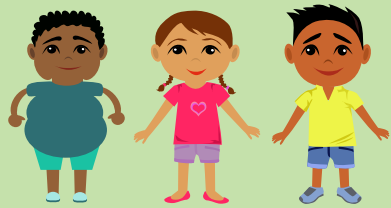


# CHILDHOOD OBESITY



**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



Cancer



Mental Health Issues



Diabetes

**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.



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