Caribbean Chronic Disease initiatives post Summit of Port of Spain

16th Annual International Diabetes Conference, University Diabetes Outreach programme

Trevor A. Hassell
Chairman, Healthy Caribbean Coalition
1. **Strengthen regional health institutions** around NCDs
2. Establish **NCD Commissions**
3. **No Tobacco** agenda
4. Public **revenue** from tax on tobacco spent on tackling NCDs
5. **Screening and management of NCDs**
6. **Physical activity in schools**
7. Endorsement of efforts of **CFNI, CARDI** et al as regional focal points
Declaration of Port-of Spain: “Uniting to stop the epidemic of chronic NCDs”

8. Support for **fair trade policies** – efforts of CRNM
9. **Nutritional content of foods** - food labels
10. Promote policies aimed at **increasing physical activity**
11. **Gender dimension**
12. **Incentives** for **public education programmes**
13. **Research** and **surveillance** of risk factors
14. Continued **support for CARICOM and PAHO**

*Second Saturday in September declared to be “Caribbean Wellness Day”*
Outline: audit of NCD initiatives post Summit

• Review Summit Country Evaluation Reports
• Selected major initiatives:
  ➢ Caribbean Wellness Day
  ➢ Workshops and Conferences
  ➢ Policy initiatives
  ➢ Caribbean Tobacco Control Project
  ➢ National Chronic Disease Registry
  ➢ Healthy Caribbean Coalition
• Concluding comments
## Country NCD Summit Evaluation Report: Ministry of Health administrative and operational responses

<table>
<thead>
<tr>
<th>NCD capacity/POS NCD Summit mandates</th>
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<td>Global Youth Tobacco Survey</td>
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Tobacco

- All 15 independent CARICOM states signed FCTC
- 12 have ratified
- T & T passed Tobacco control bill Nov. 17, 2009 with enactment of smoke free spaces Feb. 17, 2010
- Barbados passed bill banning sale of cigarettes to minors; draft legislation to ban smoking in public places now before Cabinet
- Jamaica and Guyana bills on smoke-free spaces being drafted
- Final draft of CARICOM Standard for labeling of Retail Packages of Tobacco Products: review and approval
## Country NCD Summit Evaluation Report: Surveillance, surveys and data

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**Country NCD Evaluation Summit Report: Enhanced disease management**

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## Country NCD Evaluation Summit Report: Risk reduction programmes

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Sustained Physical Activities

- 11 countries – sustained physical activities initiatives
  - Blocked streets every Sunday in Diego Martin, Trinidad
  - New boardwalk in Bridgetown, Barbados
  - Trained health workers lead physical activity sessions 2 – 3 /wk St. Lucia
  - Healthy Dozen Clubs - Bahamas
## Country NCD Summit Evaluation Report: Caribbean Wellness Day

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Caribbean Wellness Day 2009

• 19 / 20 countries participated 2009
• Multi sectoral planning in countries
• Regional branding
  – Posters, PSAs, Fact Sheets, video report
• PAHO, CARICOM, PHAC & CIDA support
• Website: www.paho.org/cwd09
Graphics for posters, folders

Love that Body
CARIBBEAN WELLNESS DAY

Pan American Health Organization
Celebrate Caribbean Wellness Day

Stickers
No Tobacco
  • Half of regular users will die from tobacco

Exercise 30 minutes per day
  • Cut your heart attack risk in half

Less salt, less fat and fried foods
  • Don’t add salt at the table

Check your Blood Pressure
  • The Silent Killer

No to harmful use of alcohol
  • a major cause of injuries and chronic diseases
• Screening

Healthy Foods
LOVE THAT BODY
Commit to a Healthy Lifestyle

TAKE THE STAIRS
NOT THE ELEVATOR

Caribbean Wellness Day • 12 September 2009
Barbados

National Task Force on Physical Activity established under the chairmanship of Mrs. Mara Thompson, wife of Prime Minister David Thompson.

- Minister Hon. Donville Inniss demonstrated his dance moves at the launch.
- Blocked streets downtown
- Screening and health information
- Healthy foods demos
- Special discounts on exercise equipment
MOH Wellness Fest & 5K
Caribbean CNCD conferences and workshops

- Conference on Caribbean private sector response to NCDs, PAHO & CAIC, 2008
- Healthy Caribbean Civil Society CNCD Conference, 2008 – “a wellness revolution event”
- Active Caribbean Workshop, March 6-7, 2009
- Strengthening surveillance of NCDs in the Caribbean workshop October 15-17, PoS
- CARICOM Heads of Government Conference 2009, supported the plans for the follow up to the Port-of-Spain Declaration (2007) including elevating the Caribbean experience to the global level;
  - NCD Partners Forum launched by PAHO, 3-4 December 2009
  - CARICOM and PAHO planning donors meeting for 2010
Policy initiatives

- NCD Secretariat established
- Draft Caribbean Regional Strategic Plan of Action for Prevention and Control of NCDs 2010-2014
- CROSQ to explore setting standards for salt in manufactured foods in the Caribbean
The Project’s primary objective is to assist in achieving a strong CARICOM cigarette labelling standard, and ensure implementation of the standard.
The Caribbean Tobacco Control Project

Project Objectives

• The Project aims to assist CARICOM to implement rotating pictorial-based warning labels on tobacco products sold in Caribbean countries, of a **minimum** size of **50%** of the top of each main face of the packaging

• Final draft of CARICOM Standard for labeling of Retail Packages of Tobacco Products: review and approval
The Barbados National Registry for CNCD (the BNR)

- National surveillance system
  - information for action
- Initiative of the MoH, contracted out to CDRC
- 3 registries in one
  - BNR-Stroke (2008)
  - BNR-Heart (2009)
  - BNR-Cancer (2010)

On behalf of the Barbados Ministry of Health
The BNR: impacting on health

• Initially provides descriptive information
  – baseline data: No. cases, deaths
  – access to services, diagnostics, treatment…
  – hypothesis-generating

• Further studies using BNR as baseline
  – evaluate CNCD healthcare issues in detail
  – cost, risk factors
  – reason(s) for poor outcomes

• Allows us to measure impact of future interventions
  – finding public health strategies which work (or improvements), leading to positive change

On behalf of the Barbados Ministry of Health
Further study using BNR data as baseline

Originally three studies
- to run in parallel from 2008 to 2011
- cost, QoL, mapping (heart attack and stroke)

During 2008-2009
International and national health priorities (WHO, CCH, CNCD Commission)
- Focus on salt and diet and CNCDs
- Emphasis on heart attack and stroke

On behalf of the Barbados Ministry of Health
Preliminary data – II

Number of stroke events registered in Barbados by sex, 1 Jul 2008-30 Jun 2009 (N=413)

- Female
- Male

Month of registration

On behalf of the Ministry of Health
Preliminary data – II

Number of stroke patients registered in Barbados by age-group and sex, Jan-Sept 2009 (N=307)

- 91% women
- 88% men are ≥ 50 yrs

Alive at hospital discharge: 58/78 (74%)
Preliminary data – III

Number of AMI patients registered in Barbados by age-group and sex, May-December 2009 (N=81)

- 26% men with AMI are < 50 yrs, vs 10% women
- Alive at hospital discharge: 59/75 (79%)
• Fully convinced that the burdens of NCDs can be reduced through collaborative programmes, partnerships and policies supported by governments, private sectors, NGOs and our other social, regional and international partners
Healthy Caribbean Coalition

- A Caribbean civil society network established for the purpose of combating chronic diseases through promotion of healthy lifestyle, better management of NCDs, supportive environments and empowered people.
- Mission is to bring a regional dimension to the efforts of civil society in combating CNCDs by supporting the Declaration of PoS, and following policies and principles, and taking actions as outlined in the Caribbean Civil Society Declaration and Action Plan, that arose out of the Healthy Caribbean 2008: Caribbean Chronic Disease Conference.
HCC: membership

• Open to all (except those with tobacco interests) voluntary associations and informal networks in the Caribbean where individuals and groups engage in activities of public consequence, and include nongovernmental organizations, cooperatives, faith based organizations, neighborhood organizations, cooperatives, charities, unions, parties, social movements and special interest groups.
HCC: Objectives

• Contribute to and participate in advocacy as a tool for influencing positive change
• Contribute to NCD public education campaigns and programmes
• Monitor, evaluate and hold policy makers and stakeholders accountable
• Support for Caribbean Wellness Day
• Advocacy and support for NCD risk factor reduction
• Support for NCD initiatives, plans and programmes at country and organisation level
• Development of an effective method of communication for and among members of the coalition www.healthycaribbean.org
Achievements

• Declaration
• Action Plan
• Member of Agita Mundo – network to promote PA in the world
• Member of the WHO/PAHO NCD Partners Forum
• Advocacy presentations to Ministers of Health and to CMOs of OECS
• Caribbean Wellness Day
• Website: www.healthycaribbean.org.
Visitors to HCC Website

Caribbean Breakdown:
- Barbados: 20.76%
- Jamaica: 16.29%
- Trinidad and Tobago: 7.81%
- Antigua and Barbuda: 4.24%
- Dominica: 2.90%
- U.S. Virgin Islands: 2.01%
- Guyana: 1.12%
Summary

• Much achieved at the regional level with several conferences, workshops, commitments made, policy decisions taken and major initiatives:
  o Caribbean Wellness Day: promotion/awareness
  o CNCD Commissions: policy change
  o Caribbean Tobacco Control Project: collaboration
  o BNR and Healthy of the Nation project: measurement & surveillance
  o Healthy Caribbean Coalition – civil society vehicle
Knowing is not enough; we must apply. Willing is not enough; we must do.

Goethe