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

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

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

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*