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

St. Vincent and the Grenadines Close Out

Prof T. Alafia Samuels, Principal Investigator, on behalf of the FaN Research Collaboration
May 30th 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 SVG

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

<table>
<thead>
<tr>
<th>Workshop Description</th>
<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>
</tr>
</thead>
<tbody>
<tr>
<td>Gov. Health</td>
<td>0</td>
<td>4</td>
<td>10</td>
<td>7</td>
</tr>
<tr>
<td>Gov. Education</td>
<td>1</td>
<td>1</td>
<td>2</td>
<td>1</td>
</tr>
<tr>
<td>Gov. Agriculture</td>
<td>3</td>
<td>4</td>
<td>5</td>
<td>3</td>
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<tr>
<td>Gov. Sustainable Dev</td>
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<td>Gov. Finance</td>
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<td>Regional Agri</td>
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<td>Regional Health</td>
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<td>1</td>
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<tr>
<td>Civil Society Org</td>
<td>9</td>
<td>2</td>
<td>4</td>
<td>4</td>
</tr>
<tr>
<td>Private</td>
<td>4</td>
<td>3</td>
<td>4</td>
<td>4</td>
</tr>
<tr>
<td>Total Participants</td>
<td><strong>17</strong></td>
<td><strong>18</strong></td>
<td><strong>24</strong></td>
<td><strong>24</strong></td>
</tr>
<tr>
<td>Researchers</td>
<td>10</td>
<td>6</td>
<td>11</td>
<td>13</td>
</tr>
</tbody>
</table>
SVG workshop November 2nd 2018
Joint SVG SKN model building workshop in SKN
Interventions
Number of people eating an unhealthy diet

Deciding to eat unhealthy foods

Cultural shifts towards unhealthy foods

Affordability unhealthy foods vs healthy foods

Marketing to consumers

Production/distribution

Limits on marketing

Food preparation standards

Food preparation

Fiscal Measures

Ensure a stable supply

Local agricultural products

Food preparation standards

Coordinated government policies

Limits on marketing

Food preparation

Knowledge and skills for agriculture, gardening, and healthy eating

Negative social and health effects

Food preparation

Fiscal Measures

Marketing to consumers

Affordability unhealthy foods vs healthy foods

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Food preparation

Knowledge and skills for agriculture, gardening, and healthy eating

Negative social and health effects
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)
## SYLLABUS

**HUMAN AND SOCIAL BIOLOGY**

CXC 35/G/SYLL 21

Effective for examinations from May–June 2023.

### 1. NUTRITION

<table>
<thead>
<tr>
<th>SPECIFIC OBJECTIVES</th>
<th>EXPLANATORY NOTES</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Students should be able to:</td>
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<tr>
<td>1.1 distinguish between macro and micro nutrients;</td>
<td>Include definitions and examples of macronutrients and micronutrients.</td>
</tr>
<tr>
<td>1.2 discuss the functions of macro nutrients;</td>
<td>Starch, reducing and non-reducing sugars, lipids, proteins; mention chemical and physical properties of carbohydrates, lipids and proteins.</td>
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<tr>
<td>1.3 discuss the functions of micronutrients;</td>
<td>Include sources of macronutrients; elements that make up the macronutrients.</td>
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<tr>
<td></td>
<td>Include hidden sources of sugars; effects of sugar-sweetened beverages on health; benefits of fresh fruits and vegetables with reference to fruits and vegetables grown in the Caribbean.</td>
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<tr>
<td>1.10 discuss the importance of a balanced diet;</td>
<td>Vitamin A, B, C, D, E, and K and the minerals: calcium, magnesium, fluorides, iodine, phosphorus, sodium and iron.</td>
</tr>
<tr>
<td>1.11 discuss the effects of malnutrition on the human body;</td>
<td>Include sources of micronutrients.</td>
</tr>
<tr>
<td>1.12 determine Body Mass Index (BMI);</td>
<td>Include hidden sources of salt.</td>
</tr>
</tbody>
</table>

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

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

Include the sources and effects of hidden salt.

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

(See also Specific Objectives 83.1, 83.11 and 09).
SYLLABUS
INTEGRATED SCIENCE

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)
Women’s Farmers Academy
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.

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.

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

WFA Participants

Original plan was 20 women each in SVG and SKN

359 women applied, 210 SVG

2 additional in SVG to accommodate all

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

graduates who had to attend at least 75% of classes

- Round 1: 16 graduates
- Round 2: 50 graduates
- Round 3: starts June 5th with 95 students

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 SVG

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

• Greiggs Production & Marketing Association - Marriaqua
• Women in Agriculture and Rural Development (WARD) - San Souci, Charlotte
• Mesopotamia Poultry & Small Ruminant Producers Assoc - Mesopotamia, Marriaqua
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 SAVY

• Dr. Natalie Toney from SVG, who holds a Doctor in Veterinary Medicine, awarded FAN scholarship and graduated with her MPH in 2020.
  • Her qualitative study explored farmers’ experiences with healthy local food production and their opinions on the National Agriculture Marketing Information Service in the promotion of healthy food.
  • Results highlighted a strong need for farmer education about what constitutes healthy food. To be successful, the National Agriculture Marketing Information Service must be constantly updated with accurate information allowing farmers to plan production, put in place mitigation methods and make informed decisions.
  • Dr. Natalie Toney continues to collaborate with FaN lead researcher Prof. Henry by providing technical assistance for the Small Grant Project in SVG.

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

• 3 small grant recipients trained
Dissemination

• SWAG
• Bulletins
• Website

SVG Webinars

FOOD AND NUTRITION (FAN) PROJECT WEBINAR:
SCHOOL NUTRITION IN ST. VINCENT AND THE GRENADINES

THURSDAY, NOVEMBER 25TH AT 10:00 A.M. EASTERN CARIBBEAN TIME (GMT-4)
CHAIR: WENDY MICHAEL, COUNTRY TEAM REPRESENTATIVE

Ms. Wendy Michael
Country Team Representative

Prof. Alfaro Samuels
Principal Investigator - Food and Nutrition (FAN) Project
Nutrition Education in Schools

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

ZOOM LINK FOR WEBINAR WILL BE SHARED SOON
https://www.food4changeccaribbean.org
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