



Caribbean
Public Health
Agency

CARPHA

Preventing disease
Promoting and protecting health

Overview of WDF Grant: Reversing the rise in Childhood Obesity



Preventing disease, promoting and protecting health

Project Goal

- The **overall goal** of the project is to identify the factors that increase children's *consumption of healthy food* and *participation in physical activity* in two Caribbean Countries (**Grenada and St. Lucia**).
- Intended results:
 - Documentation of risk factors that create barriers to healthy eating and physical activity
 - Development of a recommended model for multi-country study

Project Objectives

- Identify main physical, economic, socio-cultural and political factors that impact eating and physical activity among children 6 - 12 years in Grenada and St. Lucia
- Rank ease of modification of factors based on perspectives of vulnerable communities in each country
- Determine which of the identified factors can be positively influenced within a two-year intervention period
- Determine whether the pilot intervention resulted in improvements in the selected obesogenic factors

Project Value: \$225,000

- **Phase 1:** Baseline Study; Intervention Design; Materials development; and Training (6 months) – March –August 2018)
- **Phase 2:** Intervention (24 months) –September 2018- June 2020
 - Students, teachers, family; KAPs, height, weight, fitness, Focus groups, training, etc
- **Phase 3:** Evaluation and Reporting – May 2020 – October 2020

Project Roles and Responsibilities

- *Who will carry out the project?*
 - Teachers
 - Students
 - Parents/Family
- Guidance: Ministries of Education, Health and Sports in countries
- Technical support: CARPHA Team and partners

Project role and responsibilities

Critical stakeholders will include:

- Country Co-Ordinator
- Country Team
- School Team
- Principals
- Class Teachers
- School Liaison teacher
- Food Service Personnel (incl. in the community)
- Parents and Families

Project Sustainability

(Local ownership, regional support, long-term sustainability):

- Teachers, Government officials and other key stakeholders trained to conduct similar activities in other communities (capacity building)
- Incorporation into annual in-service training for teachers or teacher training colleges
- Links to regional 6-Point Policy Package on healthier food environments; standards and guidelines for schools

Project Benefits

- Engage nutritionists; public health nurses, PE teachers/specialists; teachers; parents; cafeteria staff; vendors; food outlets in close proximity to schools
- Immediate benefits to families in selected school communities
- Add to body of practice-informed policy in nationally and regionally

Project Benefits

- Long term potential impact on those children becoming higher achievers
- Healthier individuals now and in the long term
- More productive society, less avoidable health costs

THANK YOU!



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