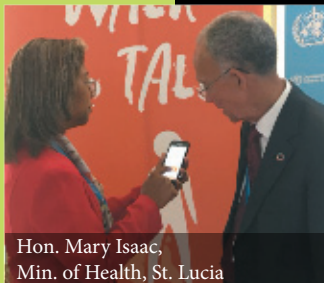


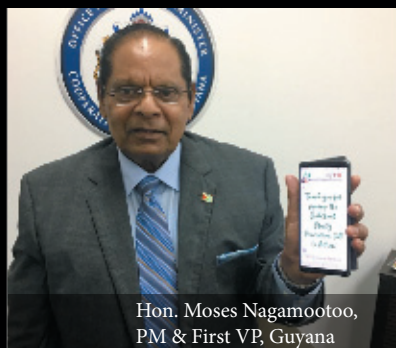
# The Caribbean battle against Childhood Obesity gets into high gear!



Dame Billie Miller,  
Barbados



Hon. Mary Isaac,  
Min. of Health, St. Lucia



Hon. Moses Nagamootoo,  
PM & First VP, Guyana



Lt. Col. Jeffrey Bostic  
Min. of Health, Barbados



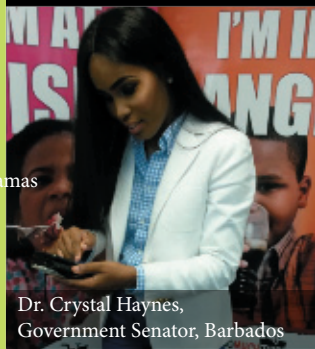
Mrs. Kim Barrow,  
First Lady of Belize



Mrs. Patricia Minnis,  
First Lady of The Bahamas



Hon. Jeffrey Lloyd,  
Minister of Education, The Bahamas



Dr. Crystal Haynes,  
Government Senator, Barbados



## The movement is *Growing!*

The Healthy Caribbean Coalition (HCC) has issued a Call to Action across the region to focus attention on a common enemy: Childhood Obesity, and to propose tried and tested global measures for the prevention of this increasing challenge. To date, one in every 3 children in the Caribbean are clinically obese and overweight, putting them at significant risk for Non Communicable Diseases (NCDs), including cancer, heart disease, hypertension and diabetes.

In the Communique of the 38th CARICOM Heads of Government Meeting, "they noted with concern that obesity in children represented the greatest threat to the health of future generations..." In support of this significant expression of concern, the HCC has already gained and will continue to garner support from every corner of our societies for the implementation of key policies and programmes to create healthier food environments for our children.

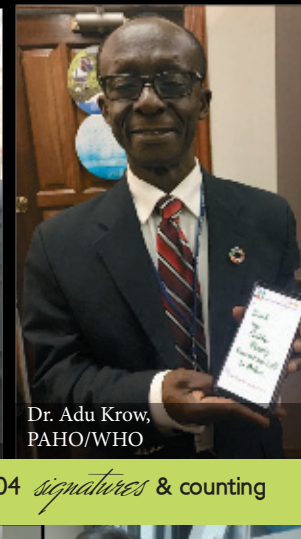
To date, the HCC-led Call to Action has attracted a groundswell of support with over 15,000 signatures of support.... *and the movement continues!*



Mrs. Sandra Granger (Left)  
First Lady of Guyana



Hon. Volda Lawrence  
Min. of Public Health, Guyana



Dr. Adu Krow,  
PAHO/WHO

15,704 *signatures* & counting



Edward Clarke  
Sagicor



Hon. Duane Sands  
Min. of Health, The Bahamas



Neil Brennan  
First Caribbean Int'l Bank



HEALTHY CARIBBEAN COALITION

"a civil society alliance for combating chronic diseases"



# Policy Makers & Influencers

"Childhood obesity in Barbados and throughout the Caribbean has reached crisis levels and unless we take urgent action the health of present and future generations is in severe jeopardy."

Heart and Stroke  
Foundation of Barbados

## 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.

Sign the call to action to prevent Childhood Obesity



...and the movement continues!







# The Public & Media

“We wanted to make a significant difference that would enable us to begin to turn these statistics around to ensure that our children are in the best of health so they can fulfil their potential and have a bright future.”  
 Lakeshore Health and Wellness Foundation, St Kitts Nevis.

*...and the movement continues!*



## I NEED MORE WATER

Encouraging children to drink more water and coconut water can make a big difference to a their health. Also, add water to their juices.

Sign the call to action to prevent Childhood Obesity

# Civil Society

In May 2018, the HCC launched the CSO Regional Action Team for Childhood Obesity Prevention including key members of civil society in eight countries to date: Antigua and Barbuda, Bahamas, Barbados, Belize, Grenada, Jamaica, St Lucia and St Kitts Nevis. Together, these organisations have worked to increase the public awareness around Childhood Obesity and its Prevention and to garner thousands of signatures of support for the policies proposed in the HCC's Call to Action at [www.toomuchjunk.org](http://www.toomuchjunk.org).

Together, they created social media video messages; coordinated volunteer outreaches; mobilised their local media; visited schools and used every opportunity to gain support from both the public and private sectors and non governmental organisations. The collaboration has been inspiring and effective.

*...and the movement continues!*

## I NEED A HEALTHY DIET



Help children develop a healthy diet that includes more fruits and vegetables. Limit foods high in sugar, saturated fats and sodium (salt).

Sign the call to action to prevent Childhood Obesity



The Antigua and Barbuda  
Diabetes Association



Healthy Lifestyles Team, Bahamas



The Belize Cancer Society



The Heart and Stroke  
Foundation of Barbados



The Diabetes Association of Barbados



The National Chronic Non Communicable  
Diseases Commission, Grenada



The Heart Foundation of Jamaica



The St. Lucia Diabetes and  
Hypertension Association



The Lake Health and Wellbeing,  
St. Kitts & Nevis

