

UNDER

THE SCOPE

HEALTH CHRONICLES



Main Feature



Nevis Health Promotion Unit
Promote. Prevent. Protect.
Ministry of Health
& Gender Affairs





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Editors Note

"Embracing the journey ahead."

Greetings dear readers,

Welcome to the third edition of Under the Scope - Health Chronicles! This quarter, we're excited to bring you compelling stories and critical health updates that will inform, engage, and inspire meaningful conversations.

Our feature story offers an intimate look into Alzheimer's care, capturing the emotional challenges and triumphs of a devoted caregiver. This heartfelt piece highlights the resilience required in caregiving and underscores the importance of community support and awareness. With climate change affecting us all, we spotlight local initiatives combating this global threat, emphasizing environmental stewardship as crucial to safeguarding our future.

In a historic moment for our region, Nevis has established its first fully operational emergency response team, demonstrating our island's commitment to safety and preparedness. We are proud to share this milestone with our readers, showcasing the dedication that makes our community stronger.

Our focus on men's health continues with a deep dive into mental health. In collaboration with the Behavioral Health and Wellness Centre, we explore the challenges men face in this area, aiming to break the stigma and encourage open dialogue for those struggling in silence.

September brings Caribbean Wellness Week, with a full lineup of activities promoting fitness and healthy living, organized by the Health Promotion Unit. We also reflect on recent events like Hepatitis Day on July 28th and Breastfeeding Week, observed from August 1st to 7th, where health centers championed the benefits of breastfeeding for both mothers and infants.

We hope this edition of Under the Scope - Health Chronicles inspires reflection and conversation. As always, we're committed to sharing the most relevant and impactful health stories from our community. Stay informed, stay engaged, and together, let's build a healthier future.

With warmest regards,

Shelagh James Editor-in-Chief Under the Scope Health Chronicles



Ms. Shelagh James
Communications Officer

Nevis Health Promotion Unit

July- September Activities



July

- July 28th -World Hepatitis Day

August

- 1st-7th August - Breastfeeding Week
- 9th August - Breastfeeding Week Stop and Chat



September

- 13th September- Sneaker Day Scavenger Hunt
- 14th September- Silent Headphone Fitness Session
- 14th September-Caribbean Wellness Day

PREVENT dengue, chikungunya and Zika

by removing mosquito breeding sites and protecting yourself from their bites.



CLEAN roof gutters and drains to avoid water accumulation.

COVER water storage containers.

CLEAN the water storage of AC units every week.

USE wire-mesh/ mosquito nets on doors and windows.

EMPTY and clean the outer tray of the refrigerator every week.

CHANGE water in vase and flower pots once a week.

CLEAN pet food container once a week.

KEEP garbage container dry and well covered.

STORE, turn upside down, or remove outdoor containers that may collect water.

BRUSH inside of the barrels with water and soap once a week and keep covered.

EMPTY and clean swimming pools that are not in use.

SHARE INFORMATION!
Help your neighbors to eliminate mosquito breeding sites.

PAHO



HEALTH MATTERS

NEWS BUZZ

WITH MS. SHEVANE NISBETT



CARIBBEAN WELLNESS DAY ACTIVITIES

Caribbean Wellness Day (CWD) is an annual event observed on the 2nd Saturday of September. It was established by the Caribbean Public Health Agency (CARPHA), and is aimed at increasing and promoting awareness of Non-Communicable Diseases (NCDs) in the region. Non-Communicable Diseases, also known as chronic diseases, are diseases that are not transmissible directly from one person to another and tend to be of long duration and in some cases slow progression. They are a result of a combination of genetic, physiological, environmental and behavioral factors.

The main types of NCD are cardiovascular diseases (such as heart attacks and stroke), cancers, chronic respiratory diseases (such as chronic obstructive pulmonary disease and asthma) and diabetes.

Some familiar examples of NCDs are Parkinson's disease, hypertension, autoimmune diseases, chronic kidney disease (CKD), osteoporosis, Alzheimer's disease, and cataracts, among a host of others. NCDs disproportionately affect people in low- and middle-income countries, where more than three quarters of global NCD deaths (31.4 million) occur.

With the above being mentioned, the federation of St. Kitts-Nevis is no exception to a high incidence and prevalence of NCDs. Our healthcare system continues to be burdened by the impact of NCDs and the majority of deaths (86%) due to NCDs as well. The top three NCDs that affect our islands are hypertension, cancer and diabetes listed in order of prevalence.

To combat the incidence of NCDs, the Health Promotion Unit on Nevis hosts a few activities each year in light of Caribbean Wellness Day. Activities usually include, but are not limited to, our annual Caribbean Wellness Walk, Sneaker Day, Health Screenings, interviews (with relative personnel) and various other engaging activities. These aim to encourage persons to take responsibility for their overall health but specifically focusing on healthy eating habits, physical activities and health screenings – some of the main factors that help to prevent and treat NCDs.



Caribbean Wellness Day usually has an overall theme that lasts four (4) years and a sub theme that changes each year. The overall theme for 2020-2024 is “Power through Collective Action” while the sub theme for 2024 is “Good Health is Our Right”. In respect to the sub theme, the Health Promotion Unit sanctioned the citizens of Nevis to continue to take their health by the horns.

We hosted our usual Sneaker Day on Friday September 13th. This activity requires participants to wear sneakers on that day. The intention is to encourage persons to wear comfortable shoes that would inspire more movement/walking. Sneaker Day usually gifts prizes to various participants inclusive of the first to post a pic to FB and tag us, as well as the first person that would come to our physical location wearing their sneakers. This year, as we celebrated the 8th year of the activity, we added a twist by incorporating a treasure hunt with the clues placed all over Charlestown. Participating individuals that were able to find the clues received prizes from our office.



Winner of Sneaker Day

The second activity was our inaugural Soca-Cise in the Park – Silent Headphones Fitness Session, held on Saturday September 14th. This entailed us hosting a socacise session lead by our local fitness coaches Mr. Adelvin Phillip and Mr. Kurvin Wallace. Participating individuals wore silent headphones (during the workout session) and were able to hear both the upbeat soca music and the fitness instructions via these headphones.

This activity was the first of its kind here and was well received by everyone involved. All participants not only had fun but they got a good sweat out – which was the goal. At the end of the socacise session we held a skipping challenge where participants formed groups of 5-7. Members of each group took turns skipping with the same rope, with the end goal being the group with most skips at the end of 15 mins. Skipping is a good exercise and can be quite challenging, but they were up for the challenge and did it well, the competition was stiff. When that time elapsed, Adelvin started another skipping challenge for single skippers and that winner got a prize as well.



Participants of the Socacise Session



Skipping Quest Participants

The activities for this year were fun and engaging as usual, but we never forgot the main goal of what we do – which is to educate, encourage and bring awareness to the effects of Non-Communicable Diseases and what we can do to prevent, control and treat.

Caribbean Wellness Day is a great initiative that we have all seen the benefits of. It is our wish and expectation that it continues to reach far and wide and eventually we can see a decrease in the number of new cases of Non-Communicable Diseases both locally and regionally.

A special mention must be made of our generous sponsors. Thank you to St. Kitts-Nevis Anguilla National Bank for always sponsoring Sneaker Day. Thank you to The Bank of Nevis Ltd. for coming on board and sponsoring our first ever Socacise and Thank you to TDC for being our longest standing CWD sponsor – providing water. The support of our sponsors is very much appreciated and valued and hence should not go unnoticed.



Ms. Keesha Jones Branch Manager for Nevis Branch of The St. Kitts, Nevis, Anguilla National Bank with first and second winners of the Sneaker Day Scavenger Hunt.

SNEAKER DAY SCAVENGER HUNT SPONSOR

**CARIBBEAN WELLNESS DAY
SOCACISE SPONSORS**



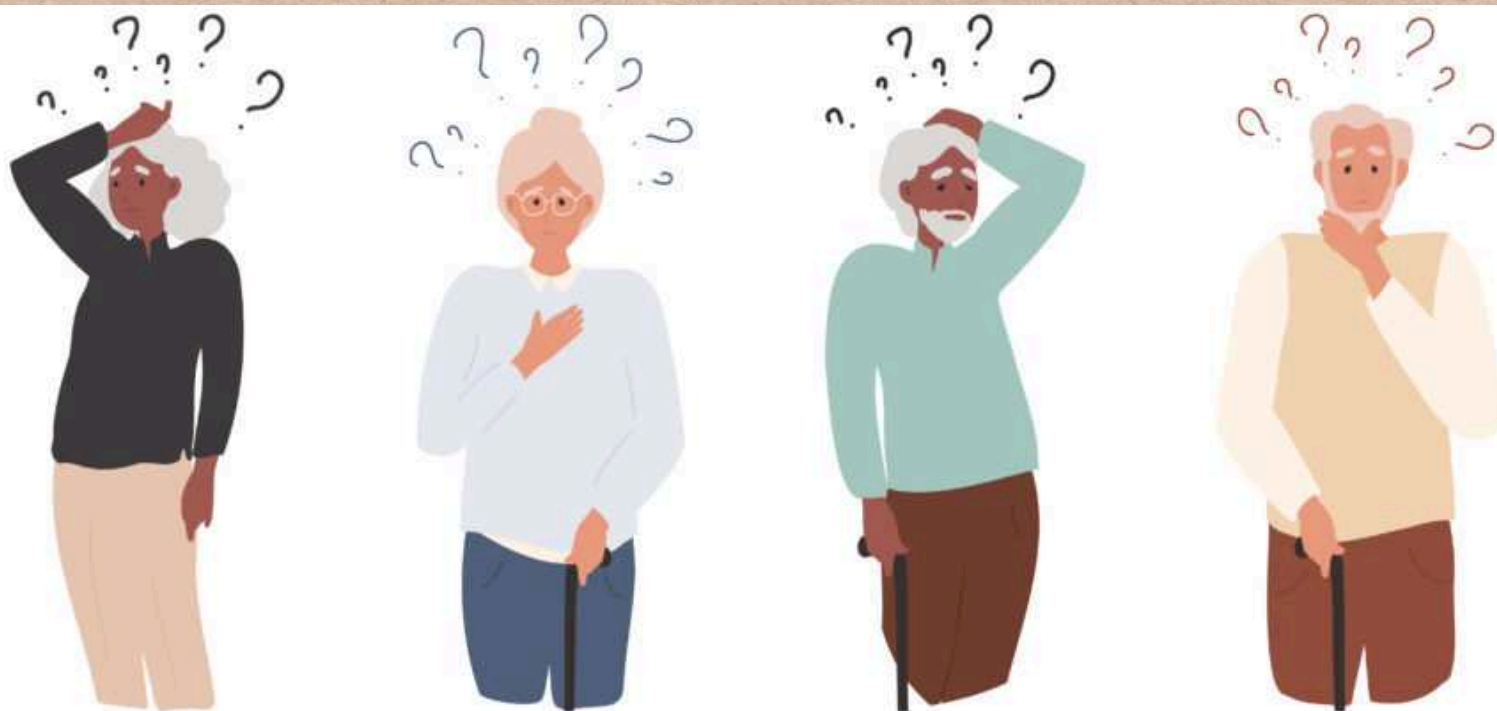
**ST. KITTS NEVIS ANGUILLA
TRADING AND DEVELOPMENT COMPANY LTD.**



UNDER THE SCOPE FEATURE

ALZHEIMER'S DISEASE

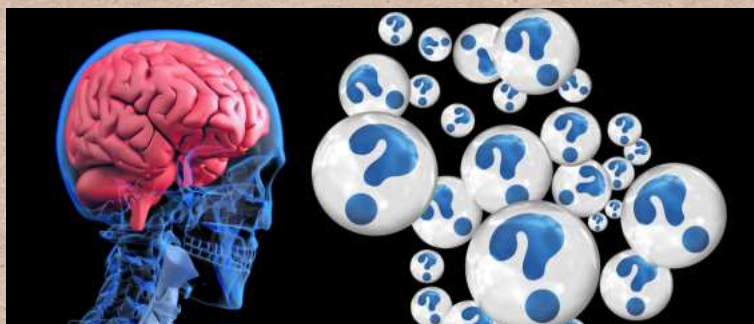
WITH DEBORAH TYRELL



Alzheimer's disease, a progressive and devastating neurological disorder, is becoming one of the most pressing health challenges worldwide. Affecting millions, it slowly erodes memory, cognition, and the ability to perform everyday tasks. The World Health Organization (WHO) estimates that over 55 million people globally are living with dementia, of which Alzheimer's is the most common form, accounting for up to 70% of cases. With an aging population, these numbers are expected to triple by 2050, posing significant social, economic, and emotional burdens on families, communities, and health systems.

Despite its widespread impact, Alzheimer's remains a misunderstood illness. Many associate it solely with memory loss, overlooking its profound effects on behavior, communication, and personality. The stigma surrounding the disease often leads to delayed diagnoses and inadequate support, particularly in regions where resources for mental health and elderly care are scarce.

In the Caribbean, the challenges are even more pronounced. Limited public awareness, underfunded health services, and a lack of specialized care facilities create a difficult environment for those living with Alzheimer's and their caregivers. Families are often left to manage the disease with little guidance, leading to emotional, physical, and financial strain. This situation is made even more complex when a caregiver is responsible for multiple loved ones, as is the case for one such family in this edition's spotlight. Their story offers a poignant look at the struggles and resilience of those coping with Alzheimer's in a region where care options are few, but the need for support is great.



Under the Scope Health Chronicles recently had an intimate conversation with Deborah Tyrell, who shared her experience as a caregiver for two family members who are in cognitive decline.

A professional creative artist, Debra's world was upended when her mother and ex-husband were both diagnosed with Dementia. Two life-altering blows that came just as the COVID-19 pandemic complicated everything further. The journey began in 2016 when her mother Yvonne suffered a fall, which, unbeknownst to the family, may have triggered the onset of Dementia .

In 2018, sensing changes, Deborah's mother expressed a strong desire to return to live in Nevis permanently. By late 2019, the family brought her back to Nevis. Caring for Yvonne (her mother) while working became a daunting task for Deborah, especially with the lack of senior services during the pandemic. This period highlighted the significant gaps in Dementia/ Alzheimer's and care, forcing Deborah to shoulder the responsibilities on her own and chose her caregiver role over her creative one.

Being Deborah, she decided if she had one, she might as well have two. The same 24-hour day and perhaps she was supposed to be creative with this situation. Deborah also made the difficult decision to move her ex-husband, Colin, into her home after his situation proved that he could no longer live on his own. In the midst of these overwhelming challenges, she turned to her creativity, transforming Colin's home into a working art studio—an essential outlet for her during this time.

Dementia brought many difficulties, including the heartbreak of her mother no longer recognizing her, referring to her as "the lovely lady." Despite the emotional and physical exhaustion of caring for two people at different stages of the illness, Deborah remains determined and resilient.

Deborah's story is one of many. While Dementia remains a taboo subject in the Caribbean, her experience underscores the urgent need for greater awareness, caregiver support, and training. It's time to give a voice to those living with Dementia / Alzheimer's and the caregivers who stand by their side.

You can also hear the replay of Deborah Tyrell's story on 20/20vision radio Facebook page, which was aired on Wednesday 11th September, 2024 at 7 am.

For further information on Dementia /Alzheimer, you can contact the St. Kitts and Nevis Alzheimer's association



COLIN TYRELL AND YVONNE



DATA MANAGEMENT TEAM



DATA FOR ACTION CORNER

The objective of the Data Corner is to share quarterly data with the general public. Sharing makes it easier for everyone to understand and trust the data they are using. This means better data quality, decision-making, and context. All of this can lead to more effective decision-making and more collaboration.

This edition of Data Corner explores Health Outreach Screenings and Communicable Diseases.

The table and figures below looks at individuals that were screened for Non-Communicable Diseases during the Quarter.

JULY	AUGUST	SEPTEMBER
22	66	23



Male
41.4%

Female
58.6%

Male Female

25
20
15
10
5
0

5-14

15-24

25-44

45-64

65+

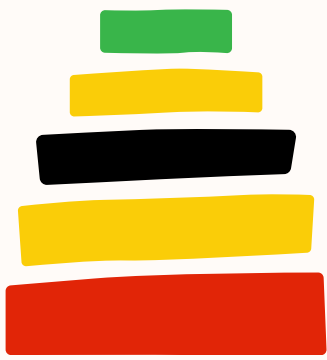
Not Stated



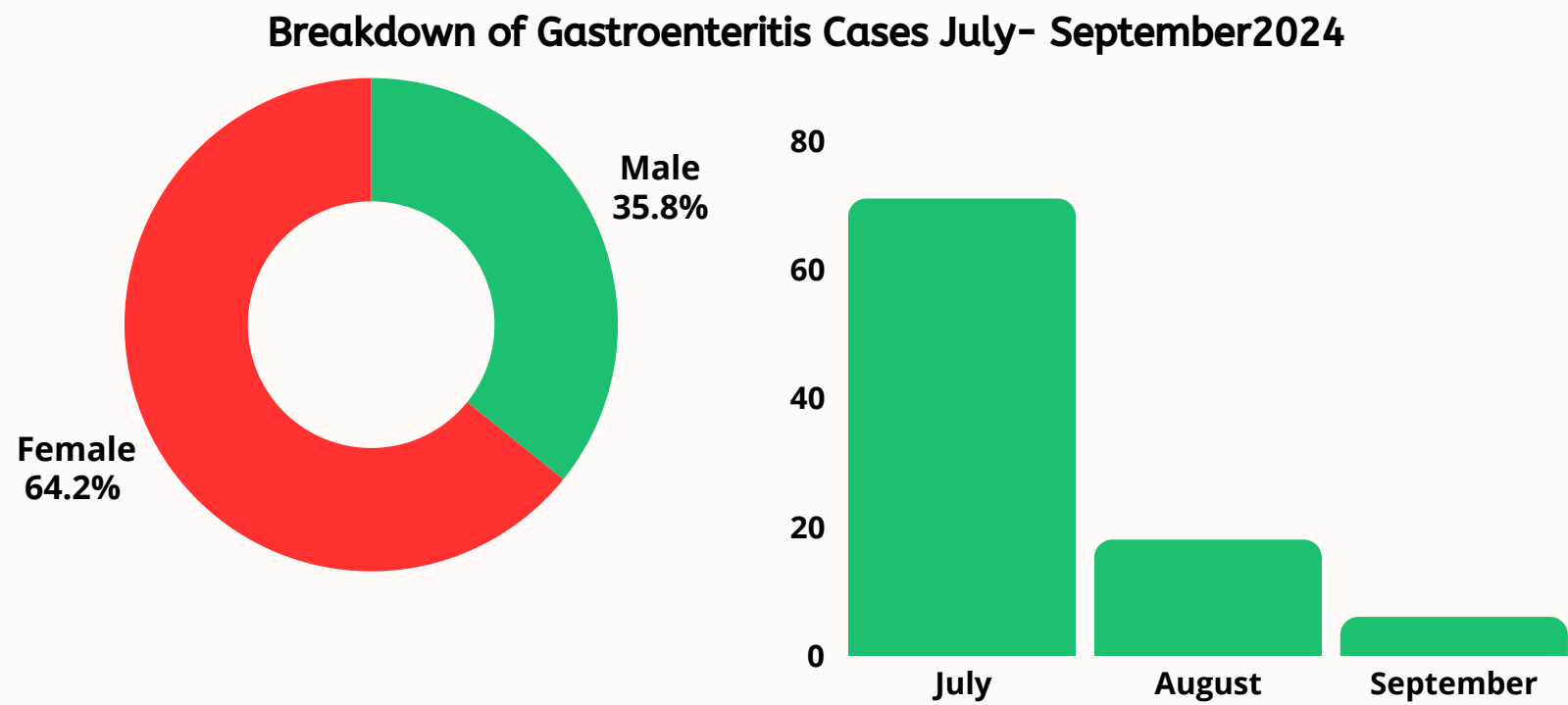
This is a quarterly snapshot of communicable diseases reported in Nevis, as well as disease trends and local health alerts.

Event- Based Surveillance

Event- Based Surveillance is based upon the reporting of unusual public health events directly to the Health Promotion Unit. This includes reports of unusual illness, unexpected outcomes and clusters of disease by Healthcare providers.



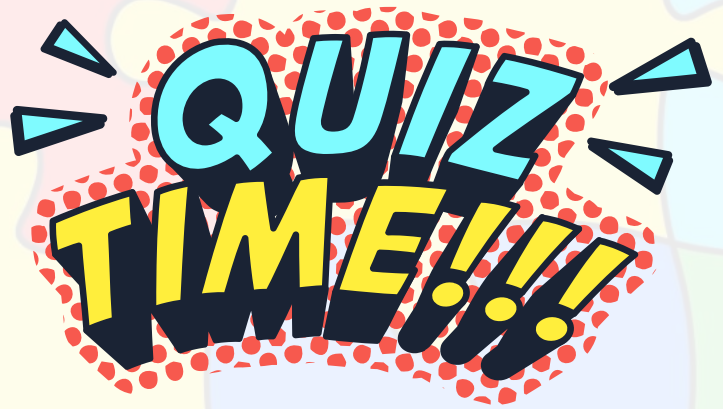
Reported Communicable Diseases July - September 2024		
Syndrome	2023	2024
Acute Haemorrhagic Conjunctivitis	0	5
Bacterial Conjunctivitis	5	10
Fever & Respiratory Symptoms (ARI)	5	8
Ciguatera Poisoning	4	12
COVID-19	0	2
Dengue Fever	1	18
Diarrhea	17	24
Foodborne Illness	1	5
Gastroenteritis	38	95
Influenza	1	0



Healthy Portion Tips and Quiz



DR. HADASSAH WILLET-SARGEANT
MBBs, Bsc Biology



CROSS WORD PUZZLE

Fact or Fiction?

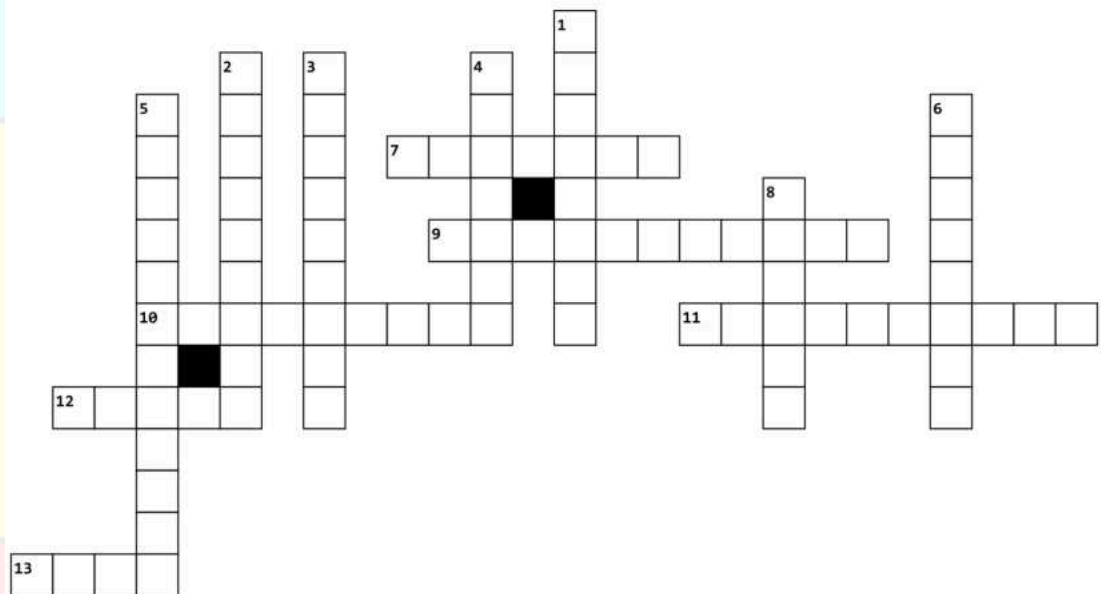
You lose most of your body heat through your head.

You can just snap out of depression.

You can sweat out a cold.

Mental illness is a sign of weakness.

Children don't experience mental health issues.



Across

- 7.** Disease spread by mosquitoes that remains a public health concern
- 9.** A common mental health disorder characterized by persistent sadness and loss of interest.
- 10.** An eating disorder where individuals have an intense fear of gaining weight, leading to extreme restriction of food intake.
- 11.** A key healthcare service offered to the public in Nevis, aimed at promoting maternal and child health
- 12.** What colour is used to represent breast cancer?
- 13.** How many health centers do we have on the island and name them?

Down

- 1.** What month is Ovarian Cancer Month?
- 2.** The hormone often associated with stress.
- 3.** Which NCD develops because the pancreas either is not producing insulin at all or not producing enough insulin?
- 4.** A group of diseases where cells grow uncontrollably, often forming tumors.
- 5.** How often should we get dental cleaning?
- 6.** A mental health disorder involving persistent and excessive worry about various aspects of life.
- 8.** What percentage of the general population of St. Kitts-Nevis is obese?

Six * Pink * Semi-annual * Cortisol * anorexia * Diabetes * Cancer * Dengue

Depression * January * Forty * Antenatal * Anxiety



BALANCED AND NOURISHED

Healthy Recipes



Ms. Oceana O'loughlin
Health Educator

Infused Water Recipes



Michael Henville
Executive Chef

Healthy Snack Recipes

Cucumber, Lemon, Ginger Infused Water



Ingredients

- Slices Cucumber
- Slices Lemon
- Pieces Ginger

Directions

1. Combine all ingredients in glass pitcher and infuse overnight.
2. Hydrate and enjoy

Apple Muffins



Ingredients

- 2 level cups apple pieces (peeled), 0.7 cm / 1/3" cubes (2 large apples, 1 use red)
- 1 tbsp melted butter, for muffin tin (or use paper liners)
- **Wet:**
- 115g / 0.5 cup unsalted butter, melted (1 stick)
- 1 cup (200g) brown sugar, packed
- 2/3 cup (165 ml) milk
- 1 large egg
- 1 tsp white vinegar (or any other clear vinegar)

Directions

- Dry:
- 2 cups (300g) wholemeal flour (wholewheat flour) (white also ok)
- 1 tsp baking soda (bi carb) (NOT baking powder)
- 1 tsp cinnamon powder
- Pinch salt
- Preheat oven to 200C/390F.
- Brush a 12 hole, standard muffin tin with melted butter, or line with paper cases.
- Place butter and brown sugar in a bowl, whisk to combine.
- Add milk, then egg and vinegar. Whisk to combine.
- Scatter flour across batter surface, followed by baking soda, cinnamon and salt. Whisk 10 times until the flour is incorporated - some lumps is fine.
- Stir through apple - minimum stir just to disperse.
- Scoop batter into muffin tin - I use an ice cream scoop - filling it all the way to the top. If using a scoop, leave it the slight ball shape - don't smooth the top. You should get 12).
- Immediately turn down to 180C/350F.
- Bake for 20 minutes (standard) or 18 minutes (fan / convection), or until a skewer comes out clean.
- Rest in the muffin tin for 5 minutes then transfer to a rack to cool.
- Once fully cooled, store in an airtight container - it will stay moist for up to 5 days. These also freeze very well.

Nutrition Information: Serving: 103g Calories: 253 cal (13%)

Ginger, Orange Infused Water



Ingredients

- 2 oranges, sliced
- 1-inch piece fresh ginger, sliced

Directions

- Peel and thinly slice ginger and oranges. Put them in your infuser bottle or a glass jug then add water.
- Let it infuse for two hours and then drink throughout the day.

Kale Chips



Instructions

Step 1

- 1. Preheat the oven to 350°F. Spray two baking trays with cooking spray. Remove the center rib and stems from each kale leaf and discard. Tear or cut the leaves into bite-size pieces, about 2 to 3 inches wide. Wash the kale and dry it very well.

Step 2

- 2. Place the kale in a large bowl. Drizzle with the oil and sprinkle with the garlic powder and salt, and massage the oil and seasonings into the kale with your hands to distribute evenly. Place the kale in a single layer on the baking sheets, and bake until crisp and the edges are slightly browned, 12 to 15 minutes.

Ingredients

- Cooking spray
- 1 small bunch kale (about 1/2 pound)
- 1 tablespoon olive oil
- 1/4 teaspoon garlic powder
- 1/4 teaspoon salt

Check out the [Nevis HPU Facebook Page](#) for these recipes and more.



SUNSHINE FOODS ANYONE?

Yellow foods are known for their health-promoting properties. These foods, rich in vitamins, minerals and antioxidants, can improve vision, strengthen the immune system, protect the heart and promote overall health.

Here are some health benefits. Let's check them out.

01. Benefits of Beta-Caroten

Yellow foods are a rich source of beta-carotene, an antioxidant that is converted to vitamin A in the body. Vitamin A is essential for growth and development, vision, skin and mucous membrane health, and immune function. Beta-carotene plays an important role in preventing cardiovascular disease and maintaining good eye health.

02. Antioxidants and protection from disease.

Antioxidants found in yellow foods, such as beta-carotene, vitamin C, and vitamin E, neutralise free radicals and reduce the risk of chronic disease.

These nutrients also improve skin health by reducing damage caused by UV rays and promoting healthy, glowing skin.

03. Benefits for the heart

Yellow and orange foods can help maintain a healthy heart. Their antioxidant and anti-inflammatory properties help reduce inflammation and prevent plaque buildup in the arteries, reducing the risk of heart disease.



**GUESS THE NAME OF THE YELLOW
FRUIT AND VEGETABLE?**

- _AN_NA
- S_UA_H
- C_R_
- LE_ON
- Y_LL_W B_LL P_PE_R
- M_NG_
- P_N_AP__E

**“Let food be thy medicine and
medicine be thy food.”**

Your Daily Dose of Fitness

With Michelle Sutton



Remember

F.I.T.T for Fitness

Fitness is about your body's ability to do various physical activities well and in a way so that you can perform physical tasks and activities with minimum strain and effort/expense to the body.

Here are the areas of physical fitness your weekly exercise routine needs to include. They are:

Aerobic Capacity The ability for heart, lungs and muscles together to deliver oxygen throughout your body while working for a prolong period of time.

Muscular Endurance & Strength The ability for your muscles work without getting tired or fatigue.

Flexibility -The ability of your joints to move free.

To help you to stay on track remember the F.I.T.T PRINCIPLE, to help you attain and maintain your fitness level.

FREQUENCY (How often) 3-5 times/ week

INTENSITY (How hard): excises should feel somewhat difficult to do.

TIME (How long): at least 150 minutes of exercise/week

TYPE (A variety): Different kinds of exercise that allows you to develop and maintain you AEROBIC CAPACITY, MUSCULAR ENDURANCE & STRENGTH, and FLEXIBILTY.

Exercise is an important part of a healthy lifestyle. Exercise prevents health problems, builds strength, boosts energy, and can help you reduce stress. It can also help you maintain a healthy body weight, curb your appetite, and improve your mental well-being.

A quick way to add variety

Total Body

DAREBEE WORKOUT @ darebee.com

30 seconds rest between sets - 2 minutes rest between exercises



10 squats x 4 sets



10 lunges x 4 sets



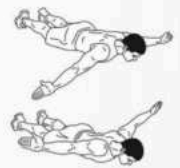
10 calf raises x 4 sets



20 shoulder taps
x 4 sets



5 push-ups
x 4 sets



10 prone reverse flys
x 4 sets



20 flutter kicks
x 4 sets



10 side bridges
x 4 sets



40 side leg raises
x 2 sets

REMEMBER TO KEEP THE "F.I.T.T" IN YOUR FITNESS.

This Exercise Pyramid is a quick guide to support the F.I.T.T.

In You!

FREQUENCY = HOW OFTEN

INTENSITY = HOW HARD

TIME = HOW LONG

TYPE = WHAT KINDS



How to hand wash with soap and water



20 sec



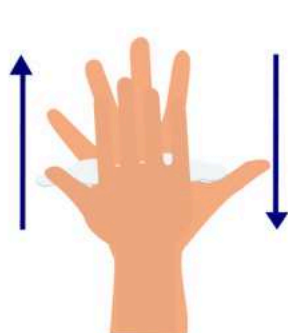
1. Wet hands with water



2. Apply enough soap to cover all hand surfaces



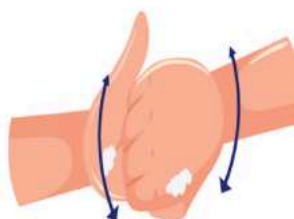
3. Rub hands palm to palm



4. Right palm over left dorsum with interlaced fingers and vice versa



5. Palm to palm with fingers interlaced



6. Backs of fingers to opposing palms with fingers interlocked



7. Rotational rubbing of left thumb clasped in right palm and vice versa



8. Rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa



9. Rinse with water



10. Dry thoroughly with single use towel



11. Use towel to turn off pipe

NEWS IN BRIEF

WORLD BREASTFEEDING WEEK

World Breastfeeding Week, held annually during the first week of August, is a global campaign supported by WHO, UNICEF, and various Ministries of Health and civil society partners. This year's theme, "Closing the gap: Breastfeeding support for all," underscores the importance of inclusivity and support for all breastfeeding mothers, regardless of their background or circumstances.

In Nevis, the Community Health Nursing Services, in collaboration with the Health Promotion Unit, took this message to the heart of Charlestown at Memorial Square, hosting a dynamic promotional event. The day was dedicated to celebrating breastfeeding mothers in all their diversity, while showcasing how families, communities, and health workers can be pillars of support.

The event featured personalized information sessions with healthcare practitioners, offering mothers and mothers-to-be valuable insights into best practices for breastfeeding. Attendees were also treated to live breastfeeding demonstrations, supported by take-away information packages designed to reinforce the knowledge shared.

An interactive element was introduced through questionnaires, allowing participants to test their knowledge and learn more about breastfeeding. The inclusion of male counterparts highlighted the role that partners, and family members play in the breastfeeding journey. Participants who successfully answered a series of questions were rewarded with exciting prizes, further encouraging engagement and learning.



To commemorate the day, a photo frame was available, allowing attendees to capture their participation in this significant event. The combination of education, engagement, and celebration made this year's World Breastfeeding Week promotion, in Nevis, a resounding success.

As we continue to champion breastfeeding, events like these remind us of the critical role we all play in supporting and empowering breastfeeding mothers throughout their journeys.

BREASTFEEDING AWARD CEREMONY

The Gender Affairs Conference Room was filled with warmth and celebration on Monday, August 12th, as Community Health hosted its 3rd Annual Award Ceremony, recognizing six exceptional mothers who have exclusively breastfed their babies for six months.

This event, which has become a cherished tradition, highlighted the dedication and strength of mothers who have embraced the challenge of exclusive breastfeeding, providing the best possible start in life for their children.



Nurses and Participants

The theme of this year's ceremony, "Closing the Gap: Breastfeeding Support for All," resonated deeply with all in attendance. The awards ceremony was chaired by Nurse Deslyn Tyson-Whyte, Coordinator of Community Nursing Services, who praised her team's tireless efforts in the community nursing sector.

Nurse Tyson – Whyte congratulated each health center for their achievements in making the Breastfeeding Programme a resounding success, attributing this accomplishment to the collaborative efforts of the healthcare professionals and the mothers themselves.

The event began with an invocation by Nurse Avril Walters, Breastfeeding Coordinator, setting a reflective tone for the ceremony.

His insights underscored the importance of continued support for breastfeeding mothers during this critical period.



P.S Ministry of Health et al Shelisa Martin Clarke, Minister of Health Honourable Jahnel Nisbett, Latoya Duncan Matthew Nutrition Surveillance Officer, Dr. William Stones , Breast Feeding Coordinator Nurse Avril Walters and Facilitators

Dr. William Stones, OBGYN, delivered brief but impactful remarks on the significance of postpartum care and breastfeeding, particularly in relation to maternity leave and the challenges mothers face when returning to work.

Following Dr. Stones' remarks, Mrs. Latoya Mathew-Duncan, Nutrition Surveillance Coordinator and BFHI Focal Point for St. Kitts, presented awards, certificates, and plaques to the six dedicated mothers who participated in the exclusive six-month breastfeeding program.

The honored mothers, Kasie David, Kalencia Liburd, Angelle Hodge, Seema Williams, Saskia Mills, and Jeresa Smithen were celebrated for their unwavering commitment to giving their children the best start in life.

The ceremony also recognized the invaluable contributions of the six health centers that have played a pivotal role in advocating for the Breastfeeding Programme in 2024. Hon. Jahnel Nisbett, Minister of Health, presented plaques to Charlestown, Brown Hill, Gingerland, Butlers, Combermere, and Cotton Ground Health Centers commending them for their dedication to this important cause.

In her remarks, Ms. Shelisa Martin Clarke, the Permanent Secretary in the Ministry of Health, acknowledged the critical role of Nurse Tyson-Whyte and the Community Health Nurses in advocating for breastfeeding. She praised the healthcare professionals, nurses, and breastfeeding advocates for their unwavering commitment to providing guidance, education, and support, which she described as the backbone of this movement. The Permanent Secretary further recognized the team's efforts in bridging gaps and ensuring that every mother has the resources and confidence to succeed in her breastfeeding journey.

The 3rd Annual Breastfeeding Award Ceremony not only celebrated the achievements of these remarkable mothers, but also reinforced the importance of community support in the breastfeeding journey. As the theme suggested, closing the gap in breastfeeding support is a collective effort. This event was a shining example of what can be achieved when healthcare professionals and mothers work together towards a common goal. This ceremony stands as a beacon of hope and inspiration for all mothers and healthcare providers, reminding us that with the right support, every mother can succeed in her breastfeeding journey.

PAGE EIGHTEEN |

UNDER THE SC

Dr. G. M. Berry war von 18
Presbyterianermissionar in Nordind
gründete eine Schule in Rampur, der
Sadda; dort lernte er Sundar Singh
Diese Schule besuchte, kennen, ebenf
Vater. Als Sundar Singh von Hause

ENHANCING HEALTH RESILIENCE IN THE FACE OF CLIMATE CHANGE

On June 20th, a dedicated cohort of health practitioners from the Federation gathered in Nevis to discuss and review our current position on health and climate change. This important meeting is part of the ongoing effort to implement the 2019 Action Plan on Health and Climate Change, approved by Caribbean countries including St. Kitts and Nevis.

The plan addresses common challenges posed by climate change on health and offers guidance on developing sustainable health systems. Supported by the World Health Organization through the Pan American Health Organization (PAHO), this initiative is part of the project "Enhancing Climate Change Resilience of Health Systems in Seven Caricom States," funded by the Green Climate Fund.

Dr. Halla Sahely, our in-country consultant, lead the discussions. She presented two key segments and shared her findings, followed by an open-floor feedback session.

This collaborative effort is crucial as we work together to enhance the resilience of our health systems against the impacts of climate change. Also present at the sitting were the Minister responsible for health et al Hon. Jahnel Nisbett, PS in the Ministry of Health et al Ms. Shelisa Martin – Clarke and Ms. Anneke Wilson in PAHO Country Program Specialist. Let's continue to support and participate in these vital discussions for a healthier and more resilient future!



Dr. Halla Sahely



Participants



2024/6/20 09:18

IN GOOD HEALTH

MEN'S HEALTH- THE WORKING MIND OF A MAN AND A THERAPIST

Primary Health Care continues in its endeavor to meet the health needs of people in their environment. It focuses on disease prevention and control and advocates the continuity of improved health and well-being.

My reflections on identity and being authentically me.

While sitting in my office with Shelagh and trying to figure out an angle for this new article on men's mental health and well-being, we were stumped. How do we write an article that encapsulates the very vague and complex issues surrounding this topic? Well, as you know, with any good working colleague, you get to talking and jumping from one subject to the next. However, during that brief moment of firing off ideas and thoughts on how complex mental health is for every person living on the island of Nevis, I randomly shared a personal story I was still processing.

So here is what I wrote, and Shelagh, the editor, tried to make sense of so, you, the reader, can get a glimpse into the working mind of a man, a therapist, and someone who, although deals with and help people with their own traumas on a daily basis, when confronted with the "small" trauma that he thought was resolved years ago, became one of his own clients for a moment.

In recent years, the conversation surrounding men's health - specifically, mental health - has gained significant traction.



Mr. Oldain Claxton
Mental Health Social Worker, Practitioner and Counselor

Gatherings dedicated to this topic aim to provide a platform for discussion, education, and support among men in the community and professionals in the field. Even within these supportive environments, individuals can experience a number of mental blocks and setbacks, such as anxiety and self-doubt.

This article explores the journey of a male social worker who attended such a gathering but faced personal challenges that nearly prevented him from sharing his insights.

That social worker was me; someone who, although deals with and helps people with their own traumas on a daily basis, when confronted with the “small trauma” that he thought was resolved years ago, became one of his own clients for a moment. However, considering all those challenges, I also know that my experiences may differ greatly from those of other men. But what this article seeks to highlight is the importance of mental health and wellness, as well as finding and maintaining wellness in all aspects of life.

The Setting: A Men’s National Symposium

The symposium was designed to address critical issues affecting men’s social, physical, and mental health, including financial literacy, the issues involving common non-communicable diseases in men, stigma, emotional expression, and the importance of seeking help. Attendees included medical doctors, counselors, members from the health ministry, community stakeholders and advocates and men from the wider community who all had an interest in and dedicated to improving health outcomes for men. The atmosphere was intended to be welcoming and affirming; one where men can freely express their concerns and encourage other men to be more conscientious of their well-being. And overall, the symposium achieved that purpose and encapsulated most of the core issues surrounding men today.

In fact, there was a palpable excitement inside of me. That excitement was due to what I was learning; the insights and perspectives being shared that fueled my passion for learning and teaching. It was an excitement born out of applying names to things said and categorizing behaviors described to features typical of trauma and stress and other psycho emotional responses. However, despite that excitement, and as enlightening as the symposium was, I felt an undercurrent of pressure due to societal expectations regarding masculinity. And this was underscored by personal expectations placed on myself as a social worker to also provide insights and encouragement. But further to that, there was a level of anxiety I experienced because of what I expected would happen the moment I voiced my own perspective. And no, it was not necessarily the act or prospect of voicing my perspective that frazzled me. It was my actual voice that caused the problem.

My Internal Struggle

As I prepared for the symposium, I didn’t have any of those anxious thoughts or feelings related to my voice. In fact, I haven’t grappled with feelings of anxiety related to my voice for quite some time and actually thought I had resolved that “small” trauma I had when I was younger. Actually, I thought I had resolved that “small” trauma I had when I was younger. You see, growing up, my voice had always been perceived as being too soft... “too girl-like,”- something for which I, though not often, was bullied for as a child.

Though I was told I had an amazing singing voice, my “speaking voice” was a characteristic that garnered judgment from peers; and in an environment focused so much on traditional masculinity; and in a room filled with men, my “small trauma” resurfaced for the first time in years and sparked an internal conflict. This internal conflict stemmed from societal norms that often equate masculinity with certain vocal qualities and behaviors. The fear of being perceived as less credible or authoritative because of my voice weighed heavily on my mind. That fear even resulted in asking coworkers and a friend who accompanied me to the symposium to just read the points I wrote on my behalf.

However, despite these fears, I recognized the importance of contributing to discussions about men’s mental health. I had valuable insights based on my experiences working with male (and female) clients who struggled with similar issues of anxiety. These are clients who often felt isolated due to societal pressures surrounding masculinity, familial expectations, and/or traumatic childhood experiences.

Overcoming Fear: The Decision to Speak

After much contemplation, I resolved to overcome my anxiety and share my perspective. While considering my plight, I understood that vulnerability is a crucial aspect of mental health advocacy and that by speaking out, I could model healthy emotional expression for others - something I work hard to develop within my own clients. I practiced the positive self-talk I preach and worked on reframing my thoughts of the possible outcome to things more positive and beneficial to the people hearing what needed to be said. I encouraged myself to embrace my authentic self and just “get it done!”

However, despite the internal preparation and eventual motivation to speak up during the sessions, circumstances beyond my control intervened. Time constraints during panel discussions limited opportunities for further audience participation. Nonetheless, as I sat at my table listening intently to others share their stories and insights, I felt a mix of admiration for their courage and disappointment at not having the chance to contribute myself.

Reflection on Missed Opportunities

While I did not get the opportunity to speak at this particular symposium, the experience was transformative for me personally. It highlighted important themes about vulnerability in professional settings - especially within fields focused on mental health where authenticity is paramount. I left feeling empowered by simply attending and engaging with others who may have been grappling with their own challenges at that time but showed up. I left feeling a sense of accomplishment and an overwhelming urge to continue my reflections on my experience - and someday speak about them.

I realized that while external validation is important, self-acceptance plays an equally vital role in overcoming internal barriers related to identity and expression. My experience served as a reminder that everyone faces unique challenges when it comes to self-presentation and communication. I also realized that that “small trauma” existed. And that’s just it. Being labeled as “small” didn’t change the fact that it existed; and that is something that I will be committing more work into resolving.

Embracing Authenticity

Ultimately, my journey illustrated how deeply ingrained societal norms can impact individuals’ willingness to express themselves authentically-even in supportive environments. While I may not have had the chance to speak this time around, I emerged with renewed determination to advocate for both me and my clients moving forward. By embracing vulnerability and confronting fears head-on - regardless of external judgments . I reaffirmed my commitment not only as a social worker/counselor/therapist, but also as an advocate for change within conversations about mental health - men’s mental health.



**Special
Highlight
from QTR 2**

CERTIFIED EMERGENCY DISPATCHERS

On Friday, May 31st, 2024, Nevis made history by celebrating the graduation of its first cohort of certified Emergency Dispatchers. Sixteen young men and women proudly completed their rigorous training, becoming pioneers in enhancing the island's emergency response capabilities.

The ceremony, held with much fanfare, was hosted by Ms. Nadine Carty, Coordinator of the Health Promotion Unit. Ms. Carty's inspiring opening remarks set a celebratory tone, emphasizing the significance of this achievement for the community.

Mrs. Tracy Lunenberg, President of the Four Seasons Homeowners Foundation, provided an insightful overview of the project. She highlighted the collaborative efforts and community support that were instrumental in achieving this milestone, demonstrating the power of unity and dedication. Natacha Wyatt, one of the newly certified dispatchers, took the stage to share her experiences. Speaking on behalf of her fellow graduates, Natacha's heartfelt speech detailed their journey, the challenges they faced, and the triumphs they celebrated.

Hon. Jahnel Nisbett, Minister with responsibility for Health, delivered congratulatory remarks, expressing pride in the dispatchers' accomplishments. She emphasized the critical role they will play in safeguarding the health and safety of Nevisians.

Hon. Premier Mark Brantley also addressed the gathering, commending the dispatchers for their dedication. He highlighted the broader significance of their certification, noting its impact on enhancing the island's emergency response infrastructure.

The highlight of the ceremony was the distribution of certificates. Each newly certified dispatcher walked across the stage with pride, their certificates symbolizing their hard-earned success and the collective advancement for the entire island. In closing, Shelisa Martin-Clarke, P.S. in the Ministry of Health, extended a heartfelt vote of thanks. She acknowledged everyone who contributed to this transformative journey, perfectly concluding a day filled with pride, gratitude, and inspiration.

This historic ceremony not only marks a significant personal achievement for the dispatchers but also represents a pivotal advancement in Nevis's emergency response infrastructure. Congratulations to the trailblazing Emergency Dispatchers – you have made history, and the island is immensely proud!



**Honourable Premier Mark Brantley & Minister of Health
Jahnel Nisbett, with Participants and Facilitators**

ST.KITTS AND NEVIS IMMUNIZATION SCHEDULE

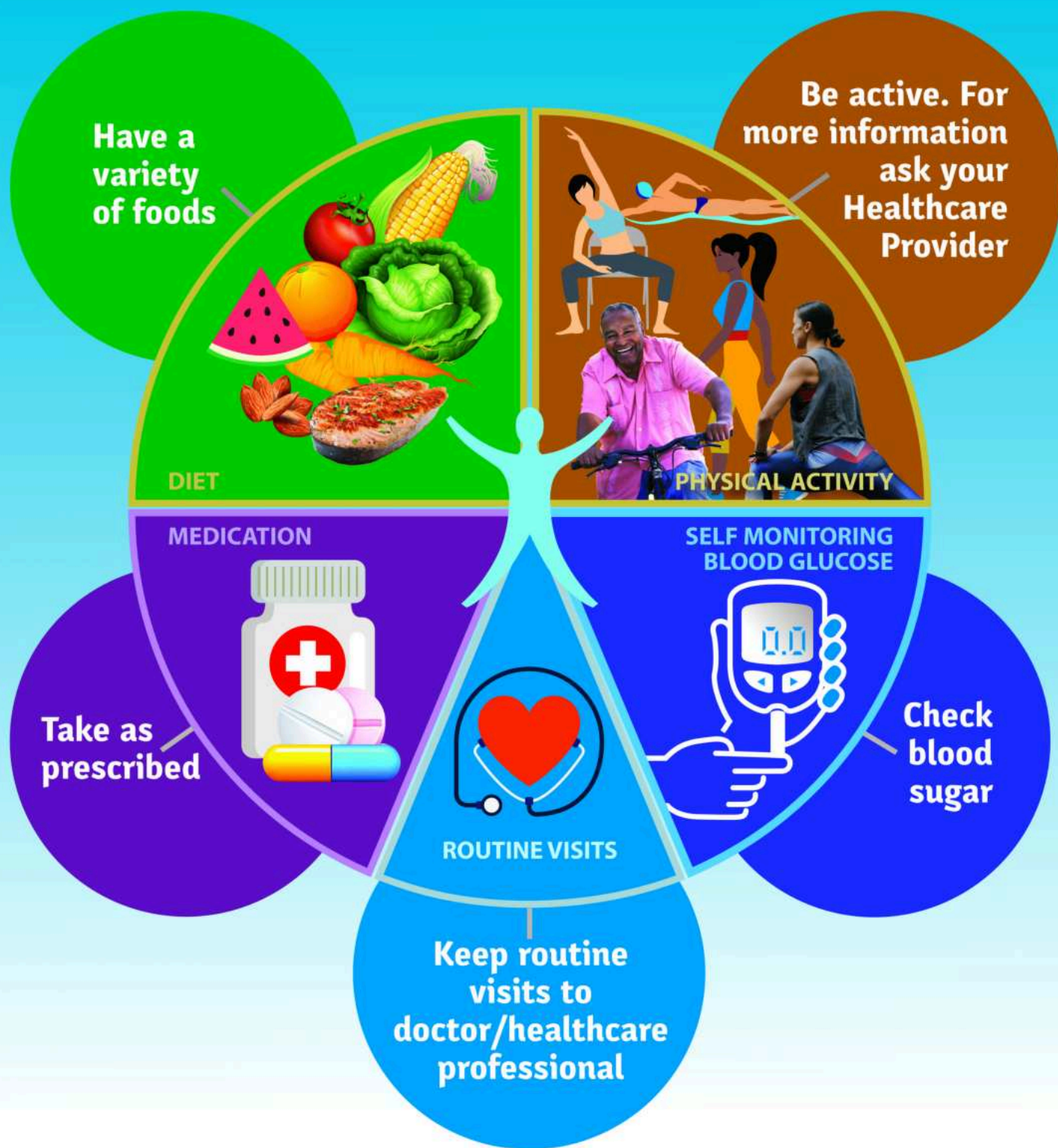
AGE	Vaccine Type
At Birth	Birth Dose Hepatitis B
0-4 weeks	BCG (Bacille Calmette Guerin)
2 Months	1st Dose - Polio Vaccine (IPV) 1st Dose - Pentavalent Vaccine (Hepatitis B + DPT + Hib)
4 Months	2nd Dose - Polio Vaccine (bOPV) 2nd Dose - Pentavalent Vaccine (Hepatitis B + DPT + Hib)
6 Months	3rd Dose - Polio Vaccine (IPV) 3rd Dose - Pentavalent Vaccine (Hepatitis B + DPT + Hib)
1 Year	1st Dose - Measles, Mumps, and Rubella(MMR)
1 Year and 6 Months	1st Dose Booster - DPT and Polio Vaccine 2nd Dose- Measles, Mumps, Rubella (MMR)
4 ½- 5 Years	2nd Dose Booster - DPT and Polio Vaccine
Grade 6 Children	1st Dose - Gardasil (HPV Vaccine)
15- 17 Years School Leavers	Booster- DT Booster- Polio Vaccine(bOPV)
12- 17 Years	Covid- 19 Vaccine

VACCINES SAVES LIVES!

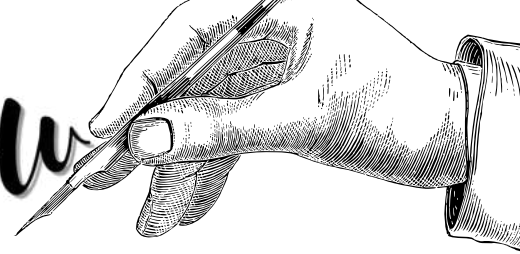
“VACCINATE YOUR FAMILY, PROTECT YOUR COMMUNITY.”



Managing my Diabetes



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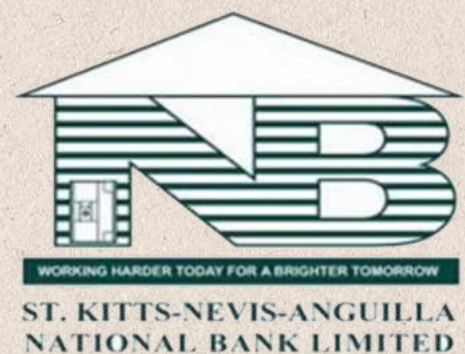
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(869)469-0125



NEVIS Health Promotion Unit
 Private Practice
 Ministry of Health, Nassau



Your Health Is Our Priority

Alexandra Hospital Outpatient Clinics

- Spaces are limited.
- All patients must be referred by a physician.

Appointments can be made calling the Outpatient Department
(Monday to Friday between 8:00am to 3:00pm.)

DOCTOR'S SCHEDULE

PEDIATRIC Mondays 10 AM	Internal Medicine (New Patients) Tuesdays 10 AM	ORTHOPEDIC Wednesdays 11 AM
Internal Medicine (Follow up Patients) Thursdays 10 AM		OBSTETRICS & GYNECOLOGY Fridays 10 AM

 **Contact Us**
469-511211



Mult Patients



It is important to Assess Your **Physical Fitness!**



**Nevis Health Promotion
Unit's
New Physical Fitness
Assessment Service
Being Offered**

Total Body Assessments

1. Aerobic Fitness
2. Upper Body
3. Lower Body
4. Flexibility
5. Body Composition



It is Fun & Quick

For persons 18+

S.M.A.R.T Fitness Pop-Up

Physical Fitness is a major component to overall health. A good level of fitness is a leading factor in preventing and managing Non-Communicable Diseases (Hypertension, Heart Diseases, Diabetes, Kidney Disease, etc). The Nevis Health Promotion Unit's S.M.A.R.T Fitness Pop-up program offers physical fitness assessment that support personal fitness goals in a S.M.A.R.T (specific, measurable, attainable, realistic and timely) way. There are five components of health-related fitness will be assessed (Aerobic Fitness, Muscular Endurance, Muscular Strength, Flexibility and Body Composition).

Call the Nevis Health Promotion Unit and schedule a S.M.A.R.T Fitness Pop-Up for yourself or office, organization or community group.

OUTSTANDING HOSPITAL BILLS

Persons are asked to settle their outstanding bills at Alexandra Hospital by contacting the collection unit or paying directly at the Outpatient Department cashier.

Payment plans are available, and online payments can be made through the QR code which can be accessed by visiting the website nia.gov.kn or the [Nevis HPU Facebook page](#).



COLLECTION UNIT NUMBER 469-5521
EXT 5201 OR 668-0402

Management seeks your support in enhancing access to better healthcare.

PAYMENT LINK: [HTTPS://QUICKCLICK.COM/R/CC71Y](https://quickclick.com/r/cc71y)

Job Vacancies

EXPLORE EXCITING OPPORTUNITIES IN HEALTHCARE!

**Are you passionate about making a difference in people's lives?
If so, consider joining our team in one of the following areas:**

- **Nurse (Public Health & Hospital)** - Are you passionate about taking care of the needs of people? If so, consider joining our team!
- **Dietitian** - Are you passionate about promoting health through proper nutrition? Consider a rewarding career as a Dietitian!
- **Environmental Health Officer (Health Inspectors)** - Are you passionate about maintaining a healthy environment for everyone? Consider a fulfilling career as an Environmental Health Officer!
- **Physical Therapist** - Are you passionate about helping people regain their physical independence? Consider a rewarding career as a Physical Therapist!
- **Orderly** - Are you interested in a role that contributes to the smooth functioning of healthcare facilities? Consider becoming an Orderly!
- **Emergency Medical Technician** - Are you ready for a dynamic career where every second counts? Become an Emergency Medical Technician (EMT)!
- **Food Service Director** - Are you passionate about creating delightful dining experiences? Consider a leadership role as a Food Service Director!
- **Counselor** - Are you passionate about helping others navigate life's challenges? Consider a fulfilling career as a Counselor!

Applicants must forward their Letters of Interest; Curriculum Vitae; Certificates of Qualifications; and a completed Employment Application Form (forms can be requested via email) to:

EMAIL: **Mrs. Shelisa Martin-Clarke** at min.health@niagovkn.com
MAILING ADDRESS: **Mrs. Shelisa Martin-Clarke, Permanent Secretary, Ministry of Health, Gender Affairs & Social Empowerment, Nevis Island Administration, Administration Building, Charlestown**



Our Mission Statement

The Nevis Health Promotion Unit is a support service in the Ministry of Health. Its primary function is to promote healthy living, wellness and lifestyles that would enhance health and well-being of the population.

It provides educational support to all health and medical programme activities, including assessing communities for health education activities, planning, implementing and evaluating interventions, together with acting as resource persons for health and communicating health education needs, concerns, and resources.

The Unit also collects, collates, analyse and disseminate all health data.



Nevis Health Promotion Unit
Promote. Prevent. Protect.
Ministry of Health
&
Gender Affairs

GIVE YOUR FEEDBACK .

*What do you think
of our First
Edition of*

UNDER THE SCOPE ?

Contact us at
The Nevis Health Promotion Unit
by calling 469-8010



or Scan
this QR Code



To give your feedback.

CONTACT DIRECTORY

- EMERGENCY SERVICE/ AMBULANCE - 469-3333
- FIRE AND RESCUE - 469-3444
- ALEXANDRA HOSPITAL - 469-5473/469-5474
- ALEXANDRA HOSPITAL LABORATORY -
- CHARLESTOWN POLICE STATION - 469-3444
- DISASTER MANAGEMENT - 469-1423
- MINISTRY OF HEALTH - 469-5521/ EXT 6491
- HEALTH PROMOTION UNIT - 469-8010
- ENVIRONMENTAL HEALTH UNIT - 469-5521 EXT 6630/EXT6631
- GINGERLAND DENTAL HEALTH UNIT - 663-6834
- CHARLESTOWN DENTAL HEALTH UNIT-660-6383 /EXT6211
- CHARLESTOWN HEALTH CENTRE - 660-6383
- BROWN HILL HEALTH CENTRE - 661-7653
- GINGERLAND HEALTH CENTRE - 661-9123
- BUTLERS HEALTH CENTRE - 469-8254
- COMBERMERE HEALTH CENTRE - 661-2835
- COTTON GROUND HEALTH CENTRE - 661-5183
- BEHAVIOURAL HEALTH AND WELLNESS CENTRE - 469-5521 EXT 6818/469-5614

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