



Main Feature



VOLUME 4 • OCTOBER-DECEMBER 2024

THE SCOPE

HEALTH CHRONICLES



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Editor's Note

"Embracing the journey ahead."

Greetings dear readers,

Welcome to the final edition of Under the Scope – Health Chronicles for 2024! What a transformative year it has been, and as we bring the curtain down, this last quarter promises to be just as compelling, packed with stories that matter and resonate deeply.

In this edition, we are spotlighting two critical issues. First, in October, we stand united for Breast Cancer Awareness Month, a time for solidarity, education, and empowerment. This is not just about statistics; it's about the lives impacted, the battles fought, and the strength of survivors who inspire us all. Then, in November, we turn our attention to the powerful work being done by Gender Affairs Nevis, as we mark the International Day for the Elimination of Violence Against Women. Their dedication to creating safe spaces and advocating for change is a cause that deserves the highest recognition.

Our news brief segment will capture the essence of 2024 with seven riveting stories, each highlighting moments that defined the year in health and wellness. These snapshots will remind you of the challenges we've faced, the victories we've celebrated, and the ongoing efforts to improve our collective well-being.

This quarter is not just an ending—it's a celebration of resilience, awareness, and the power of community.

As the year draws to a close, we extend our warmest wishes to all our readers for a joyous Christmas and a peaceful 2025. We look forward to continuing our mission of bringing you the best in health news, keeping you engaged, informed, and inspired.

With warmest regards,
Shelagh James
Editor-in-Chief Under the Scope Health Chronicles



Ms. Shelagh James
Communications Officer

Nevis Health Promotion Unit October- December Activities

October

- October-Breast Cancer Awareness Month
- 25th October-Breast Cancer Awareness Stop and Chat



November

- November 14th -World Diabetes Day
- November 14th-Diabetic Symposium



December

- 1st December-World Aids Day
- 14th December SKN Moves Nevis Chapter Appreciation Awards Ceremony and Fifth Anniversary



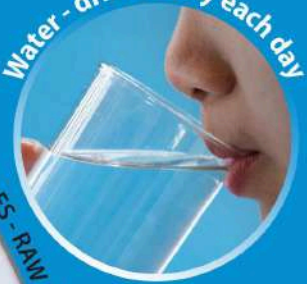
My Caribbean Plate

Choose healthy snacks between meals



STAPLES

Water - drink freely each day



VEGETABLES - RAW AND COOKED



FOOD FROM ANIMALS/LEGUMES

9-INCH PLATE



STAPLES

VEGETABLES - RAW AND COOKED

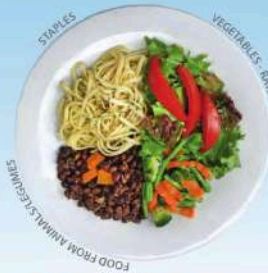
FOOD FROM ANIMALS/LEGUMES



STAPLES

VEGETABLES - RAW AND COOKED

FOOD FROM ANIMALS/LEGUMES



STAPLES

VEGETABLES - RAW AND COOKED

FOOD FROM ANIMALS/LEGUMES



STAPLES

VEGETABLES - RAW AND COOKED

FOOD FROM ANIMALS/LEGUMES

LET'S ADD VARIETY

www.carpha.org/



YouTube



AFD
AGENCE FRANÇAISE
DE DÉVELOPPEMENT



Caribbean
Public Health
Agency
CARPHA

OCTOBER

BREAST CANCER AWARENESS MONTH

Community Health Nursing Services
in collaboration with
The Nevis Health Promotion Unit



BREAST CANCER STOP AND CHAT

October, recognized globally as Breast Cancer Awareness Month, is a time dedicated to spreading essential information about breast cancer, emphasizing early detection, and offering support to those impacted by the disease. On a recent occasion at Memorial Square, Community Nursing Services in collaboration with Health Educators from the Nevis Health Promotion Unit, hosted a special Stop and Chat session, engaging the public in meaningful discussions.

The session provided an open and supportive environment where women met with healthcare professionals, address their concerns, and access valuable information about breast health. With early detection being pivotal in the fight against breast cancer, such events served as a critical platform for community education.

Organizer, Nurse Deslyn Tyson Whyte reflected on the motivation behind the initiative and expressed gratitude for the positive response it received. The event not only raised awareness but also encouraged significant conversations around self-examinations, regular screenings, and the overarching importance of maintaining breast health.

Attendees actively participated by asking questions, sharing concerns, and learning more about available resources for breast cancer prevention and care. From screenings to support groups, the Health Promotion Unit demonstrated its commitment to fostering a healthier and more informed community.

As Breast Cancer Awareness Month came to a close, the event stood as a testament to the power of education and early intervention. Such initiatives remind us that awareness, combined with action, can make a life-saving difference.



PHOTOS



VIOLENCE AGAINST
WOMEN STOPS HERE



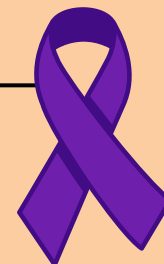
MAIN FEATURE

International Day of Elimination of Violence Against Women

Welcome to the final edition of Under the Scope – Health Chronicles for 2024! What a transformative year it has been, and as we bring the curtain down, this last quarter promises to be just as compelling, packed with stories that matter and resonate deeply. In this edition, we are spotlighting two critical issues. The theme further aligns with the 2024 priority theme of the Commission on the Status of Women, which is "Accelerating Gender Equality and Empowerment of Women and Girls" by addressing poverty, strengthening institutions, and incorporating a gender perspective into financing.



History Behind November 25th



The origin of November 25th as the International Day for the Elimination of Violence Against Women traces back to the story of the Mirabal Sisters—Patria, Minerva, and María Teresa—from the Dominican Republic. Known as "Las Mariposas" (The Butterflies), the sisters were courageous activists who opposed the brutal dictatorship of Rafael Trujillo.

On November 25, 1960, they were assassinated by Trujillo's secret police after visiting their imprisoned husbands. The attack, staged to appear as a car accident, shocked the nation and fueled resistance against the regime.

This tragic event became a symbol of the fight against gender-based violence, inspiring the global observance of November 25th. It later anchored the 16 Days of Activism Against Gender-Based Violence, a global campaign launched in 1991 to raise awareness and drive action to end violence against women and girls.

The campaign runs annually from November 25th to December 10th (Human Rights Day) and is supported by organizations like UN Women, with the 2024 theme being #PUSHFORWARD: Invest to End Violence Against Women and Girls.



In observance of the International Day for the Elimination of Violence Against Women, Under the Scope Health Chronicles recently sat down with Ms. Saros Hendrickson, a dedicated advocate and the Director of the Gender Affairs Department in Nevis. With the 2024 theme emphasizing the need for active engagement in eliminating gender inequality, Ms. Hendrickson shared insights into the department's pivotal role in addressing this critical issue within our community.

In our discussion, we examined the Days of Activism program, designed to raise awareness and encourage dialogue surrounding gender-based violence. Ms. Hendrickson highlighted the department's ongoing initiatives, and the collaborative efforts needed to create a safer, more equitable environment for all. Join us as we delve into the important work being done to combat violence against women and promote gender equality in Nevis.



The Department of Gender Affairs works collaboratively with the Department of Social Services to form a triage system addressing the complexities of domestic violence. This partnership is further strengthened by the involvement of the Police Special Victims Unit, creating a network aimed at providing comprehensive support to victims.

Despite these efforts, the scourge of domestic violence continues to rise in the Federation of St. Kitts and Nevis. While reported cases are concerning, an even greater worry lies in the countless incidents that go unreported, often leading to devastating consequences for victims—many of whom are women with young children.

A significant barrier to reporting domestic violence is the perception that such cases are not taken seriously enough by some members of law enforcement. This cultural gap within the police force has, at times, resulted in insufficient responses to ensure the safety of victims and their children, leaving a void in the protective system.



In these instances, women often turn to the Department of Gender Affairs for help. The Department plays a critical role in offering immediate assistance, providing a safe space for victims, and ensuring their needs are addressed. Once a request for help is accepted, the team diligently works alongside the victim to offer support, guidance, and protection, bridging the gap and creating a pathway to safety and recovery.

There is undoubtedly a critical gap in the system that requires urgent attention. First responders, such as Social Services, are overwhelmed and operate with minimal resources, barely scratching the surface in their efforts to provide adequate support. One glaring deficiency is the lack of a permanent place of safety for women and children fleeing domestic violence.

In addition to shelter, a comprehensive rehabilitation program is urgently needed—one that addresses the emotional, financial, and psychological needs of victims while actively working to break the cycle of domestic violence.



The reasons women remain in abusive situations are complex and multifaceted, with financial dependence often being the glue that binds them to their abusers. Children, too, are deeply affected, as they frequently witness the repeated invasions of abuse inflicted on their parent. This exposure normalizes violence as a part of life, forcing them to adopt coping mechanisms such as desensitization. Tragically, the effects of this trauma often lie dormant until early adulthood, manifesting in difficulties forming trusting and healthy relationships.

Addressing these systemic issues is imperative to ensure both immediate and long-term support for victims while preventing the intergenerational perpetuation of domestic violence.

Going forward, Ms. Hendrickson highlights several key areas crucial for driving change. These include staff training as a vital tool, establishing a reset/ transition place of safety for victims and their children, and implementing comprehensive rehabilitation services aimed to restore families and give individual psychotherapy support to the abuser.

Public awareness campaigns are equally essential, as educating communities could potentially save the life of a neighbor, friend, or relative. Tackling domestic violence cannot fall solely on the shoulders of departments; it requires a collective effort. The introduction of community-based support groups, where women empower and support one another, is another avenue worth developing. With abuse prevalent across many communities, a shared burden approach can alleviate the weight for victims and foster greater societal accountability.



As part of its commitment to addressing this issue, the Department of Gender Affairs organized a series of impactful activities to mark the 16 Days of Activism Against Gender-Based Violence, further amplifying the call to action for a violence-free society.



DATA FOR ACTION CORNER

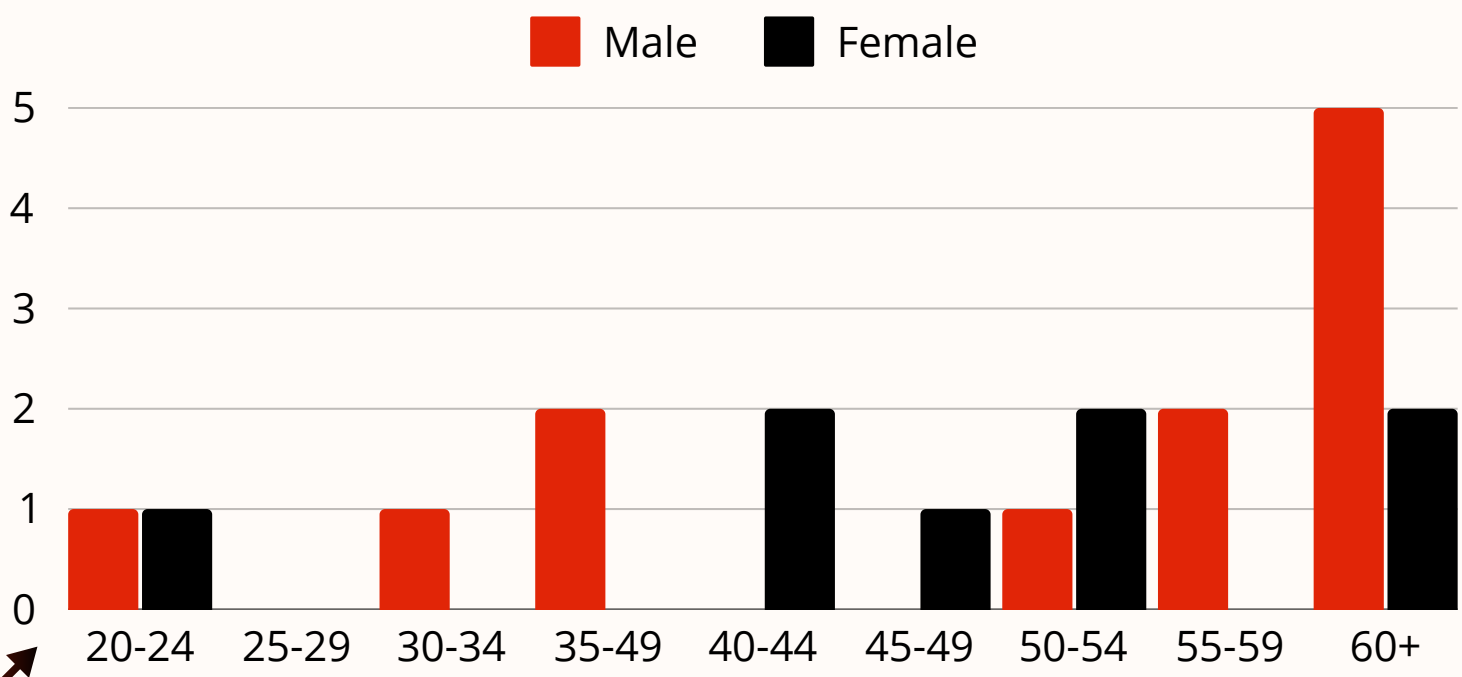
DATA MANAGEMENT TEAM

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 Reported Communicable Diseases featuring HIV Statistics.

In Nevis, the first case of Acquired Immune Deficiency Syndrome (AIDS) was diagnosed in 1987. At the end of 2023, a cumulative total of Eighty-seven (87) Human Immunodeficiency Virus (HIV) cases had been reported. Currently there are twenty (20) clients receiving care and support.

The chart below shows the number of Clients currently Receiving Care and Support in Nevis by Age Group.



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

Event- Based Surveillance

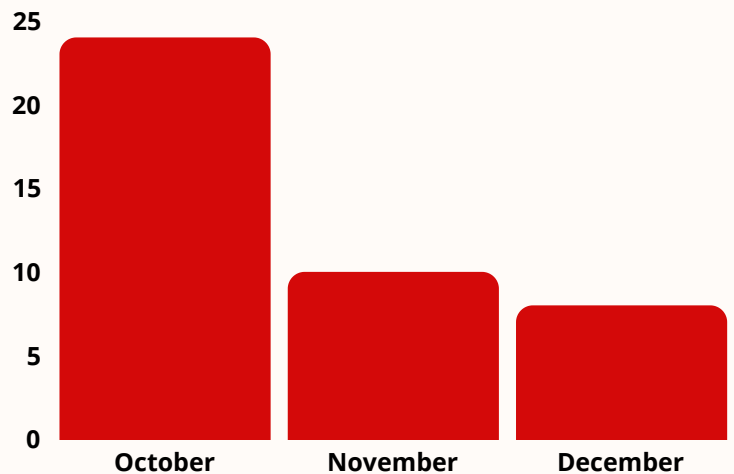
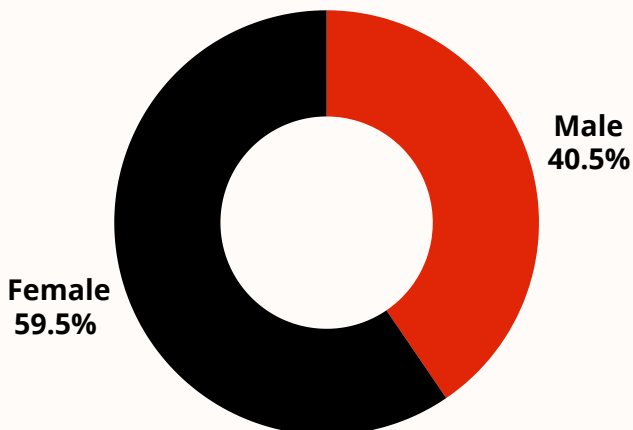
Event- Based Surveillance is based upon the reporting of unusual public health events directly to the Health Promotion Unit. This includes reports of unusual illness, unexpected outcomes and clusters of disease by Healthcare providers.



Reported Communicable Diseases October - December 2024

Syndrome	2023	2024
Bacterial Conjunctivitis	6	14
Fever & Respiratory Symptoms (ARI)	10	8
Chlamydia	0	1
Ciguatera Poisoning	8	11
COVID-19	0	2
Dengue Fever	327	7
Diarrhea	5	27
Foodborne Illness	0	1
Gastroenteritis	31	42
Gonorrhoea	0	3
Hand Foot and Mouth Disease	0	6
Influenza	1	3
Scabies	0	1

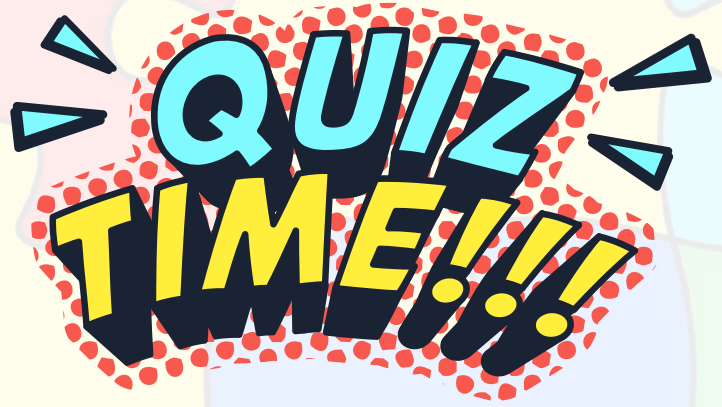
Breakdown of Gastroenteritis Cases October - December 2024



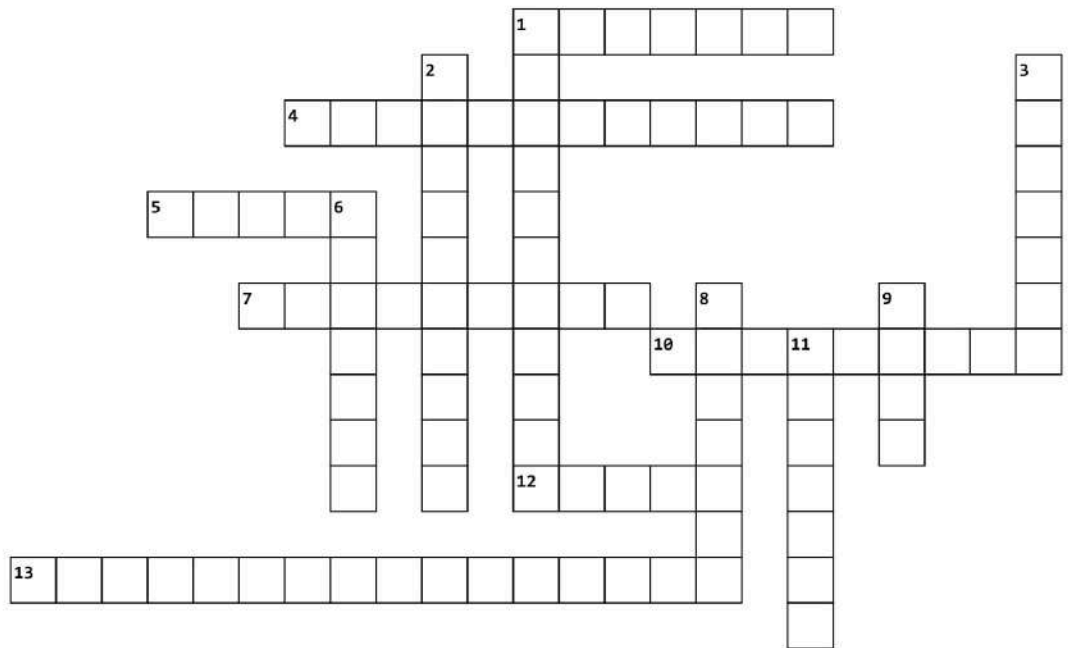
Healthy Portion Tips and Quiz



DR. HADASSAH WILLET-SARGEANT
MBBs, Bsc Biology



CROSS WORD PUZZLE



Fact or Fiction?

Microwaves do not cause cancer.

You can catch up on lost sleep.

Detox diets cleanse your body.

Shaving makes hair grow back thicker.

Across

1. Mineral crucial for bone health
4. A disease where bones become weak and brittle
5. Grain used to make couscous and pasta
7. Type of fat considered unhealthy
10. Muscle group responsible for breathing
12. Bone that protects the brain
13. Instrument used to check blood pressure

Down

1. Smallest blood vessels in the body
2. A state of prolonged sadness or loss of interest
3. A nutrient in milk that helps build strong bones
6. Tube that carries air to the lungs
8. Mental health condition involving extreme shifts in mood
9. Mineral that helps oxygen circulate in the blood
11. Nutrient that promotes muscle repair

Depression * Calcium * Capillaries * Osteoporosis * Sphygmomanometer * Skull * Iron

* Diaphragm * Calcium * Wheat * Trans-fat * Trachea * Bipolar * Protein

1. **Fact** -Microwave ovens use non-ionizing radiation, which doesn't have enough energy to alter DNA and cause cancer. They're safe when used correctly.

2. **Fiction** -While sleeping in on weekends can make you feel better, it doesn't fully reverse the negative effects of chronic sleep deprivation

3. **Fiction**-.Your liver and kidneys naturally detox your body. Most detox diets and cleanses are marketing gimmicks with little scientific backing

4. **Fiction** - Many people believe that shaving hair causes it to grow back thicker or darker. In reality, shaving only cuts the hair at the surface, giving it a blunt tip that can feel coarser, but it doesn't affect the thickness or rate of growth

BALANCED AND NOURISHED

Healthy Recipes



Ms. Oceana O'loughlin
Health Educator

Infused Water Recipes



Michael Henville
Executive Chef

Healthy Snack Recipes

Apple, Cinnamon Infused Water



Ingredients

- 8 apple cubes
- 2 sticks of cinnamon
- Fresh Water to fill your container
- 1 small bottle or jar

Directions

- Wash fruit well.
- Chop and slice ingredients as necessary, and add into a large jar or jug. Muddle ingredients and fill jar with Fresh Water. Leave in refrigerator overnight.

Chicken Salad in Baskets



Ingredients

- 1 cup diced cooked chicken
- 1/3 cup chopped mushrooms
- 2 tablespoons chopped pecans
- 2 tablespoons diced peeled apple
- 1/4 cup low fat vegetable based mayonnaise

- 1/8 teaspoon salt
- Dash pepper
- 20 slices bread
- 6 tablespoons soft vegetable oil margarine, melted
- 2 tablespoons minced fresh parsley

Directions

1. In a small bowl, combine the first 5 ingredients. Combine mayonnaise, salt and pepper; add to chicken mixture and stir to coat. Cover and refrigerate until serving.
2. Preheat oven to 350°. Cut each slice of bread with a 3-in. round cookie cutter; brush both sides with butter. Press into ungreased mini muffin cups. Bake until golden brown and crisp, 11-13 minutes.
3. Cool 3 minutes before removing from pans to wire racks to cool completely. Spoon 1 Tbsp. chicken salad into each bread basket. Cover and refrigerate up to 2 hours. Just before serving.

Watermelon, Sorrel (Hibiscus) Infused Water



Ingredients

- 10 watermelon cubes
- 1 tsp dried sorrel
- Fresh Water to fill your container
- 1 small bottle or jar

Directions

- Wash fruits well.
- Infuse for 1-4 hours in the refrigerator, then strain with a fine metal strainer before serving.

Peppermint Bark Popcorn



Ingredients

- 1/2 cup popcorn kernels (10 cups popped)
- Scant 1/2 cup)
- Few Tbsp Sprinkles (no added sugar) (optional)
- 1/2 cup good quality chocolate chips (unsweetened, no added sugar)
- 1/4 tsp peppermint extract

Instructions

- Pop kernels in a popcorn popper according to manufacturers directions, into a very large bowl. Remove un-popped kernels.
- Sprinkle with Christmas or red sprinkles if desired. Spread onto a large piece of parchment or wax paper into a single layer (add more sprinkles if desired).
- 5. In a microwave safe bowl, melt chocolate chips on 50% power in 30 second intervals, stirring after each interval until melted and smooth.
- 6. Stir peppermint extract into melted chocolate. Transfer to a piping bag (cut tip from corner) and drizzle evenly over popcorn.
- 7. Allow chocolate to set at room temperature, then break popcorn into pieces. Store in an airtight container.

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



THE RED TEAM!

Red foods have a variety health benefits and are filled with vitamins, minerals, antioxidants and plant nutrients such as: lycopene, ellagic acid, quercetin, hesperidin, fiber, vitamin A and vitamin C.

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

01. Improved Vision

Red fruits like strawberries and watermelon are rich in vitamin C and antioxidants. They promote eye health and reduce the risk of age-related macular degeneration.

02. Healthy Skin

Antioxidants in red foods also contribute to skin health. They combat signs of ageing while promoting a radiant complexion.

03. Boosted Immunity.

The presence of vitamin C in red foods enhances the immune system. They help the body fight off infections as well as illnesses.

04. Benefits for the heart

Red foods, particularly tomatoes, contain lycopene, known for its heart protective properties. Lycopene helps lower blood pressure and reduce the risk of cardiovascular diseases.

GUESS THE NAME OF THE RED FRUITS AND VEGETABLES?

• C _ A N _ E _ _ I _ S

• _ E _ T R _ _ T

• _ O _ G R _ N _ T E

• T _ M _ T O _

• W _ T E _ M _ L O _

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

Your Daily Dose of Fitness

With Michelle Sutton



Remember to
keep it
SIMPLE & BE
FLEXIBLE

IN THE NEW YEAR

(Literally...)

Flexibility is a very important aspect of your health and wellness. Flexibility refers to how well your body moves throughout its range of motion. This area of fitness is easily overlooked as it isn't advertised widely when physical fitness is being promoted. However, flexibility is a component of holistic physical fitness.

top to bottom

STRETCHING / COOLDOWN BY DAREBEE © darebee.com

Count to 10 while holding each stretch (for each side).



The benefits of a flexibility routine can add an extra bounce to your step in this new year. Some benefits are:

- decrease muscle pain and stiffness
- lower risk for fall, injuries and strains

as regular flexibility routine: can

- improved circulation
- Increased production of synovial fluid, which provides lubrication in your joints
- maintains good muscle length & elasticity

Check out the stretching routine and see how to incorporate it. When you're just starting out, aim to hold each stretch for 30 seconds.

As you become more comfortable with stretching, increase the time to one to two minutes.



NEWS IN BRIEF

"A HEALTHY WORKPLACE: PRIORITIZING MENTAL HEALTH IN THE WORKPLACE." SYMPOSIUM

As part of the ongoing World Mental Health Day observance, the Ministry of Health, Gender Affairs and Social Empowerment, in collaboration with the Behavioral Health and Wellness Centre, hosted a symposium titled "A Healthy Workplace: Prioritizing Mental Health in the Workplace."

Permanent Secretaries and Heads of Departments within the Nevis Island Administration gathered at the Disaster Management Conference Room for the informative half-day session. Featured speakers included Permanent Secretary Ms. Shelisa Martin-Clarke of the Ministry of Health, who delivered brief remarks; Mr. Oldain Claxton, Counsellor, who gave an impactful presentation on "Micro-Aggression: Navigating Oppression in the Workplace"; and Mr. Macmillan Cuffy, Counsellor, with his presentation on "Work-Life Balance: Finding the Perfect Equilibrium."

The key presentation was delivered by Mr. Kevin Barrett, Permanent Secretary in the Ministry of Human Resources, on the Employee Assistance Programme (EAP). His presentation led to productive group brainstorming sessions to explore ideas for the future implementation of the EAP, aimed at supporting employees' mental well-being.

The event underscored the importance of creating mentally healthy work environments.



#WORLDMENTALHEALTHDAY
#MENTALHEALTHMATTERS
#HEALTHYWORKPLACE #NIA
#BEHAVIORALWELLNESS



GLOBAL HANDWASHING DAY 2024

WHY ARE CLEAN HANDS STILL IMPORTANT?

On Tuesday, October 15, we came together to reaffirm the critical role of proper hand hygiene in preventing infections, especially in the context of ongoing health challenges like flu and gastroenteritis.

Why Clean Hands Matter: Infectious diseases can spread easily, particularly in our daily activities. Regular handwashing is one of the simplest yet most effective ways to protect yourself and your community.

This year's theme, **"Why are clean hands still important?"** serves as a reminder that good hand hygiene is vital, particularly after:

- **Using the Bathroom:** Handwashing helps remove germs that can spread illness.
- **Cooking and Food Preparation:** Clean hands prevent contamination and keep our food safe.
- **Caring for Others:** Washing your hands helps protect vulnerable individuals in your care.

KEY MESSAGES TO PROMOTE.

1. Wash Your Hands Regularly: Use soap and water for at least 20 seconds, especially after using the bathroom and before meals.
2. Use Hand Sanitizer: When soap and water aren't available, use an alcohol-based hand sanitizer.
3. Educate Others: Share the importance of hand hygiene with family, friends, and community members.

This Global Handwashing Day let's drive home the message that clean hands are a cornerstone of health and safety. Together, we can continue to protect ourselves and those around us by prioritizing hand hygiene.

#GLOBALHANDWASHINGDAY #CLEANHANDS #HANDHYGIENE

How to hand wash with soap and water



20 sec



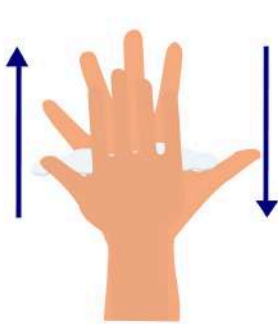
1. Wet hands with water



2. Apply enough soap to cover all hand surfaces



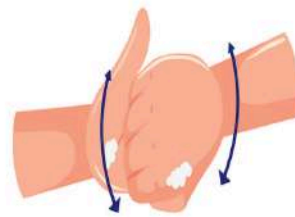
3. Rub hands palm to palm



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

WORLD STROKE DAY

LET'S BE GREATER THAN STROKE – THE CARIBBEAN WAY

In the Caribbean, sport is more than just a game—it's a part of our culture. From cricket pitches to football fields, sport brings us together and inspires us to achieve more. This World Stroke Day 2024, we're tapping into that power to drive stroke awareness and inspire each of us to take daily action to reduce our risk.

We know strokes can affect anyone, but many of us in the Caribbean are at higher risk due to factors like high blood pressure, diabetes, and lack of physical activity. It's time we changed that narrative. By adopting a healthier lifestyle and staying active, we can tackle these risks head-on.

We also need to know the signs of stroke and when to act. That's where **F.A.S.T** comes in:

- **Face** – Is one side of the face drooping?
- **Arms** – Is one arm weak or numb?
- **Speech** – Is speech slurred or difficult to understand?
- **Time** – Time to call for help immediately if you notice any of these symptoms.

EMERGENCY SERVICES CALL: 469-3333

When it comes to stroke, every second counts. The sooner you recognize the signs and take action, the better the chances of recovery. So, just like we act fast on the field, let's act fast off it too—because together, we can be #GreaterThanStroke.

This World Stroke Day let's rally around each other the way we do for our athletes. Take action, live healthier, and encourage those around you to do the same. By using the power of sport to inspire change, we're not just saving lives—we're building a stronger, healthier Caribbean.

ACT F.A.S.T

Act F.A.S.T.

Face
Is there drooping of one side of face?

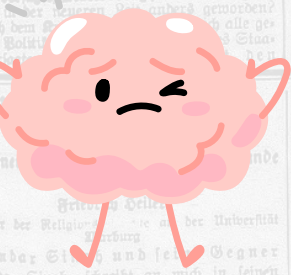
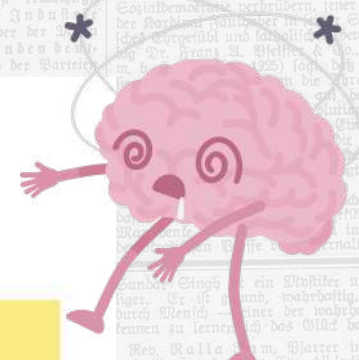
Arms
Is there weakness in one arm?

Speech
Is the speech slurred or strange?

If yes,
Immediately contact the nearest health facility

WHEN A STROKE OCCURS
Quick decisions and timely treatment may improve recovery.

Quick Treatment = Less Brain Damage



FOR PATIENTS

**Breaking Barriers
Bridging Gaps!**

WORLD DIABETES DAY 2024: RALLYING FOR HEALTH IN COMBERMERE

On Thursday, November 14th, the Franklyn Browne Community Center in Combermere came alive as the community gathered to observe World Diabetes Day under the theme "Breaking Barriers, Bridging Gaps." The day's activities highlighted the significant impact of diabetes on both physical and mental health.

Organized by co-ordinator Deslyn Tyson Whyte in collaboration with Health Promotion Unit, the event provided educational and engaging opportunities for individuals living with diabetes and those managing the condition through treatment.

The importance of a healthy diet took center stage, led by Dietitian Ms. Genesis Pemberton, who delivered an informative presentation on making smarter nutritional choices. This was followed by an interactive exercise session facilitated by Health Educator Ms. Michelle Sutton, who demonstrated practical ways to incorporate physical activity into daily routines. The audience actively participated, gaining valuable insights on how exercise can be a powerful tool in diabetes management.



The event successfully fostered a sense of unity and empowerment, encouraging participants to take proactive steps toward healthier lifestyles.

Snapshots from the day captured moments of learning, engagement, and connection, reflecting the spirit of this year's theme. Combermere's observance of World Diabetes Day served as a reminder that, together, we can break barriers and bridge gaps in diabetes care.



WORLD

AIDS DAY

1st DECEMBER 2024



“Collective Action: Sustain and Accelerate HIV Progress.”

INTRODUCTION

This year’s theme for World AIDS Day, Take the Rights Path, highlights the urgent need to protect human rights as the key to ending AIDS as a public health threat by 2030. Substantial progress in the global HIV response has been directly linked to advancements in human rights. However, gaps in rights protections and recent attacks on these rights are threatening to reverse the progress made.

To end AIDS, it is crucial to reach and support all people affected by HIV, especially those from marginalized communities. Gender equality, respect, and inclusive policies are essential. Laws and practices that discriminate, stigmatize, or punish individuals obstruct access to vital HIV services. Protecting the rights of all individuals is not only a health issue but a human rights imperative.

This campaign underscores the importance of choosing the “rights path,” emphasizing that upholding human rights is central to ending AIDS and achieving sustainable development. As World AIDS Day approaches, leaders and communities are called to take action by ensuring human rights protections for everyone.

Breaking the Silence: HIV and AIDS in the Caribbean

Facilitator: “When we talk about HIV and AIDS in the Caribbean, it’s often in whispers. Yet, the reality is that the Caribbean has one of the highest rates of HIV outside of sub-Saharan Africa. Why do you think there’s still so much stigma surrounding this issue, despite decades of awareness campaigns?”

Participant 1: “I think the stigma comes from fear and misinformation. HIV is still seen as something that happens to ‘certain people’—those who are judged for their lifestyles. But the truth is, anyone can be at risk.”

Participant 2: “Exactly. People don’t realize how widespread it is because it’s not openly discussed in families or communities. There’s a lot of silence, and that silence is dangerous because it keeps people from getting tested and treated.”

SKN Moves Nevis Chapter Appreciation Award Ceremony and 5th Anniversary



On Saturday, December 14th, 2024, the SKN Moves Nevis Chapter marked a significant milestone by hosting its inaugural Appreciation Awards Ceremony, coinciding with its fifth anniversary. The prestigious event was held at the Malcolm Guishard Visitors Center in the elegant Orchard Room and brought together committee members, sponsors, partners, and supporters in celebration of their contributions to the Chapter's success.

Award Categories and Recipients: The ceremony recognized individuals and organizations across several categories for their invaluable contributions:

• Sponsors & Partnerships:

- o Mr. Gary Wade of Nevis Spring Water
- o Mr. Winston Crooke of Bike Nevis
- o Mr. Caines of Ricaldo Caines' Law Firm
- o Nevis Air and Sea Ports Authority (NASPA)
- o Best Buy Supermarket
- o Nevis Spring Water

• Media Coverage & Support:

- o Mr. Curtis Morton and Nevis Television (NTV)

• Creatives:

- o Ms. Oceana O'Loughlin

• Volunteers:

- o Department of Youth and Sports
- o Ms. Lakeisha Rodgers

• Committee Members:

- o Mr. Dejon Liburd
- o Mr. Christopher Clarke
- o Ms. Thia Claxton

• SKN Moves Nevis Chapter Sports (Committee Choice):

- o Mr. Manuel Mills
- o Mr. Marion Brown

• Most Consistent Team:

- o St. Kitts and Nevis Defence Force Team

• Special Awards:

- o Ms. Latoya Jeffers
- o Ms. Shelisa Martin-Clarke

INTERNATIONAL DAY OF

PERSONS WITH DISABILITIES

3rd DECEMBER 2024



Theme - “Transformative Solutions for Inclusive Development: The Role of Innovation in Fueling an Accessible and Equitable World,”

On December 3rd, 2024, the global observance of World Disability Day marked a significant milestone for Nevis with the official launch of the Community-Based Rehabilitation (CBR) Center. The event was held on the beautifully manicured grounds at the Malcolm Guishard Recreational Park and brought together executive members, service users, and specially invited guests to celebrate this remarkable achievement.

Among the distinguished attendees were Senator Isalean Phillips, responsible for Social Development et al in the Federal Government; Ms. Shelisa Martin Clarke, Permanent Secretary in the Ministry of Health; Ms. Saros Hendrickson, Director of Gender Affairs in Nevis; and Ms. Mauricia Browne, Coordinator of Disability Services in St. Kitts, among others.

This year’s theme, “Transformative Solutions for Inclusive Development: The Role of Innovation in Fueling an Accessible and Equitable World,” underscores the critical intersection of health and disability. It calls for innovative approaches that ensure individuals with disabilities can access healthcare services and contribute meaningfully to their communities.

In the Caribbean, persons with disabilities often face barriers such as physical inaccessibility, limited resources, and lack of tailored health programs. The launch of the CBR Center in Nevis represents a transformative step forward—a testament to the region’s commitment to building inclusive healthcare systems. This Center will provide essential community-based services, support rehabilitation efforts, and promote independence for individuals with disabilities, ensuring they receive the care they need close to home.

Innovative solutions like telehealth services, mobile health applications, and targeted health education can complement such initiatives. These tools can extend healthcare access to remote areas, empower individuals with disabilities to manage their health proactively, and foster greater inclusivity across the region. Furthermore, inclusive community programs—such as health screenings, awareness campaigns, and rehabilitation services—are vital for early intervention and equitable care.

ST.KITTS AND NEVIS IMMUNIZATION SCHEDULE

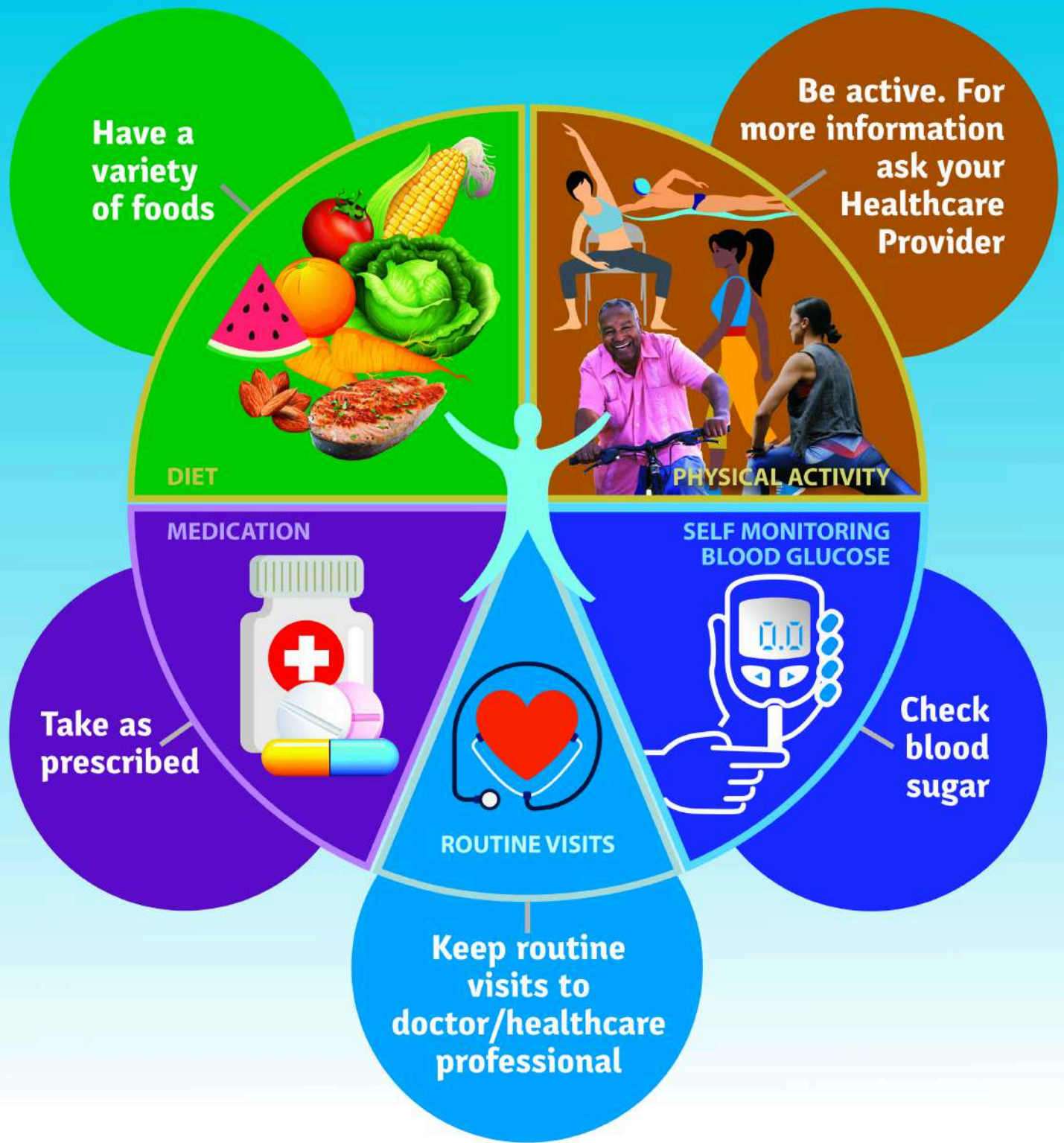
AGE	Vaccine Type
At Birth	Birth Dose Hepatitis B
0-4 weeks	BCG (Bacille Calmette Guerin)
2 Months	1st Dose - Polio Vaccine (IPV) 1st Dose - Pentavalent Vaccine (Hepatitis B + DPT + Hib)
4 Months	2nd Dose - Polio Vaccine (bOPV) 2nd Dose - Pentavalent Vaccine (Hepatitis B + DPT + Hib)
6 Months	3rd Dose - 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.”



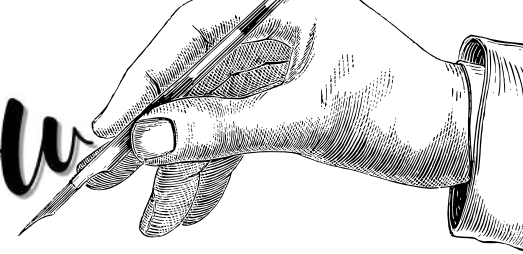
Managing my Diabetes



www.carpha.org/



In the know



Advertisements

SELF CARE

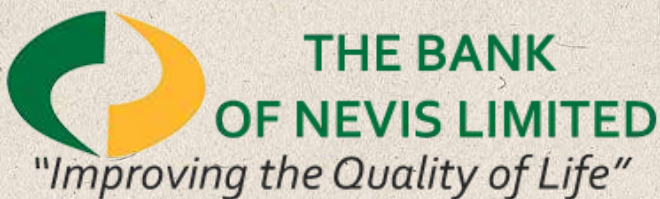


664-6540



469-1439

Sponsors



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
Ministry of Health, Parks

For Health Screenings

Contact The Nevis Health Promotion Unit at
469-8010

SERVICES AVAILABLE:

- BLOOD PRESSURE CHECKS
- BLOOD SUGAR CHECKS
- BMI
- URINE TEST
- HIV RAPID TESTING
- COUNSELLING

Welcome to our Dispensary

HOW TO USE THE DISPENSARY

Step 1
DO YOU HAVE A PRESCRIPTION?

PRESCRIPTION

- Medications are not sold over the counter
- A prescription signed by a registered physician must be presented

Step 2
IS IT FROM A GOVT. BASED HEALTH INSTITUTION?

HEALTH INSTITUTIONS

Govt-based Health Institutions:

- Alexandra Hospital and Eye Clinic
- Health Centres and Dental Clinics
- Behavioural Health and Wellness Centre

Step 3
IS THE INSTITUTION'S STAMP ON YOUR PRESCRIPTION?

STAMP

- Prescriptions must bear the institution's stamp
- Prescriptions from a private physician's office/clinic will be referred to private pharmacies

FEES APPLY!

CONTACT US

✉ alexandra.pharmacy@niagovkn.com ☎ 1-869-469-5473/4/5 ext. 1112

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

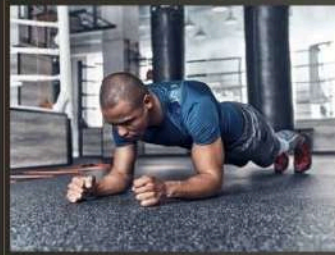
Contact Us
469-5473/5474/5475

Cost

- \$60 Adult Patients
- \$40 Pediatric 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 Fourth
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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