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

UNDER

VOLUME 6 • APRIL-JUNE 2025

THE SCOPE

HEALTH CHRONICLES





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Editor's Note

Healthy Resolutions !

Dear readers,

As we are now almost half way into the New Year we reflect on all the good things that have been happening in the health sector and better things to come. In this Edition of Under the Scope Health Chronicles for 2025 we highlight, trainings, programs and events that seek to bring about healthy changes in our people.We hope that 2025 will be a transformative year for our readers.



Ms. Oceana O'loughlin
Health Educator

In this edition, we focus on the management of Chronic Diseases, as better management results in longevity We also give insight into the World Hypertension Day Cooking Demonstration seeking to help individuals better manage their blood pressure by preparing scrumptious meals with little or no salt, the empowerment of our young girls through the Menstrual Health Management Program and much more.We hope that this read will encourage our readers to make healthy resolutions.

As you delve into Volume 6 of Under the Scope Health Chornicles don't forget to give us your feedback. Your insight on our magazine is important for its transformation into something greater.We look forward to the upcoming accomplishments in health and the continuation of keeping you updated with the good news of advancements in health, upcoming activities, inspiring stories and achievements as we move forward into the new year together working towards better health.

With warmest regards,
Oceana O'loughlin
Editor-in-Chief Under the Scope Health Chronicles

Nevis Health Promotion Unit
April- June Activities

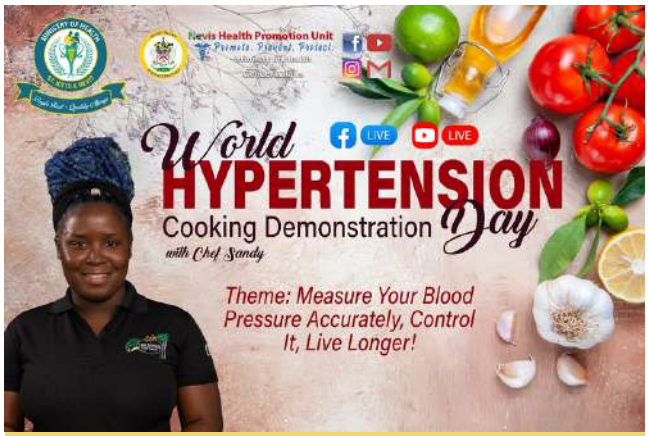


April

- April 7th- World Health Day
- Salad Station
- Diabetic Symposium
- 7th-17th April-Student Mentorship Program-

May

- World Hypertension Day
- World Hypertension Day Cooking Demonstration





June

- June 1st- Caribbean Nutrition Day
- Caribbean Nutrition day Cool Down Smoothie Station.



WHAT IS ACUTE GASTROENTERITIS?

Acute gastroenteritis (AGE) is a common infectious disease syndrome marked by irritation and inflammation of the stomach and intestines causing a combination of fever, abdominal pain, nausea, vomiting and/or diarrhea.

HOW CAN YOU STOP THE SPREAD OF GASTROENTERITIS?

- PRACTICE PROPER HAND HYGIENE BY WASHING HANDS WITH SOAP AND WATER FREQUENTLY.
- WASH FRUITS AND VEGETABLES THOROUGHLY BEFORE PREPARING MEALS.
- DO NOT PREPARE FOOD FOR OTHERS OR CARE FOR OTHERS IF YOU ARE ILL.
- STAY AT HOME. DO NOT RETURN TO WORK UNTIL 48 HOURS AFTER SYMPTOMS HAVE CLEARED. AVOID CONTACT WITH OTHERS WHERE POSSIBLE IF YOU ARE ILL
- CLEAN AND DISINFECT HIGH-TOUCH SURFACES (TOILETS, TAPS, DOOR KNOBS AND COUNTERTOPS).
- WASH ANY CONTAMINATED CLOTHING OR BEDDING USING DETERGENT WITH WATER AT 60 DEGREES C. WEAR DISPOSABLE GLOVES WHEN HANDLING CONTAMINATED ITEMS

GOT QUESTION? CONTACT YOUR NERREST COMMUNITY HEALTH CENTRE

DIABETIC SYMPOSIUM



"Healthy Beginnings, Hopeful Futures, Prioritize your health starting today".

This collaborative effort with Community Nursing, held on World Health Day, 7th April 2025 at the St. Paul's Anglican Church Hall, served to introduce the community at large to the Caribbean Public Health Agency (CARPHA) Diabetes Nutritional Management Toolkit. This toolkit provides helpful resources from the recently CARPHA's recently launched Guidelines for the Management of Diabetes in Primary Care in the Caribbean. This event exemplified the importance of collaborative health education initiatives in promoting community wellness.

The symposium attracted 30 participants who suffer from Diabetes, and caregivers of persons who suffer from Diabetes. Its success was measured by positive participant feedback and the effective delivery of crucial health information to our community.

Key presentations and speakers include:

Opening Address: The Permanent Secretary of Health who emphasized the symposium's role in community health education and diabetes awareness

- **Nutrition Education:** Featured presentations from:
  - o Health Educator Ms. Shevanee Nisbett on CARPHA guidelines implementation
  - o Registered Dietitian Ms. Genesia Pemberton on meal planning strategies
- **Physical Activity Guidance:** Mr. Masefield Nisbett, Physical Activity Coach who demonstrated practical daily exercise routines
- **Diabetic Care**: Community Nurse Manager Nurse Deslyn Whyte who provided essential foot care management education



Symposiums such as the Diabetes Symposium offers multiple benefits such as

- raising the awareness about diabetes risk factors and prevention strategies before complications develop
- allows for health education that is tailored to local cultural practices
- and provides vital health information in a familiar, non-clinical setting, making it more approachable for community member

The symposiums success was made possible through the contributions of all speakers, health promotion staff and through generous support of TDC Home & Building Depot for their donation of prizes which helped make the event more engaging and memorable for all participants.















ADVANCING MEN'S HEALTH AND COMMUNITY WELLBEING

On Saturday, April 26th, 2025, the eastern lawn of the Vance Amory International Airport was transformed into a vibrant hub of community engagement, purpose, and progress. The occasion marked the hosting of a Men's Health Screening Health Fair, a collaborative initiative between the St. Kitts-Nevis Fire and Rescue Services (SKNFRS), the Department of Gender Affairs, and the Nevis Health Promotion Unit.

This event was part of the SKNFRS's 25th Anniversary celebrations, a year-long series of activities that reflect the organization's unwavering commitment to public service and national development. Their partnership in this initiative underscored the growing recognition that health, particularly men's health, is a community-wide concern deserving of focused attention and sustained action. Men's health continues to be an underrepresented area in both public dialogue and institutional response

.This health fair was purposefully designed to help shift that narrative. By providing a wide range of free services: screenings, educational resources, and individual health consultations. The event targeted men across the life course, from young adults to senior citizens. We emphasise that early detection saves lives, attendees benefited from blood pressure checks, diabetes risk assessments, and mental health consultations. In doing so, the event worked to dismantle stigma, raise awareness, and encourage men to take proactive steps in managing their health.

The success of the Men's Health Fair highlighted the critical role of multi-sectoral collaboration in achieving public health goals. The involvement of the SKNFRS brought credibility, visibility, and reach, especially to populations often underserved by traditional health systems. Their leadership in community engagement proved instrumental in extending the impact of this health initiative. We extend heartfelt gratitude to the Nevis Health Promotion Unit, the health professionals, civic organizations, volunteers, and local businesses whose combined efforts made this event possible. Together, we are building a stronger, healthier, and more informed society.

To our incredible volunteers, we cannot thank you enough! Your dedication and commitment were invaluable, and this event could not have been a success without the contributions of all 45 volunteers and our 13 lab technicians. Your hard work and enthusiasm are truly remarkable.



MHM EDUCATION PROJECT CULMINATION: ADVANCING A ZERO-WASTE AGENDA

The Menstrual Health Management (MHM) Education Project closes with a Sustainable Pad Making Workshop. This impactful project, funded by UNICEF Eastern Caribbean and supported by WASH United and the Departments of Education and Sports, has promoted menstrual equity and health education over the past six months. The workshop equipped participants with the knowledge and skills to produce reusable sanitary pads, advancing a triple agenda of health, empowerment, and environmental stewardship. This project supported

- Improved menstrual hygiene and reduced risk of infection
- Empowerment of girls and women through practical, life-enhancing skills
- Waste reduction and a shift toward sustainable, eco-conscious practices, reducing reliance on single-use products and non-biodegradable waste

This culminating workshop embodies the spirit of innovation and sustainability, aligning with broader efforts toward responsible consumption and waste management. The Department of Gender Affairs reaffirms our commitment to health equity, sustainable development, and inclusive community action. By prioritizing men's health and embracing environmentally responsible practices, we move closer to a healthier and more resilient future for all.







World Hypertension Day Cooking Demonstration



The Nevis Health Promotion Unit, in proud partnership with the St. Kitts Health Promotion Unit's Nutrition Surveillance Programme, participated in the second annual World Hypertension Day Cooking Demonstration.

Following Nevis's successful hosting of the inaugural event in 2024 at the Malcolm Guishard Recreational Park, this year's edition was held at the CUNA Caribbean Conference Centre in St. Kitts. Demonstrating continued commitment to wellness initiatives, the Nevis Health Promotion Unit—accompanied by clients from all six of the island's health centres—journeyed to St. Kitts to show their full support for this impactful initiative."

What an inspiring day dedicated to heart health, wellness, and education!

The Live Cooking Demo was hosted by:
Mrs. Latoya Matthew-Duncan and Ms. Shelisia Glasford , alongside Chef Sandy, our talented culinary expert who skillfully prepared delicious, heart-healthy, low-sodium meals that were both flavorful and nutritious.

Chef Sandy's expertise brought the nutrition lessons to life, showing how healthy eating can be enjoyable and accessible.
The event also included presentations by Mr. Delwayne Delaney, Ms. Vera Edwards-France and Mrs. Lucine Pemberton-Vaughn.







Main Feature

Ministry of Tourism Wellness Fair

Love Your Health!



The Ministry of Tourism, in collaboration with the Ministry of Health had a revitalizing Wellness Fair under the theme: “Love Your Health on 30th May 2025 at The Bath Hotel & Hot Springs.

The overall fair featured a variety of engaging and informative stations. Attendees enjoyed a healthy food demonstration led by Chef Henville, who prepared a flavorful chicken and chickpea salad. A medicinal plant station showcased the natural healing properties of local herbs, while an arts and crafts station provided a creative outlet for participants. Local vendors displayed and sold a range of naturally made products including soaps, oils, and other handmade wellness items. There was also a popular station offering various flavors of hot sauce, pepper vinegar, and flavored cooking oils, as well as another promoting locally produced honey.

The Health Promotion Unit facilitated a comprehensive health screening initiative focused on encouraging early detection and promoting healthier lifestyles. Services offered at our station included blood glucose and blood pressure checks, urine analysis, BMI assessments (inclusive of waist-to-hip ratio), and full body composition analysis using the InBody machine

Under the Health Promotion Unit’s umbrella, the Mental Health team also provided emotional wellness screenings using the Mood Thermometer, helping to highlight the importance of mental health alongside physical health.


Llewellyn's
Llewellyn's Manufacturing Company




Bath & Hot Springs




Bath & Hot Springs
Love Your Health




Bath & Hot Springs
Love Your Health









FIVE KEYS TO SAFER FOOD



KEEP CLEAN

- Wash your hands before handling food and often during food preparation.
- Wash your hands after going to the toilet.
- Wash and sanitize all surfaces and equipment used for food preparation.
- Protect food from insects and other animals.



USE SAFE WATER AND RAW MATERIALS

- Use safer water or treat it to make it safe.
- Select fresh and wholesome foods.
- Wash fruits and vegetables, especially if eaten raw.
- Choose foods processed for safety, such as pasteurized milk.



SEPARATE RAW AND COOKED

- Use separate equipment and utensils such as knives and cutting boards to handling meat, poultry, seafood, and other raw foods.
- Store raw and preparated foods in separate containers.



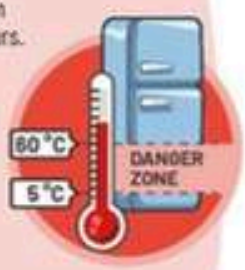
COOK THOROUGHLY

- Cook food thoroughly, especially meat, poultry, eggs and seafood.
- Bring foods like soups and stews to boiling to make sure that they have reached 70 °C (158 °F).
- Reheat cooked food thoroughly.



KEEP FOOD AT SAFE TEMPERATURES

- Do not leave cooked food at room temperature for more than 2 hours.
- Refrigate promptly all cooked and perishable food (preferably below 5 °C [41 °F]).
- Keep cooked food very hot (more than 60 °C [140 °F]).
- Do not thaw frozen food at room temperature.



PAHO

Pan American Health Organization

World Health Organization

PANAFTOSA

Pan American Center for Foot-and-Mouth Disease and Veterinary Public Health



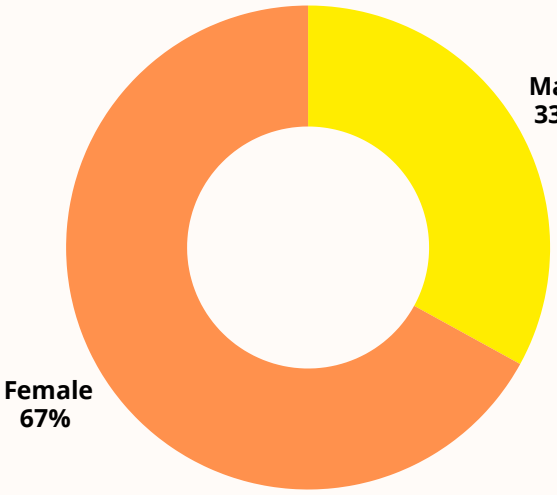
DATA FOR ACTION CORNER

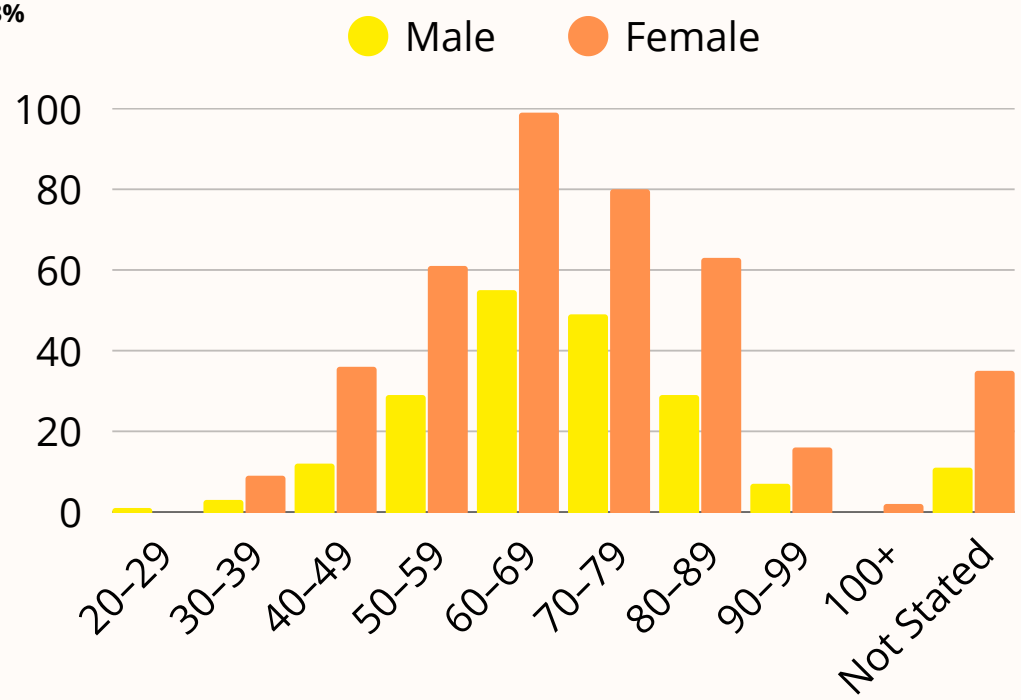
DATA MANAGEMENT TEAM

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 Hypertension and Reported Communicable Diseases

In 2024, a total of 597 hypertensive patients were registered across health centres in Nevis. The data shows that 71% of hypertensive patients are aged between 40 and 79, highlighting that middle-aged and older adults are most affected. The largest age group was 60–69 years, followed closely by 70–79 years. Out of the total, 23 patients died, with 16 females and 7 males.Over the past five years, the number of registered hypertensive patients has steadily increased, from 504 in 2020 to 597 in 2024.

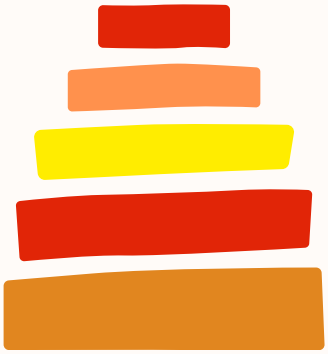




This is a quarterly snapshot of communicable diseases reported in Nevis, as well as disease trends and local health alerts.

Event- Based Surveillance

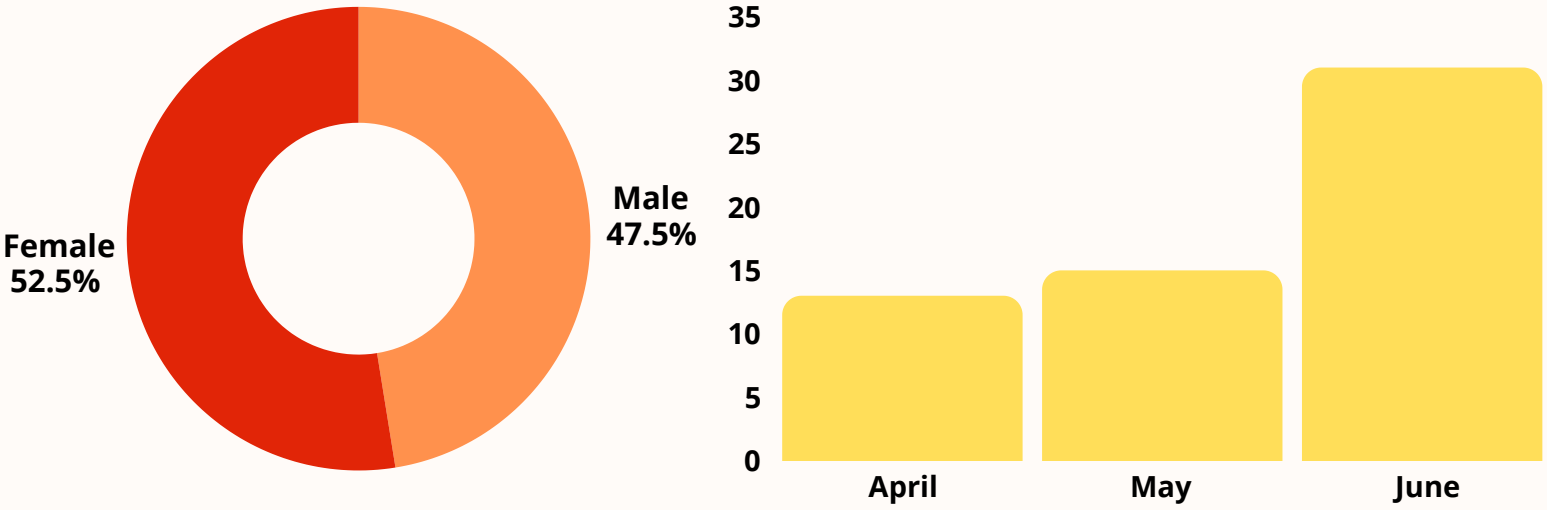
Event- Based Surveillance is based upon the reporting of unusual public health events directly to the Health Promotion Unit. This includes reports of unusual illness, unexpected outcomes and clusters of disease by Healthcare providers.



Reported Communicable Diseases April - June 2025

Syndrome	2024	2025
Acute Haemorrhagic Conjunctivitis	0	2
Fever & Respiratory Symptoms (ARI)	14	20
ChickenPox	0	4
Chlamydial Infection	2	3
Ciguatera Poisoning	11	4
COVID-19	2	0
Dengue Fever	15	0
Diarrhea	31	15
Foodborne Illness	1	1
Gastroenteritis	99	59
Influenza	0	2
Syphilis	0	1

Breakdown of Gastroenteritis Cases April - June 2025

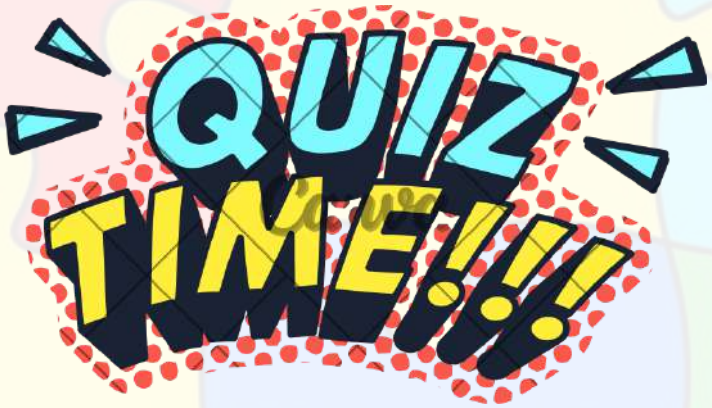


Healthy Portion Tips and Quiz



DR. HADASSAH WILLET-SARGEANT

MBBs, Bsc Biology



Fact or Fiction?

" Most people with mental illness are violent."

"You can't aways know if you have an STD because there may not be any symptoms."

Once you have high blood pressure or diabetes, there's nothing you can do."

Even If you're skinny, you still can develop NCDs.

"You can just snap out of a mental illness if you try hard enough.

1.**Friction** -Most people with mental health disorders are not violent. In fact, they are more likely to be victims of violence than perpetrators.

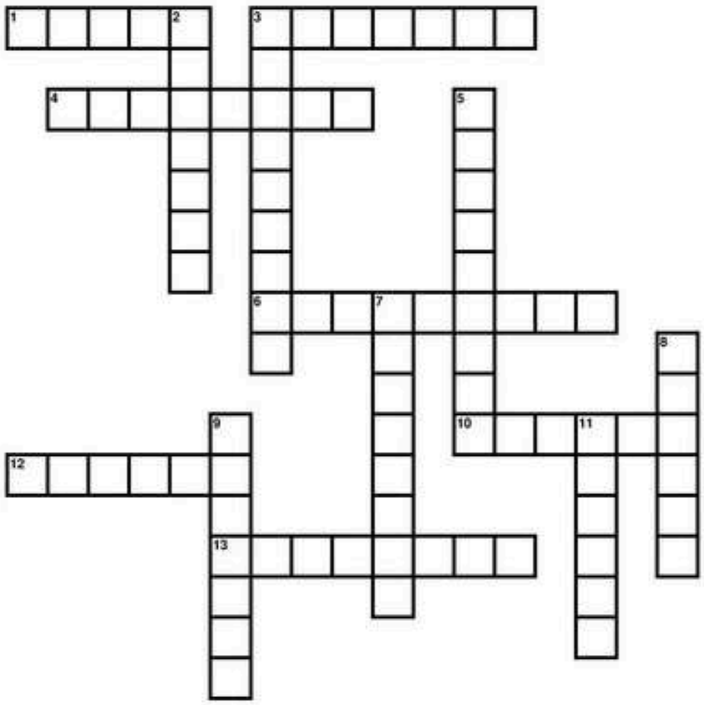
2.**Fact -**Many STDs can be asymptomatic, especially in early stages, which is why regular testing is important.

3.**Fiction-**These conditions can be managed and in some cases reversed through lifestyle changes, medication, and regular monitoring.

4.**Fact -**.Even people with a healthy weight can develop NCDs like high blood pressure, heart disease, or diabetes due to genetics or other risk factors

5.**Fiction -**.Mental illnesses are real health conditions that often require professional treatment and support, not just willpower.

CROSS WORD PUZZLE



Across

[1] The larger and stronger of the two bones in the lower leg.
[3] A major risk factor for several NCDs, including lung cancer and heart disease
[4] An organ that produces insulin and digestive enzymes.
[6] A public health tool used to detect diseases early.
[10] A respiratory condition marked by difficulty breathing.
[12] Used to prevent both pregnancy and the spread of STDs.
[13] This STD can cause sores and affect internal organs if untreated.

Down

[2] Overuse of this substance is a risk factor for liver disease and cancer
[3] A mental health professional who provides counseling.
[5] The name of the hospital located on Nevis.
[7] A sudden outbreak of a disease that affects many people
[8] A deeply distressing or disturbing experience affecting mental well-being
[9] Tissue that contracts to produce movement.
[11] A viral STD known for painful blisters or sores.

Tibia * Alcohol * Pancreas * Tobacco * Therapist * Screening * Alexandra

*** Epidemic * Condom * Muscle* Syphillis * Asthma * Herpes * Trauma**



BALANCED AND NOURISHED

Healthy Recipes



Ms. Oceana O'loughlin
Health Educator



Michael Henville
Executive Chef

Infused Water Recipes

Healthy Snack Recipes

Pineapple, Strawberry, Mango Infused Water



Ingredients

- 1/4 cup pineapple slices
- 1/2 cup strawberries
- Fresh Water to fill jug
- 1 cup of Mango



Directions

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

GREEN SALAD

INGREDIENTS

- 5 ounces (about 5 cups) spring greens salad blend
- 1 large or 2 small Granny Smith apple(s)
- ⅓ cup dried cranberries
- ¼ cup pepitas (green pumpkin seeds) or chopped raw pecans
- 2 ounces chilled goat cheese, crumbled (about ½ cup)

- For Apple Cider Vinaigrette:
- ¼ cup extra-virgin olive oil
- 1 ½ tablespoons apple cider vinegar
- 1 ½ teaspoons honey
- 1 teaspoon Dijon mustard
- ¼ teaspoon fine sea salt
- Freshly ground black pepper, to taste

DIRECTIONS

1. Toast the pepitas: In a medium-sized skillet, toast the pepitas over medium heat, stirring frequently, until they are turning golden on the edges and making little popping noises (if using pecans instead, warm them just until they are fragrant). Transfer the pepitas to a small bowl to cool.
2. Make the dressing: In a cup or jar, whisk together the olive oil, vinegar, honey, mustard and salt until well blended. Season to taste with pepper.
3. Just before serving, chop the apple into thin, bite-sized pieces. Place your greens in a large serving bowl. Top with sliced apple, dried cranberries and toasted pepitas. Use a fork to crumble the goat cheese over the salad.
4. Drizzle the salad with just enough dressing to lightly coat the leaves once tossed (you probably won't need all of it). Gently toss to mix all of the ingredients and serve!



Star Fruit, Cucumber, Lemon, Mint Infused Water



Ingredients

- 1 Starfruit (Sliced)
- 1 Cucumber (Sliced)
- 1 Large Lemon(Sliced)
- Handful of Fresh Mint

Directions

To a pitcher, add 1 starfruit (sliced), 1 cucumber (sliced), 1 large lemon (sliced), and a handful of fresh mint. Muddle ingredients and fill pitcher with ice-water.

KALE SALAD



INGREDIENTS

- *1 recipe Roasted Chickpeas*
- *1 bunch curly kale, stems removed, leaves torn into bite-sized pieces*
- *1 teaspoon fresh lemon juice*
- *½ teaspoon extra-virgin olive oil*
- *1 small carrot, grated*
- *1 small red beet, grated*
- *½ watermelon radish, very thinly sliced*
- *1 avocado, cubed*
- *2 tablespoons dried cranberries*
- *¼ cup pepitas, toasted*
- *1 teaspoon sesame seeds*
- *Sea salt and freshly ground black pepper*

DIRECTIONS

- *Remove the kale leaves from the stems and wash them well. Spread them on kitchen towels to dry, or quickly dry them in a salad spinner.*
- *2. Tear the kale leaves into bite-sized pieces.*
- *3. Place them in a large bowl and add fresh lemon juice, ½ teaspoon olive oil, and a few pinches of salt.*
- *4. Use your hands to massage the lemon and oil into the leaves until they become soft and wilted and reduce in the bowl by about half.*
- *5. Add the carrot, beet, watermelon radish, half of the cubed avocado, cranberries, pepitas, a few more pinches of salt, and a few grinds of pepper.*
- *6. Toss to combine.*

Check out the **Nevis HPU Facebook Page** for these recipes and more.





THE GREEN TEAM!

Green fruits and vegetables offer a wide array of health benefits due to their rich nutrient content, including vitamins, minerals, and antioxidants.

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

01. Eye Health

Green fruits and vegetables are a good source of nutrients that support healthy vision and may help prevent age-related macular degeneration.

02. Bone Health

The vitamin K and calcium found in many green vegetables contribute to strong bones and may reduce the risk of osteoporosis.

03. Folate.

Folate, a B vitamin found in green vegetables, is particularly important for women during pregnancy as it supports healthy fetal development.

04. Benefits for the heart

Green vegetables contain potassium and vitamin K, which help maintain healthy blood pressure and blood clotting.

GUESS THE NAME OF THE GREEN FRUITS AND VEGETABLES?

- O_K_A
- C_CU_B_R
- ST_I_G B_A_S
- S_G_R A__LE
- GU_N_P
- S_UR_OP

"Let food be thy medicine and medicine be thy food."

NEWS IN BRIEF

YOUTH MENTORSHIP CAMP 2025

The Youth Health Mentorship Camp 2025, a forward-thinking initiative led by the Health Promotion Unit and facilitated by Dr. Hadassah Willett-Sargeant and Dr. Tivon Browne, offered an inspiring and transformative experience for a group of 19 young participants on the island of Nevis. Held from April 7th to 17th, the camp was designed to ignite interest in healthcare careers while equipping youth with practical clinical skills and real-world exposure.

Over the course of 10 days, students were immersed in hands-on training that introduced them to core clinical practices. From learning Basic Life Support (BLS) to mastering blood pressure and blood sugar measurements, participants were empowered with tools that can support their academic growth as well as serve their communities. They also gained experience in urinalysis using reagent strips and interpreting body composition scans, skills typically reserved for more advanced learners.

One of the highlights of the program was a field trip to St. Kitts, where participants visited the St. Kitts Biomedical Research Foundation, gaining insight into ongoing scientific research and the technology behind advanced imaging techniques, such as MRI. The group also toured the Windsor School of Medicine, where they interacted with faculty and learned about the journey to becoming a medical doctor. These visits bridged theory with tangible career paths, offering clarity and motivation to many aspiring healthcare professionals.

In Nevis, participants engaged with a wide range of local healthcare professionals, gaining first-hand knowledge of various roles within the health sector. Through structured mentorship and shadowing opportunities, students observed real-life clinical settings and connected directly with professionals in fields such as nursing, radiology, pharmacy, and various specialties in medicine, just to name a few.
Beyond technical learning, the program nurtured personal growth, confidence, and leadership. It encouraged participants to view healthcare not just as a career, but as a calling to serve and improve their communities.

The Youth Health Mentorship Camp is a powerful reflection of the Ministry of Health's commitment to youth development and long-term healthcare workforce planning. By investing in young minds today, the initiative lays the foundation for a healthier, better-equipped generation of healthcare workers tomorrow.



Photos



















CARIBBEAN NUTRITION DAY SMOOTHIE STATION 2025





ARE YOU BUILDING HEALTHY SMOOTHIES?

The Nevis Health Promotion Unit was at Hosford's Valumart for Caribbean Nutrition day encouraging persons to build healthy smoothies using fresh fruits and vegetables. Caribbean Nutrition Day is celebrated every year on 1st June. This year it was celebrated under the theme: Healthy Eating, Active Living: Sustainable diets for a healthier Caribbean.

Interested customers were encouraged to build healthy smoothies and were eager to sample one or both of the flavorful and nutritious smoothies being prepared by Chef Michael Henville. As a way of ensuring healthier diets and to encourage the consumption of locally grown fruits and vegetables a variety of seedlings were given for them to grow.The recipes for the Watermelon, Cucumber Smoothie and a Mango, Carrot Smoothie can be found on our facebook page Nevis HPU. The types of seedlings given were tomato and season pepper. Here are some smoothie mistakes to avoid:

1. **Dumping all ingredients in the blender** - Unless you have a powerful blender like a vitamix, how you place the ingredients in the blender can either present a smooth consistency smoothie or a chunky smoothie that's not blended properly.
2. **Making the smoothie too sweet-** The use of fresh icecreams, yogurts, milk and juices all add to the sweetness of smoothies. Fruits in the smoothie should be the source of sweetness opposed to adding additional sweetness or using liquids high in sugar.
3. **High Calories-** Adding to many sweetness, fats, dairy and protein can increase the calories in a smoothie which may contribute to weight.
4. **Storing of smoothie after blending-** made more smoothie than you can enjoy in one sitting? Good news,smoothies can be stored in the refrigerator in a tightly sealed container for up to 24 hours or in a freezer for up to 3 months. Place the frozen smoothie in the refrigerator overnight, re-blend and enjoy.
5. **Ratio of smoothies-** In an effort to maintain balanced blood sugars and reduce calories while enjoying a nutrient filled smoothie, consider incorporating 2 servings of vegetables(kale,spinach, bokchoy, cucumber and 1 serving fruit (banana,pineapple,berries etc) in your smoothie. Benefits? Increased consumption of vegetables and reduced consumption of sugars.







TURNING THE TIDE

PRIMARY SCHOOL STUDENTS LEAD THE WAY IN PLASTIC BOTTLE RECYCLING ON NEVIS

In an inspiring show of environmental awareness and community action, primary school students across Nevis have proven that age is no barrier when it comes to protecting the planet. Over the past two months, two schools—Maude Crosse Preparatory and Montessori Academy—took part in a pioneering plastic bottle recycling campaign aimed at reducing waste,promoting sustainability, and educating the next generation on the power of mindful consumption.

This campaign was born out of a growing concern over the volume of plastic waste being generated across the island. With plastics continuing to clog drains, litter beaches, and threaten marine life, the Recycling Project under the and Nevis Solid Waste Management Authority(NSWMA), recognized the urgency of introducing waste separation and recycling at the community level—starting with our youngest citizens.
The decision to launch the campaign within schools was deliberate. “Children are natural change agents,” said Shelagh James Coordinator of the Recycling Project from the NSWMA.

“They take what they learn and bring it home. They influence siblings, parents, and even neighbors.” With this in mind, the campaign set out not only to reduce plastic waste but also to cultivate eco-conscious habits in students from an early age. The campaign officially launched in May 2025 with school briefings, fun recycling facts, and interactive sessions on how plastics impact the environment. Each participating school was given collection bins and a simple challenge: gather as many clean, empty plastic bottles as possible over an eight-week period.
The results have been nothing short of remarkable.

- Maude Crosse Preparatory School collected 715.01 lbs. of plastic waste, representing 7,521 plastic bottles ,enough to manufacture approximately 625 make-believe T-shirts from recycled fibers.
- Montessori Academy followed closely, collecting 599.82 lbs., the equivalent of 5,886 bottles, and potentially 488 recycled T-shirts.







Together, the two schools diverted over 1,300 pounds of plastic from landfills and the natural environment, turning potential waste into future value. More importantly, they demonstrated that real impact is possible when communities rally around a shared cause. As the campaign continues to gain traction, plans are already in motion to expand participation across more schools and integrate recycling education into the primary curriculum. The NSWMA are also looking at introducing incentives and creative competitions to keep young minds engaged.

In a world increasingly defined by climate challenges, Nevis' primary school students are showing us that the future







THE SALAD STATION

WHAT'S YOUR FAVOURITE SALAD?

The Nevis Health Promotion Unit was at TDC Home and Building Depot in Nevis with the Salad Station. This initiative was undertaken to encourage persons to build healthy salads. Salads can become unhealthy depending on the ingredients added and the preparation.

Here's how a salad can become unhealthy.

Adding high calorie dressing and toppings

- Creamy dressings: Dressings like Caesar or blue cheese can be high in fat and calories.
- Fried toppings: Fried chicken, wontons, or breaded vegetables add significant calories and unhealthy fats.
- Cheese and croutons: These can increase calories, fat, and sodium content.
- Dried fruits and nuts: While healthy in moderation, large amounts can add excessive sugar and calories.
- Heavy or processed dressings: Many store-bought dressings are high in sugar, unhealthy fats, and sodium.

- **Lack of balance/Portion Control -**Low in protein and healthy fats:A salad consisting mainly of leafy greens may not be satisfying or nutritionally balanced, leading to overeating later.

- **Nutrient absorption issues-** Lack of fat: Some vitamins are fat-soluble, and a salad without a healthy fat source (like a light vinaigrette) can hinder their absorption.

- **Individual tolerances-**Some people may experience bloating or digestive issues from eating too many raw vegetables.
- **Time of day-**Eating a large salad late at night may cause discomfort and disrupt sleep due to high fiber content.
- **Excessive protein-**Adding too much protein can be counterproductive, especially if it's not balanced with other nutrients.

120 person's patronized the Salad station.Chef Michael Henville prepared three types of salads:The Oualie Rainbow Salad, Morrocan Cous Cous Salad and The Asian 3 Bean Salad.You can find these recipes on our Facebook Page NevisHPU.









INITIAL DAMAGE ASSESMENT (IDA) WORKSHOP

From June 16th to 18th, two officers of the Health Promotion Unit, Shevanée Nisbett and Sheldon Joseph, had the opportunity to attend the Initial Damage Assessment (IDA) Workshop hosted by the Nevis Natural Disaster Management Department (NDMD). This three-day training was designed to provide participants with the foundational knowledge and practical skills necessary to carry out effective damage assessments on residential and commercial buildings following a natural disaster.

The workshop covered several key areas, including:

- ·Understanding Damage Assessment Protocols: They were introduced to the official procedures and guidelines for conducting initial damage assessments in accordance with national and regional disaster response frameworks.
- Field Assessment Techniques: Practical sessions allowed them to learn how to identify various levels of structural damage to buildings and dwellings, and how to document those findings accurately and efficiently.
- Reporting and Communication: They were trained on how to compile their assessment findings using standardized reporting formats, ensuring that information is clear, concise, and useful for decision-makers and response agencies.
- Team Coordination and Safety: Emphasis was placed on working in teams, maintaining safety in potentially hazardous post-disaster environments, and understanding their roles within the broader emergency response structure.

The training was both highly informative and interactive. Group discussions, role-play scenarios, and case studies were used to reinforce learning and simulate real-life situations they may encounter in the field. The facilitators were knowledgeable and encouraged active participation, making the experience engaging and impactful.
An important highlight of the workshop was the encouragement for participants to take further steps in becoming certified trainers and to consider active involvement in other units or activities under the NDMD umbrella. This forward-thinking approach emphasized the need for a sustained, community-wide commitment to disaster preparedness and response.

At the conclusion of the workshop, all participants were awarded certificates of completion, recognizing their readiness to contribute to initial damage assessment efforts in the event of a
natural disaster. Overall, the workshop was an invaluable experience that strengthened both our knowledge and our sense of responsibility in supporting disaster management initiatives in Nevis.

RETHINK, REUSE, REPURPOSE, RECYCLE AND REDUCE: 5 R'S FOR A HEALTHIER NEVIS

As the final quarter of 2025 approaches, the Nevis Solid Waste Management Authority (NSWMA) is preparing to launch a bold and necessary island-wide 5 R's Awareness Programme. Designed to coincide with our national plastics and cardboard roll-out, this campaign is more than just another environmental initiative—it is a crucial wake-up call for every household, school, business, and institution on the island. Why now? Because the numbers speak volumes.

From February to June 2025 alone, Nevis has already generated a staggering 287,360 tonnes of waste—an unsustainable figure for an already overburdened landfill. Every item we carelessly toss away without thought—from plastic bottles and Styrofoam containers to old shoes, broken jewellery, and even discarded electronics—ends up in one place: our landfill. And it is reaching its limit.

The Challenge: A Culture Shift in Waste Disposal During my five-month experience conducting waste sampling composition analysis with a dedicated team of five, I witnessed firsthand the alarming variety of refuse coming off just a single truckload. After a meticulous process of three sorting rounds, a sample is selected for analysis. The findings have been eye-opening. We routinely encounter clothing, footwear, outdated electronics, plastics, food waste, and organic matter—all jumbled together. There's no system. No separation. No thought. And this is the root of our problem.

The 5 R's Campaign: Practical Action Starts at Home The 5 R's—Rethink, Reuse, Repurpose, Recycle, and Reduce—are not abstract environmental buzzwords. They are real, simple steps that each of us can integrate into our daily routines to make a collective difference.

- Rethink your purchases. Do I really need this item wrapped in layers of plastic?
- Reuse containers, shopping bags, and even glass jars.
- Repurpose old clothing, tins, and other materials before discarding them.
- Recycle plastics, paper, and cardboard using designated bins as the new system rolls out.
- Reduce waste at the source—buy in bulk, compost organic scraps, say no to single-use plastics.

It starts at your kitchen sink. Your classroom. Your office. Your community center.We are calling on the people of Nevis to take ownership. Waste separation is not an inconvenience—it's a lifeline for our environment. If each of us re-evaluates how we manage our garbage, we can significantly prolong the life of our landfill, protect our natural heritage, and improve public health. The Landfill Can't Speak—But the Damage Shouts Loudly When we mindlessly dump everything into a single garbage bin, we are not just creating a mess—we are ignoring the long-term environmental and health consequences. Our landfill is not a magic eraser. It is a finite space that we are rapidly filling with what could have been reused, recycled, or composted.

The 5 R's Programme is a chance to press reset. It is our opportunity to reframe how we view waste—not as trash, but as a resource. The road to a cleaner, greener Nevis starts with knowledge, willpower, and small daily actions. Let's shift from a culture of careless disposal to one of conscious responsibility.
Let's Rethink. Reuse. Repurpose. Recycle. Reduce.

BY SHELAGH JAMES COORDINATOR RECYCLING PROJECT NSWMA











BY SHELAGH JAMES COORDINATOR RECYCLING PROJECT NSWMA

Your Daily Dose of Fitness



With Michelle Sutton



A Healthy Active Lifestye Goes... Beyond Exercise!!

An active Lifestyle extends beyond a weekly exercise routine. Exercise is defined by a set or dedicated time period to participate in activities for your fitness. However, active lifestyle refers to daily habits that gets your body moving throughout the day. So be mindful of your daily activity, especially during working hours.

Being active throughout the day, provides boosts in energy and mood also lowers risk of joint and back pain. Here are some tips for to be mindful and active throughout the day.

1. Healthy Office Equipment

Even while working at your desk there are active options to explore, such as adjustable standing desks, stability ball chair or desk ellipticals, These are simple ways to improve circulation and activate stabilizer muscles, especially of your torso and hips.

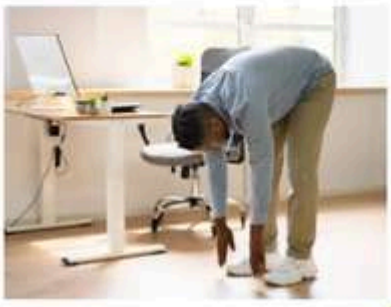


2. Walking

Aim to accumulate 8000+ steps/day, and targeting 3000/steps during work hours 8am – 4pm)), by park and walk or Short (5–10MINS) WALKING breaks.

3. Flexibility/Stretching Breaks

Stretching breaks are short pauses in your day where you take time to stretch your muscles and relieve tension.



How to hand wash with soap and water

20 sec



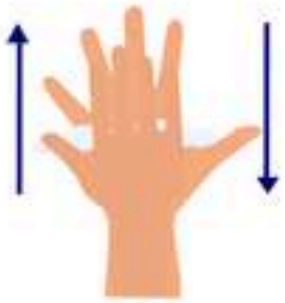
1. Wet hands with water



2. Apply enough soap to cover all hand surfaces



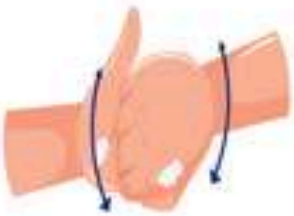
3. Rub hands palm to palm



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

www.carpha.org

Updated: June 30, 2020

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."

Pan American Health Organization



In the know

Advertisements



469-3577

Self Care



469-1439

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THE BANK OF NEVIS LIMITED

"Improving the Quality of Life"



ST. KITTS NEVIS ANGUILLA
TRADING AND DEVELOPMENT COMPANY LTD.

WHAT'S HAPPENING IN HEALTH?



Nevis Health Center Services

Antenatal Clinic – twice per month – may be 3 depending on how the month falls. (Pregnant women get assessed throughout pregnancy. Motherhood expectations education is also given.)

Infant Clinic – twice per month
Babies are assessed for growth and development. Immunization given. Education sessions for parents.

Toddlers Clinic – quarterly
Toddlers are assessed for growth and development. Immunization given. Education sessions for parents.

Pap Smear and Family Planning – once a week – each health center has a different day each week. Pap Smears are performed. Birth control administration. Education sessions on family planning.

Diabetic and Hypertensive Clinic – once per month
Diabetics and hypertensives are educated, and vitals taken and recorded.

Doctor's Clinic – once a week
District Doctor is available for free visits at each health centre once a week. Days vary for each health center.

Men's Wellness Clinic – once a month
Education sessions on various health topics for men. Vitals checked and assessed.

Minor Treatments
Walk-in services, inclusive of but not limited to, various NCD screenings, dressings and other health concerns.

HIV Rapid Testing
Appointments preferred. HIV rapid testing is done at Charlestown and Combermere Health Centers only

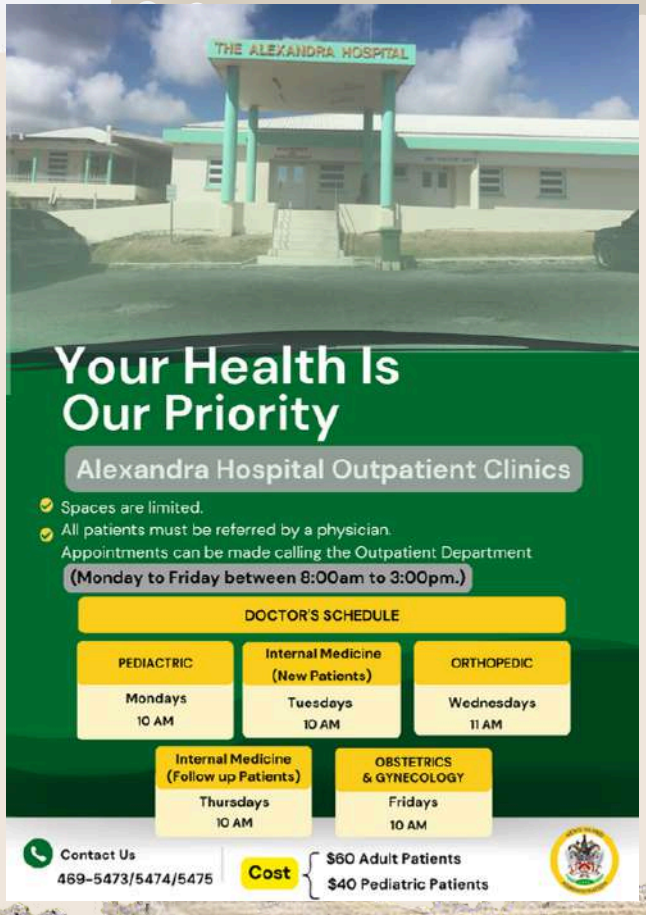
COVID-19 Vaccination
Monday to Friday at all Health Centers – walk in and appointments welcomed.

***There are 6 health centres on island, all of which are opened from 8 am to 4 pm Monday to Friday of each week. All health center are closed on weekends and holidays.

NEVIS Health Promotion Unit







Walk-in HIV Testing Schedule



WEDNESDAY
Health Promotion Unit

THURSDAY
Health Promotion Unit

FRIDAY
Gingerland Health Center

IT IS ABOUT TIME

Opening Hours

9:30am to 3:00pm

(Walk in or Book an appointment)

Testing Site Contact Information:
Gingerland Health Center (469-3124/661-9923)
Health Promotion Unit (469-8010)

Calendario de Pruebas de VIH sin cita



MIÉRCOLES
Health Promotion Unit

JUEVES
Health Promotion Unit

VIERNES
Gingerland Health Center

¡Ya era hora!

contactos para los sitios de prueba:
Charlestown Health Center (469-5521 ext 2052)
Combermere Health Center (469-9323)
Gingerland Health Center (469-3124)
Health Promotion Unit (469-8010)



It is important to Assess Your Physical Fitness!







Total Body Assessments

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



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.



SCAN TO PAY

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**



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 a resource for health and communicating health education needs, concerns, and resources.

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

NEVIS ISLAND ADMINISTRATION 1983

Nevis Health Promotion Unit

Promote. Prevent. Protect.

Ministry of Health & Gender Affairs



GIVE YOUR FEEDBACK .

What do you think of our New Years 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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