

Revising Primary and Secondary School Curricula to Enhance Non-communicable Disease Risk Education

BACKGROUND

Unhealthy dietary patterns and low physical activity are contributing to high rates of childhood obesity in the Caribbean. Curricula revisions were part of a multi-pronged approach to improve nutrition among children and designed to complement and reinforce other interventions in schools. In collaboration with the Caribbean Examinations Council (CXC) and the CARICOM Secretariat, the FAN project revised curricula for primary and secondary schools to increase the focus on prevention and control of non-communicable diseases:

1. CSEC (Caribbean Secondary Education Certificate): Human Social Biology (HSB) – approved by CXC Sub-Committee of School Examinations;
2. CCSLC (Caribbean Certificate of Secondary Level Competence): Integrated Science – pending final approval;
3. Health and Family Life Education (HFLE) (Early Education and Primary Levels) – approved CARICOM's Council for Human and Social Development – Ministers of Education .

EXAMPLES

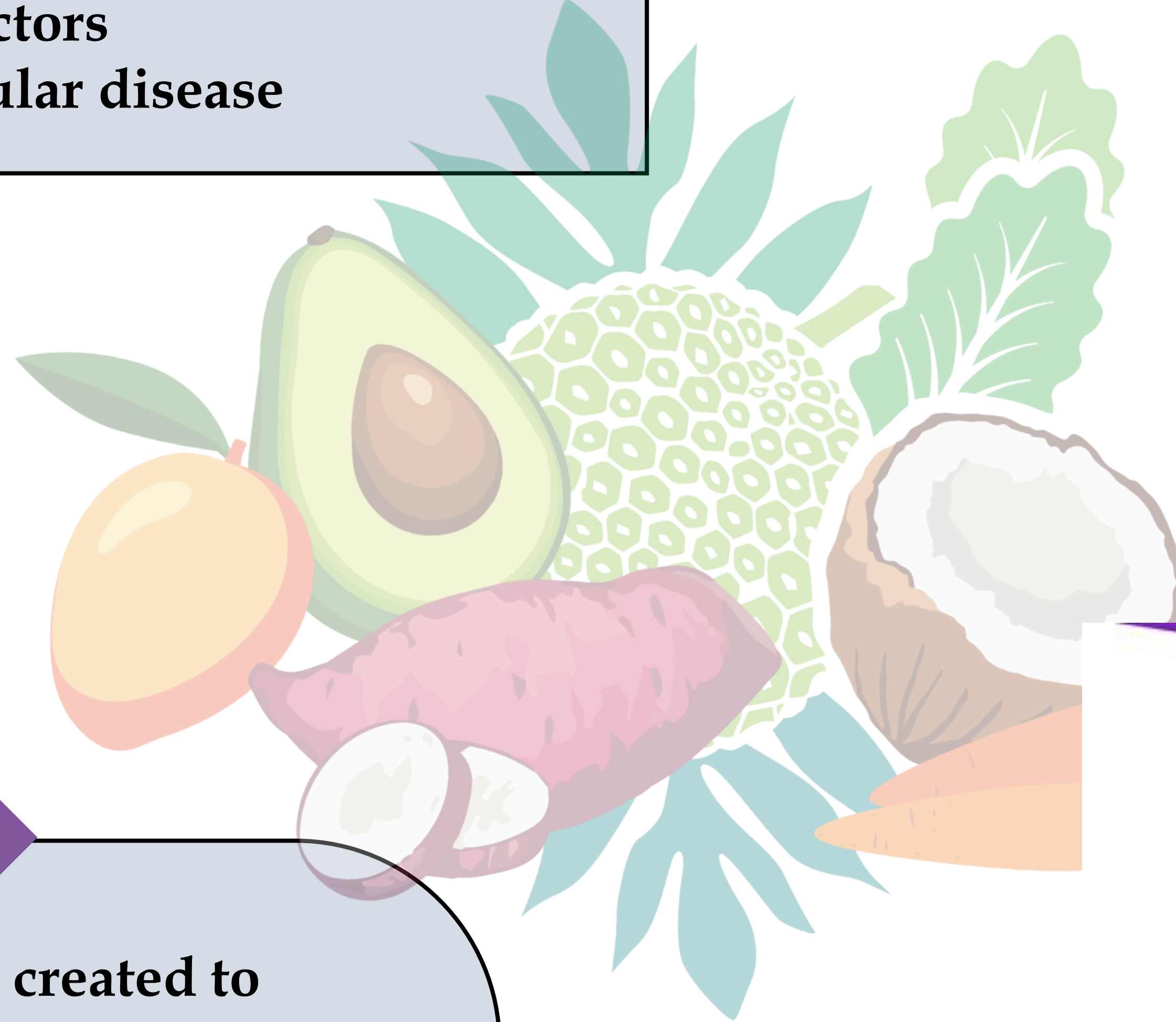
- ✓ Hidden sources of salt and sugars
- ✓ Benefits of fresh fruits and vegetables (Caribbean-grown especially)
- ✓ Effects of added VS natural sugar in digestion
- ✓ Effects of sugar-sweetened beverages on health
- ✓ Marketing and trade on food practices
- ✓ Body Mass Index and Waist Circumference to measure obesity
- ✓ Trends, risk factors, and effects of obesity
- ✓ Modifiable and non-modifiable risk factors
- ✓ Diabetes, hypertension and cardiovascular disease



Participants at the CXC CCSLC Panel Meeting



HFLE Steering Committee



HFLE: ACCELERATING ACTION!

Educational 'edu-tainment' digital content created to support teaching: across 4 HFLE thematic areas:

1. Six-episode audio series collated by The Ashe Company, based on a preceding *Food4Change Caribbean Story Writing Competition* in 2021 for children, to showcase youth voices. Five winners were chosen from 85 entries.
2. Three education videos and worksheets designed by Slow Food Barbados, each filmed at a farm in Jamaica, St. Kitts & Nevis and St. Vincent & the Grenadines.

These will be launched soon for use in HFLE classes across all of CARICOM.

- 1 Self and Interpersonal Relationships
- 2 Appropriate Eating & Fitness
- 3 Managing the Environment
- 4 Sexuality & Sexual Health



FOOD4CHANGE CARIBBEAN'S STORY WRITING COMPETITION

If you're a student between the ages of 7-17 here's your chance to win a Dell Laptop. Teachers who help the winning students may be eligible to receive USD \$500.

This work is carried out with the aid of a grant from the International Development Research Centre, Ottawa, Canada

FOR AGES 7-17 | **ENTRY DEADLINE SEP 17**

To enter Stage 1, choose one of the three illustrations provided and write a 500-word Short Story in the Application Form found at food4changecaribbean.org

OPEN TO STUDENTS IN JAMAICA, ST. KITTS AND NEVIS, AND BARBADOS

The Competition will consist of: Stage 1 - Submit a 500-word Short Story, and Stage 2 - Participate in one Zoom training/brainstorming session and submit a 1,000-word Long Story. Log on to our website for more information.