



NEVIS

CARIBBEAN WELLNESS DAY 2017 ACTIVITIES

- Sneaker Day which started in 2016 was successful and will continue this year. Persons will be encouraged to walk instead of drive and persons who have sedentary jobs, including those that involve sitting at a desk all day, will be encouraged to get up and move around.
- The Annual Health Walk will take place on 9th September and will involve everyone.
- New activities** Health screening for blood pressure and blood sugar checks will be done at all high schools, one day per week during the month of September.
- Get Fit sessions targeting the high school students will take place one day per week in September, at the fitness park. A fitness instructor will conduct the sessions.
- An initiative** Discussions are underway with the Customs and Excise Department to reduce duties on sneakers for personal use for the period 21st August and 21st September. It is hoped that this initiative, if approved, will continue for subsequent years.
- TV series “Health Matters” will be broadcast every Monday in September. The series features various topics and is available on their YouTube channel.
- Public Service Announcements (PSAs) have been developed and disseminated throughout the high schools to raise awareness on substance abuse, self-esteem and sexual choices. Posters have also been developed and placed in the schools. A survey is expected to be undertaken in schools during September.