



ANGUILLA

CARIBBEAN WELLNESS DAY 2017 ACTIVITIES

- Meetings were held with the Caribbean Wellness Day Committee. Two (2) social media youth icons were invited to discuss how they can assist with targeting youth using social media. They agreed to lend support.
- Message from the Minister of Health will be published in local newspapers. The radio address will be played on all stations.
- There will be a grand finale for the 150 plus pounds weight lost challenge. The challenge comprises of different age groups, with over 70 persons registered.
- Work with the education department to emphasize the importance of Love That Body and promote awareness of physical activity in schools.
- Address parents at Parent Teachers Meetings to be held during the first term at schools on healthy eating and snacks and the importance of physical activity.
- Youth Icons will develop video messages from health information given to be posted on Facebook as part of CWD activities. Topics include hypertension, alcohol, physical activity, smoking, nutrition and diabetes.
- Health tips will be disseminated via FLOW throughout the month of September. These messages will be broadcast viewed on televisions mounted at Inland Revenue Bill Payment Outlet and Post Office Home Shopping Packages Outlet.
- Healthy Snack day and exercise in schools and works places. Persons will be encouraged to practice healthy snacking. It is hoped that this will be a long-term effort and that persons will continue the practice.

- A Health Extravaganza will be held at the high school (Campus A) and will focus on nutrition, physical activity, causes of stress levels and other health topics.
- Prostate cancer, BMI, blood pressure, blood sugar, pap smear and other tests will be offered at a Grand Health Fair. September is also Prostate Cancer Month and the fair will be used to target men. Prostate cancer is the leading cancer in Anguilla.