Barbadians are showing strong support for policies that will create a healthier environment in the nation’s schools.

In 2018, the Heart & Stroke Foundation of Barbados, Inc. commissioned the services of the Caribbean Development Research Services (CADRES) to conduct a public opinion poll on obesity policy measures.

**Methodology:**
- Face-to-face household survey using nationally representative sample via random selection of households
- 816 survey respondents
- Survey conducted November – December, 2018

**Contributors to Obesity in Barbados**

- Eating large portions: 80%
- Eating too often: 87%
- Eating unhealthy foods: 96%
- Lack of exercise: 96%
- Drinking sugary drinks: 92%
- Preparing fewer meals: 84%

**General Concern About Obesity in Children**

- Very Concerned: 88%
- Not Concerned: 12%

**Importance of Government’s Role in Reducing Obesity**

- Very Important: 78%
- Somewhat Important: 17%
- A Little Important: 4%
- Not Important: 1%
Key Takeaways

Barbadians are very concerned about obesity (83%) and childhood obesity (88%).

2. The majority of Barbadians (97%) believe HAVE INDICATED that it is important for children to have access to healthy food and drinks at school and a large number (62%) said that the current food environment in schools was not healthy.

3. Barbadians are showing strong support for policies that will create a healthier environment in the nation’s schools including restricting the sale of unhealthy foods and beverages (72%) as well as the marketing/advertising of these unhealthy products (73%) within the schools.

4. Barbadians (92%) support having a National Policy to ensure a healthy school environment.

5. There was an overwhelming recognition by 99% of Barbadians polled that it is important that government takes action to reduce Obesity and the related Non-Communicable Diseases (NCDs).

6. There was also strong support for the introduction of Front of Package Warning Labels on food and beverages (89%).