"I expect to pass through this world but once. Any good thing, therefore, that I can do or any kindness I can show to any fellow human being let me do it now. Let me not defer nor neglect it, for I shall not pass this way again."

~Stephen Grellet
Saint Lucia NNCDC: “Journey...Back to Ourselves”

Owen Gabriel MD DM (Oncol.)
22 April 2018

POLICY & PROGRAMMING: TAKING STOCK & INFORMING PRIORITIES – PROPOSED NATIONAL & REGIONAL PERSPECTIVES
Outline

- NNCDC St. Lucia Growth & Development

- Confronting Our Reality
  - What We Used To Be? How Did We Get Here?
  - National & Regional NCD Campaigns – Misses & Successes?

- Putting Health FIRST
  - Idiosyncratic/”Cultural” Strategies – A Multi-sectorial/”People Centered” Approach
Cabinet Conclusion 282/2017

- **10: MOH/E/A, Min Youth & Sports, AG Chambres, Min. Comm, Labour, D&HA, SLMDA**

  - **Challenge:** NOT Multisectorial...Add - *Chamber, SLHTA, Media, FBO, NYC, Patient Advocate, ?Medical College, ?SALCC, ?Cultural/Traditional group*

- **Dictates:** CMO Office as Secretariat; 2 year tenure; develop 2 year action plan in 3m

  - **Challenge:** No Autonomy; Embryonic 3 – 5 year in 1st instance
Commission Activities

- Permanent NCD com’tee, Bi-annual report to Cabinet through Min.of H, TOR standard
  - **Challenge:** NCD Com’tee stand alone;

- Observership in Barbados Sept’17; 1st Virtual Meeting of Caricom NCDC Chairs Oct’17
  - **Challenge:** Structural & FISCAL differences among islands
Commission Achievement

- CABINET APPROVAL of NCD Policy – April, 2017

- Action Plan pending Completion and Approval (Funding)
“NCD’s pose a GREATER threat to global economic development than fiscal crisis, natural disasters, corruption or infectious diseases”

World Economic Forum 2010 Global Risk Report
2018 World Happiness Report (WHR)

1. Finland: 7.632
2. Norway: 7.594
3. Denmark: 7.555
4. Iceland: 7.495
5. Switzerland: 7.487
6. Netherlands: 7.441
7. Canada: 7.328
8. New Zealand: 7.324
10. Australia: 7.272

Measure of Social Progress
Goal of Public Policy
Well being the Centre of Gov’t Efforts
### Determinants of Happiness

#### Main Factors
- Caring
- Freedom
- Generosity
- Honesty
- **Health**
- Income
- Good Governance

#### Key Variables for Differences
- **Income**
- Healthy life expectancy
- Having someone to count on in times of trouble
- **Generosity**
- Freedom
- Trust
Remembering the Good Old ‘Happy’ Days

- Green Days by the River – Michael Anthony
- A House for Mr. Biswas – V.S. Naipaul
- Ti Jean and His Brothers – Derek Walcott
- George Lamming
- Louis Bennett
- Roger Mais

The Simple ‘Happy’ Life:
- Family sits around the table or in the living room ≠ Eating out/Fast foods
- Walks to and from School ≠ Driven
- Read Hardy Boys and Nancy Drews ≠ TV/Mobiles Phones/ Social Media
- Community games
- Hiking, picnics, river and beach outings
- Fruits picked along the roadside and consumed
Forgotten Fruits
People Centered Proposals
**Successful Interventions!!**

- BALANCED DIET
- AVOID SMOKING & ALCOHOL
- EXERCISE
Coordinating Bodies

- National Health Authority (Cabinet/Joint Parliament Sub comm)
- National NCD Commission (Multisectoral)
- NCD Committee (Prevention & Control Unit)

Working Groups

- National TWG - NCDs
- Regional NCD Working Group
- District NCD Working Group
Proposed Leukemia Model for Program Implementation

- **Induction**
  - Surveys, Policy & Financing approvals, Strategic launching focus groups

- **Consolidation**
  - Extension of implementation. Broader coverage

- **Intensification**
  - Involve various media & mass organizations

- **Maintenance**
  - Review & Refresh campaign
Methodology of Application – Per Risk Group

- **Very high**
- **High**
- **Standard**

Programs & interventions specifically designed as per Risk Group
From Birth to Rebirth: Re-live the Cycle of Life!

See beyond our basic physiological, economical and emotional needs, to embrace our destiny and shape that of our children.
Change Proposal #1: Strategy for Behaviour Change

**Ministry of Happiness**

- Reduce stress, music, pets
- Encourage social integration groups, clubs, mass organizations

Wholesome (Total) Happiness

Live Deliberately

*Live Your Best Life*
Change Proposal #2: Marketing of Indigenous Fruits & Vegetables

- Survey to create a Database of Indigenous Foods – availability, nutritional values, preparation
- Reclaim the lost spaces for planting and harvesting
- Strategic promotion of consumption and habit forming as diet
- Empower women in nutritional value (influence childhood nutrition)
Change Proposal #3: Create Incentives for Sports & Physical Activity

Empower and Motivate Sports & Physical Activity

Physical Activities appropriate for Age Groups from Infants to Adulthood

Duty free and Concessions on Health and Fitness Equipment & Supplies
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~Stephen Grellet