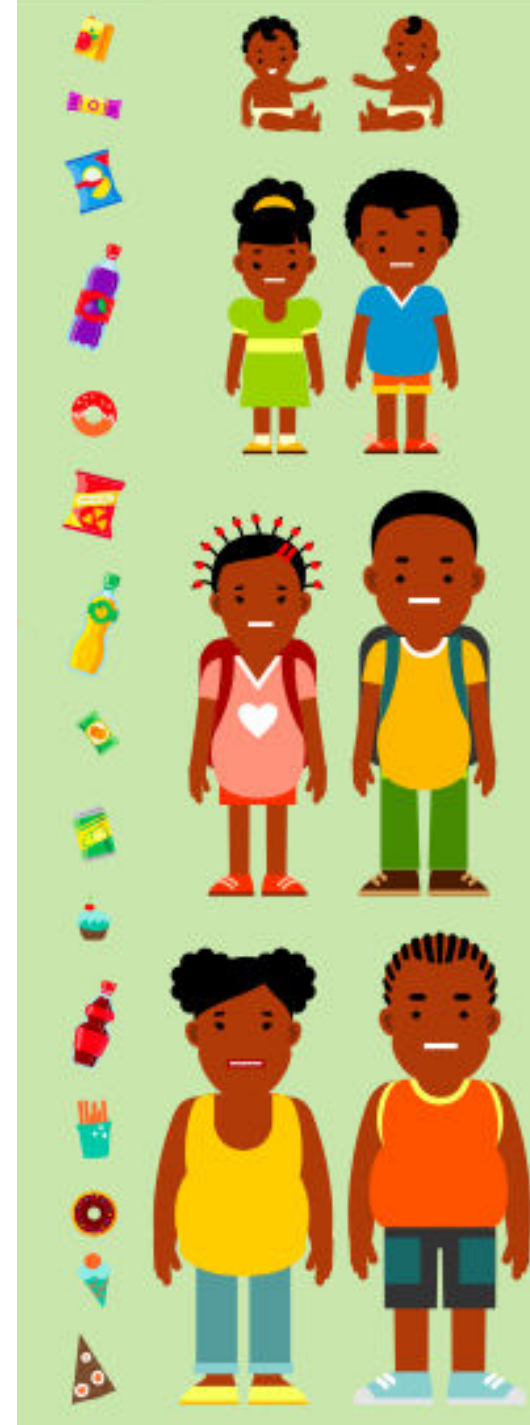


Why is this a big deal?

- NCDs are responsible for **8 out of 10 deaths** in the Caribbean
- **40% of NCD deaths** occur **before the age of 70**

Pourquoi est-ce un grand problème?

- Les maladies chroniques non transmissibles sont responsables de **huit sur dix des morts** de toutes les Caraïbes.
- **40% des maladies chroniques non transmissibles** se manifestent **avant l'âge de 70**



Why is this a big deal?

- **66% of Caribbean children 13-15 years** drink carbonated soft drinks **one or more times per day**
- Only **15%** of adolescents in Latin American & the Caribbean are active for 60 minutes a day as recommended by the World Health Organization.

Pourquoi est-ce un grand problème?

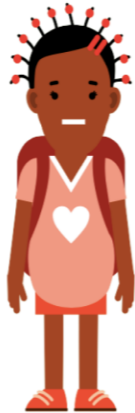
- **66% des enfants dans les Caraïbes** âgés de 13 à 15 ans boivent des boissons gazeuses **1 fois ou plus quotidiennement**
- Seuls **15%** des adolescents dans la région d'Amérique latine et des Caraïbes sont actifs pour 60 minutes quotidiennement, conformément aux recommandations de L'OMS



Meet Emma!



Only junk food and sweet drinks available at school canteen



Emma

Physical Education happens once a week (sometimes less with online schooling)



Increased screen usage

Je vous présente Emma!



Seul la malbouffe et les boissons sucrées sont vendus à la cantine de l'école

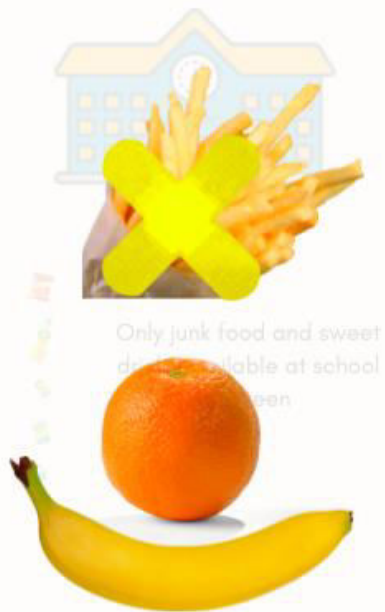


Emma

Il'y a seulement un cours d'éducation physique par semaine (moins fréquemment à cause de l'apprentissage en ligne)



L'accroissement de l'utilisation des divers dispositifs électroniques



Only junk food and sweet drinks available at school



What can be done?

Change Emma's Environment !

This what the HCC advocates for!



Physical Education happens once a week (sometimes less with online schooling)

Increased screen usage



Only junk food and sweet drinks available at school



Comment pouvons-nous régler ce problème?

Modifier l'environnement d'Emma!

Voici l'ambition de HCC!



Physical Education happens once a week (sometimes less with online schooling)

Increased screen usage

Youth have a major role to play in creating healthier environments.

La jeunesse a un rôle importante dans la création des environnements plus sains

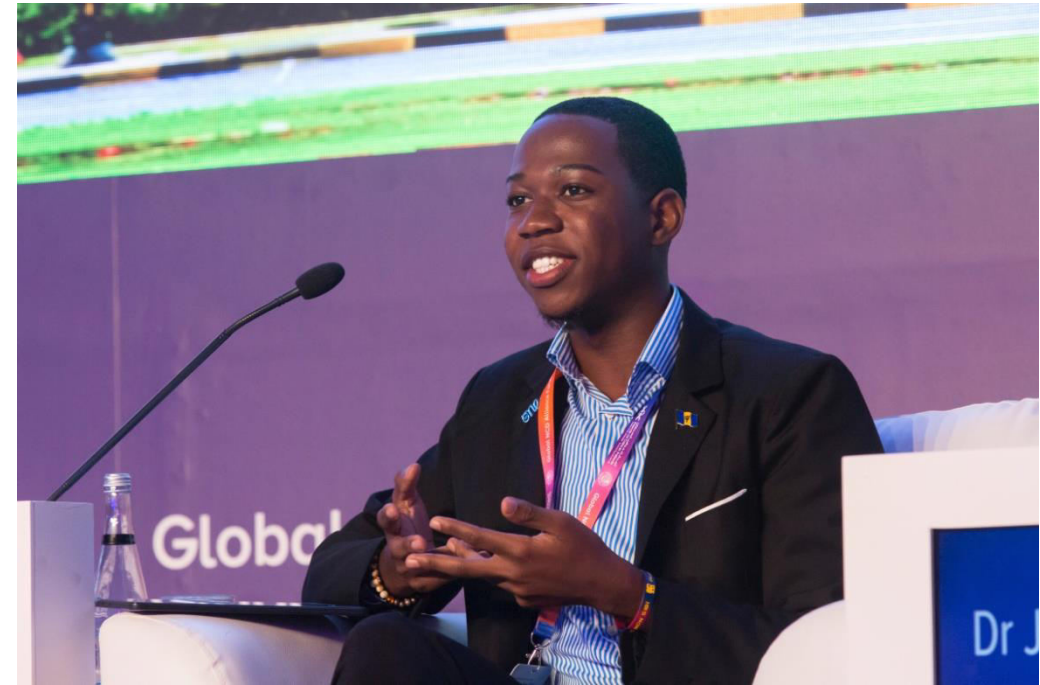


➤ Why?

1. You have a **right** to be healthy!

➤ Pourquoi?

1. Vous avez le **droit** à la santé

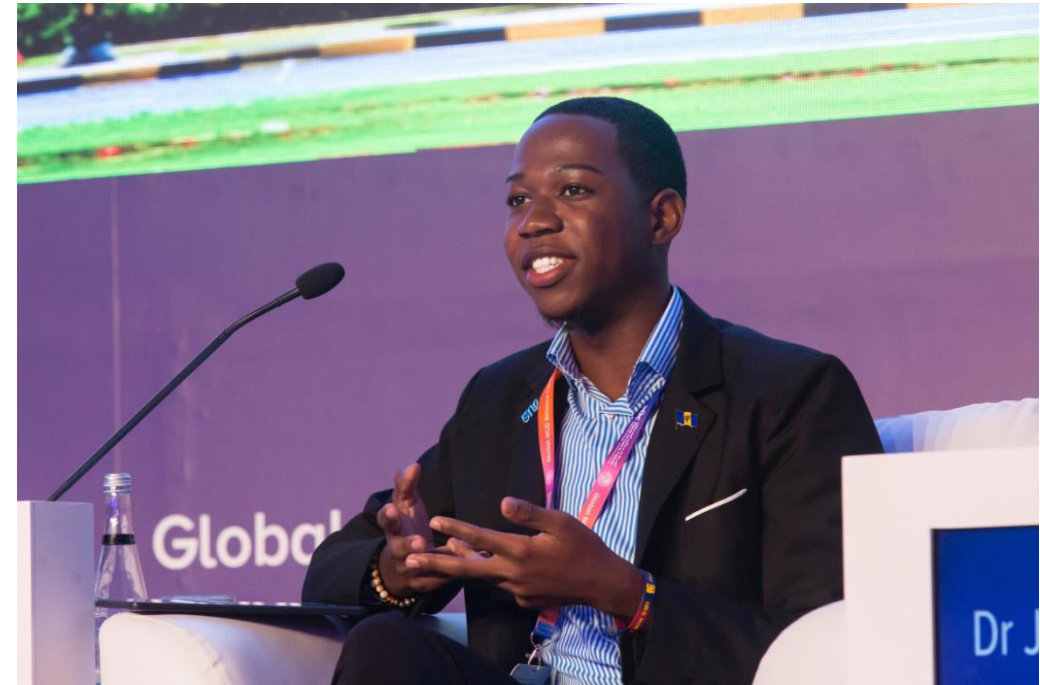


➤ Why?

1. You have a **right** to be healthy!
2. NCDs do not solely affect older adults.

➤ Pourquoi?

1. Vous avez le droit à la santé
2. Les maladies chroniques non transmissibles ne se limitent pas exclusivement aux adultes.

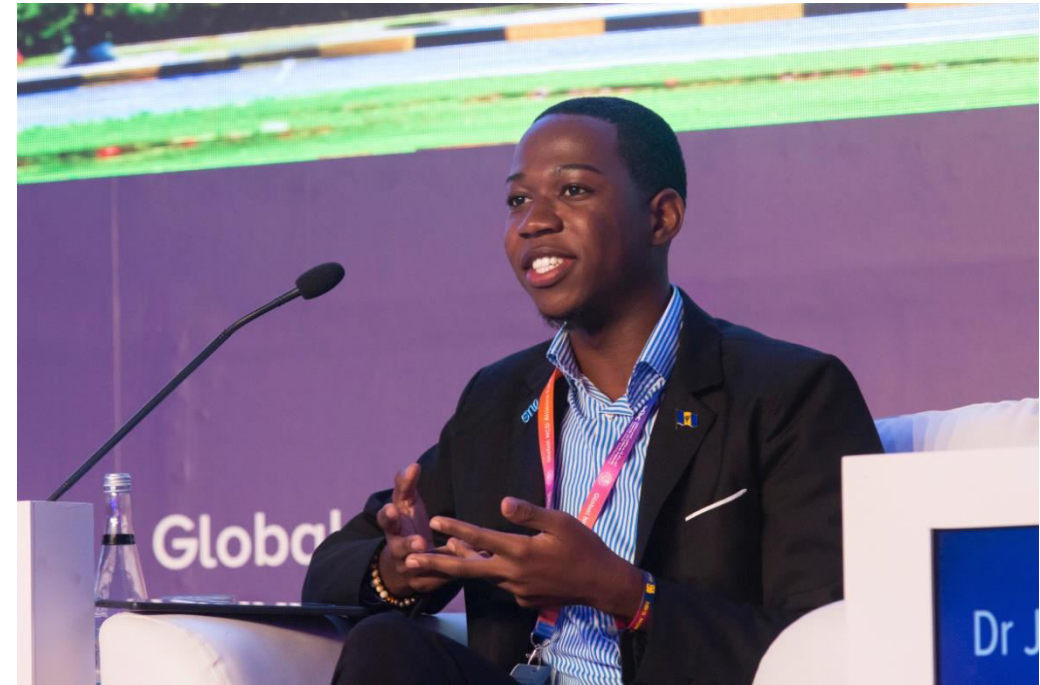


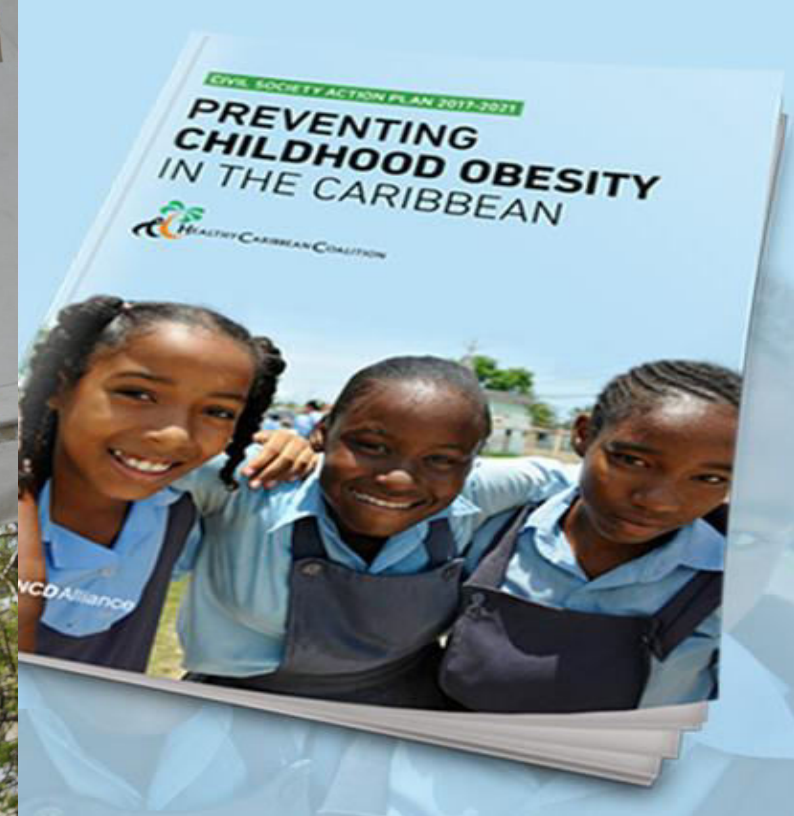
➤ Why?

1. You have a **right** to be healthy!
2. NCDs do not solely affect older adults.
3. Youth Listen to Youth!

➤ Pourquoi?

1. Vous avez le droit à la santé
2. Les maladies chroniques non transmissibles ne se limitent pas exclusivement aux adultes.
3. La jeunesse s'écoute mutuellement !





How can youth play a role?

Advocacy
Awareness
Action!

Que pouvez-vous faire pour aider?

Le plaidoyer
La sensibilisation
L'Action

Advocacy & Awareness Use your voice!

Le plaidoyer et
la sensibilisation
Rien ne remplacera votre voix



Action
How do I make
the healthy
choice, the easy
choice in my
community?



L'action
Comment rendre
plus accessibles des choix sains
dans ma communauté?

Healthy Choice-Easy Choice Action Checklist

- Health Groups in School
 - Create spaces for students to talk about their health and wellness
 - Lead events that bring awareness to eating well
- Promote Healthy Eating and Physical Activity
 - Advocate for Healthy Foods and drinks in Schools/during school events/community events
 - Fitness Breaks at School/community-events
- Ask for Change
 - You can even write letters to your local Ministers of parliament!

La liste de conseils à suivre pour faire des choix sains

- Les groups oeuvrant dans la domaine de la santé à l'école
 - Créez des espaces où les enfants peuvent se rencontrer pour discuter la santé et mieux -être
 - Organisez des événements pour sensibiliser la communauté au sujet des bonnes habitudes alimentaires
- La promotion d'une saine alimentation et l'activité physique
 - Preconiser des aliments et des boissons sains à l'école et lors d'évènements scolaires et communautaires.
 - Des pauses d'exercice à l'école et aux évènements communautaires
- Réclamez des changements
 - Adressez des lettres a vos représentants parlementaires!

You can help!



Remember children and young people, like Emma!

Vouz pouvez aider!



**N'oubliez pas les enfants et les jeunes comme Emma,
parlez-leur**

Follow the Healthy Caribbean Coalition on Social Media and Share any activities or events!

Retrouvez Healthy Caribbean Coalition sur les réseaux sociaux et partagez des activités et des événements !



TWITTER
@HealthCaribbean



FACEBOOK
@GettheMessage



INSTAGRAM
@healthycaribbean

FITBREAK

Pause-Exercices

I NEED TO MOVE



Children and teens should engage in at least 60 minutes of physical activity each day, such as jumping rope, swimming, dancing, playing tag or a brisk walk.

Il faut bouger

Il faut que les enfants et les adolescents pratiquent une activité physique pendant 60 minutes chaque jour; par exemple, saut à la corde, la natation, la danse, jouant au chat perché ou prenant une marche rapide

Quiz!



Quiz!



What proportion of children in the Caribbean are overweight or obese?

- A. 1 in 2
- B. 1 in 3
- C. 1 in 4
- D. 1 in 10

Quelle est la proportion des enfants dans les Caraïbes qui sont en surpoids ou obèses?

- A. 1 sur 2
- B. 1 sur 3
- C. 1 sur 4
- D. 1 sur 10

Which is NOT a major cause of childhood obesity?

- A. Overconsumption of sugary drinks
- B. Overconsumption of fatty foods
- C. Overconsumption of vegetables
- D. Lack of physical activity

Lequel des facteurs suivants n'est pas parmi des cause de l'obésité infantile?

- A. La surconsommation des boissons sucrées
- B. La surconsommation des aliments gras
- C. La surconsommation des légumes
- D. Le manque d'activité physique

What percentage of Caribbean adolescents drink one or more carbonated beverages per day?

- A. 33%
- B. 66%
- C. 60%
- D. 100%

Quel pourcentage des adolescents dans les Caraïbes boivent une ou plusieurs boissons gazeuse chaque jour?

- A. 33%
- B. 66%
- C. 60%
- D. 100%

THANK YOU

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www.healthycaribbean.org

MERCI

➤ Find Pierre, Kerrie and Danielle on social media!

➤ Retrouvez Pierre, Kerrie and Danielle sur les réseaux sociaux!



Pierre Cooke



Kerrie Barker



Danielle Walwyn



 @shemoves_zumba

QUESTIONS ?

DES QUESTIONS ?