

HEALTH HERALD



**HEALTH
MINISTRY
PROMOTES
“KNOW YOUR
NUMBERS” AT
REGGAE
SUMFEST**
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Minister of Health and Wellness, Dr. the Hon. Christopher Tufton (second left) shares a photo moment with members of the health promotion team while promoting the “Know Your Numbers Initiative” at Reggae Sumfest last weekend.



210 trained in Problem Management for communities

Jamaica now has the benefit of its first batch of Problem Management Plus (PM+) graduates, as the Ministry of Health & Wellness moves to bolster community-based mental wellness interventions islandwide.

The 210 volunteers, who are from community- and faith-based organisations, graduated from the programme as PM+ providers (162) and supervisors (48) on Thursday, August 10, in a ceremony held at The Summit in New Kingston.

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From left: Dr. Patrice Lawrence and Mr. Ian Stein of the Pan-American Health Organisation (PAHO); Dr. Karen Webster-Kerr, National Epidemiologist; and Dr. Naydene Williams, Director of Health Services Planning & Integration, enjoy a light moment, following the donation of tablets to PM+. PAHO made the donation.

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MENTAL HEALTH GETS PRIORITY IN PUBLIC HEALTH

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Guest speaker at the ceremony, Senator Dr. Saphire Longmore, a psychiatrist and supporter of the Ministry's national mental wellness response programme, commended the graduates for their volunteerism.

"I want to not just congratulate you but also thank you for taking up this very significant mantle and for your commitment. You are taking part in an initiative that we are very hopeful for..."



Senator Dr. Saphire Longmore (left), guest speaker, is greeted by Dr. Naydene Williams, Director of Health Services Planning & Integration ahead of the awards ceremony.



Petre Williams-Raynor, Manager of PR & Communications and Master of Ceremonies for the event, addresses the audience.

We are about the preventative approach and early intervention to enhance mental wellness," Longmore said.

PM+, which was developed and is supported by the Pan-American Health Organisation (PAHO), is designed to bring mental health support services to communities, meeting people where they are, while providing them with the space and the tools to overcome adversity that can impact their mental wellness.

Thursday's graduation ceremony also saw PAHO donating 40 tablets to the programme. Valued at some J\$4.2 million, the tablets are to support data collection, monitoring and evaluation as the programme is rolled out in communities.

"We are at long last paying attention to an issue that we in public health have known has been a critical issue for years and years... It brings me great encouragement to have so many people committed to this really important public health topic," noted Mr. Ian Stein, PAHO/WHO Representative to Jamaica and the Cayman Islands.

For more information on PM+ and/or to access mental wellness support, call the Ministry's Mental Health & Suicide Prevention Helpline at 888-NEW-LIFE (888-639-5433).

“KNOW YOUR NUMBERS” AT REGGAE SUMFEST

The Ministry of Health and Wellness was present at Reggae Sumfest 2023 this past weekend in a bid to promote its “Know Your Numbers” campaign. The campaign encourages Jamaicans to know their key health numbers, such as blood pressure, blood sugar, BMI and cholesterol levels.

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A member of the health promotion team collects information from patron as parts of the “Know You Numbers Campaign” at Reggae Sumfest last weekend.



Minister of Health and Wellness, Dr. the Hon. Christopher Tufton and members of the Ministry’s health promotion team were on hand to offer free health checks and register patrons who were interested in learning more about the campaign.

With so many Jamaicans not knowing their health status until they fall ill, we need to be more proactive and take the message and the opportunity to screen directly to the people where they are, including where we would usually not go. Reggae Sumfest is the most significant international reggae festival, and it’s an obvious choice to meet the people and encourage screening on the spot,” said Minister Tufton.

The “Know Your Numbers” campaign was taken to Reggae Sumfest because the event gathers Jamaicans from all walks of life and provides an excellent opportunity to promote healthy lifestyle choices essential for preventing chronic diseases.

The “Know Your Numbers” campaign is a critical part of the Ministry’s efforts to improve the health of Jamaicans by knowing their key health numbers, this will in turn allow Jamaicans to take steps to prevent chronic diseases and live longer, healthier lives.

For more information about the “Know Your Numbers” campaign, please visit the Ministry’s website www.moh.gov.jm or call 888-ONE- LOVE.





Members of the disabled community who have been physically impaired because of diabetes will now have a chance at greater mobility and productivity through the 'New Limb, New Life' Initiative.

Minister of Health and Wellness, Dr. the Hon Christopher Tufton today signed a Memorandum of Understanding (MOU) with the Minister of Labour and Social Security, Hon. Parnel Charles Jr. for the commitment of JMD \$50 million to implement the partnership. The joint venture was first announced during the Minister's Sectoral Presentation in Parliament on May 3.

"Eligible persons will receive a grant of \$250,000 towards the purchase of a lower limb prosthetic device. Without this assistive technology, amputees are at risk for losing their most productive years and are often excluded and isolated from social participation," the Minister said.

MOU SIGNED FOR 'NEW LIMB, NEW LIFE': PROSTHETIC PARTNERSHIP TO SUPPORT JAMAICANS WITH DISABILITIES

Prostheses are a type of mobility aid designed to support people with physical impairments or functional limitations by assisting them to perform tasks safely and independently.

The intervention, which is being channeled through the Ministry's Compassionate Care Programme, comes as data shows that chronic diseases such as diabetes increase the risk of amputations.

"Some 15 percent of the world's population is challenged by disability, due in part to non-communicable diseases. In Jamaica, an estimated 80 percent of amputations are related to diabetes," the Minister added.

According to the Jamaica Health and Lifestyle Survey III (JHLS), 2016-2017, one in eight Jamaicans has diabetes while four out of every 10 Jamaicans with either diabetes or hypertension are unaware of their status.

The Jamaica Council for Persons with Disabilities, an agency of the Ministry of Labour and Social Security will carry out the 'New Limb, New Life Initiative.' It is expected to help close the gap in health service delivery for the disabled by encouraging functional independence and overall well-being.

The MOU signing ceremony was held during a Post-Cabinet Press Briefing at Jamaica House this morning.

