Regional Meeting for Tackling Childhood Obesity
2017 March 14-16
Brasilia

Presented by
Sharmaine Edwards
Director, Nutrition Unit
Ministry of Health, Jamaica
Introduction to Jamaica

• Jamaica is the largest English-speaking country in the Caribbean
• Our nearest neighbours are Cuba and Haiti
• **Kingston** is the capital
• The **population** at the end of 2015 was 2,728,907
• Jamaica gained independence in 1962
• The **Jamaica Constitution 1962** upholds the rights of Jamaicans regardless of: Race, Colour, Place of Origin, Class, Gender, Religion, Political Opinion
## Economic Profile

<table>
<thead>
<tr>
<th>Indicator 2015</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Gross Domestic Product (GDP) per capita J$ 2014*</td>
<td>562,200</td>
</tr>
<tr>
<td>Annual GDP growth rate% 2013**</td>
<td>1.3</td>
</tr>
<tr>
<td>Total Health Expenditure (THE) as a % Gross Domestic Product (GDP) 2013**</td>
<td>5.9</td>
</tr>
<tr>
<td>Inflation rate 2015***</td>
<td>2.94</td>
</tr>
<tr>
<td>Ratio of highest 20%/ Lowest 20% Consumption (Gini Coefficient) 2012*</td>
<td>0.37</td>
</tr>
<tr>
<td>Poverty Rate 2012****</td>
<td>19.9</td>
</tr>
<tr>
<td>KMA</td>
<td>19.7</td>
</tr>
<tr>
<td>Other Towns</td>
<td>16.6</td>
</tr>
<tr>
<td>Rural Areas</td>
<td>21.3</td>
</tr>
</tbody>
</table>

Sources:
* Planning Institute Of Jamaica, Economic and Social Survey of Jamaica (2014)
** Health Situation in the Americas, Basic Indicators 2015 - PAHO
*** Bank Of Jamaica http://www.boj.org.jm/
**** Planning Institute Of Jamaica and Statistical Institute of Jamaica, Jamaica Survey of Living Conditions 2012
Shift From Under to Over-Nutrition

Under-nutrition: Low weight for age

- 1995: 5.1%
- 1996: 5.2%
- 1997: 5.1%
- 1998: 4.3%
- 1999: 6.4%
- 2000: 3.2%
- 2001: 3.5%
- 2002: 4.6%
- 2004: 1.9%
- 2006: 3.0%
- 2007: 4.3%
- 2010: 2.5%
- 2012: 2.5%

Overnutrition

- 1997: 4.3%
- 1998: 3.8%
- 1999: 4.1%
- 2000: 5.4%
- 2001: 5.0%
- 2002: 7.1%
- 2004: 5.7%
- 2006: 6.8%
- 2007: 7.1%
- 2008: 5.8%
- 2010: 3.4%
- 2012: 7.8%

Trends in Children’s Weight in Jamaica

- 11 year old: 30kg, 40kg
- 15 year old: 49kg, 56kg

Decade content: 6 pillars

- sustainable food systems for healthy diets;
- aligned health systems providing universal coverage of essential nutrition actions;
- social protection and nutrition education;
- trade and investment for improved nutrition;
- enabling food and breastfeeding environments;
- review, strengthen and promote nutrition governance and accountability
Structure of the Ministry of Health - Jamaica

Health Services Act - 1997: Four Regional Health Authorities

- **South-East**
  - KSA
  - St. Catherine
  - St. Thomas

- **North-East**
  - Portland
  - St. Mary
  - St. Ann

- **Western**
  - Trelawny
  - St. James
  - Hanover
  - Westmoreland

- **Southern**
  - St. Elizabeth
  - Manchester
  - Clarendon
Government Ministries

- Ministry of Culture, Gender, Entertainment and Sport
- Ministry of Economic Growth and Job Creation
- Ministry of Education, Youth and Information
- Ministry of Energy, Science, Technology and Telecommunications
- Ministry of Finance and Public Service
- Ministry of Foreign Affairs and Foreign Trade
- **Ministry of Health**
- Ministry of Industry, Commerce, Agriculture and Fisheries
- Ministry of Justice
- Ministry of Labour and Social Security
- Ministry of Local Government and Community Development
- Ministry of National Security
- Ministry of Tourism
- Ministry of Transport and Mining

NATIONAL OPERATIONAL ACTION PLAN
FOR THE
PREVENTION AND CONTROL OF OBESITY IN CHILDREN AND ADOLESCENTS
IN
JAMAICA
2016 – 2020

Ministry of Health
June 2015
1. Eat a variety of foods from all the food groups daily.
2. Eat a variety of fruits daily.
3. Eat a variety of vegetables daily.
4. Include peas, beans and nuts in your daily meals.
5. Reduce intake of salty and processed foods.
6. Reduce intake of fats and oils.
7. Reduce intake of sugary foods and drinks.
8. Make physical activity a part of your daily routine.
Move Your Body for a Healthy Lifestyle

60 Minutes a Day, at least 5 days a week

http://moh.gov.jm/edu-resources/physical-activity-water-a-healthy-combination/
Monitoring Systems

- **Specialist Clinics**
  - Pre-natal
  - Post-natal
  - Child health
  - Curative & Secondary Care

- **Activities guided by Family Health Manual** last revised in 2007
  - Involves training of health workers across the board
  - Improvements in data collection: digitized for 2016-17 financial year (World Bank)
    - Minimal nutrition indicators included as the system is comprehensive

- **Child Health and Development Passport**
NCD Monitoring Systems – Child Health and Development Passport (CHDP)
NCD Monitoring Systems

CHILD HEALTH & DEVELOPMENT PASSPORT

Nutritional Information for Parents

0 to 6 months

- Breastmilk is the optimal feeding choice for your infant. However, if you choose not to breastfeed, consult your health care provider for advice on feeding your child.

Types of Foods
- Start breastfeeding immediately after birth (at least within 1 hour).
- Exclusive breastfeeding for 6 months: If your infant is exclusively breastfed for 6 months, this means DO NOT give any other foods, drinks, or even water.

How Much & How Often
- Breastfeed as many times as the child wants day and night. Breastfeeding will also make your baby smarter.

Helpful Tips
- Exclusive breastfeeding protects your baby against diarrhea and other infectious diseases.
- Breastfed babies score highest on intelligence tests.
- Breastfed when your baby shows signs of hunger (e.g., beginning to fuss, sucking fingers, or moving his/her lips).

6 to 12 months

- Types of Foods
  - Continue breastfeeding.
  - At 6 complete months start with thick cereals/pottage.
  - Later add simple food (e.g., yam, green banana, breadfruit) with foods from animal (meat, fish, chicken), vegetable (taro, dark green leafy and yellow vegetables, peas and beans), and fats and oils.

How Much & How Often
- Start with 2-3 tablespoons 2 times a day and then increase the quantity gradually. Increase frequency and thickness of the foods up to 4-5 cups per day.

Helpful Tips
- Add 1 new food at a time.
- Learn your child’s signals for hunger and respond accordingly.
- Sit with and feed your child at mealtimes.
- Crush or mince all foods.

1 to 2 years

- Types of Foods
  - Continue breastfeeding.
  - Gradually offer a wide variety of staple foods (e.g., yam, green banana, breadfruit, food from Animals (meat, fish, chicken), Fruits, dark green leafy and yellow vegetables, peas and beans, and fats and oils.

How Much & How Often
- Breastfed frequency.
- Gradually increase the amount of foods to a full cup, 3 times a day. Add 2 snacks between meals.

Helpful Tips
- Help your child feed himself/herself.
- Monitor how much the child eats.

2 to 6 years

- Types of Foods
  - Give a mixture of family foods at meal times and healthy snacks between meals.

How Much & How Often
- Give your child 3 meals and 2 snacks daily. Gradually increase the amount and variety of foods at meals as your child gets older.

Helpful Tips
- Help your child feed himself/herself.
- Supervise feeding.
Training Session for Health Workers - Growth Monitoring
Monitoring Systems

• **Baby Friendly Hospital Initiative**
  - 1/8 hospitals previously certified re-accredited
  - 56% of births occur in these 8 hospitals

• **National Infant and Young Child Feeding Policy**
  - At stage of White Paper (last stage in policy development process)
  - Approval process delayed by changing administrations
Workforce Capacity – Parish Infant and Young Child Feeding

• Multi-sectoral Committees at parish level focusing on infant and young child feeding principles
  • develop work plans for activities within their parent organizations

• All Committee Members trained in WHO and UNICEF courses related to Infant and Young Child Feeding and promotion of Healthy Lifestyles.
Network & Partnerships - National Food Industry Task Force

• **Tackling the Food Environment:**
  
  • 8 proposals developed for the Minister of Health to promulgate
    - Product reformulation
    - Communication & Advocacy
    - Nutrition Labelling - FOP
    - Marketing & Public Education incl. Advertisement

  • Work will also include consideration for fiscal policies to promote health
Other Community Actions

- **School-related**
  - Early Childhood Institutions:
    - Registration includes Nutrition as one of 12 Standards
    - Training of Inspectors and Development Officers
  - Primary & Secondary Schools
    - National & local actions
SUSTAINABLE SCHOOL FEEDING

Najla Veloso, GCP/RLA/180/BRA
Vera Boerger, FAO-SLM

National School Feeding Policy: Jamaica

Ministry of Education
Memorandum of Understanding signed by key Ministries of Government

MEMORANDUM OF UNDERSTANDING
BETWEEN

THE MINISTRY OF EDUCATION,
2 National Heroes Circle, Kingston 4

THE MINISTRY OF AGRICULTURE AND FISHERIES,
Hope Gardens, Kingston 6

AND

THE MINISTRY OF HEALTH
2-4 Kings Street, Kingston 10

FOR

THE STRENGTHENING OF THE SCHOOL FEEDING
PROGRAMME IN JAMAICA

September 2015
Capacity Building Workshop for HFLE Teachers
Healthy Lifestyle Clubs in Action

MINISTRY OF HEALTH

Health Promoting School Pilot
Part 1

HEALTH PROMOTING SCHOOL SURVEY 2011
FINAL REPORT
Engaging Children in Promotion Activities
Lessons Learnt

• A number of initiatives are being undertaken
  • Same persons coordinating the multiple activities
  • Targeting requires more minds
  • Health system set up as treatment & care rather than preventive
  • Health Promotion is Key

• Major challenge is absence of a comprehensive coordinated approach across sectors
  • Health still taking the lead
  • Surveillance systems require strengthening as health data to support initiatives is weak

• For some actions the 3Ws still apply
  • Political will and wallet are weak (Prof. George Alleyne)
WHAT NEEDS TO BE DONE

Eradicate hunger and prevent all forms of malnutrition

Increase investments in effective interventions and actions to improve people’s diets and nutrition at all stages of life

Implement coherent public policies across relevant sectors, from production to consumption

Make food systems more sustainable

Provide consumers with clear nutrition information so they can make informed food choices
WHAT NEEDS TO BE DONE

- Protect, promote and support breastfeeding
- Protect consumers, especially children, from inappropriate marketing and publicity of food

Post-2015

Integrate the vision of the Rome Declaration on Nutrition into the post-2015 development agenda

Use the Framework for Action to implement the above commitments
Thank you