



# CAYMAN ISLANDS

CARIBBEAN WELLNESS DAY ACTIVITIES

## September 10-17, 2016

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**Theme: Love that Body – Healthy Children in Healthy Environments.**

The Caribbean Community will come together on September 10<sup>th</sup> through September 18<sup>th</sup> on a national and community level to promote Caribbean Wellness Day (CWD).

The Caribbean Public Health Agency (CARPHA) has proposed that CWD be aligned with the Port of Spain Declaration - NCDs Agenda, as part of the Caribbean Cooperation in Health (CCH), and recommends that the lifecycle approach of 2012-2015 be repeated, highlighting successes attained. ***Therefore, 2016 will focus on Children under the theme Healthy Children in Healthy Environments.***

Caribbean Wellness Day is an annual event which provides an opportunity to increase the awareness of Non Communicable Diseases (NCDs) burden in the Caribbean; mobilize and strengthen public private and civil society partnerships for NCDs; promote multi- country; multi -sectorial activities in support of wellness and showcase and promote national and community level activities to promote healthy living and encourage residents to develop good health practices.

The Port-of-Spain Declaration (2007) from which Caribbean Wellness Day was borne in 2008, specifically identifies best buy actions and population settings for such interventions as well as identifies specific target population groups. The need to address NCD risk factors among the Caribbean population particularly YOUTH, is tantamount to disaster preparedness. NCDs are not only an adult problem- while it is the leading cause of mortality and morbidity among our adult population in the Caribbean, it is during the early years of childhood, adolescence and youth adulthood that the conditions for NCDs later in life are either fostered or prevented.

The following is an outline of the plans- for observing Caribbean Wellness Day in the Cayman Islands:-

1. Message by Premier and Hon. Minister of Health, Alden McLaughlin – full text to be reprinted in all printed media on Friday, September 9<sup>th</sup> 2016.
2. Free Nutritional Assessment and Consultation for children at General Practice Clinic September 5-9 from 4:30-6:30pm
3. Organization ***Stamina Competition*** encouraging children to get active on Friday, September 9<sup>th</sup> from 3:30-4:30pm at the Cayman Islands Hospital Atrium.
4. **Love that Body - Nutrition and Physical Activity** in school presentations: teaching students ways to be active at school
  - North Side Primary School – Monday, September 12, 2016 at 12noon.
  - Red Bay Primary School Tuesday, September 13, 2016 at 12noon.
5. Media appearances to discuss the theme and activities :
  - (1) **Radio Cayman, Talk Today** Wednesday, September 8<sup>th</sup> at 12 noon to 1pm with Ms Tamara Riley , Community Nutritionist ( confirmed )
  - (2) **Daybreak** - September 2 at 7am with Ms Tamara Riley , Community Nutritionist and Maggie Tomlin, Paediatric Physiotherapist, HSA ( confirmed )
  - (3) **Radio Cayman, For the Health of It** September 8<sup>th</sup> at 6pm (confirmed)
6. Distribution of Parents' Guide to a Healthier Child brochure (CARPHA) to schools and participating Supermarkets during **Love that Body Supermarket day” on Saturday, September 10<sup>th</sup>.**
7. Poster Display on September 18<sup>th</sup>, depicting theme ***Love that body - Kids!*** At participating Churches across the Islands. Children will get information on ways to take care of their bodies and the different services at the Cayman Islands Hospital offers for children.
8. Free Health Screening to include height, weight, and waist measurements as well as blood pressure reading and a healthy lifestyle display at the Special Olympics Healthy Athlete's Day and Family Forum Saturday, October 1<sup>st</sup>.