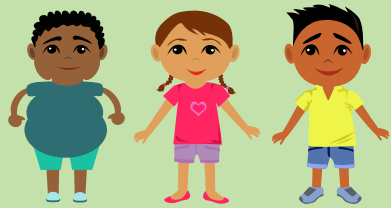


CHILDHOOD OBESITY



1 IN 3
Caribbean Children is
overweight or obese

Fueled by unhealthy diets linked to the over consumption of ultra-processed foods



EXCESS SUGAR
CONSUMPTION
is a major cause of
overweight and obesity

Sweet beverages are the primary source of sugar in the diets of Caribbean children and adolescents



66% OF CARIBBEAN
CHILDREN 13-15
drank carbonated soft drinks
 one or more times per day during the past 30 days. These drinks are ultra-processed, energy-dense and nutrient-poor



POTENTIAL RISKS

Childhood Obesity can lead to the development of Non Communicable Diseases (NCDs) in adult life



Heart Disease & Stroke



Diabetes



Cancer



Mental Health Issues

8/10

NCDs are responsible for approximately 8 out of 10 deaths in the Caribbean*

40%

40 percent of NCD deaths in the Caribbean occur prematurely before the age 70*

* Pan American Health Organization (PAHO). Regional mortality estimates. Washington, D.C. PAHO: 2017

HCC POLICY ASKS



HEALTHY SCHOOL POLICIES

Banning the sale and marketing of sweet beverages and unhealthy foods in and around schools



TAXATION OF SWEET BEVERAGES

Imposition of a tax of not less than 20% on sweet beverages and use tax revenue for NCD prevention and control



MANDATORY FRONT OF PACKAGE NUTRITION WARNING LABELS

Labelling of prepackaged foods high in key nutrients related to NCDs and obesity including fats, salts and sugars



NO MARKETING TO CHILDREN

Banning the marketing of unhealthy foods and beverages to children (includes non-school environments)



MANDATORY PHYSICAL ACTIVITY

Mandatory physical activity in all primary and secondary schools



PROTECT AND PROMOTE BREASTFEEDING

Enacting legislation related to The International Code of Marketing of Breast-milk Substitutes

HCC policy asks are supported by CARPHA, PAHO, the World Obesity Federation and the WHO.



ENOUGH.
 OUR HEALTH. OUR RIGHT. RIGHT NOW.

Follow the Healthy Caribbean Coalition on:

