Enabling Caribbean civil society’s contribution to national and regional action for healthier, happier children.

CIVIL SOCIETY ACTION PLAN 2017-2021
PREVENTING CHILDHOOD OBESITY IN THE CARIBBEAN

Ban the sale and marketing of sweet beverages in and around schools. Healthy nutrition policies = healthy children and communities. Children have the right to healthy schools.

Banning the sale of and marketing of sweet beverages in schools:
1. Reduces consumption of sweet beverages
2. Encourages the consumption of water
3. Protects children from predatory advertising of nutrient-poor, energy-dense sweet beverages
4. Contributes to improved learning

And this figure is rising!
Small Island Developing States (SIDS) are particularly hard hit by this crisis which is largely fueled by unhealthy diets linked to the overconsumption of ultra-processed foods.

Excess sugar consumption is a major cause of overweight and obesity and its related diseases and sugar-sweetened beverages (SSBs) are the primary source of sugar in the diets of Caribbean children and adolescents.

On average 66% of Caribbean children 13-15 drank carbonated soft drinks one or more times per day during the past 30 days.

HCC recommends a package of policies to tackle childhood obesity.