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;

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

**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.