

## OVERVIEW:

# Improving Household Nutrition Security and Public Health in CARICOM, aka Food and Nutrition (FaN) project

## BACKGROUND

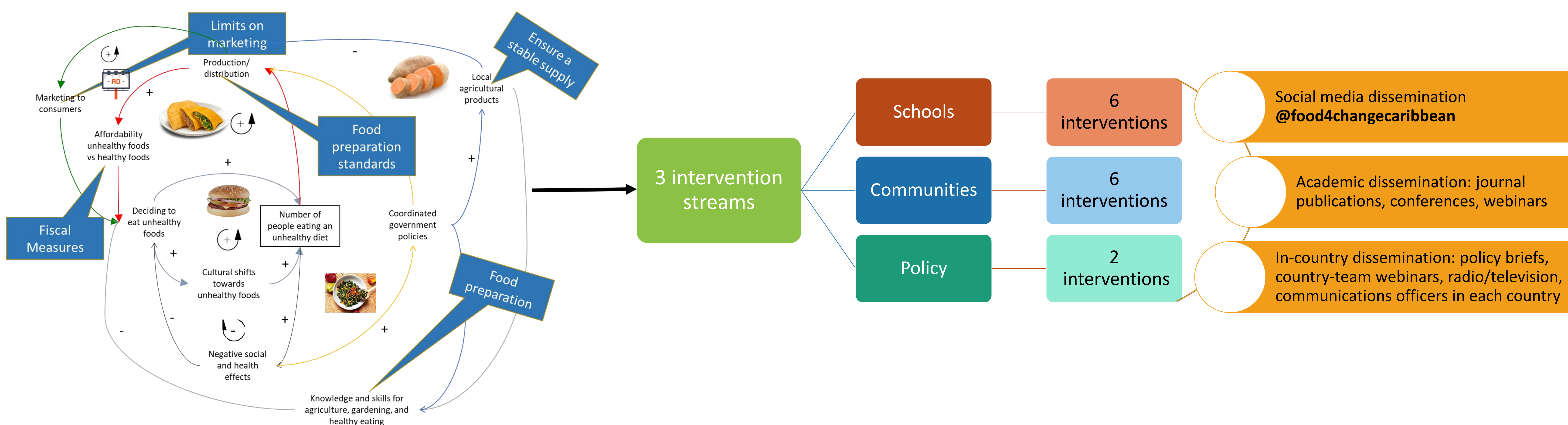
The Caribbean has a very high rates of diabetes, hypertension, heart disease and stroke, mainly due to unhealthy diets. The FaN project, funded by the International Development Research Centre (Canada), has the overall goal of increasing dietary diversity in order to reduce these diseases.

Major areas in need of action are diets, school and communication.

## GOAL

**Research Question:** What are the most effective, gender-sensitive ways to improve food sovereignty, household food security, and nutrition in CARICOM states?

We worked in 3 study countries - Jamaica, St. Kitts & Nevis and St. Vincent & the Grenadines - by engaging with stakeholders to (1) understand the problem, and (2) design and roll out interventions that address key points within their food systems. See diagram below.



## INTERVENTIONS

- Curriculum revision of 2 secondary school courses:** CSEC Human and Social Biology and CCSLC Integrated Science revised to include stronger focus on risks for NCDs (CARICOM-wide)
- Curriculum revision of primary school course:** Human and Family Life Education (HFLE) revised to include stronger focus on healthy eating, environment and self-esteem (CARICOM-wide)
- Creation of digital supports for HFLE curriculum:** Creation of teaching aides for HFLE: (1) 6-episode audio series and (2) 3 educational farm and food videos (CARICOM-wide)
- School Nutrition Standards:** Creation and dissemination of healthy school nutrition standards and policies for national adoption (JAM, SKN, SVG)
- Community-based programmes to improve school meals:** Multi-stakeholder partnership to improve student nutrition of the School Meals Programme (SKN)
- Parent-child dyads:** Photo-voice intervention to change food consumption patterns, using focus group of parents and their children (SKN)
- 15 small grants projects:** Grants awarded to 15 agricultural groups to pursue an agriculture/food-related economic activity of their choice (JAM, SKN, SVG)
- Women's Farmers Academy:** Online training programme for women in sustainable agriculture and agri-business (SKN (46 women trained), SVG (81, possibly 95 more women trained))
- Creating Faith-based Spaces for Healthy Food Patterns:** Enhancing faith-based organisations to foster improved dietary patterns: (1) 10 sermons and Bible studies; (2) empowerment of public health professionals within churches for health promotion (3) list of social supports available to nutritionally-vulnerable adults (JA)
- Marketable Meals Competition:** Training and competition to produce healthy recipes suitable for uptake by manufacturers in the food industry (JA)
- Enhanced Lab & Nutrient Content Analysis:** Upgrades to the laboratories of the Bureau of Standards Jamaica and the Scientific Research Council to conduct nutrient tests on foods, including salts, sugars, and fats (JA lab; JA, SKN, SVG sampling).
- Nutrient Cost Analysis Programme:** Creation and upgrading of a web-based system to identify costs of foods (by location) and present food "best-buys" (JAM, SKN, SVG)
- Joint Health and Trade Ministers meet re: NCDs:** Support for CARICOM process for a regional policy to ban trans fats.
- Support for Caribbean Regional Organization on Standards and Quality (CROSQ) in front-of-package labelling:** Enhancement of CROSQ institutional capacity to establish regional guidelines for "High in..." front-of-package labelling.