What You Need To Know About The Current Consultations On Warning Labels On Packaged Food In The Caribbean!

1. The right warning labels lead to better individual decisions
   You shouldn’t have to be a nutritionist to go shopping. Clear warning labels help you correctly, quickly and easily identify unhealthy food products with excessive amounts of sugar, sodium and fats.

2. The right warning labels lead to better policy decisions
   Clear warning labels make it easy to pinpoint unhealthy foods allowing policy makers to regulate their sale and marketing in schools and workplaces. It also makes it easier for our governments to identify healthier foods to make them more affordable and accessible.

3. Caribbean research conducted according to highest international standards shows octagonal front of package warning labels work best
   There’s scientific evidence to prove it and it’s recommended by the Pan American Health Organisation (PAHO), the Caribbean Public Health Agency (CARPHA) and Ministries of Health.

   - **When it was tested:**
     In Jamaica, the proportion of consumers who could correctly identify products excessive in sugar, sodium and fats was 9 times higher, compared to the control.

   - **After it was introduced:**
     In Chile, purchases of sweetened beverages decreased by 23.7% within one year. In Mexico, it’s projected to reduce obesity by 14.7% in five years.

4. This is all urgent because ultra-processed packaged foods are killing us slowly
   The Caribbean has some of the highest rates of hypertension, diabetes and obesity in the world.

   - 8 out of every 10 deaths (4 out of every 10 premature adult deaths) are directly linked to these issues.
   - In fact, 1 in every 3 Caribbean children is living with overweight or obesity.
   - They’re killing our pockets too! We spent $US 65 Million on these issues in 2019 alone.

   **And the major cause of these problems?**
   The very same ultra-processed foods that need the regulation possible with FOPWL.

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