

HEALTH HERALD

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#BetterForYou

HEALTH MINISTRY RELAUNCHES 'BETTER FOR YOU' CAMPAIGN

The Ministry of Health & Wellness has relaunched its 'Better For You' campaign, as part of ongoing efforts to help Jamaicans make healthier food choices for their good health, including when dining out.

"Jamaicans are dying young from being plagued by non-communicable diseases (NCDs). The foods we consume daily contribute to us being hypertensive or diabetic, and the list continues," noted Minister of Health & Wellness, Dr. the Hon. Christopher Tufton.



Turn to **NCDS** on **PAGE 3**



Wellness Check-In with Immaculate Conception High

The Ministry of Health & Wellness has continued its #DoYourShare mental wellness campaign, with a Wellness Check-In done with the students and staff of Immaculate Conception High School (ICHS) in Kingston.

ICHS, which opened its doors in 1858 and now serves 1,663 students, is the latest beneficiary of the Wellness Check-In intervention of the Ministry of Health & Wellness, done in collaboration with the Ministry of Education and Youth.

The visit featured the Minister of Health & Wellness, Dr. the Hon. Christopher Tufton who engaged students on their mental wellness while sharing with them some tools they can use to help to manage their emotions.

Those tools include the use of a stress ball as well as, importantly, finding a safe space as well as a safe person with whom to talk or to whom they can appeal for help.

“Each of us need to find a safe space or a safe person with whom we can feel trust and safety. When you combine these things, it is really all about finding a means for which to manage our emotions and our sadness,” Dr. Tufton said.

Turn to HIGH PRAISE on Page 4

NCDs problem fuelled by unhealthy lifestyles

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The Minister was speaking as part of a panel discussion at the relaunch, which was hosted at the Jamaica Pegasus Hotel on March 21, 2024.

The event saw the participation of restaurants that have joined the initiative with the offer of healthier menu options for customers; as well as the announcement of the campaign brand ambassador, Ms. Kimberly Nain – attorney, singer and senior policy analyst with the Ministry.

“As working class and busy people, we sometimes do not have adequate time to prepare a meal and have to resort to fast-food restaurants. This is why we are engaging these establishments to have healthier food options on their menu boards to cater to those who would like to have a healthier meal,” explained Dr. Tufton.

Unhealthy lifestyle choices contribute to the growing NCDs problem faced by Jamaica.

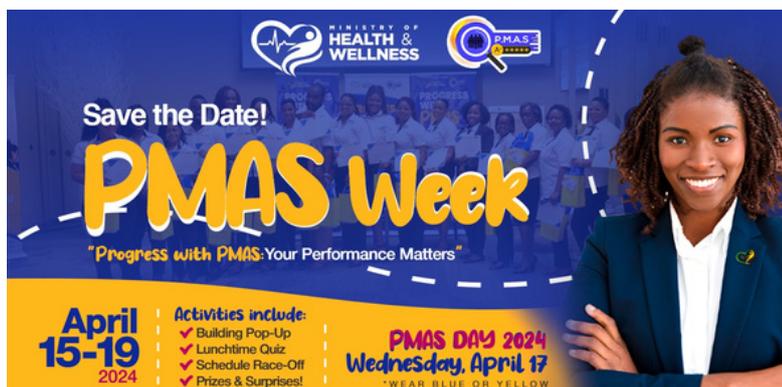
In 2017, more than half of the population 15 years and older was overweight, one third had high blood pressure, 10% had diabetes, and 17% had high cholesterol.



The March 21 event, meanwhile, attracted the participation of several social media food influencers and other stakeholders who sampled the offering of healthier food options from the participating restaurants present.

Those restaurants include Burger King, Island Grill, KFC, Subway, Tai Tai Ice Cream Rolls, 24 Seven Café at the Jamaica Pegasus, Little Caesar’s Pizza, Pizza Hut, and Wendy’s. The healthier options on their menu boards are distinguished by a Better for Your logo that identifies them as such.

The Ministry is also seeking to partner with hotels and caterers to offer Better for You meeting and conference packages, in support of the workplace wellness programme.



High praise for wellness intervention

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“When we were informed of the possibility to be part of this initiative by the Ministry of Health and Wellness we had to grasp it with both hands. We want to secure not only your educational well-being, but your mental, social, and emotional health and we hope this intervention today was able to push us in that direction,” the vice-principal added.

The toolkit, meanwhile, was developed in collaboration with Senator Dr. Sapphire Longmore, a psychiatrist and consultant who has been supporting the national mental health programme. It is a four-part video series looking at the dimensions of health, notably the mental, the physical, the spiritual, and the social.



Minister of Health & Wellness, Dr. the Hon. Christopher Tufton enjoys a selfie moment with the student body at Immaculate Conception High School during a Wellness Check-In on March 18.

PHOTO HIGHLIGHTS: 'BETTER FOR YOU' CAMPAIGN



Throwback to youth!

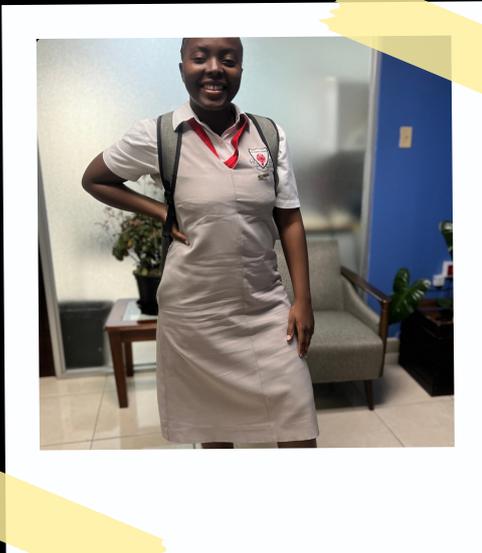


PHOTO HIGHLIGHTS: "BETTER FOR YOU" CAMPAIGN



Better For You



Chesley Smith: Programmer

Staff
spotlight



JOB TITLE/POSITION: Programmer

#PeopleInHealth

DIVISION/DEPARTMENT/UNIT: ICTU

WHAT IS YOUR CORE FUNCTION: My core function here in the ICTU Unit is to design, implement and modify computer applications for the Ministry of Health and Wellness and other related agencies.

WHAT IS YOUR VISION FOR THE MINISTRY OF HEALTH & WELLNESS: I envision a fully digitised MOHW, which will make it easier for the everyday person/client to access better healthcare & services.

WHAT DO YOU ENJOY ABOUT YOUR JOB: What I enjoy about my job is the ability to solve issues with the applications I assist with developing. I also enjoy meeting new people and living in those moments.

WHICH HIGH SCHOOL DID YOU ATTEND: I am from cool, cool Mandeville, as such, I attended Manchester High School.

WHAT IS YOUR FAVOURITE CHILDHOOD MEMORY: I have non specific, however, I have fond memories of playing football with my friends growing up.

FAVOURITE COLOUR: My favourite colour is Dark Blue.

WHAT WOULD BE YOUR DREAM VACATION: My dream vacation would be a summer, under the sun, in Venice, Italy.