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

St. Kitts and Nevis Close Out

Prof T. Alafia Samuels, Principal Investigator, on behalf of the FaN Research Collaboration
May 19th 2022
Follow up from 2 previous IDRC-funded projects

• Evaluation of the CARICOM Heads of Government POS Declaration 2014-2017
  • **Highest** levels: those with clear guidance for action and support from regional or international organisations e.g:
    • Surveillance: CAREC/PAHO, CARPHA, CDC
    • Caribbean Wellness day: PAHO and CARICOM
  
  • **Lowest** levels of implementation: diet, schools, communications

• Farm to Fork: 2011-2014
  • Project website: [https://www.mcgill.ca/globalfoodsecurity/research-initiatives/caricom-project](https://www.mcgill.ca/globalfoodsecurity/research-initiatives/caricom-project)
FaN Research question

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

• 3 study countries (Jamaica, St Vincent and the Grenadines, and St Kitts and Nevis)
• Region wide (CARICOM) interventions

• 4-year project. Jan 2018 – Jan 2022
  • 6 month no cost extension due to COVID
Aim

• To improve the quality and diversity of the diet
  • In 3 study countries (Jamaica, St Vincent and the Grenadines, and St Kitts and Nevis)

• by engaging with stakeholders to
  • Build a shared understanding of the complex systems driving food production and consumption;
  • Design, implement, and evaluate integrated packages of interventions that promote sustainable livelihoods of vulnerable groups

• address key “leverage points” within their food systems

• disseminate the lessons learnt throughout CARICOM.
Research Partners and Collaborators

• UWI
  • Caribbean Institute for Health Research
  • Public Health Group, Faculty of Medical Sciences, Cave Hill
  • Institute of Gender and Development Studies, Mona
  • HEU, Centre for Health Economics, St. Augustine
  • UWI Open Campus

• University of Technology, Jamaica
• McGill University, Canada
• Cambridge University, UK

Canadian International Development Research Centre (IDRC)

• FAO Food and Agriculture Organisation
• IICA – Inter-American Institute for Cooperation on Agriculture
• CARDI – Caribbean Agriculture Research and Development Institute
• CARPHA - Caribbean Public Health Agency
• CDB – Caribbean Development Bank
• CXC – Caribbean Examination Council
• CROSQ – CARICOM Regional Office for Standards and Quality
• CARICOM - Health, Agriculture, Human Development
• Healthy Caribbean Coalition
• Pan American Health Organization
• Ministries of Health, Education and Agriculture SKN, SVG, JAM
A. Objectives for information collation to identify intervention components

Objective 1:
To describe, by gender, age and socio-economic group, the **current nutritional NCD risks** in children, women and men, and to investigate **what factors influence** their food sources and dietary patterns.

Objective 2:
To **engage with stakeholders**, undertake critical appraisals of available evidence and data, in order to understand how local food systems currently determine the dietary patterns of populations in the three study countries.
B. Objectives to design and assess the intervention packages

Objective 3:
Develop, implement and assess an integrated, adaptable and gender sensitive package of interventions that leverage local food systems to increase healthy eating and sustainable rural livelihoods.

Objective 4:
Work with public, private and civil society partners to expand project impact across the CARICOM region through innovative knowledge sharing, communications and policy action platforms.
3 streams of interventions

1. Follow up POSDEVAL recommendations (diet, schools, communications)
   1. CXC / HFLE curriculum review;
   2. Transfat regional agreement
   3. CROSQ front of package labelling regional standards;
   4. JAM install capacity to monitor salt, sugar and fats in packaged foods

2. Promote sustainable livelihoods of vulnerable groups through 15 competitive projects in 3 countries
   3 grantees in SKN

3. Health systems interventions
   Womens Farmers Academy
Project Activities:
Inception Workshop: March 2018
Engaging with Stakeholders: Understanding Food Systems

- Individual Stakeholder Interviews
- Emerging themes from 76 Interviews with government, civil society and private sector
  - St. Kitts & Nevis: 14
  - St. Vincent & the Grenadines: 15
  - Jamaica: 47
Engaging with Stakeholders: 4 workshops in 3 countries

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<th>Jamaica Model Building Oct 23-25</th>
<th>SVG One-day Nov 02</th>
<th>Farm to Fork review Nov 20</th>
<th>SKN SVG Model-building Nov 21-22</th>
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Model building workshop SKN
Stakeholder food systems map

- People eating unhealthy diet
- Relative availability and affordability of unhealthy foods
- Imported agricultural products and healthy foods
- Local agricultural production (inc. gardens)
- Climate change
- Larceny, pests and diseases
- Knowledge, skills, and coordination for agriculture (including market knowledge, backyard gardens)
- Negative perception of agriculture
- Coordinated government policy for healthy diets
- Influence of unhealthy food industry (local and imported)
- Trade agreements and policies favoring imports
- Production, distribution, and retail of unhealthy foods
- Advertising for unhealthy foods
- Knowledge and skills for healthy eating
- Price and accessibility of unhealthy foods (fast food, highly processed)
- Decision for eating unhealthy foods (inc. portion size)
- Social acceptability and cultural norms promoting unhealthy diet
- Negative health effects
- Overweight, obesity, NCDs
- Negative economic and social effects of NCDs
- Poverty
- Changing lifestyles, influence of diaspora and tourism

www.uwi.edu/caihr
SKN Farm to Fork Review meeting
Developing the Food System Causal Loop Diagram

- Number of people eating an unhealthy diet
- Cultural shifts towards unhealthy foods
- Deciding to eat unhealthy foods
Number of people eating an unhealthy diet

Deciding to eat unhealthy foods

Cultural shifts towards unhealthy foods

Affordability unhealthy foods vs healthy foods

Production/distribution

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Number of people eating an unhealthy diet

Deciding to eat unhealthy foods

Marketing to consumers

Affordability unhealthy foods vs healthy foods

Cultural shifts towards unhealthy foods

Production/distribution

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Marketing to consumers

Production/distribution

Coordinated government policies

Negative social and health effects

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Production/distribution

Local agricultural products

Coordinated government policies

Cultural shifts towards unhealthy foods

Production/distribution
Number of people eating an unhealthy diet

Marketing to consumers

Affordability unhealthy foods vs healthy foods

Deciding to eat unhealthy foods

Cultural shifts towards unhealthy foods

Negative social and health effects

Production/distribution

Coordinated government policies

Local agricultural products

Knowledge and skills for agriculture, gardening, and healthy eating
Interventions
Number of people eating an unhealthy diet

Deciding to eat unhealthy foods

Cultural shifts towards unhealthy foods

Affordability of unhealthy foods vs healthy foods

Marketing to consumers

Production/distribution

Limits on marketing

Food preparation standards

Fiscal Measures

Ensuring a stable supply

Local agricultural products

Food preparation

Knowledge and skills for agriculture, gardening, and healthy eating

Food preparation standards

Coordinated government policies

Limits on marketing

Marketing to consumers

Food preparation

Fiscal Measures

Ensure a stable supply

Local agricultural products

Food preparation

Knowledge and skills for agriculture, gardening, and healthy eating

Fiscal Measures

Deciding to eat unhealthy foods

Cultural shifts towards unhealthy foods

Affordability of unhealthy foods vs healthy foods

Marketing to consumers

Production/distribution

Limits on marketing
Childhood Obesity initiatives in schools

• School nutrition standards in SKN and SVG established and disseminated, with sensitisation of stakeholders
• Targetted proposals for interventions for improving school meals based on recommendations from SKN F2F 1-day meeting
• Development of guidelines and standards to facilitate a healthy eating environment in and around schools
  • leverage points in the school feeding programme
3a. Increase demand for healthy foods among children
Curriculum Reviews – Primary and Secondary School children

• Enhance knowledge and skills re NCDs risks and drivers, to improve dietary patterns and physical activity in children

• Secondary Schools – CXC curriculum revisions
  • CSEC Human & Social Biology; CCSLC Integrated Science

• Primary Schools - CARICOM re HFLE Curriculum
  • Adopted by CARICOM Ministers of Education 2019
  • Now working with partners to develop digital content for teachers and families, to be hosted by UWI Open Campus
Participants at the CXC CCSLC Panel Meeting

Standing from left: Mavis Guiste (Dominica), Alicea Bigby-Smart (Jamaica), Charisse Gumbs (St. Kitts & Nevis), Joselyn Theophile-Richardson (Anguilla), Pamella Hunte (Barbados), Donna Giles (CXC, Barbados), Waneisha Jones (UWI, Barbados), Alsian Brown-Perry (CXC, Jamaica), Catherine Clifford (Trinidad & Tobago)
HFLE Curriculum Revision Working Group #1

Standing from left: Michèle Blake (St.Kitts/Nevis), Alsian Brown-Perry (CXC, Jamaica), Morella Joseph-Jean Baptiste (Lead Convenor, St. Lucia), Kelly Williams (St. Vincent/Grenadines), Rachel Harris (Barbados), Patricia McPherson (CARICOM), Waneisha Jones (UWI, Barbados), Patricia Warner (Ministry of Education (MOE), Barbados), Colleen King-Cameron (MOE, Guyana)
1. NUTRITION

SPECIFIC OBJECTIVES

Students should be able to:

1.1 distinguish between macro and micro nutrients;

Include definitions and examples of macronutrients and micronutrients.

1.2 discuss the functions of macro nutrients;

Starch, reducing and non-reducing sugars, lipids, proteins; mention chemical and physical properties of carbohydrates, lipids and proteins.

Include sources of macronutrients; elements that make up the macronutrients.

1.3 discuss the functions of micronutrients;

Vitamin A, B, C, D, E, and K and the minerals: calcium, magnesium, fluoride, iodine, phosphorous, sodium and iron.

Include sources of micronutrients.

EXPLANATORY NOTES

Include hidden sources of salt.

1.10 discuss the importance of a balanced diet;

Must include definition, food groups, the effects of age, sex and occupation on dietary needs.

1.11 discuss the effects of malnutrition on the human body;

Include the definition of malnutrition (over and under nutrition), obesity (adult and childhood), anorexia and bulimia, protein and energy malnutrition (kwashiorkor, marasmus).

Include the sources and effects of hidden salt.

1.12 determine Body Mass Index (BMI);

Weight (kg)
Weight (m)

Include determination of waist circumference; use of BMI and waist circumference to categorize obesity, factors and implications of obesity.

(Links to Specific Objectives 83.6, 83.11 and 09).
SYLLABUS
INTEGRATED SCIENCE
CCSL/31/02/19002 NOT FOR TEACHING

Effective for examinations from May–June 2022

Caribbean Community (CARICOM)
Health And Family Life Education (HFLE)

Regional Curriculum Framework

AGES 3 – 12 YEARS 2022

Approved at the Thirty-eighth Meeting of the Council for Human and Social Development (COHSOD, 23-24 October 2019)

ISBN 978-976-600-503-0 (E-book)
Facilitating children teaching children

Caribbean Sesame Street
SKN winner – Story Writing Competition

Kymarni, 12 years old, the only male of the 5 winners from 85 competitors
Helen’s Daughters was born in 2016 to support rural women with the use of adaptive agricultural techniques, capacity-building and improved market access.

The Women’s Farmers Academy (WFA) is the collaboration between UWI ‘FaN’ project.

Joint mission: To enhance food systems in CARICOM through nutrition sensitive farming and gender-responsiveness.
60% of the Facilitators were in-country recruitments and all facilitators came from within the Caribbean Basin. All are not only subject-matter experts but have experience working within rural and agricultural communities.

01.

A train-the-trainers programme was designed with co-creation in mind to take into account the facilitator's in-country experience as well as results from the Baseline Surveys.

02.

Topics that would be covered by the Facilitators, include Sustainable Agriculture, Agri-business and Market Linkages, Food Safety and Nutritional Marketing.

03.
WFA Participants

Original plan was 20 women each in SVG and SKN (40 total)

359 women applied

Ran one additional training in SKN and 2 additional in SVG to accommodate all

30% of participants were 18-29 years old and 15% were 30-39 years old

- 70 applicants

- 15 (Round 1) + 22 (Round 2) graduates who had to attend at least 75% of classes

Most worked their own farms.

Of those that did work their own farms-96% in SKN said that at least one family member would continue to farm the land as part of the next generation.

In terms of produce, 58% in SKN sold their products to others. Of those that did sell products, 68% actively promoted the sale of products to others.

94% SKN said they had received no support from Government,
Challenges/Successes

- COVID forced us to pivot to an on-line – 8 week course
- Blended learning is supported by the digital resource library on our website with virtual classes and demonstrations available and will be open source.
- Farm visits are now possible and are a mandatory component of the training.
- With the creation of a WFA SKN and WFA SVG WhatsApp and Facebook groups, participants have created a peer-to-peer network that fosters sharing of ideas, advice and even partnerships.
The Future

Helen’s Daughters will continue work with in-country facilitators even after the WFA is completed.

SVG SKN representatives invited to Board positions in our Central Executive which oversees governance for all three countries.

Expansion may be possible with the support of Rihanna.
Fifteen small grants – pilots / 3 for SKN

- Agriculture/food-related economic activity of their choice, (USD $7,000),
  - to generate income, provide own-consumption and/or supplement own-employment.

- Beneficiaries - small groups of 6-14 persons, mostly women
  - Preliminary training and business plans

- Initial implementation stages delayed, partly due to the COVID-19 effects
  - All of projects have full complement of supplies and are in production stages.

- Capisterre Women for Development  St Pauls, St Kitts
- Cherry Garden Livestock Group  Nevis  Goat producers
- New River Farmers' Cooperative  Nevis  Vegetable producers
Recommendations from POS Evaluation – monitor diets

Labs Upgraded to Analyse Sugar, Salt and Fat in Food Products

- For the first time, Jamaica will have the capacity to analyse the sugar, salt and fat content of food products.

- This follows the upgrading of laboratories of the Bureau of Standards Jamaica (BSJ) and the Scientific Research Council (SRC), to conduct these tests, at a cost of $20 million, through funding from the International Development Research Centre (IDRC) of Canada.

- The upgraded labs were officially launched on August 27, 2019.

- Minister Tufton, said this historically significant initiative will assist the Government in its drive to reduce the high prevalence of NCDs.
IMPROVING NUTRITION QUALITY
CARICOM COHSOD (Ministers of Health) COTED (Ministers of Trade) meetings on NCD and risks

• Heads of Government mandated attention to NCDs and Trade
• CARICOM process: Joint meetings of Ministers of Health and Ministers of Trade
• Project supported CARICOM with consultant
  • Inter-Governmental Working Groups
  • Priorities set, then invite private sector and NGOs to comment
• May 2022: Joint COHSOD COTED approves regional policy and approach to remove IP-TFA by 2025.
Capacity Building for SKN

  • Her qualitative study examined the knowledge, attitudes, and perceptions of the students ages 6-11 years in the school meal programme of three public schools in SKN.
  • Results highlighted that while children had knowledge about healthy foods, they were not influenced to eat them and only consumed the healthy school meals on an as-needed basis.
  • Her poster at CARPHA Hazel N, Murphy MM. Children’s perspectives of healthy eating: An evaluation of school meal programme in SKN

• Facilitators trained by Helens Daughters for FaN Womens Farmers Academy. Now board membership

• 3 small grant recipients trained

• Latoya Matthew-Duncan, FaN Country Lead
Dissemination

- SWAG
- Bulletins
- Website

SKN Webinars

FOOD AND NUTRITION (FAN) PROJECT WEBINAR:
PROJECTS & INTERVENTIONS IN ST. KITTS AND NEVIS PT. 1
THURSDAY, MARCH 31st AT 10:00 A.M. EASTERN CARIBBEAN TIME

Prof. Fitzroy Henry
Professor of Public Health & Nutrition
University of Technology, Jamaica

Ms. Latoya Matthew - Duncan
Nutrition Surveillance Coordinator
SKN Ministry Of Health

Ms. Karen Corcos
Founder & President
Heifer’s Daughters

Zoom link for webinar will be shared soon

http://www.food4changecaribbean.org
What is the legacy of FaN project in SKN?

- Enhanced country leadership team – Latoya Matthew-Duncan
- Womens Farmers Academy.
  - 2 SKN local facilitators now on Board of Helens Daughters,
  - ongoing supports for graduates
FaN and JCC. Maybe CCC

Jamaica Council of Churches & University of the West Indies:

Bible Study series on Nutrition and Health

Session 4:
Too Much a One Ting Good Fi Nutten-Part 1
THANK YOU