

Annual Report 2007

Mission Statement

The Mission of CFNI is to cooperate technically with member countries to strengthen their ability to analyze, manage and prevent the key nutritional problems and to enhance the quality of life of the people through the promotion of good nutrition and healthy lifestyle behaviour.



**Pan American
Health
Organization**

*Regional Office of the
World Health Organization*



**Caribbean Food
and Nutrition Institute**

30 April 2008

**To: The Director and Staff of the Pan American Health Organization and Member
Countries of the Caribbean Food and Nutrition Institute**

I have the honour to submit the Annual Report of the Caribbean Food and Nutrition
Institute for the year ending 31 December 2007.

Respectfully yours,

A handwritten signature in black ink, appearing to read 'Fitzroy J. Henry', written over a light blue horizontal line.

Fitzroy J. Henry
Director, CFNI

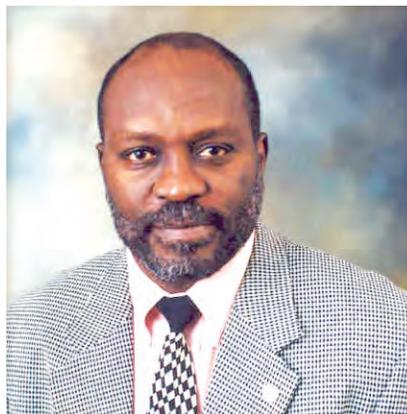
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Director's Note

Agriculture Policy, Obesity and Chronic Diseases in the Caribbean

In 2007, history was made in the Caribbean. Never before have Heads of Government come together to focus specifically and solely on the epidemic of obesity and chronic diseases. This historic meeting took place in Port of Spain, Trinidad and Tobago, on September 16, 2007 in which a commitment was made, *"to provide critical leadership required for implementing...agreed strategies for the reduction of the burden of Chronic, Non-Communicable Diseases as a central priority of the Caribbean Cooperation in Health Initiative ..."*



As a response to this landmark commitment, CFNI (with FAO) organized another historic symposium in St. Ann, Jamaica, with Ministers of Agriculture on October 9 to focus on the role of Food and Agriculture Policies in preventing Obesity and Chronic diseases. At this symposium the Ministers recalled their 1996 declaration in The Bahamas that *"Food and nutritional security in the Caribbean is also related to chronic nutritional life style diseases [NCDs] such as obesity, stroke and heart attack"*.

They further made some key declarations thus:

1. Their full support for the initiatives and mechanisms aimed at strengthening regional health and agricultural institutions, to provide critical leadership required for implementing our agreed strategies for the reduction of the burden of obesity and the chronic, non-communicable diseases.
2. Their determination to exhaust all options within regional and WTO agreements to ensure the availability and affordability of healthy foods, and further, to pursue fair trade policies in all international trade negotiations thereby promoting greater use of indigenous agricultural products and foods by our populations and reducing the negative effects of globalization on our food supply.
3. Their commitment to develop food and agriculture policies that explicitly incorporate nutritional goals including the use of dietary guidelines in designing food production strategies.
4. Their willingness to explore the development of appropriate incentives and disincentives that encourage the production and consumption of regionally produced foods, particularly fruits and vegetables.
5. Their support for the establishment of formal planning linkages between the agriculture sector and other sectors (especially, health, tourism, trade and planning) in order to ensure a more integrated and coordinated approach to policy and programme development aimed at reducing obesity.

6. Their strong support for the elimination of trans fats from our food supply using CFNI as a focal point for providing guidance and public education designed toward this end.

The meeting recognized some basic and incontestable reasons upon which to argue for a new paradigm in agriculture, building upon the production/sustainability orientation that already exists, but incorporating issues related to diets, health and nutrition. This new paradigm must begin with a fresh conceptualization of this multi-faceted problem. In addition to the above resolutions, the meeting detailed specific recommendations in the short- and medium-long term to achieve the following outcomes:

1. Laws, regulations and regulatory practices instituted that will align food imports and local production policies in the context of global trade, to the recommended population food goals.
2. The private sector is fully aware of food, nutrition and health relationships, and participates in the implementation of the dietary recommendations for the improvement of public health.
3. Agriculture food production and school feeding and other food assistance programs are integrated with a strong nutrition foundation.
4. The environment is conducive to ensuring access to healthier food choices at affordable costs to consumers while guaranteeing producers a sustainable livelihood.
5. The Caribbean is a well-known and much sought-after Good Health and Nutrition/Wellness destination.
6. The agriculture and trade sectors are highly competitive, in the domestic, regional and global markets, through technology development and improved management.

These recommendations indicate that it would be a mistake for Caribbean planners and policy-makers to focus narrowly on increasing agricultural production and productivity alone. Nutrition-related chronic diseases, linked to unbalanced diets and sedentary lifestyles, have emerged as the major causes of death in the region. These new concerns in the region make it imperative for policy-makers to reassess the role of agriculture and its relationship to health issues such as obesity and chronic diseases.

This report presents CFNI's efforts in 2007 in Policy Formulation, Human Resource Development, Surveillance/Research and Nutrition Promotion to improve the quality of life of Caribbean people through good nutrition and healthy lifestyles.

Dr. Fitzroy J. Henry
Director, CFNI

1 | *Technical Cooperation — Regional*

Planning and Policy Formulation

Food and Agriculture Policies and Obesity

As part of the activities to mark the 40th Anniversary of the Caribbean Food and Nutrition Institute (CFNI), the Institute took the initiative to recognize and affirm its long standing partnership with the Food and Agriculture Organization (FAO) through the collaboration of a one-day symposium during the Caribbean Week of Agriculture (CWA), October 2007. The symposium was linked to the horizontal component of FAO's CARIFORUM Special Program for Food Security. The Government of Jamaica hosted the CWA in collaboration with The Alliance for Sustainable Development of Agriculture and the Rural Milieu (The Alliance). The symposium was held at the Gran Bahia Principe Hotel, Runaway Bay, St. Ann, Jamaica, on the theme "Food and Agriculture Policies and Obesity: Prevention of Non-Communicable Diseases in the Caribbean".

The symposium was aimed at the region's Ministers of Agriculture and senior technical personnel in agriculture. The objectives of the symposium were to:

- Demonstrate the linkages between Agriculture/Food Policies and Obesity/NCDs using Global and Caribbean experiences.
- Show how Caribbean Food Trade Policies can be modified to positively influence Tourism and Health.

Over sixty persons attended the Symposium which was opened by Dr. The Honourable Christopher Tufton, Minister of Agriculture, Jamaica. The main keynote speaker was Prof. Prakash Shetty, who has held senior posts in health at the London School of Hygiene and Tropical Medicine, and in agriculture at the FAO. Prof. Shetty brought a truly international perspective on the issue of how agriculture policies impact on the prevention of obesity. Other presenters included Dr. Fitzroy Henry, Director, CFNI; Mr. Vincent Atkins, Senior Policy Analyst, Regional Negotiating Machinery (RNM); Mr. Hesdie Grauwdie, Agriculture Policy Analyst, FAO and Dr. Carolyn Hayle, Lecturer, UWI, Mona Campus. The presenters provided information on the impact of obesity and its co-morbidities on the health of the region as well as the opportunities for policy action to combat obesity within the current policy regime.

The main output of the symposium was a declaration of the Ministers of Agriculture supporting initiatives and mechanisms aimed at strengthening regional health and agricultural institutions, to reduce the burden of Chronic, Non-Communicable Diseases in the region. Additionally, the symposium provided a set of recommended policy actions for consideration by the Ministers in the short- medium- and long-term to address the problem of obesity in the Region.

Declaration of St. Ann

Implementing Agriculture and Food Policies to prevent Obesity and Non-Communicable Diseases (NCDs) in the Caribbean Community

We, the Ministers of Agriculture of CARICOM, meeting at the Gran Bahia Principe Hotel, Runaway Bay, St. Ann, Jamaica on 9 October 2007 on the occasion of a special Symposium on Food and Agriculture Policies and Obesity: Prevention of NCDs in the Caribbean.

Recalling the 1996 declaration in The Bahamas of the region's Ministers of Agriculture that *"Food and nutritional security in the Caribbean is also related to chronic nutritional life style diseases [NCDs] such as obesity, stroke and heart attack"*, and the 2007 Heads of Government Declaration of Port of Spain in which a commitment was made, *"to provide critical leadership required for implementing...agreed strategies for the reduction of the burden of Chronic, Non-Communicable Diseases as a central priority of the Caribbean Cooperation in Health Initiative ..."*.

Affirming the main recommendations of the Caribbean Commission on Health and Development which included strategies to prevent and control heart disease, stroke, diabetes, hypertension, obesity and cancer in the Region by addressing their causal risk factors of unhealthy diets, physical inactivity, tobacco use and alcohol abuse and strengthening our health and agricultural policies.

Impelled by a determination to reduce the suffering and burdens caused by NCDs through the promotion and implementation of effective food and agricultural policies as part of our overall development plans.

Fully convinced that the burdens of NCDs can be reduced by comprehensive and integrated preventive and control strategies at the individual, family, community, national and regional levels and through collaborative programmes, partnerships and policies supported by governments, private sectors, NGOs and our other social, regional and international partner.

Declare -

- Our full support for the initiatives and mechanisms aimed at strengthening regional health and agricultural institutions, to provide critical leadership required for implementing our agreed strategies for the reduction of the burden of Chronic, Non-Communicable Diseases as a central priority of the Caribbean Cooperation in Health Initiative Phase III (CCH III), being coordinated by the CARICOM Secretariat, with able support from the Pan American Health Organization/World Health Organization (PAHO/WHO) and other relevant partners;
- Our determination to exhaust all options within Regional and WTO agreements to ensure the availability and affordability of healthy foods;
- Our support for the efforts of the Caribbean Regional Negotiating Machinery (CRNM) to pursue fair trade policies in all international trade negotiations thereby promoting greater use of indigenous agricultural products and foods by our populations and reducing the negative effects of globalization on our food supply;
- Our commitment to develop food and agriculture policies that explicitly incorporate nutritional goals including the use of dietary guidelines in designing food production strategies;



- That we will explore the development of appropriate incentives and disincentives that encourage the production and consumption of regionally produced foods, particularly fruits and vegetables;
- That we will establish, as a matter of urgency, the programmes necessary for research and surveillance on the aspects of agricultural policy and programmes that impact on the availability and accessibility of foods that affect obesity and NCDs;
- Our support for the establishment of formal planning linkages between the agriculture sector and other sectors (especially, health, tourism, trade and planning) in order to ensure a more integrated and coordinated approach to policy and programme development aimed at reducing obesity;
- Our strong support for the elimination of trans-fats from our food supply using CFNI as a focal point for providing guidance and public education designed toward this end;
- Our support for mandating the labeling of foods or such measures necessary to indicate their nutritional content;
- That we will advocate for incentives for comprehensive public education programmes in support of wellness and increased consumption of fruits and vegetables and embrace the role of the media as a partner in all our efforts to prevent and control NCDs;
- Our continuing support for CARICOM, CFNI/PAHO, FAO, IICA and CARDI as the entities responsible for leading the development of the regional Food Security Plan for the prevention and control of NCDs, and the monitoring and evaluation of this Declaration.

World Food Day

The Institute is represented on, and actively engages in planning the activities of the World Food Day Committee in Jamaica. The Food and Agriculture Organization (Jamaica office) chairs the Committee. The theme of World Food Day in 2007 was “The Right to Food” and a seminar on this theme was held on October 16, 2007 at the Knutsford Court Hotel, Kingston, Jamaica. CFNI staff presented a paper at the seminar on the topic “**The Importance of Nutrition in the Right to Food Covenant**”. The paper highlighted three sets of observations on the region:

- First, data on food energy supply demonstrates that there is enough food to meet the recommended dietary needs of the region's population.
- Second, there is troubling imbalance in the foods that are available for consumption (an excess of fats/oils and sweeteners and a deficit in fruits and vegetables relative to recommended population goals). This translates into diets that are unhealthy and ultimately leading to the main public health problem in the region, namely, non-communicable chronic diseases.
- Finally, the presentation maintained that the right to food must be high on the region's policy-makers' agendas, but emphasized that the kinds of food that people consume are also an important set of variables in the right to food equation. These are not incompatible goals. To pursue the one without the other can have deleterious effects on individual health and individual and public health care budgets.

Meeting CARICOM Requirements for Harmonization and Reciprocity in Nutrition and Dietetics Practice in CARICOM Countries

There is an increasing awareness of the need for the development and harmonization of the titles, competencies, registration and licensure procedures for nutrition and dietetics professionals in the Caribbean. The harmonization has become necessary in light of the Caribbean's progress towards free movement of professionals within the Caribbean single space. Towards this end, in June 2007, a workshop sponsored by CFNI was held at the Holiday Inn SunSpree Resort, Montego Bay, Jamaica, as a satellite meeting of the 30th Regional Conference of the Caribbean Association of Nutritionists and Dietitians (CANDi).

Over the two-day period there were 24 participants in the workshop, which was facilitated by CFNI.

Objectives of the workshop were:

1. To decide on professional titles and qualifications for nutrition and dietetics practice in the Caribbean.
2. To agree on core competencies for entry-level Caribbean nutritionists and dietitians.
3. To harmonize the didactic education programme and supervised practicum for nutrition and dietetics training at the tertiary level.
4. To make recommendations for registration and licensure procedures of nutritionists and dietitians in the Caribbean.

The main presentations made at the workshop were:

1. *Domestic Regulations for the Provision of Services in the Caricom Single Market and Economy* presented by Mr. Timothy Odle, Deputy Programme Manager Services, CARICOM Secretariat.
2. *Regional Accreditation Initiatives* presented by Ms. Sandra Plummer, Deputy Programme Manager, Health Sector Development Section, CARICOM Secretariat.
3. *Titles, Qualifications and Definitions in Nutrition and Dietetic Professions* presented by Mrs. Patricia Thompson, Chairperson, Organizational Development, CANDi.
4. *Development of Competency Standards for Dietitians and Nutritionists* presented by Ms. Audrey Morris, Chairperson, Education and Training, CANDi.

There was also a panel discussion on *The Expanding Role of Nutrition and Dietetics in the Caribbean*. Four working group sessions were held to discuss the following issues:

- I. **Titles** - to review background information and proposal of titles for nutrition and dietetics professionals.
- II. **Competencies**: to make recommendations regarding core competencies for entry level dietitians/nutritionists in Caribbean countries.
- IIIA. **Education and Training** - to recommend strategies to be put in place for the harmonization of didactic and internship education programmes at tertiary level in the Caribbean.

IIIB. **Registration and Licensure:** to discuss the process which would lead to the harmonization of registration and licensing procedures for nutrition and dietetics personnel in Caribbean countries.

Participants commented that the sessions and discussions were very useful, that a great deal had been accomplished, and that there is a need to now solidify the decisions made in the workshop.

In their general comments participants expressed the view that the process was long overdue, but that a good start had now been made and that every effort must be made to continue to fruition. The issues brought out reflected the diversity in nutrition and dietetics practices across the region, and highlighted the work being done by CARICOM in the process of harmonization and reciprocity.

National Plans of Action on Nutrition (NPAN)

In 2007, CFNI continued to assist countries in reviewing their existing Food and Nutrition Policy and Plan of Action for Nutrition documents. The second draft of the policy and plan of action for *Dominica* was submitted and subsequently used in a workshop to finalize the document. A third draft is in preparation and will be completed early in 2008. *Bahamas, Grenada, Montserrat*, and the *Turks and Caicos* Islands were also assisted with the revision of their National Food and Nutrition Policies and Plans of Action which were previously submitted but needed updating as a few years had passed since the first submission. Draft documents for all four countries were developed but further information received needs to be included in the next drafts. Both *Montserrat* and *Bahamas* will conduct national consultations on the policies in early 2008. The *Anguilla* National Food and Nutrition Policy and Plan of Action is awaiting submission to Cabinet. There was continued assistance to Jamaica in the development of their National Policy and Plan of Action and the process will continue in 2008 until the document is finalized.

CFNI also continued to support the multisectoral approach to planning and implementation by enhancing capacities of the members of the existing and new National Food and Nutrition Councils. Training was conducted with the Councils in *St. Vincent and the Grenadines; Dominica*; and the *British Virgin Islands*. Further training has been scheduled for 2008 for those countries and *Anguilla; Montserrat; Belize; Bahamas*; and the *Turks and Caicos Islands*.

**STATUS OF NATIONAL FOOD AND NUTRITION POLICIES AND PLANS OF ACTION
FOR NUTRITION IN CFNI MEMBER COUNTRIES – 2007**

Country	Food and Nutrition Policies and Plans of Action	Status*	National Food and Nutrition Security Councils
Anguilla	YES	2	NO
Antigua and Barbuda	YES	3	NO
Bahamas	YES	4	NO
Barbados	NO	5	NO
Belize	YES	1	YES
British Virgin Islands	YES	1	YES
Cayman Islands	NO	5	NO
Dominica	YES	3	YES
Grenada	YES	3	YES
Guyana	NO	5	NO
Jamaica	NO	4	NO
Montserrat	YES	4	NO
St. Christopher and Nevis	YES	2	NO
Saint Lucia	NO	5	NO
St. Vincent and the Grenadines	YES	1	YES
Suriname	NO	5	NO
Trinidad and Tobago	YES	3	NO
Turks and Caicos Islands	YES	3	NO

*1 - Accepted by Cabinet/Executive Council

*2 - Submitted to Permanent Secretary for submission to Cabinet/Executive Council

*3 - Final document being collated

*4 - Policy and Plan of Action being developed/revised

*5 - No request for the revision or development of national policies



Food Security

In 2007, the Institute completed all activities related to the food security project in collaboration with the Food and Agriculture Organization (FAO) in its Special Program for Food Security in CARIFORUM Countries. The deliverables included:

- An Overview of Food Security in the CARIFORUM countries.
- Food Security Assessments and Vulnerability Profiling for Jamaica and Saint Lucia.
- Regional and national level training in food security and poverty analyses in five countries.
- Identification of Inter-sectoral Entry Points for Policy Development.
- Food Security Assessment and Vulnerability Analysis for Belize.

Overview of Food Security in the CARIFORUM Countries

- The Overview Report provided information on the current status of food and nutrition security in the CARIFORUM (CARICOM and Dominican Republic) countries: The data on food security reveal:
 - Regionally, total food caloric availability (calories/caput/day) has been increasing since the 1960s, and is in excess of Recommended Population Goals (RPG). The supply of fruits and vegetables, though increasing sharply over successive decades, consistently fell below RPG throughout the review period, with only a few countries in excess of RPG. Fats and sweeteners availability is above RPG and this is a concern in the region given increasing prevalence of overweight and obesity. Food imports constitute an important source of food availability. The region's food import bill was US\$1.553 billion in 1995 and US\$2.409 billion in 2004, an increase of 55.1 percent in eight years. With the exception of Belize and Guyana, the region is a net importer of food.
 - Although food deprivation has been decreasing in most CARIFORUM countries, the total number of persons is relatively high-6.686 million in 2001-03, with Haiti and the Dominican Republic accounting for 6.1 million, and the rest of the Caribbean 586,000. Estimates of a low cost nutritionally balanced basket of foods in relation to the minimum wage suggested increased accessibility to food in countries for which data were analyzed. However, unemployment, poverty and income inequality in the region could counter this general finding. Official unemployment among thirteen of CARIFORUM countries between 2000 and 2005 ranged from 8 to 23% and Gini coefficients (a measure of income inequality) indicate relatively high levels of income inequality in the region, some among the highest in the world.
 - For most countries in the region for which trend data are available the rates of undernourished children under five years old have been decreasing over the past decade. Anaemia among children is the most common micronutrient deficiency in the region. Relatedly, nutrition related non-communicable diseases (NCDs)-diabetes, high blood pressure, stroke, heart diseases, and some forms of cancers-are the major public health problems and account for most deaths in the region. A main risk factor in these diseases is obesity, which is prevalent in the region. The highest proportion of obesity is among adults 35 years and older. However, lower age groups-18-34-also show obesity rates that range between 8-20 percent. Surveillance data on children and adolescents also show that children overweight and obese account for up to 15% of this group in various countries.

- The Overview Report concluded that food security in the region is compromised not by lack of food availability, but by inadequate access to foods and dietary patterns that adversely impact on nutritional status.
- Finally, the Report suggested some key programming and policy options to address the food and nutrition problems in the region. The suggested actions should not be seen as “quick-fix” solutions but as comprehensive and long-term in nature and involving the participation of all stakeholders, including the private sector and civil society and partnerships among regional and international agencies.

Food Security Assessments and Vulnerability Profiling for Jamaica and Saint Lucia

- The studies on Saint Lucia and Jamaica profiled selected vulnerable livelihoods with a view to inform policy and programming interventions for addressing the food insecurity vulnerability situation faced by these groups. Five vulnerable livelihoods were profiled in Saint Lucia (Urban/peri-urban poor, Hotel workers, Construction workers, Banana farmers, and Fisher folk) and four in Jamaica (Inner City Poor, Subsistence Farmers, Sugar Workers and Fisher Folk). Together, these livelihoods comprise 18.5% and 14.5% of the Jamaican and Saint Lucian populations, respectively. These livelihoods are all characterized by very limited resources which reduce the capacity to achieve food security. Moreover, limited assets restrict choices and constrain the livelihoods' resilience to situation of stress. The findings of these studies were presented at national consultation workshops in the two countries respectively.
- Extensive field work was conducted in preparation for the food security assessments in Jamaica and Saint Lucia. Both qualitative (focus group discussions) and quantitative (household surveys) data were collected. The data collection process followed best practices, including training, adherence to rigorous statistical procedures and ensuring strict quality control of the data collected.

Regional and National Level Training in Food Security and Poverty Analyses in Five Countries

- CFNI, in collaboration with the FAO and stakeholders at the national level (principally, the Agriculture Ministries) conducted two sets of training workshops to enhance the capacity of mid-level government officials in the area of food and nutrition security. The first training was a regional level workshop held in Trinidad and Tobago over four days. The second set of training, the national level training, was held in Guyana, Suriname, Saint Lucia, Jamaica and Belize. To support these training workshops, CFNI prepared a curriculum, training course and supporting training materials on food security and related topics.

Identification of Inter-sectoral Entry Points for Policy Development

- The Institute also identified inter-sectoral entry points at the national level with capacity to disseminate and take actions on the recommendations of the food security assessments that were conducted in Guyana, Suriname, Saint Lucia, Jamaica and Belize. Of the five countries only Belize has an established and functioning inter-sectoral coordinating mechanism that has been actively promoting food security issues in Belize. For the other countries, given the level of interest observed and their existing collaborations with FAO, the recommendation was to give ownership of the food security assessments to the Ministry of Agriculture, respectively, in Guyana, Suriname and Saint Lucia. In the case of Jamaica, ownership should be given to the Ministries of Health and Agriculture.

Food Security Assessment and Vulnerability Analysis for Belize

- The study on Belize concluded that the Belizean economy has performed well in the past compared to other Caribbean economies, but recent growth performance has not been impressive. The economy is still heavily dependent on the agricultural sector for income and employment, although recent expansion in tourism and non-traditional agricultural exports are encouraging signs that policy-makers appreciate the need for diversification of the economy. Although there is adequate availability of food calories to meet recommended population goals (RPG) of the Belizean population, there is an over-supply of fats/oils and sweeteners which has serious health implications in light of increasing overweight and obesity in the Belizean population. Food security of the population is threatened by high levels of poverty and income inequality. The following four factors are identified as the principal sources of Belize's vulnerability to food insecurity at the national level:
 1. Exposure to natural disasters
 2. Economic vulnerability
 3. Fiscal vulnerabilities
 4. Social vulnerabilities.

Food Security and Vulnerability Profiling in St Vincent and the Grenadines

- Arising out of the findings of a 1996 Caribbean Development Bank (CDB) Poverty Assessment Survey which suggested that some 31% of households (or 37% of the population) were below the poverty line and that 20% of the households were indigent, the Ministry of Health requested the assistance of CFNI to undertake a food security and vulnerability profiling study of three communities that were identified as being among the poorest. This was as a collaborative effort between CFNI and Ministry of Health and other government agencies in St. Vincent and the Grenadines. CFNI provided technical assistance in developing the sample design and instruments and provided training for the data collectors and data entry personnel in St. Vincent and the Grenadines.

The objectives of this study were:

- To describe the demographic characteristics of the communities.
- To assess the vulnerability and food security status of the communities.
- To assess the abilities of the communities to cope with or recover from shocks.
- To identify the risks factors that negatively impact food security of these communities.
- To identify the opportunities that can help these communities to improve their food security status.
- Based on the findings of the poverty survey three communities (two rural and one urban) were selected for study. A sample of fifty households was systematically selected from each community and both qualitative and quantitative studies were conducted. The findings indicate that more than half of the households surveyed consisted of at least four persons and the majority of persons had attained only a primary level of education. Approximately one half of the households reported that the head was unemployed at the time of the survey.
- Most respondents (66%) reported they were able to access three or more meals per day and only 3% reported only one meal per day. There were differences between the urban community and the two rural communities in that 67% of rural households reported that they missed a meal because of insufficient funds. This compares with 17% in the urban community.

- One notable feature of the reported food consumption patterns was the fact that vegetable consumption was relatively infrequent, with most persons reporting that they consumed vegetables only on a monthly basis.
- These preliminary findings were discussed with the communities with a view to identifying possible areas for intervention.

Institutional Dietetics Services

The development and delivery of institutional dietetics services in the region remained an area of significant interest as depicted in the technical cooperation requests, although the strides made in 2007 to a more functionally relevant service were modest.

Nine of our member countries, Anguilla, Barbados, British Virgin Islands, Grenada, Guyana, Jamaica, Montserrat, St. Vincent and the Grenadines and St. Christopher and Nevis requested CFNI's technical assistance with either their hospital dietetic services, school feeding or both in 2007. The requests sought to address three core areas, viz:

1. the development of standards: Anguilla (menus), British Virgin Islands (standardized recipes), Grenada (menus), Jamaica (operational), St Vincent (operational);
2. assessment of services (Guyana – patient profile data), Jamaica (project hospitals) delivery of a more technical, methodical and controlled services through the;
 - establishment of standardized systems (Montserrat, St. Vincent and the Grenadines, Guyana)
 - training of dietetic and other relevant personnel – (regional foodservice supervisor training programme in Barbados and in-service training in St Vincent and the Grenadines and the British Virgin Islands)
 - implementation of improved administrative and or clinical dietetic subsystems (Montserrat, British Virgin Islands).

Guyana

An in-country visit was organized to assess progress with improvements to hospital dietetic services at West Demerara Hospital.

A preliminary meeting was convened with selected Senior Hospital Managers and the Regional Health Officer. Subsequent discussions were conducted with the Director, Food Policy Unit and the Foodservice Supervisors. Additionally, observation of the operations as well as documentation of dietetic data, specifically diet prescriptions, mealcensus and production forecasts, were noted. A report, including recommendations, was prepared and forwarded to the Ministry of Health.

Antigua and Barbuda and Barbuda

The local dietetics professionals and other stakeholders began having discussions toward establishing a food bank that could provide tangible support to assist HIV+ individuals with meeting their nutritional needs. CFNI prepared and disseminated some preliminary suggestions for the team's consideration.

Montserrat

The Ministry of Health in Montserrat expressed further interest in improving its national dietetic services. CFNI drafted a Dietetic Technician job description for consideration by the Ministry.

Work continued on the development of meal standards in Anguilla, British Virgin Islands, Grenada, Montserrat and Guyana. Most of these countries utilized basic anthropometric and clinical data to develop nutritional profile(s) of their clientele as the basis for establishing core nutrient standards, for example, calories, protein, iron and sodium. In preparation for the implementation of these nutrient standards, the menus and recipes used to produce patients' meals were being collated as most of these countries are without written guidelines (menus and recipes) to direct the delivery of appropriate quality of meals.

Operational and procedural standards to support the implementation of nutritional standards also received attention in 2007. St. Vincent and the Grenadines, Montserrat and Anguilla continued their research and preparation of procedural standards for various foodservice systems. This area continued to pose many challenges given the sparse scientific information and limited resources (human, facility and financial) allotted to these services in the Caribbean. These countries plan to complete the development of 3-5 core areas for 2008.

Three countries – Guyana, Jamaica and Montserrat were intent on collecting patient profile data. While this was initiated in all three countries it was completed only in Montserrat and the data used to set nutrient standards for the review and standardization of the meal service. The data in Montserrat showed an overall high level of obesity (mean BMI of 32) among the persons admitted to hospital which underscores the need to ensure that meals served in hospitals as well as the interaction with the patients contribute to the development of a conducive environment that promotes healthy eating for weight reduction and reinforces positive practices for a healthier population.

Plans continued for the evaluation of the school feeding programme in Grenada. The school feeding evaluation committee was established, proposal and plans of actions for the evaluation were revised, schools list updated and sample selection done. The evaluation of the programme, inclusive of preparation and dissemination of the report, is scheduled for completion in the 2007-2008 school year.

Two reports pertaining to school feeding were prepared in 2007. The report of the evaluation of the St. Vincent and the Grenadines Nutrition Support Programme was circulated for external review and comments prior to its finalization. Comments were received from St. Vincent and the Grenadines and the report is currently being finalized to be dispatched for a consultation meeting in the first quarter of 2008. The second report addressed training of primary and secondary schools in Jamaica in the use of the menu, recipe and operational manual from the pilot to the reform of the Jamaica School Feeding programme. At these workshops, data were collected on the status of school feeding across the island. Findings and recommendations were compiled and included in the training report. This was done in collaboration with the School Feeding Unit in the Ministry of Education.

The data collected from Anguilla, British Virgin Islands, Grenada, Guyana, Montserrat and St. Vincent and the Grenadines through the rapid assessment of core dietetics services survey in 2006 continued to be analyzed towards the preparation of relevant manuscripts with recommendations for improvement of these services specific to the region. Efforts were made to collect data from Jamaica and Belize in order to obtain a more comprehensive status of dietetics services and needs in the region. These plans have been extended to 2008.

As countries continue to assess their institutional dietetic services and develop nutritional and operational standards, they shift towards the delivery of a more systematic and improved dietetic service that is standardized, technically sound, methodical and better controlled. Often, expert consultation is required for the integration and upgrading of the services at the point of delivery. In Guyana, there were technical visits to conduct on-site assessment and make specific recommendations for the improvement of the meal production system. British Virgin Islands was scheduled for on-site assessment of their readiness for implementation of standardized recipes to

meet the established nutrient standards specific to their patient population. These activities will continue into 2008.

Access to and utilization of adequate human resources in dietetics continued to be a major challenge. As such it is believed that there is need to strengthen both the technical and semi-technical personnel in this area. Hence, exploratory discussions continued towards the identification of a host educational institution for a region-wide certified foodservice supervisors training course in 2007. Discussions commenced with the National Nutrition Coordinator in Barbados but were postponed pending the outcome of further in-country deliberations. It is hoped that discussions will resume in 2008 to concretize interest, establish feasibility and embark on a plan for training foodservice supervisors in the region.

In-service training in dietetics took place in Jamaica for the dietetics and nutrition interns in the Ministry of Health on a methodology for determination of human resource needs for the delivery of dietetic services in institutions. A PowerPoint presentation supported this training. Clinical dietetics services were addressed through the training of dietetics and nutrition staff, also in the Ministry of Health, in the identification and management of dysphagia. It is believed that dysphagia is a silent challenge that has gone undetected when trying to meet patients' nutritional needs. The strengthening of dietetics personnel skills in this area should enhance the potential for improved nutritional outcome in these patients. While CFNI conceptualized and structured the workshop that was hosted by the Ministry of Health, it was undertaken collaboratively with a speech pathologist contracted through the Ministry.

Technical support continued to be provided to the Early Childhood Commission (ECC) and Early Childhood Development-Child Nutrition Committee (ECD-CNC) in Jamaica after the pilot, in preparation for the roll-out of the activity to all early childhood institutions across the island. Specific activities included:

1. Preparation and final technical edit of the foodservice component of the operations manual for ECC institutions.
2. Technical review of recipe manual for the ECD-CNC project: Nutrient analysis of selected recipes, retesting and standardization of recipes, recalculation of portions and yields in keeping with nutrient standards, simplification of the recipes to include numerical steps, equipment and time, formatting of the document for general, vegetarian and emergency menus and substitution recipes.
3. Identification and testing of substitution and other recipes for the Early Childhood Institutions in Jamaica in completion of the recipe manual for the ECD-CNC project.

To be done in 2008

1. Finalize the preparation and disseminate a concept paper on setting meal standards for institutions. Meal standards will include target nutrients, menus, and recipes (with yield and portions).
2. Revise and document the methodology for systematically updating and reporting on availability of nutrition and dietetic expertise in the Caribbean.
3. Prepare document on the determination of human resource needs in dietetics services in the Caribbean.

Discussions were initiated with Montserrat on measures to improve their school feeding programme. There was interest in developing menus and testing recipes appropriate to the nutritional needs of these students. This will be addressed in more detail in 2008. A proposal was developed and plans advanced to assess meals available to school children in Trinidad and Tobago.

Technical Cooperation Planning/Conference of Nutrition Coordinators

The 2007 Conference of National Nutrition Coordinators was hosted by the Ministry of Health, Saint Lucia, in Castries over the period November 27-30, 2007. The theme of the conference was "Towards a Regional Food and Nutrition Security Strategy".

This conference is CFNI's major planning forum for planning technical cooperation activities in the area of food and nutrition in the region for the upcoming year. It provides the opportunity to share in technical updates and experiences on selected areas in food and nutrition programmes and management. The objectives of the 2007 Conference were to:

1. Identify strategies and key elements to improve food and nutrition planning in the region.
2. Present the rationale for the food and nutrition security strategy.
3. Present and discuss the findings and implications of Food Security Assessments in the Region.
4. Identify interventions at the national level to address food insecurity and vulnerability.
5. Plan the Caribbean Nutrition Agenda for 2008.
6. Celebrate the winners of regional food and nutrition competitions.

The Opening Ceremony on 27 November, was chaired by Mr. Dudley Auguste, Acting Permanent Secretary in the Ministry of Agriculture, and Opening Remarks made by Dr. Fitzroy Henry, Director of CFNI. Greetings were brought by Ms. Norma Maynard, Past President of the Caribbean Association of Home Economists, Ms. Rosalee Brown, President of the Caribbean Association of Nutritionists and Dietitians, and Dr. L. Barbara Graham, Sub-Regional Representative of the Food and Agriculture Organization (FAO). The Hon. Keith Mondesir, Minister of Health delivered the Feature Address and officially opened the conference.

During the remaining four days of the conference, presentations were made under a number of thematic areas:

- Food and Nutrition Planning and Programming – where the outcomes of a number of regional consultations on Nutrition-Related Chronic Diseases and the impact of agriculture policies were outlined. Also in this session, PAHO's Food and Nutrition Strategy and INCAP's Food Security Strategy were presented and discussed.
- Food Security Situation and Actions - Presentations in this session gave an overview of the regional food security situation and Dr. Graham outlined the FAO's programmes and plans for enhancing regional food and nutrition security. CFNI also presented for discussion some of the issues relating to promoting multisectoral planning in the region.
- Food Security Assessments - The presentations in this part of the programme highlighted the methods and key findings of recently concluded food security assessments in Belize, Saint Lucia and Jamaica.
- Case Study on Food Security Assessment - Further details of the findings from the Saint Lucia study were presented and discussed with a view to identifying possible areas for follow-up actions.

Another important aim of the Coordinators' Conferences was to celebrate winners of the Institute's regional school nutrition quiz and the regional promotion awards. The Awards dinner was held on Wednesday, November 28 at the Royal Conference Room. This ceremony

was attended by dignitaries including Government Ministers, Permanent Secretaries and senior programme officers in the Ministries of Health, Education and Agriculture in Saint Lucia as well as representatives from regional institutions and relevant associations.

In the Food and Nutrition Quiz Competition, the team from Barbados, represented by the Christ Church Foundation School, won the first place with the teams from Belize and Saint Lucia, gaining 2nd and 3rd place respectively. Cheyenne Hendrickson, of Brigado Flax Educational Centre, British Virgin Islands was the Individual Champion.

Winners in the regional promotion competition were:

- ✓ 1st Place - Ministry of Health, Jamaica
Intervention for Adolescents
- ✓ 2nd Place - Adventist Health Professional Association, Bahamas
Raising the Standard from Super Size to Super Health Kids
- ✓ 3rd Place - Ministry of Health, Saint Lucia
Skip for Health.

The Nutrition Coordinators identified priority activities within their food and nutrition programmes for technical cooperation with CFNI in 2008. These requests by country are set out in the table that follows.

Country	Assistance
Anguilla	Post Harvest Technology/Marketing Anaemia Food and Nutrition Policy
Antigua and Barbuda	Food and Nutrition Surveillance Systems Food Based Dietary Guidelines
Bahamas	Obesity Prevention in Schools Food and Nutrition Policy Institutional Dietetics (curriculum development) Food Based Dietary Guidelines Nutrient Cost Analysis
Barbados	Institutional Dietetics (Hospital) Young Child Feeding Nutrient Cost Analysis Food and Nutrition Surveillance

Country	Assistance
Belize	Food and Nutrition Policy Institutional Dietetics (Hospital) Food Based Dietary Guidelines Dietary management of Nutrition Related Chronic Diseases Food and Nutrition Surveillance
British Virgin Islands	Project Lifestyle National Food and Nutrition Policy Institutional Dietetics (Hospitals and Schools)
Cayman Islands	Dietary intake and physical activity survey
Dominica	Anemia prevention and control Food and Nutrition Policy Dietary management of Nutrition related Chronic Diseases
Grenada	Institutional dietetics (Hospitals and Schools) Dietary management of Nutrition related Chronic Diseases Nutrient Cost analysis
Guyana	Prevention and control of Anaemia Micronutrient Survey Institutional Dietetics (Schools) Food Based Dietary Guidelines Food and Nutrition Surveillance Nutrition Risk Mapping
Jamaica	Training of Nutrition/Dietetic Students Food Safety Food and Nutrition Surveillance Institutional Dietetics (Hospital and Schools) Food and Nutrition Security Policy Nutrient Cost Analysis
Montserrat	Food and Nutrition Policy Adolescent Health Survey Institutional Dietetics (Hospital) Dietary management of Nutrition related Chronic Diseases Food Consumption Survey
St. Christopher and Nevis	Food and Nutrition Surveillance Food Based Dietary Guidelines
Saint Lucia	Food and Nutrition Policy
St. Vincent and the Grenadines	Food and Nutrition Policy Institutional Dietetics (Hospitals and Schools) Nutrient Cost Analysis Food Consumption Survey
Turks and Caicos Islands	Food and Nutrition Policy Food Security

Preventing Diabetes and Other Chronic Diseases Through a School-Based Behavioural Intervention in Caribbean Countries

As part of the on-going efforts to reduce the incidence of obesity and the related diseases, CFNI embarked on a project entitled "Preventing Diabetes and other Chronic Diseases through a schools-based behavioural intervention in four Caribbean Countries". The project is partially funded by the World Diabetes Foundation and will be conducted over the period 2007-2011 in St. Christopher and Nevis, Trinidad and Tobago, Grenada and St. Vincent and the Grenadines. The project targets a cohort of students in Grade 7 (Form 1) who will be followed through to Grades 8 and 9 (Forms 2 and 3) for three years. Two schools will serve as intervention schools and two as control schools in each country.

The overall goal of the project is to improve the nutrition and health status of children in schools in four countries of the Caribbean. The project will promote the adoption of healthy lifestyle behaviours in children in selected schools specifically as it relates to the improvement of their dietary habits and physical activity patterns. It will focus on instilling knowledge, skills and providing motivation for adopting these positive behaviours. More specifically the project will:

1. Evaluate the effectiveness of the intervention to improve diet and physical activity behaviours in school children.
2. Improve the diet and physical activity patterns among school children.

During 2007, CFNI made preparations for the implementation of the above project and Phase I (Problem Assessment) was almost complete with the conduct of the Needs Assessment Survey in the four schools in each of the four countries. Before the assessment, sensitization seminars were held with key stakeholders and school staff in all the selected schools. The Needs Assessment was conducted to describe the prevailing knowledge, attitude, practices in relation to nutrition and physical activity in the school environment. The information will be used to guide the design and implementation of interventions. Needs assessments were conducted using a mix of Focus Group Discussions, Key Informant Interviews; Curricula Review and administration of a questionnaire with curriculum officers, principals, and Forms 1-3/Grades 7-9 teachers and children. In 2008, Phase II (Materials Development) and Phase III (Interventions with school children and refresher training for teachers) will be implemented.

Data analysis and report preparation are in development for the Needs Assessment Survey.

Healthcare Workers' Awareness of Stigma and Discrimination Towards Persons Living With HIV/AIDS (PLWHA)

Healthcare workers (HCW) from varied professions are required to be involved in provision of comprehensive treatment and care to persons living with HIV/AIDS (PLWHA). Workshops were conducted to orient HCW to the nutritional management of HIV and AIDS. A secondary objective of these workshops was “to help healthcare workers recognize negative views that they may have towards PLWHA thereby increasing their awareness and reducing their attitudes of stigma and discrimination.” This was done by administering a ten-statement questionnaire before and after each workshop. Each participant evaluated his/her personal feelings about interfacing with PLWHA.

Involvement in and discussions during the workshops allowed the participants to express their feelings and for many, this change in attitude emerged. There was a positive shift in participants' awareness of their feelings suggesting that this may contribute to a reduction of stigma towards PLWHA. This was demonstrated especially in the comfort level to treating people with HIV. This could be interpreted as being the effect of the training because the healthcare workers felt more empowered and equipped to deal with persons with HIV. Another important shift was seen in the comfort level of their children playing with an HIV+ child and being treated by an HIV-infected healthcare worker.

Notwithstanding these changes in attitude at that time, there still seems to be some “hidden stigma” when it comes to activities outside the health system. For example, there was no change in the percentage of responses regarding how participants felt about HIV-infected teachers continuing to teach their children. Additionally, participants' views remained unchanged about buying food at a shop where the shopkeeper was HIV+.

The outcome of these surveys indicated that healthcare workers can be encouraged to treat PLWHA with dignity. These nutrition workshops provided opportunities for open discussion on issues that could affect the quality of care provided to PLWHA. We recommend that all “Staff Development Programs” for healthcare workers should include a component relating to stigma and discrimination to help increase participants' self awareness and contribute to improvements with client-provider relationship and quality of care.

The final report of the study was included in the final project report at the end of 2007 and a scientific paper, **Healthcare workers' awareness of stigma and discrimination toward Persons Living with HIV/AIDS - a Caribbean Evaluation**, is being prepared for publication in 2008.

Nutrition and HIV/AIDS

The PowerPoint slides that were used during the training workshops with laypersons as well as healthcare providers were edited for uploading to the CFNI website, and the seven user-friendly thematic booklets were finalized. These will be distributed early in 2008. The titles are:

- Dietary Tips for Coping with Problems that Could Affect Your Nutritional Health
- What is Good Nutrition for HIV
- Keeping Healthy and Living with HIV
- Food Safety and Hygiene
- About Nutrition and HIV
- Getting the Best from Your Food and Drugs
- Planning a Healthy Diet.

The CIDA-funded project, **“Combating HIV/AIDS Through Nutrition in the Caribbean:**

A Low-Cost Option with High Benefits", ended in September 2007 after a one-year "no cost" extension was granted. The main focus during 2007 was qualitative and quantitative Outcome Evaluation activities and preparation of the final project report. The stated project outcomes were:

1. Improved dietary and food safety practices of PLWHA and their lay caregivers.
2. Improved nutritional care practices, including referrals for consultations, by HCW.
3. WHO infant feeding recommendations adapted in the development of national infant feeding policy to prevent MTCT (of HIV).
4. Alliances with other healthcare workers, PLWHA, community groups and institutions established or strengthened.

Qualitative and quantitative surveys were used to obtain participants' feedback to determine the outcomes of this project. Qualitatively, focus group discussions, key informant interviews were conducted with a sample from each target group. These were conducted by CFNI technical staff in nine territories, namely Barbados, St. Vincent and the Grenadines, Antigua and Barbuda, Belize, Guyana, Jamaica, Suriname and one group each in Trinidad and Tobago. Quantitatively, each participant was asked to complete the relevant self-administered questionnaire that was developed for the target group. These were dispatched and returned to CFNI through a Ministry of Health-appointed focal person.

Questionnaire responses were received from participants in fifteen (15) countries. No responses were received from three countries, namely Grenada, British Virgin Islands and Jamaica. Staff turnover in British Virgin Islands and Grenada as well as technical and logistical issues in Jamaica presented great challenges. Additionally, many focal persons reported that they were unable to contact a number of the lay participants for varied reasons including death.

A total of one hundred and forty-nine (37%) of four hundred and eight lay participants responded. Ninety eight (66%) were females and the predominant age group was between 25-50 years followed by persons over 50 years, then those who reported that they were under 25 years of age. Forty-four (30%) of these respondents stated that they are HIV+ and 62 (42%) indicated that they are lay care-providers. Almost all respondents (147) indicated that they had access to nutrition and HIV information from the Handbook. A majority of respondents indicated that they are independent about making choices regarding food purchasing (105/70%); food preparation (101/68%); the amount of food that is eaten (121/81%) and the frequency of meals (128/86%). Between 7- 32 persons (5 to 21%) reported that they depended on others to provide for or assist them. The structure of the questionnaire did not allow for disaggregating these responses to determine HIV+ persons versus lay care-providers. Very few respondents stated the sex of the "other" person and therefore it was impossible to determine whether any gender issues existed. Respondents reported that after participation in the workshops, there were improvements with dietary and lifestyle practices regarding efforts to have small frequent meals; to engage in meal planning and to use the Caribbean Six Food Groups to help plan meals and snacks; food choices, and timing of meals to minimize drug-food interactions. In addition, participants reported that they are paying greater attention to keeping a record of their body weight and body mass index given the emphasis that was placed on these indicators during the workshops. These responses demonstrated that participants tried to apply the knowledge that was acquired during the workshops. However, no outstanding changes were noted with regard to food safety and hygiene practices possibly due to the emphasis placed on these practices before the workshop.

This questionnaire also inquired about the practices of healthcare providers during the past year that the PLWHA attended clinic. This period would have captured healthcare providers post workshop practices. Respondents to these questions ranged from eighty-five (57%) to

ninety-seven (65%) persons. Responses indicated some usage of anthropometric measurements, namely weight (54%), height (33%), body mass index (20%) and waist circumference (16%). It was also evident that healthcare providers were engaging PLWHA in discussions about dietary adjustments to manage poor appetite, mouth problems, diarrhea, constipation, nausea, vomiting and weight changes. Discussions about appetite seemed to be very common while discussion about diarrhea/constipation was reported as being less common. Seventy-four to seventy-seven of these respondents stated that healthcare workers discussed the importance of food safety and hygiene, physical activity, exercise and how and when to take medicines. The frequency of these discussions varied and depended on the circumstances. However referrals to dietetics professionals were less frequent. Some respondents indicated that this was not necessary while others stated that this service was not available in their country.

Qualitatively, the results from the sample demonstrated that lay participants, knowledge was excellent based on their ability to recall and articulate a range of statements about what they learned from the workshops or the Handbook. This reflected good retention of knowledge. Many of the respondents also stated that they have been involved in sharing the information with others either at health fairs, in clinics, in workshops, formally by presentations or reports or informally “even in a taxi talking with the driver, just like how I spread the gospel.” There was a general impression that persons felt that there was “no sense keeping knowledge to oneself.” Additionally, lay participants reported that they were better equipped to be more selective when eating away from home, to make better food choices and that they were more conscious of food preparation and food safety and hygiene. When asked about whether they were doing things differently or better since the workshops, responses included statements such as food preparation and food safety; “greasy food turns me off”; “served to reinforce and the information is shared.” Educating others and trying to practice what is known and taught also featured among the responses along with “proper nutrition and rest are now two important things in my management of HIV.” Some other comments were “the use of foods with medication has helped me to reduce the side effects of the medication”; “I use the food groups better and have been using yellow foods more”; “I make more natural juices and include the fruits and vegetables that I previously did not like” and “I have included nutrition in the training of counselors”. In spite of these positive outcomes among lay participants, sustained food availability and accessibility were two main issues that were mentioned in each country and very few persons were recipients of food assistance, and where available, nutritional outcomes were not evaluated.

The project outcome evaluation among *healthcare providers* focused on application of nutritional screening and care practices. Two hundred and seventy nine (61%) of the provider participants from fourteen countries responded to the questionnaire. There was no workshop in the Cayman Islands and no completed questionnaires were received from Grenada, Jamaica and Turks and Caicos Islands for the reasons previously stated. Consistent with observed composition of healthcare providers, two hundred and fifty-one (90%) were female compared with twenty-eight (10%) male. Nursing personnel amounted to one hundred and thirty-one (47%) of these respondents followed by a mixed group of professionals totaling seventy-six (27%); nutrition and dietetics personnel totaled forty-two (15%); 6% physicians and 5% pharmacists. One hundred and fourteen respondents (41%) indicated that their primary and current work area was in the community stationed either at a health centre or a polyclinic; eighty-one (29%) worked in a hospital either in ambulatory services and/or with inpatients only and eighty-four (30%) did not identify their current work area. Of the two hundred and seventy-nine healthcare providers, one hundred and fifty-two (55%) stated that they have been involved in providing treatment and care to PLWHA in the workplace. However some of these persons and others amounting to fifty (17.9%) reported using their nutrition

knowledge outside of the workplace. Care to PLWHA spanned the lifecycle although non-pregnant adults were the predominant group. Improvements in practices were noted as healthcare providers reported capturing weight, height and waist circumference measurements of adolescents/adults and efforts are being made to determine body mass index (BMI). It was also encouraging to note that after the workshops, small improvements reported about screening for nutritional risk, intervention only after screening, referrals to dietetics professionals for comprehensive assessment, where available, as well as efforts to involve other healthcare providers and involve the client more. In addition, there were reported improvements with healthcare providers making some effort to discuss critical issues such as food safety and hygiene, activity and exercise, food drug interactions and avoiding mixed feeding for the prevention of mother-to-child transmission of HIV, when appropriate. Healthcare providers also reported increased awareness of local opportunities that can offer commodity food items to help improve household food security of PLWHA.

Responses from the qualitative survey were to some extent, dependent on the workplace and to whom care was provided most times. Generally, height was taken of children, pregnant women at first visit, adults in some settings and in one country when patients are admitted. Weight was taken more often especially during pregnancy, in maternal child health clinics (MCH), monthly in VCT clinic and routinely in family planning. It was evident that there was no system in place and that screening was not taking place in any structured manner. Workload; lack of tools/equipment; limited time because there are other clinics to run, staff turnover so continuous training is essential; no form to record information and HIV+ clients' care in specialized clinic, the physical facility, inadequate staff, the workload, not my responsibility and no data recording form were cited as some of the barriers. Nutrition intervention seemed to be centered on providing information, giving advice and education about nutrition, food safety, avoiding breastfeeding, if appropriate. These responses were not consistent with the findings from the quantitative survey. However in one country, further nutrition workshops and advocacy were instrumental in acquisition of at least one bio-electrical impedance analysis (BIA) machine to enhance anthropometric assessment. In spite of these seemingly negative healthcare provider outcomes, alliances were built or strengthened. This can be viewed as developmental for the inclusion of nutrition in treatment and care of PLWHA.

Following on previous requests, seven user-friendly thematic booklets primarily for lay care-providers were developed from the lay-provider's Handbook. These and the power-point slides that were used during the training workshops with laypersons and healthcare providers were edited for uploading to the CFNI website during the first quarter of 2008.

A detailed project report was submitted to CIDA.

CFNI was invited by the PAHO HIV Caribbean Office to participate in a sub-regional meeting (March) to discuss and develop a revised draft of the PAHO Caribbean HIV/STI Plan for the Health Sector, 2007-2011. In December, CFNI also participated in a follow-up meeting to further discuss and reach consensus on a plan and the way forward for 2008-2009. CFNI was identified and acknowledged as the "lead" agency for nutrition and a "collaborator" for other activities.

One area of focus is the adaptation/development of clinical guidelines for use in the Caribbean. One such reference, "Caribbean Guidelines for the Care and Treatment of Persons with HIV Infection: Recommendations for Antiretroviral Therapy for Adults and Adolescents with HIV Infection" was released without input from CFNI, it was agreed that the Institute will be consulted and involved in subsequent publications, specifically the nutrition component.

Continuous Professional Development and Practice Change of Healthcare Professionals in NCD Management

An evaluation of the practice change of healthcare workers following their training in the use of the Caribbean protocol for the Nutritional Management of Obesity, Diabetes and Hypertension, was carried out in Guyana, Suriname, Jamaica, St Vincent and the Grenadines and Belize.

This was done through a chart audit in each of these countries using a standardized evaluation instrument. Sixteen (16) measurements or actions which the healthcare professional should have carried out, measured or completed and recorded in the charts, in accordance with the protocol were identified. The case notes were reviewed to identify if these parameters were carried out, measured or completed during the year prior to the date of training as well as during the year following the training. The parameters recorded were: Height, Weight, BMI, Waist measurement, Hip measurement, Blood Glucose (Fasting), Blood Glucose (Random), HbA1c, Serum Cholesterol, HDL Cholesterol, LDL Cholesterol, Triglycerides, Blood Pressure, Counseling on Diet, Counseling on Physical Activity and Referral to nutritionist/dietitian. Each parameter was given a one point score if it had been carried out and recorded.

The improvement in quality of care was seen in the chart audit where changes from pre-training to post-training were seen in the practices of most of the participants evaluated. Changes in the percentage of height and weight recorded and BMI calculated were all statistically significant. The results from this study showed that continuous professional development does improve knowledge, attitudes and practice in the management of obesity, diabetes and hypertension in primary care settings in the Caribbean. It also showed that the use of a Protocol of Care for nutrition improves the quality of care and the medical nutrition management of persons with diabetes in the Caribbean. The lack of human resources, biochemical labs and the cost of the tests were the three major barriers that could be identified. More research on how to overcome these barriers need to be done especially from the policy and planning aspects of the primary health services.

The complete report of the study will be published during 2008 and individual country reports will also be developed so that countries can use these to further develop their health systems. The results of all the studies carried out by CFNI in the NCD training will be published in peer review journals. Titles include:

- Improving Best Practices through Nutrition Education among Caribbean Healthcare Professionals.
- Impact of a program to improve Quality of Diabetes Care in the Caribbean.

Promoting Healthy Schools

In keeping with promoting healthy schools, and more especially the emerging overweight situation among school-aged children in Trinidad and Tobago, the Ministry of Health, requested technical assistance from the Institute to conduct an "Evaluation of School Meal Options" in the primary and secondary schools. In preparation for the implementation of this project, a proposal was drafted and approved by the Ministry. Some preliminary preparations were undertaken. These will be continued throughout early 2008 completing the first phase as we prepare to embark on the other phases. This collaborative project also involves the Ministry of Education.

PMTCT Policies

In association with the nutrition and HIV project, member countries were surveyed to determine the availability of a national PMTCT policy and their content. Responses were

received from thirteen of eighteen CFNI member countries. It was noted that WHO recommendations were adopted by six countries and adapted by seven countries. Some respondents indicated that they were in the process of revising their policy. All countries opted for encouraging the use of replacement feeds with governments providing formula for the infants, but the duration of supplies varied between six to eighteen months and in one country this assistance was available for up to two years. Only one country's policy included statements about discussion and demonstration of preparation of the feeds as well as assisting the mother to develop skills to cup feed rather than bottle feed. Three policies mentioned the mother's "right to decide" but they are discouraged from breastfeeding while only three policies included statements discouraging mixed feeding.

Development of Databases

One hundred and eighteen persons responded in the survey that was initiated by CFNI to develop a database of dietitians, nutritionists, dietetic technicians/assistants in the region. This reference can be instrumental in helping the Institute to identify nutrition resources in the region. It is hoped that this exercise can be repeated periodically to enable the Institute to remain updated on the number and quality of nutrition and dietetics professionals in the region.

Cajanus and *Nyam News* are two flagship publications of CFNI that are widely distributed throughout the member countries and internationally. These are usually disseminated by regular mail and are also available on the website. However, the Institute felt that the distribution database needed to be updated and include additional contact information to facilitate reaching recipients either by regular or electronic mail, or by telephone, and possibly increase dissemination of *Nyam News*, electronically. In 2007, the Institute dispatched questionnaires to recipients. Responses were used to update and streamline the distribution database which can also be used to conduct other surveys for speedier dissemination of *Nyam News*.

Diet Assessment Studies in Central Jamaica

During 2007, CFNI continued its collaboration with the University of the West Indies' International Centre of Environmental and Nuclear Sciences (ICENS) on a study that aims to examine the environmental risks of elevated cadmium levels in Jamaican soils. CFNI was responsible for:

1. Determining the dietary patterns of the population within the target area and ascertaining whether the dietary intake of cadmium exceeds thresholds for reported toxic effects.
2. Exploring the use of food consumption advisories as a risk management strategy to minimize dietary exposure to cadmium and other toxic elements in the local population.

This survey was carried out to investigate the environmental risk of cadmium in south central Jamaica during the period November to December of 2005 among adults 18 years old and over. A total of six hundred and seventy-eight (678) persons were interviewed from eighteen communities in the parishes of Manchester, Trelawny, St. Ann and Clarendon.

Communities were classified as low, medium, high or very high based on the following cut off points for soil cadmium levels:

- Low cadmium levels - < 4 ppm;
- Medium cadmium levels - 5 - 19 ppm
- High cadmium levels - 20 - 59 ppm
- Very high cadmium levels - > 60 ppm.

During 2007, preliminary analysis of the dietary assessment data collected in the previous year was completed. The findings suggest that mean intakes of energy and macronutrients (protein, carbohydrate and fat) were all above recommended levels and that there were no significant differences by gender or soil cadmium levels. There were significant differences by age with persons in the 18-24 age group recording significantly higher levels of intake.

Mean intake of macronutrients (calcium, iron and potassium) were either at or above the recommended levels. Only calcium intake varied significantly by gender with females having relatively higher intakes. No significant differences in intake were noted by area, or education levels for the micronutrients studied.

Based on the findings of the overall study, public information material was prepared and disseminated to the study communities.

Human Resource Development

Government of Guyana/Inter-American Development Bank (GOG/IADB) Basic Nutrition Program: Training Component

The Institute was contracted in 2006 to implement the Training Component of the GOG/IADB Basic Nutrition Program, the purpose of which was to reduce malnutrition among young children and pregnant and lactating women in Guyana. During the period January to December 2007, several activities were undertaken under the terms of the agreement. These activities were in keeping with the Work Plan agreed on between CFNI and the Health Sector Development Unit (HSDU) and included carrying out the Roll-Out training in Basic Nutrition to all primary health care workers in Guyana; implementing a monitoring and evaluation system; and reviewing and upgrading the nutrition component of the curricula of institutions involved in the training of health care workers.

The Roll-Out training of Health Care Workers (HCWs) was done in two phases in order to facilitate the effective implementation of the BNP project components related to the distribution of sprinkles, food coupons and the Information, Education and Communication campaign. As a result, the HCWs trained in the pilot test and in the first three months of implementation were drawn from project health centers.

Two weeks of training in maternal nutrition was provided to each HCW. Training was conducted at several training sites in time blocks of “one week on, one week off” in order to minimize disruption of the services at local health facilities. Due to the logistical constraints of working in the interior regions, it was necessary to do two weeks continuous training in regions 1, 7, 8 and 9.

At the end of 2007, four hundred and eighty (480) HCWs were trained under the contract representing all those identified as being employed by the Ministry of Health in Guyana at that point in time. The workers trained were categorized as follows:

- Community Health Workers (CHW) - 241
- Assistant Nurses and Midwives - 124
- Nurses, Health Visitors, Medex - 92
- Others (Social workers, counsellors) - 23.

The performance of trainees was monitored and evaluated using two approaches, namely: (1) Pre- and Post-Tests by module and, (2) Post-Training on the job assessment. The results evaluation showed that there was significant improvement in knowledge in the targeted areas after training. The Post-Training Assessments indicated that the retention of knowledge in selected areas relating to iron nutrition, breastfeeding management and complementary feeding was generally good but improvements were needed in the application of counselling and clinical skills. These gaps in the performance of health workers were addressed in the retraining exercises conducted in this project.

Another major activity undertaken was the reviewing and upgrading of the nutrition component of the curricula of institutions involved in the training of health care workers. The curriculum review followed on the needs assessment, done earlier in the project, which identified several gaps in the training of these HCWs as it relates to maternal and young child nutrition. The review process was highly participatory and involved several key players, both in the training of health care workers and in the management or supervision of graduates. Three major strategies were involved in the review process, namely: Sensitization Workshop, Delphi Rounds and Curriculum Review Workshop.

The Curriculum Review process has resulted in the development of a comprehensive list of recommended skill and knowledge based competencies in nutrition for graduates of the training institutions and programmes which prepare health care workers in Guyana.

Integration of these recommended competencies into the curricula will require capacity-building within training institutions, close collaboration among training institutions as well as the national and regional bodies with an interest in the process, such as the Nursing Council of Guyana.

The Development of a Protocol for the Nutritional Management of Diabetes, Obesity & Hypertension and the Training of Health Care Providers

The project funded by the World Diabetes Foundation (WDF) in five CFNI member countries (Jamaica, Guyana, Suriname, St. Vincent and the Grenadines, and Belize) came to an end during 2007. CFNI reported to WDF that the project had been extended to also cover Barbados, Turks and Caicos Islands, Antigua and Barbuda, St. Christopher and Nevis, and Montserrat. During the year the protocol for the Nutritional Management of Obesity, Diabetes and Hypertension was launched in the Turks and Caicos Islands. As a follow-up, two 3-day training workshops were conducted with a total of thirty-five healthcare workers being trained and exposed to the protocol and the use of anthropometry in the management of obesity, hypertension and diabetes.

A one-day seminar on the same topic was also conducted in Providenciales for all the physicians in both public and private practice. This workshop was attended by twelve participants.

In October, three one-day workshops were carried out in the Western Regional Health Authority in Jamaica. During these workshops all the healthcare professionals involved in the treatment and care of persons with obesity, diabetes or hypertension were exposed to the training. A total of one hundred and twenty participants including nurses, dietitians and pharmacists and physicians attended the training.

There are also plans to launch the protocol in Grenada during 2008. The final report of the project was submitted to WDF during the second part of 2007. A detailed report was prepared for submission to WDF.

Nutrition, HIV and AIDS

Advocacy for the inclusion of nutrition in comprehensive treatment and care of HIV-infected persons continued to be promoted by representatives from twelve of the nineteen countries/islands who participated in a CFNI-sponsored sub-regional HIV anthropometry skills development/enhancement workshop in 2006. These delegates were able to simulate the training that they received and were awarded a certificate of competency by the Institute. The following table provides some details about the national workshops. Although nursing personnel comprised the largest group, other healthcare providers, including nutrition and dietetic personnel were also included.

In-Country Anthropometry Skills Development Workshops

Country	No. of Workshops	Duration	Category of Persons				Total
			Dietitians Nutritionists/ Nutrition Officers	Dietetic/ Nutrition Interns	Hospital Community Nursing Personnel ¹	Other ²	
Antigua and Barbuda	1	2 days (12 hours)	1	0	11	0	12
Bahamas	1		0	0	7	1	8
Barbados	1	3 days	10	0	2	0	12
British Virgin Islands	1	2 days	0	0	6	0	6
Grenada	3	2 days	0	0	30	7 ³ 2 ⁴	39
Guyana	1	1 day	3	0	0	7	10
Jamaica	1		10	5	0	0	15
St. Vincent and the Grenadines	2	1 day each	5	0	42	3	50
St. Christopher and Nevis	1	1 day	1	0	13	1	15
Suriname	1	3 days	0	0	10	0	10
	1	3 days	0	0	11 (HIV)	0	11
Trinidad	1	1 day	16	3	0	0	19
Tobago	1	2 days	0	0	8	1	9
Totals			46	8	140	22	216

¹Nursing Assistants, Registered Nurses, Public Health Nurses, Family Nurse Practitioner, Ward Sisters, Clinic nurses from VCT sites;

²Planned Parenthood Association/HIV Support Group; HIV Counsellors from Secretariat; Health Educator; Food and Nutrition Council Worker; Nutrition Auxiliary Worker; Dietary staff; Clerk

³Grenada Food and Nutrition Council (GFNC) staff

⁴Students from Community College

SUMMARY OF CFNI TRAINING PROGRAMMES - 2007

COUNTRIES SERVED	TOPIC	DURATION	AUDIENCE (N)
Anguilla	Food processing, preservation and storage	3 days	Backyard gardeners, agriculture and health workers, students and teachers (23)
British Virgin Islands	“Project Planning and Evaluation” - The Logical Framework Approach	1 day	Members of the British Virgin Island Food and Nutrition Security Council; Representatives of the BVI Health Services Authority (HSA)/Nutrition Unit, Ministry of Health; Youth and Sports Department; Health Promotion Unit; Development Planning Unit; Conservation and Fisheries Department; Ministry of Education; BVI Tourist Board; Environmental Health Department; and Trade and Consumer Affairs (23)
	“ICN Thematic Areas	1day	ditto
Dominica	“Project Planning and Evaluation -The Logical Framework Approach”	1day	Participants from all sectors including Agriculture, Health, Education, Planning, the Ross University, the Dominica Food and Nutrition Council, private sector and NGOs (16)
	“Policy Issues for consideration to Combat Obesity”	1 day	ditto
Grenada	“Overview of the WDF Schools Project”	1 day	Representatives of the Ministry of Education including the Chief Education Officer, Curriculum Officers; School Feeding Programme.; Representative from the Ministry of Sport; Grenada Food and Nutrition Council (GFNC). (8)

COUNTRIES SERVED	TOPIC	DURATION	AUDIENCE (N)
St. Christopher and Nevis	“Overview of the WDF Schools Project”	1 day	Representatives of the Ministry of Education including the Chief Education Officer, Curriculum Officers, School Feeding Programme. Representative from the Ministry of Sport; Grenada Food and Nutrition Council (GFNC). (8)
Saint Lucia	“Issues in Multisectoral Planning for Food and Nutrition Security”	1 day	FAO Barbados Representative; IICA Representative; CAHE and CANDi Presidents; National Nutrition Co-ordinators from 16 countries; CFNI staff (30)
St. Vincent and the Grenadines	Overview of the WDF Schools Project “Project Planning and Evaluation - The Logical Framework Approach”	1 day	Participants included members of the St. Vincent and the Grenadines Food and Nutrition Security Council; Representatives of the Nutrition Unit, Ministry of Health; School Feeding Program; Youth Department; Sports Department; Community Development Division; Economic and Social Planning; Agricultural Diversification Programme; Ministry of Education, Adult Education Unit; Central Statistics; Pre-school Services Association; and St. Vincent and the Grenadines Christian Council (15)



COUNTRIES SERVED	TOPIC	DURATION	AUDIENCE (N)
St. Vincent and the Grenadines	“Findings of the Nutrition Vulnerability”	1 day	ditto
	“Food Security: A General Overview: and Conceptual Issues in Food Security and Vulnerability”	1 day	ditto
Trinidad and Tobago	“Malnutrition and Obesity”		Nurses of the BSc. Programme, UWI (33)
	“Anthropometric Nutrition Assessment: Adults and Children	1 day	Nurses of the BSc. Programme, UWI (36)

Collaborations

1. CFNI participated in the meetings of the Food Advisory Committee (FAC) of Trinidad and Tobago – a Body appointed by Cabinet to advise the Chemistry Food and Drugs Division of the Ministry of Health, Trinidad and Tobago. CFNI is involved on the full committee as well as several sub-committees. The term of the Committee will end in October 2008.
2. Participated on the Technical Committee of the Trinidad and Tobago 2005 Survey of Living Conditions: A project of the Ministry of Social Services Poverty Reduction Unit. Prepared the Report of the Trinidad and Tobago 2005 Survey of Living Conditions: Anthropometric Module and commented on the draft report of the full survey.
3. Participated in the Central Statistical Office Technical Committee for the planning of the 2008 Household Budget Survey.
4. Participated in Inter-American Institute for Cooperation on Agriculture (IICA) Annual Accountability Meeting and presentation of the 2006 Annual Report, Kapok, Trinidad and Tobago, April 17, 2007.
5. Completed a questionnaire for IICA on “Leaders of Agriculture and Rural Life”.
6. Participated in the launch of World Breastfeeding Week North organized by the North Central Regional Health Authority (NCRHA), Trinidad and Tobago.
7. CFNI was an advisor to the Co-ordinator, Baby Friendly Hospital Initiative (BFHI), facilitating implementation of NCRHA plans to achieve this status.
8. CFNI was represented on the National Committee chaired by the Ministry of Health, School Health Unit to develop a National School Health Policy.
9. Collaborated with the Advanced School of Nursing, UWI, to conduct two teaching sessions with nurses pursuing the BSc. Degree at UWI on (i) Anthropometric Nutrition Assessment: Adults and children and (ii) “Malnutrition and Obesity” for Nurses pursuing the BSc. Degree at UWI.

10. Participated in several technical group meetings with the Ministry of Health, FAO and IICA.
11. Participated in the Opening Ceremony at the Regional CTA/KIT/CABI/Vrije/WUR in collaboration with CARDI/ Training of Trainers Meeting for Caribbean Experts on Agricultural Science, Technology and Innovations (ASTI) Systems.
12. CFNI collaborated with the Ministry of Education on the National Schools' Food and Nutrition Quiz Competition. Prepared and presented a brief about Caribbean Schools Food & Nutrition Quiz Competition, participated as a judge and advised as appropriate, the coach from the school team at St. George's College regarding their preparation for the CFNI Regional Secondary Schools' Food and Nutrition Quiz Competition.
13. In collaboration with the Trinidad and Tobago Association Nutritionists and Dietitians (TTANDi) and the Faculty of Science and Agriculture, University of the West Indies, CFNI prepared career guidance brochures and other information about the Nutrition and Dietetics profession and participated in Health Career Fair 2007 organized by the Ministries of Health and Education This first 5-day interactive exposition (April 23rd – 27th) was targeted to secondary school students to highlight many careers in health, especially those in the Trinidad and Tobago health sector. Career paths were also discussed with groups of students who visited the booth.
14. On behalf of the Trinidad and Tobago Ministry of Health, the PAHO Representation organized a week-long evaluation of the PMTCT of HIV in the health sector. CFNI was involved in finalization of plans and on-site evaluation of the nutrition component of this program.
15. The Institute collaborated with the Centre of Technical Cooperation (CTA) and the Caribbean Agricultural Research and Development Institute (CARDI) on a Regional Training Course for Practitioners in Food and Nutrition Security on the theme: Communication Tools and Methods for Food and Nutrition Security. The course attracted the national nutrition coordinators from CFNI's 18 member countries. The training was conducted during 7-11 May, 2007 in St. Christopher and Nevis. CFNI was represented both as a participant and facilitator in the training.
16. The Institute participated in the Caribbean Association of Home Economists Conference, July 28-30, 2007 in the Bahamas.
17. Participated in a training seminar on Diabetes Education organized by American Diabetes Association Professional Section - New York, 23-25 January 2007.
18. "The Later Stages - The Roundabouts" CFNI sponsored the session, 13th Annual University Diabetes Outreach Programme (UDOP) 1-4 March 2007, Montego Bay, Jamaica.
19. "Capacity Building Workshop in Prevention and Control of Chronic Non-Communicable Diseases", NCD Focal Points Meeting – Panama City, October 8-11, 2007.
20. "Sharing, Learning, Planning and Partnering to implement the Chronic Disease Regional Strategy within the CARMEN Network", Nassau, Bahamas, November 4-8, 2007, CARMEN Biennial Meeting.
21. Participated in PAHO, Trinidad and Tobago Planning Meeting for the CARMEN Conference.
22. Conducted Maternal Nutrition Workshop at Annual Perinatal Conference by Department of Obstetrics, Gynaecology and Child Health, University of the West Indies, Kingston, Jamaica, February 9-10, 2007.



23. The Institute is represented on, and actively engages in planning the activities of, the World Food Day Committee in Jamaica. The Food and Agriculture Organization (Jamaica office) chairs the Committee.
24. Collaborated with the Jamaica Bureau of Standards in the development and revision of safety and quality standards.
25. Collaborated with the National Agricultural Health and Food Safety Committee (Jamaica) in the coordination of food safety programmes.
26. Collaborated with the National Infant and Young Child Committee (Jamaica) in the planning and coordination of activities related to breastfeeding and the Baby Friendly Hospital Initiative, development of policies and implementation of programmes.
27. Collaborated with the Caribbean Association of Nutritionists and Dietitians (CANDi) including participating in biennial conference and the hosting of a workshop: Meeting CARICOM Requirements for Harmonization and Reciprocity in Nutrition and Dietetics Practice in CARICOM Countries in Montego Bay Jamaica, in June 2007.
28. CFNI continued to support the development of food and related standards through its participation in various standards body hosted by the Jamaica Bureau of Standards. Among the standards addressed in 2007 in which CFNI was a direct contributor were:
 1. Sugar (granulated and icing)
 2. Fluoridated iodized salt
 3. Customer service
 4. Labeling of prepackaged foods
 5. Starch and derivatives
 6. Labeling of insecticides.
29. In Trinidad and Tobago, a 3-hour training session was conducted on Anthropometric Nutrition Assessment: Adults and Children with a group of thirty-six (36) nurses pursuing BSc. degree.

Major Presentations

1. (i) *Food and Nutrition Security*; and
(ii) *Development of National Food and Nutrition Security Policies*. Presented to the Third Year Students of the UWI BSc. in Human Ecology.
2. *CFNI: Who We Are: What We Do* with a key focus on the Functional Areas. Presented to meetings of the PAHO, Washington, IKM Team.
3. *Defining the Comprehensive Care Package, Nutrition and HIV* (June 25-27) during a sub-regional meeting entitled Universal Access by 2010: Addressing HIV Care and Treatment Gap in the Caribbean. This forum was organized by Pan Caribbean Partnership Against HIV/AIDS (PANCAP).
4. *Nutrition and Dietetics – what is the difference*. Presented to Ministry of Health, Jamaica, Dietetic Interns – 19th April 2007.
5. *Nutrition and Disaster Management* – Presented at Professional Development Day, Nutrition Division, Ministry of Health, Jamaica – 24th May 2007.
6. *PAHO Nutrition Policy* – Presented at Professional Development Day, Nutrition Division, Ministry of Health, Jamaica – 24th May 2007.

7. *Importance of nutrition in recreational sport.* Presented at UWI Medical School Conference – 16th November 2007, Jamaica.
8. *PAHO NCD Policy.* Presented on behalf of Dr. Alberto Barceló, UDOP, 1-4 March 2007, Montego Bay, Jamaica.
9. *The Food Label – A Tool for Maintaining a Healthy Diet in Renal Disease and in Everyday Life.* Presented at 13th Annual International Diabetes Conference, Montego Bay, Jamaica, March 1-4, 2007.
10. (i) *Role of Nutrition in Hypertension and Diabetes Management; and*
(ii) *Role of Nutrition in Obesity Management.* Presented at Inaugural Eastern Caribbean Conference on Health – Nevis, July 16-20, 2007.
11. *Nutrition in Pregnancy – Issues and Strategies.* Presented at Maternal Nutrition Workshop, Department of Obstetrics, Gynaecology and Child Health Perinatal Conference, Kingston, Jamaica, February 9-10, 2007.
12. *Nutritional Assessment and Management of High-risk Women during Pregnancy and Lactation,* Presented at Perinatal Conference, UWI Mona, Jamaica, February 9-10, 2007. The focus of this presentation was hyperemesis gravidarum, diabetes mellitus, HIV/AIDS and iron-deficiency anaemia.
13. *The New WHO Child Growth Standards –* Presentation at the Jamaica Midwives Association 45th Autumn School, Kingston, Jamaica, October 30, 2007.
14. *Reducing Poverty and Food Insecurity through Community-Oriented Projects: Lessons Learned from CFNI's Small Grants Program* to the Caribbean Association of Home Economists Conference, July 28-30, 2007, in the Bahamas.
15. *The Importance of Nutrition in the Right to Food Covenant* held on October 16, 2007 at the Knutsford Court Hotel, Kingston, Jamaica, at the World Food Day 2007 seminar.
16. *Food & Nutrition in Natural Disasters: Key Issues for the Health Sector in Disaster Preparedness and Management* to students in the Masters in Public Health (MPH) programme at the University of the West Indies, February 2007.
17. *Food Safety and the Consumer.* Presented to (APASTT) public symposium, Trinidad and Tobago, April 14, 2007.
18. *Nutrition-Friendly Schools Initiative.* Presented on behalf of FAO to 30th Caribbean Regional Conference on Nutrition and Dietetics. Montego Bay, Jamaica, June 2007.
19. *Promoting Child Wellness and School Nutrition.* Presented to 30th Caribbean Regional Conference on Nutrition and Dietetics. Montego Bay, Jamaica, June 2007.
20. *In with the new? WHO Child Growth Standards, 2006.* Presented to 30th Caribbean Regional Conference on Nutrition and Dietetics. Montego Bay, Jamaica, June 2007.
21. *Promoting health in Barbados: Public – Private partnership in combating Obesity and NCDs.* NCD Task Force, Ministry of Health, January, Barbados.
22. *Childhood malnutrition and Food Security in the Caribbean* UNDP-ECLAC, June, Barbados.
23. *CARPHA- Positions and Questions* CARICOM Secretariat/PAHO December, Guyana.
24. *Combating Caribbean Obesity and NCDs: Policy Perspective* CMO meeting March, Jamaica.



25. *Food, Nutrition and health relationships: Implications for a national Policy on Food and health.* Food and Health Policy Task Force. Ministry of Health, October, Jamaica.
26. *The Food health link in the Caribbean: Key Policy Options.* Meeting of Caribbean Ministers of Agriculture and senior technical officers. October, St. Ann, Jamaica.
27. *Nutrition, Obesity and NCDs.* Eastern Caribbean Conference on health, July, Nevis.
28. *Food and nutrition Policy and programming in the Caribbean: key aspects of a National Policy and Action Plan.* National Nutrition Coordinators (NNC) Meeting, November, Saint Lucia.
29. *Trans fats – a priority for Caribbean health .* NNC, November, Saint Lucia.
30. *Evaluation of Technical Cooperation between CFNI and member countries.* NNC, November, Saint Lucia.
31. *Regional Strategy and Plan of action on Nutrition in health and development.* SCN meeting, Rome.
32. *Combating Food Security and Obesity: A Policy Perspective.* Sir Arthur Lewis Institute of Social and Economic Studies conference, March, Trinidad and Tobago.
33. *CFNI - Advancing the CSME agenda.* CARICOM Secretariat, October, Guyana.

Promotion and Dissemination

Promotion of Young Child Nutrition

CFNI's technical cooperation activities in this thematic area were again mainly directed to supporting efforts aimed at implementing the recommendations of the Global Strategy for Infant and Young Child Feeding. Assistance was given to country-specific actions in the three operational areas defined in the Global Strategy: policy development; capacity building; strengthening community-based support.

Policy Development

CFNI assisted the Ministry of Health, Antigua and Barbuda with the organization of a national consultation for the development of a national Infant and Young Child Feeding Policy (IYCF).

The objectives of the national consultation were:

- To increase awareness of the aims and objectives of the Global Strategy for IYCF.
- To obtain consensus on issues to be addressed in improving infant and young child feeding practices and proposed intervention strategies.

Participants included personnel from the hospital and community health services, the School of Nursing, Health Information, Dental Health, Health Education, Early Childhood and Day Care services, Gender Affairs and the Ministries of Education and Finance. In the working group sessions, participants reviewed infant and young child feeding practices, policies and programs and identified areas for improvement; defined objectives for the national IYCF Policy and made recommendations on priority strategies/actions for inclusion in the Policy.

In Guyana, support was provided to the National Breastfeeding Committee in efforts towards the adoption and implementation of a national Code of Marketing of Breastmilk Substitutes. CFNI participated in the review of the draft document. Selected provisions were redrafted or amended, and some new content added based on the International Code, and known violations in the local situation. The revised draft will be circulated among stakeholders and interest groups for further review.

- CFNI held a planning meeting with the members of the BFHI Co-ordinating Committee on January 10, 2008. An evaluation of the training programmes was suggested and recommendations made for preparing for the UNICEF Hospital Assessment.
- An informal assessment of the Mt. Hope Women's Hospital was conducted during the period October 1-3, 2007.

The Informative Breastfeeding Service (TIBS) was assisted with the preparation of a brochure on Young Child Feeding.

Introduction of the New WHO Child Growth Standards

Draft generic child health records incorporating the new child growth standards prepared in collaboration with the Caribbean Program Coordination/Caribbean Epidemiology Centre/Pan American Health Organization (CPC/CAREC/PAHO) were circulated to all countries for country-level adaptation. Follow-up contact was maintained to assess progress in preparation of revised records.

In St. Vincent and the Grenadines, CFNI assisted with the development of the plan of action for the strengthening of the Growth Monitoring and Promotion Programme in health centres. Included among the objectives of the plan are the revision of child health records, the introduction of the new WHO child growth standards, upgrading of knowledge/skills of health workers and improved monitoring of growth monitoring/promotion activities.

In Guyana, CFNI assisted the Ministry of Health with the preparation and pilot-testing of the draft records. CFNI is also assisting with the planning of the training program for health workers and the preparation of training manuals to support the country-wide introduction of the revised records in early 2008.

It is expected that the majority of member countries will initiate activities for the introduction of new growth standards in 2008.

Promoting Healthy Lifestyles in Schools

- During 2007, CFNI continued to focus on the prevention of the chronic nutrition-related diseases. Project Lifestyle, the Institute's School-based intervention programme, continued in the British Virgin Islands. Data was collected for analysis and subsequent evaluation of the programme. CFNI continued to support the Project Lifestyle Committee and a meeting was held to review the process and make plans for the continuation of the project in its original form. Plans were also made for further training of the committee members and the data collection team.
- Most of the activities for Phase I of the WDF-funded Schools project "*Preventing Diabetes and other Chronic Diseases through a school-based Behavioural Intervention in Four Caribbean Countries*" were completed. The four countries participating in the project are: St. Christopher and Nevis, St. Vincent and the Grenadines, Trinidad and Tobago and Grenada. Analysis of the data and preparation of the Needs Assessment Report commenced.

Nutrition Knowledge and Practices and Iron Status of Adolescents in Antigua and Barbuda

During the period 2006 - 2007, a project entitled *Nutrition Knowledge and Practices and Iron Status of Adolescents in Antigua and Barbuda* was carried out by CFNI in collaboration with Antigua and Barbuda Ministries of Health and Education and the Brescia College at the University of Western Ontario. The project was funded by the Pan American Health Organization.

The project activities included a survey of 11 to 16-year old students in eight secondary schools carried out during September to October, 2006. Objectives of the survey were:

1. To assess the general nutrition and iron status of students enrolled in secondary schools.
2. To determine dietary patterns among students in secondary schools.
3. To investigate basic nutrition knowledge, especially with respect to iron nutrition, among students attending secondary schools.

The weight, height and haemoglobin levels (using a Hemocue) of 403 students were measured and each student completed a questionnaire about his or her nutrition practices and knowledge.

The survey revealed that by WHO standards, the overall prevalence of anaemia in Antigua and Barbuda was 24.8%. The prevalence of anaemia was higher among girls (29.3%) than boys (17.2%). Most students who were anaemic were mildly so (18.5%) compared with 6.0% who were moderately anaemic.

The majority of students fell within the normal BMI classification (BMI-for-age 5th-84th percentile). Prevalence of underweight (<5th percentile) was 20.1%, prevalence of overweight (>95th percentile) was 10.7% and 8.2% of students were at risk for overweight.

Breakfast and lunch were consumed on a daily basis by 45.7% and 59.6% respectively. Food items consumed by the greatest proportion of students one to two days per week were vegetables (45.2%), legumes (39.7%) fruits (39.2%), and soft drinks (35.1%). Food items consumed by the greatest proportion of students at least once daily were meat, poultry or fish (58.1%), fruit juices or fruit drinks (36.5%) and snack items (37.7%). At least one third of students (35.8%) had not had coffee or tea within the past thirty days.

Most students were fairly knowledgeable about the importance of iron to their health and most (83.1%) were able to identify at least two good sources of iron. However, there was very limited knowledge of iron enhancers and iron inhibitors.

Following the survey, a pilot intervention consisting of a nutrition CD and a booklet with a 30-day healthy lifestyle diary were developed. These materials were distributed to three secondary schools during the summer term and their use and impact were assessed in November 2007.

The evaluation revealed that access to the use of the CD was limited in some schools. Students were more likely to keep the 30-day diary when it was made a part of their regular lessons and when they were monitored by a teacher.

The information from the project will be useful in the development of policies and programmes to improve the nutritional status of adolescents in the English-speaking Caribbean.

Food Processing, Food Preservation and Storage Workshop for Farmers and Backyard Gardeners in Anguilla

In April 2007, at the request of the Anguilla Ministry of Agriculture, CFNI facilitated a 3-day workshop with the goal of introducing farmers and backyard gardeners to principles of food processing and to provide them with the opportunity to practice these principles through the processing of fruits and vegetables available on the island of Anguilla.

The workshop was held from April 23-25, 2007 at the Ministry of Works Conference Room (for theory sessions) and the Albena Lake Hodge Comprehensive School Home Economics Centre (for practical sessions). Course Instructor was Courtney Simons, from the HEART Trust/NTA Ebony Park Academy, Clarendon, Jamaica, Mrs. Vernice Battick, Nutritionist, Ministry of Health, Mr. William Vanterpool, Director of Agriculture.

The training was held in the afternoons in order to access the school's home economics centre for practical sessions and also to facilitate attendance of participants after work. The first day was devoted entirely to theoretical sessions and the other two days to practical sessions.

There were twenty-three (23) participants, including farmers, backyard gardeners, health workers, students and teachers. For the practical sessions, learners were organized into small groups of 4-5 persons and were assigned responsibility to make different products, following guidelines in the training manual developed for the training. Learners had the option of changing formulations to suit individual preferences and tastes, and were required to complete production reports for each product. Some of the products made were:

- Tomato jelly and jam
- Green tomato marmalade
- Sweet pepper relish
- Pineapple juice
- Pineapple jam
- Tomato ketchup
- Pickled celery
- Dried pineapple.

The evaluation showed that participants satisfactorily completed assessment questions and activities given during the sessions. Feedback from learners demonstrated excellent comprehension of information presented and discussed. Participants evaluated the workshop favourably, many of them stating that they were happy to receive new information that they could use for themselves or in establishing small businesses.

The training succeeded in imparting useful principles and practical experience to learners in different aspects of food processing operations and definitely stimulated interest for life-long learning in the field. The focus on principles will enable participants to apply their new knowledge and skills to other products, and participants should be encouraged to use these skills to set up cottage scale industries.

Food-Based Dietary Guidelines

The use of Food-Based Dietary Guidelines (FBDGs) has been promoted in several regions of the world as a major strategy for promoting healthy behaviours and practices among population groups. The purpose of FBDGs is to assist the general population in following nutrition and health-related recommendations. FBDGs function as a tool for nutrition education and behaviour change to be used by health providers, teachers, journalists, extension agents and others working directly with the public. The FBDGs present information that uses language and symbols that the public can easily understand and focus on common foods, portion sizes, and cultural eating behaviours.

During the year 2007, CFNI continued to provide technical assistance to member countries in the development, dissemination and promotion of FBDGs. Major activities carried out under this area of technical assistance included:

1. Provided technical assistance to Dominica and Saint Lucia in selecting, preparing and pre-testing culturally appropriate diagrammatic representations of the guidelines;
2. Assisted Dominica and Saint Lucia in planning and hosting the launch of their national Food-Based Dietary Guidelines. The Commonwealth of Dominica launched their national FBDGs in July 2007 highlighting nine guideline statements and using the Sisserou national and Carib basket as the diagrammatic representation. The Coal pot was the diagrammatic representation used by Saint Lucia in its launch of its national guidelines in October 2007.

3. Belize and St. Christopher and Nevis were provided with technical assistance in conducting research on current dietary patterns, the results of which will serve as baseline for the development of their national FBDGs.
4. St. Vincent and the Grenadines and Guyana were provided with technical assistance in developing a plan for the dissemination and promotion of their guidelines which were previously launched.

Two publications have resulted from the work carried out in the area of FBDGs in the Eastern Caribbean in collaboration with FAO and INCAP, namely:

1. *Developing Food-Based Dietary Guidelines: A Manual for the English-speaking Caribbean.*
2. *Developing Food-Based Dietary Guidelines to Promote Healthy Diets and Lifestyles in the Eastern Caribbean: J Nutr Educ Behav.* 2007; 39:343-350.

Strengthening Capacity of Health Services

CFNI supported national efforts for promoting the implementation of the Baby Friendly Hospital Initiative (BFHI) in Trinidad and Tobago, St. Vincent and the Grenadines and Guyana.

An informal assessment of progress in the implementation of the Initiative was carried out at the Mount Hope Maternity Hospital, Trinidad and Tobago. Current practices were evaluated based on the global criteria for the implementation of the BFHI. As part of the assessment, observations of procedures and interviews with mothers and health staff were conducted at antenatal outpatient services, the labour and delivery unit, maternity wards and the neonatal intensive care unit. A written report describing the status of implementation of each of the "Ten Steps" of the BFHI and, where necessary, recommendations for achieving the stated criteria were discussed with senior officials at the institution.

In St. Vincent and the Grenadines, CFNI conducted a 1-day workshop for trainers involved in organizing in-service training for hospital personnel in breastfeeding. The objective was to familiarize the trainers with the structure and content of the revised UNICEF course on Breastfeeding Promotion and Support in a Baby-Friendly Hospital; and to assist them in incorporating the course sessions in in-service training for clinical staff. The preparation of training plans and evaluation tools were also discussed.

CFNI also assisted with training activities related to BFHI implementation in Guyana. In collaboration with the National Breastfeeding Committee, CFNI conducted training for senior administrative and nursing personnel from nine hospitals and technical staff from the Food Policy Division, Ministry of Health. The primary objective of the 2-day workshop was to discuss the revised global criteria for the implementation of the Baby Friendly Hospital Initiative. The participants were also given the opportunity to discuss the current status of the Initiative in their institutions and to describe future plans.

In two countries, technical cooperation activities were directed to improving the skills of health workers in first level health facilities to provide more effective feeding support to mothers and families through the strengthening of a team of trained trainers at national level. In St. Vincent and the Grenadines and Anguilla, trainers were trained to deliver the WHO integrated course on Infant and Young Child Feeding Counselling. The course is aimed at providing health workers with the knowledge and skills to counsel and support mothers to carry out recommended feeding practices for their infants and young children from birth up

to 24 months of age, and to counsel and support HIV-infected mothers to choose and carry out an appropriate feeding method for the first two years of life.

Strengthening Community-based Support

In the 2-day annual evaluation meeting and workshop organized by the Guyana National Breastfeeding Committee, CFNI conducted a training activity on the theme, Community-based Strategies for Breastfeeding Promotion and also participated in the review of 2008 plans presented by the hospital and regional breastfeeding committees.

Regional Nutrition Competitions

2007 Caribbean Schools' Food and Nutrition Quiz Competition

Thirteen countries participated in the preliminary rounds (up to semi-finals) of the 2007 competition which was conducted on October 17 and 18, through the audio conference facilities of the University of the West Indies Distance Education Centre (UWIDEC) on the Mona Campus, University of the West Indies. A list of the 13 national teams, and the schools and countries they represented, is shown in **Box 1**.

Box 1: List of National Teams/Countries Participating in the Caribbean Schools Food & Nutrition Quiz Competition – 2007

- ✓ Albena Lake Hodge Comprehensive School - **Anguilla**
- ✓ Antigua and Barbuda Girls High & Christ the King High - **Antigua and Barbuda**
- ✓ Queen's College, Old Bight High, St. Andrew's High Sweet Senior High - **Bahamas**
- ✓ Christ Church Foundation School - **Barbados**
- ✓ Ecumencial High, San Pedro High and Orange Walk Technical High - **Belize**
- ✓ Bregado Flax Educational Centre and Elmore Stoutt High Tortola - **British Virgin Islands**
- ✓ John Gray High, Cayman Islands
- ✓ St. Marks Secondary, Westerhall Secondary, Bishop's College (Carriacou) and Grenada SDA Comprehensive Secondary - **Grenada**
- ✓ St. Joseph High School - **Guyana**
- ✓ Ardenne High School - **Jamaica**
- ✓ Entrepot Secondary - **Saint Lucia**
- ✓ St. Vincent and the Grenadines Girls High, St. Joseph's Convent, Kingstown - **St. Vincent and the Grenadines**
- ✓ St. George's College - **Trinidad and Tobago**

The preliminary rounds were conducted on a knock-out basis as follows: Round 1; Round 2; and, semi-finals. An outline of the proceedings up to the semi-final round of the competition is given in **Box 2**.

Box 2: Summary of the Proceedings of the 2007 Caribbean Schools' Food and Nutrition Quiz Competition – Up to the Semi-Final Round

DAY 1

Round 1: 13 Teams – At the end of Round 1, the five lowest scoring teams were eliminated. Country teams going forward were:

✓ Anguilla	- 11 points
✓ Barbados	- 12 points
✓ Guyana	- 12 points
✓ Belize	- 15 points
✓ Grenada	- 11 points
✓ British Virgin Islands	- 13 points
✓ Saint Lucia	- 13 points
✓ St. Vincent and the Grenadines	- 12 points

Individual Champion: Cheyenne Hendrickson from British Virgin Islands emerged the winner with the highest individual score at the end of Round 1.

DAY 2

Round 2: 8 Teams – The scores at the end of this round were:

✓ Anguilla	- 5 points
✓ Barbados	- 6 points
✓ Belize	- 7 points
✓ British Virgin Islands	- 5 Points
✓ Grenada	- 6 points
✓ Guyana	- 4 points
✓ Saint Lucia	- 6 points
✓ St. Vincent and the Grenadines	- 5 points

The teams from Anguilla, Guyana, British Virgin Islands and St. Vincent and the Grenadines were eliminated and four other teams moved on to the Semi-final.

Semi Final Round: 4 teams – The scores at the end of this round were:

✓ Barbados	- 6 points
✓ Belize	- 6 points
✓ Grenada	- 6 points
✓ Saint Lucia	- 6 points

After having tie breakers, the team from Saint Lucia emerged as the third place winner. The teams from Barbados and Belize moved on to the final round.

The staging of the finals as a face-to-face contest took place on Monday, November 26, 2007 at the National Insurance Corporation, Castries, Saint Lucia. The teams from Barbados and Belize, the two finalists in the competition were awarded a free trip to Saint Lucia to take part in the contest. Hon. Gaspard Charlemagne, the Minister of Education and Culture, Dr. Rufina Fredrick, Permanent Secretary, (who also brought greetings on behalf of the Ministry), and other senior officials in the Ministry of Education attended the event. Approximately three hundred students and teachers from secondary schools in Saint Lucia witnessed the contest which was taped for circulation to the wider regional audience.

In the keenly contested final, the team from *Christ Church Foundation School, Barbados* defeated the team comprising students from *Ecumenical High, San Pedro High and Orange Walk Technical High School, Belize* to win the *2007 Caribbean Schools Food and Nutrition Quiz Competition*. The team from Barbados earned 310 points while the team from Belize earned 230 points. Third place winner was the team from Entrepot Secondary School, Saint Lucia.

Cheyenne Hendrickson from *Brigado Flax Educational Centre, British Virgin Islands*, having attained the highest individual score in the competition, emerged the Individual Champion of the Competition.

Sponsors - 2007 Caribbean Schools Food and Nutrition Quiz Competition

- ☒ Caribbean Food and Nutrition Institute/Pan American Health Organization
- ☒ Food and Agriculture Organization
- ☒ Dominica Coconut Products
- ☒ Sandals International
- ☒ Caribbean Association of Home Economists.

2007 Caribbean Nutrition Promotion Competition

Seventeen entries were submitted for the 2007 Competition. The judging of entries took place at CFNI. Dr. Julie Meeks Gardner, Coordinator/Tutor, Early Childhood Development Centre, University of the West Indies, chaired the panel of judges, which included Ms. Clare Forrester, Communication Consultant, Ms. Vanessa White, Acting Program Director, Dietetics and Child Care Development Unit, University of Technology, Jamaica, and Mrs. Beverly Lawrence, Food Policy Analyst, CFNI.

Entries were judged on the following criteria: relevance of objectives; creativity; appropriateness of communication strategies and channels; and achievements/impact in relation to stated objectives.

The first, second and third place award winners were:

- ☒ **1st place** - *"Intervention for adolescents"*, submitted by Ms. Deon Bent, Dietitian, Ministry of Health, Jamaica.
- ☒ **2nd place** - *"Raising the standard from super size to super healthy kids"* submitted by Ms. Idamae Hanna, Health Ministries Director, Bahamas Conference of SDA, Bahamas.
- ☒ **3rd place** - *"Skip for Health"* submitted by Dr. Jacqueline Bird, Community Paediatrician, Ministry of Health and Labour, Saint Lucia.

Special awards celebrating projects with outstanding achievements were also announced:

For creativity: *"Skip for Health"* submitted by Dr. Jacqueline Bird, Community Paediatrician, Ministry of Health and Labour, Saint Lucia.

For impact: *“Intervention for adolescents”*, submitted by Ms. Deon Bent, Dietitian, Ministry of Health, Jamaica.

For Originality: *“Eating Healthy from the land”*, submitted by Mrs. Cathy Buffong, Acting Health Educator, Health Promotion Unit, Montserrat.

Sponsors - 2007 Caribbean Nutrition Promotion Competition

- ❑ Caribbean Food and Nutrition Institute/Pan American Health Organization
- ❑ ADM-Jamaica Flour Mills
- ❑ Chin Yee's Travel Service
- ❑ Manpower and Maintenance Services Limited
- ❑ Specialised Offset Services Limited
- ❑ WB Trophies Limited
- ❑ Capital and Credit Financial Group.

THE AWARDS CEREMONY

The awards dinner to celebrate and publicize the accomplishments of the participants and winners of both competitions took place on Wednesday, November 28, 2007, at the Royal by Rex Resort, Saint Lucia. The event was covered by the local media, and features appeared the following day on national TV and in the newspapers.



2007 Caribbean Schools' Food and Nutrition Quiz Competition winning team – Christ Church Foundation School, Barbados, along with coach, Ms. Karen Drakes (right) accept trophy and book prizes from Dr. Barbara Graham, FAO Sub-Regional Representative.

The awards ceremony/dinner was the social highlight event of the Conference of National Nutrition Coordinators hosted by CFNI from November 27-30, 2007 and attended by senior health and nutrition specialists from the eighteen member countries of CFNI. In addition to the conference participants, special guests included Hon. Keith Mondesir, Minister of Health, Saint Lucia, Hon. Ezechiel Joseph, Minister of Agriculture, Forestry and Fisheries, Mr. Darrel Montrope, Permanent Secretary

Ministry of Health, Saint Lucia, Mr. Dudley Auguste, Permanent Secretary, Acting, Ministry of Agriculture, Forestry and Fisheries, Dr. Barbara Graham, Food and Agriculture Organization (FAO) Representative and senior officials from the Ministries of Health, Education and Agriculture in Saint Lucia.

In his opening remarks Dr. Fitzroy Henry, Director, CFNI, explained how the regional competitions have developed over the years and expressed his appreciation and thanks to FAO and other sponsors for their support. He also thanked the Permanent Secretary and staff of the Ministry of Education and Culture for their assistance in the staging of the final round of the 2007 Quiz Competition.

Dr. Barbara Graham, FAO Representative, spoke on behalf of FAO and congratulated the winners on their achievements. She also had the honor of presenting the first place trophy, cash and book prizes to the winner of the quiz competition.



2007 Caribbean Schools' Food and Nutrition Individual Champion, Cheyenne Hendrickson of Brigado Flax Educational Centre, British Virgin Islands poses with her coach, Mrs. Heida Joyles-Selwood (left) and Mrs. Norma Maynard, Past President, Caribbean Association of Home Economists.



Miss Deon Bent of the Ministry of Health, Jamaica, accepts the 2007 Caribbean Nutrition Promotion Competition 1st place trophy from the Hon. Ezechiel Joseph, Minister of Agriculture, Forestry and Fisheries, Saint Lucia.

CFNI 40TH ANNIVERSARY

The Caribbean Food and Nutrition Institute celebrated its 40th anniversary in 2007, under the theme: *Promoting Healthy Nutrition and Lifestyle Behaviours in the Caribbean – 40 Years*. A special 40th anniversary logo was designed and was used on all letter heads and communiqué originating and or dispatched from CFNI. Several activities were undertaken and materials produced to mark this milestone. The main activities included: a church service, the hosting of a TVJ's "Your Issues Live" programme, a scientific symposium, internal and external displays, and media interviews.

Materials produced included bookmarkers, banners, and a PowerPoint slide presentation. The preparation of public service announcements on various themes and a documentary video on CFNI 40 years of service in the region was initiated and will be completed in 2008.

Church Service

In celebration of CFNI's 40th Anniversary, a Thanksgiving Service was held at the Chapel of the University of the West Indies, on Sunday, 6 May 2007. Officiating Clergy were the Rev. Philip G. O'B. Robinson, Methodist Chaplain; Rev. Racquel Clemming and Mr. Noelsaint Badette, Ministers-in-Training, from the United Theological College of the West Indies. The Institute was pleased to have retired staff member, Mrs. Lilieth Christian, as the organist for the service. In Dr. Henry's message it was noted that... "in 1967, when CFNI began, the founders of the Institute prayed that it would be a vital force in defeating the scourges of malnutrition, at that time – marasmus and kwashiorkor. With the help of many partners and continued action by Caribbean governments, kwashiorkor was completely eliminated and marasmus is now rare. This is truly a cause for celebration". He also pointed to the need for collective action to overcome the scourge of obesity and its consequences such as diabetes, hypertension and heart disease. Focusing also on the emergence of HIV/AIDS, he noted that this has heralded a new role for nutrition in its treatment and care. CFNI has already taken steps to ensure that persons so affected, with good nutrition, can enjoy the best quality of life that current science now affords".

Your Issues Live

CFNI hosted the live one hour broadcast "Your Issues Live" in collaboration with Television Jamaica (TVJ) under the theme "Combating Obesity: What can be done individually and nationally?" The objective of the programme was to focus attention on obesity as the single most important underlying cause of death in Jamaica and discuss the multi-factorial nature of obesity, highlighting the appropriate responses at both the individual and policy levels.

Panelists for the programme included the:

- Director of CFNI who set the tone for the discussion by presenting the role of CFNI, its objectives and achievements to date and CFNI's perspective on obesity with regards to policy on importation and trans fats in foods and an overall structured and national approach to the problem.
- Permanent Secretary in the Ministry of Agriculture who discussed the production and availability of healthy foods at affordable prices. He focused on the challenges of supplying healthy foods especially fruits, vegetables and ground provisions, in particular as it related to production and distribution.
- Chief Medical Officer in the Ministry of Health, Jamaica, who spoke about the effect of obesity on the Jamaican health budget; healthy lifestyle programmes and the role of the health care team in addressing this challenge as well as the scope for more orientation and training of health care workers to identify, prevent, manage and control these problems effectively.

- Senior Education Officer for Foods and Nutrition in the Ministry of Education Technical and Vocational Unit who discussed the role of the education system in stemming the obesity problem with special reference to curricular approach, physical education in school and access to healthy meals at school through the school lunches and school vending.

Other discussant and resource participants in the programme included Planner in the Projects Department of the National Housing Trust who spoke to the government's initiative in planning for green spaces, walking/cycle paths and recreational units in residential developments. The Nutrition Educator from CFNI who discussed the multi-faceted nature of obesity both in its aetiology and management. She pointed out that many individuals have been "fighting" obesity but are hindered by an "unsupportive" environment (food cost/availability, work environments, men harassing women when they are out walking, etc). She emphasized the need to stop putting all the responsibility for obesity on the individual and stress the role that various sectors of society must play. The Director of Nutrition Services in the Ministry of Health expounded on the trends in obesity and the specific programmes of the Ministry of Health, nutrition and healthy promotion units to address these problems. The Education Officer in the Ministry of Education spoke to their response to obesity as it related to physical activity and physical education in schools as opposed to competitive sports. The Director of the School Feeding Unit in the Ministry of Education explained how the school feeding programme was helping to address this problem across the spectrum from early childhood to secondary schools.

Members of the professional bodies, Caribbean Association of Nutritionists and Dietitians (CANDi) and Jamaica Association of Professionals in Nutrition and Dietetics (JAPINAD) discussed their role as key professionals in the management of obesity and related conditions. They bemoaned their inadequacy in numbers to address the prevention and management of these conditions but reinforced their commitment to ensuring and doing their part to stem the tide of obesity. The communication consultant and journalist highlighted the need for media alliances in addressing this problem making special plea to evaluate how we inform and influence public awareness and get the public to take this problem seriously. The programme was produced and moderated by TVJ.

It was believed that overall the theme of the event went fairly well. Although the topic of obesity was somewhat unusual for this type of programme the audience participated in the discussion and the programme served a purpose for sensitizing people about the problem of obesity; and points were made in that the population has learnt that the subject is not a one-sided problem and that many factors contribute to it.

Caribbean Week of Agriculture

As part of the activities to mark its 40th Anniversary, CFNI, took the initiative to recognize and affirm its long standing partnership with the Food and Agriculture Organization (FAO) through the collaboration of a one-day symposium during the Caribbean Week of Agriculture (CWA), October 2007. The symposium was held at the Gran Bahia Principe Hotel, Runaway Bay, St. Ann, Jamaica, on the theme "Food and Agriculture Policies and Obesity: Prevention of Non-Communicable Diseases in the Caribbean". The symposium was aimed at the region's Ministers of Agriculture and senior technical personnel in agriculture. Over sixty persons attended the Symposium (See Section on Food Security, this Annual Report, for more information on the symposium).

Displays

Several displays and exhibits were mounted throughout the year internally and at various meetings and functions in which CFNI participated.

Internal Displays

CFNI mounted eight displays in its lobby throughout the year under the themes:

- Food safety
- Food security
- Anaemia
- School and young child nutrition
- HIV and nutrition
- Physical activity
- Chronic diseases
- Caribbean foods.

These displays are continuing in 2008 with the mounting of a display on the national food based guidelines from the five countries (Bahamas, St. Vincent and the Grenadines, Dominica, Saint Lucia and Guyana) that have developed and launched their national guideline, to date.

Caribbean Association of Nutritionists and Dietitians (CANDi) - Displays

A display was mounted at the CANDi Meeting in Montego Bay, Jamaica, in 2007. The theme was "School and Child Nutrition". CFNI, PAHO and WHO materials relevant to school and child nutrition were included in the display.

Caribbean Association of Home Economists (CAHE) - Displays

Dr. Ballayram, CFNI's Food Economist, presented on at the CAHE conference in the Bahamas in 2007. The display on School and Child Nutrition was mounted at the CAHE celebrations which hosted approximately three hundred participants.

Media Interviews

In addition, nutrition information was disseminated through radio interview with RJR in Jamaica and other media houses visited by CFNI technical officers on duty travel.

Bookmarkers

Bookmarkers were designed by the materials publication unit with the theme for the 40th anniversary celebrations. These were distributed at all the activities planned during the year and by technical officers on duty travel.

Banners

Two banners were designed and printed with the theme for display at the head office in Jamaica and the centre in Trinidad and Tobago. The banners were mounted outside of the buildings for most of the year and were also taken to various functions in which CFNI participated throughout the year.

Caribbean Nutrition Day

The PowerPoint presentation entitled "*Healthy Eating and Active Living: 40 Small Changes to Make a Difference*" was developed for Caribbean Nutrition Day and disseminated to all CFNI member countries for use in their activities to mark the day. A booklet was also developed from these slides and disseminated at the various activities to CFNI partners and the general public throughout the year.

Other Materials

The Institute collaborated with the Public Information Division (PIN) of PAHO headquarters, to produce a video, posters and public service announcements (PSAs) to mark its 40th anniversary and beyond. Several topics relevant to the Caribbean and CFNI work were identified as well as the messages, scripts and target audiences to guide the development of materials. The themes for the PSA and other materials included: food safety, young child feeding, physical activity, obesity and fruits and vegetables. The PSAs will be disseminated to the media and other interested public health agency.



2 | Technical Cooperation — By Country

Anguilla

1. Eight trainers were trained to deliver the WHO integrated course on Infant and Young Child Feeding Counselling. The course was aimed at providing health workers with the knowledge and skills to counsel and support mothers to carry out recommended feeding practices for their infants and young children from birth up to 24 months of age, and to counsel and support HIV-infected mothers to choose and carry out an appropriate feeding method for the first two years of life.
2. Detailed a training plan for members of the National Food and Nutrition Council when it is established by the Executive Council.
3. Distributed issues of *Cajanus* and *Nyam News* to numerous professionals in the health, education, agriculture, and information sectors.

Antigua and Barbuda

1. CFNI, in collaboration with the Antigua and Barbuda Ministry of Health and Brescia University College, University of Western Ontario continued a project to investigate the nutritional status and knowledge of adolescents in schools. A report on a survey carried out in eight secondary schools was prepared and nutrition education materials were developed and tested.
2. CFNI collaborated with the Ministry of Health in hosting a consultation for the development of a national Infant and Young Child Feeding (IYCF) Policy. Objectives of the consultation were to increase awareness of the aims and objectives of the Global Strategy for IYCF and its relevance to the local situation, to obtain consensus on issues to be addressed in improving infant and young child feeding practices and proposed strategies, and to draft the main content areas for a comprehensive IYCF policy. The consultation was attended by 28 persons representing health, gender affairs, education, finance, early childhood and day care entities.
3. CFNI coordinated an evaluation to assess the changes in attitude and practice of healthcare workers and lay caregivers in the nutritional management of HIV following training.
4. CFNI prepared and dispatched guidelines for dietetic professionals and other stakeholders to consider during their discussions about a food bank to assist deserving HIV+ individuals with meeting their nutritional needs.

5. CFNI facilitated the participation of the Chief Nutritionist in the annual National Nutrition Coordinators' Conference held in Saint Lucia. The theme of the conference was *Towards a Regional Food and Nutrition Security Strategy*.
6. Issues of *Cajanus* and *Nyam News* were distributed to professionals in the health, education, agriculture and information sectors, and other interested members of the public.
7. A combined team of students from the Antigua Girls and Christ the King High Schools represented Antigua and Barbuda in the 2007 regional Schools Nutrition Quiz.
8. The Antigua and Barbuda Diabetes Association submitted one entry to the Caribbean Nutrition Promotion Awards Competition.
9. CFNI assisted the Ministry of Health with the organization of a national consultation for the development of a national Infant and Young Child Feeding Policy. Participants included personnel from the hospital and community health services, the School of Nursing, Health Information, Dental Health, Health Education, Early Childhood and Day Care services, Gender Affairs and the Ministries of Education and Finance. In the working group sessions, participants reviewed infant and young child feeding practices, policies and programs and identified areas for improvement; defined objectives for the national IYCF Policy and made recommendations on priority strategies/actions for inclusion in the Policy.

Bahamas

1. Completed the revision of the draft National Food and Nutrition Policy and Plan of Action. A consultation will follow in 2008 before submission to Cabinet.
2. In 2007, CFNI extended an invitation and offered sponsorship for the participation of the Nutrition Coordinator in Bahamas to attend the planning meeting which was held in Saint Lucia.
3. Issues of CFNI's publications *Cajanus* and *Nyam News* were distributed to numerous professionals in the health, education, agriculture and information sectors.

Barbados

1. Nineteen health care workers were trained in a 2-day workshop on Communication and Nutrition Education.
2. Follow up discussions were held with the Acting National Nutrition Coordinator (NNC) about implementation of a course to train foodservice supervisors for Barbados and with provision to accommodate persons from other countries.
3. The Institute sponsored the participation of a representative of the Ministry of Health in the 2007 Nutrition Coordinators' Conference that was held in Saint Lucia over the period November 27-30, 2007.
4. Fifty copies of *Cajanus* and forty copies of *Nyam News* were distributed to individuals and institutions in Barbados.

Belize

1. Conducted a 3-day workshop on Nutrition Education and Communication for health care professionals.
2. CFNI provided technical assistance in conducting qualitative research on current dietary patterns, the results of which will serve as baseline for the development of their national FBDGs.
3. Prepared Report on the Focus Discussions for the Food Security Assessment and Vulnerability Analysis.
4. CFNI conducted an evaluation to assess the change in attitude and practice of healthcare workers following training in the use of the protocol for the nutritional management of obesity, diabetes and hypertension.
5. CFNI conducted an evaluation to assess the changes in attitude and practice of healthcare workers and lay caregivers in the nutritional management of HIV following training.
6. CFNI's technical staff conducted training in food security for members of the Belize Food Commission. The training reviewed the Commission's work program.
7. CFNI provided technical assistance in the formulation of Belize's Food-Based Dietary Guidelines.

British Virgin Islands

1. CFNI conducted Training Workshops in the British Virgin Islands aimed at enhancing the capability of the country's National Food and Nutrition Council. The training covered the following topics:
 - The concept of food security in the context of the Caribbean reality;
 - Identification and interpretation of various indicators of food security, poverty and inequality;
 - Methods of constructing indicators of, and measuring, food security, poverty and inequality; and
 - Planning and coordination in food and nutrition policy.
 - Participants also worked in groups to plan their country's National Plan of Action for Nutrition (NPAN).
2. Convened a meeting with the National Project Lifestyle Committee and made recommendations for the way forward. Made plans for the training of members as well as for the data collection team.
3. Distributed issues of *Cajanus* and *Nyam News* to numerous professionals in the health, education, agriculture and information sectors.

Cayman Islands

CFNI publication *Nyam News* and *Cajanus* were distributed to key focal points in various sectors and Ministries.

Dominica

1. Conducted a meeting to refine the second draft of the Food and Nutrition Policy and Plan of Action.
2. Providing technical assistance to Dominica in selecting, preparing and pre-testing culturally appropriate diagrammatic representations of the dietary guidelines.
3. Assisted Dominica in planning and hosting the launch of their national Food-based dietary guidelines.

Grenada

1. (a) Grenada was one of four countries selected to participate in the World Diabetes foundation funded project "*Preventing Diabetes and Other Chronic Diseases through a School-based Behavioural Intervention in Four Caribbean Countries*" being implemented by CFNI. The purpose of the project, which will be implemented over a four-year period, is to promote the adoption of healthy lifestyle behaviours of school children. Sensitization meetings were held with key stakeholders from secondary schools and from the Ministries of Education, Health and Sports and later needs assessments were carried out in two intervention and two control schools.
(b) Conducted a sensitization meeting with key stakeholders for the WDF Schools Behavioural Project. Persons representing the Ministry of Education; Sports; School Feeding; and the Grenada Food and Nutrition Council (GFNC) participated.
(c) Conducted a sensitization meeting with principals, teachers, Parent Teachers Association and the cafeteria staff in the four schools participating in the WDF Schools Behavioural Project.
(d) Conducted a Needs Assessment Survey for the WDF Project.
2. CFNI assisted the Grenada Food and Nutrition Council in evaluating the Council's work in the sister islands of Petit Martinique and Carriacou. This was later extended to an evaluation of the Council's work in Grenada.
3. Prepared the second draft of the National Food and Nutrition Policy document in May 2007. Third draft will be completed early in 2008.
4. An evaluation of the school meals programme in Grenada was planned.
5. CFNI facilitated the participation of the Executive Secretary of the Grenada Food and Nutrition Council in the annual National Nutrition Coordinators' Conference held in

Saint Lucia. The theme of the conference was *Towards a Regional Food and Nutrition Security Strategy*.

6. A combined team from the St. Marks Secondary, Westerhall Secondary, Grenada SDA Comprehensive Secondary Schools and Bishop's College (Carriacou) represented Grenada in the 2007 Regional Schools Nutrition Quiz Competition.
7. Issues of *Cajanus* and *Nyam News* were distributed to professionals in the health, education, agriculture and information sectors, and other interested members of the public.

Guyana

1. In the 2-day annual evaluation meeting and workshop organized by the National Breastfeeding Committee, CFNI conducted a training activity on the theme, Community-based Strategies for Breastfeeding Promotion and also participated in the review of 2008 plans presented by the hospital and regional breastfeeding committees. Approximately sixty persons participated in the workshop.
2. CFNI continued monitoring the training of health workers under the Government of Guyana/ Inter-American Development Bank (GOG/IADB) Basic Nutrition Program (BNP). Local trainers were trained by CFNI to deliver the training. A total of 480 health workers were trained under the project representing 100% of health personnel identified for training under the project.
3. A refresher workshop was conducted for trainers involved in the BNP. In this 3-day workshop, emphasis was placed on the strengthening of selected knowledge areas and training skills related to the teaching of counselling skills and their practical application. Deficiencies in these areas were identified through monitoring and post-training evaluation exercises.
4. Two rounds of post-training assessments were carried out under the BNP. In each round, a sample of health workers was observed in their work setting counselling mothers of young children. The findings indicated that the retention of knowledge in selected areas relating to iron nutrition, breastfeeding management and complementary feeding was generally good but improvements were needed in the application of counselling and clinical skills.
5. CFNI conducted re-training exercises for selected health workers in two coastal regions and three interior regions to address gaps in performance identified in post-training assessments. Learning activities were planned to provide additional practice in the application of counselling skills and the revision of knowledge areas identified by the participants.
6. Under the BNP, CFNI conducted a curriculum review workshop to present the results of the Delphi process used in reviewing existing training curricula and discuss the recommendations for changes to the curricula. Participants also offered suggestions for the way forward in implementing the reviewed curricula.
7. CFNI conducted an evaluation to assess the change in attitude and practice of healthcare workers following training in the use of the protocol for the nutritional management of obesity, diabetes and hypertension.

8. In-country discussions with Senior Hospital Managers, the Regional Health Officer, Director, Food Policy Unit and the Foodservice Supervisors to assess progress with improvements to hospital dietetic services at West Demerara Hospital (WDRH).
9. CFNI assisted the Ministry of Health with the revision of child health records and the introduction of the new WHO child growth standards. Discussions were held with personnel from the Maternal and Child Health Department and the Food Policy Division and assistance provided with the preparation and pilot-testing of the draft records. CFNI is also assisting with the planning of the training program for health workers and the preparation of training manuals to support the country-wide introduction of the revised records in early 2008.
10. Continued support was provided to the National Breastfeeding Committee in efforts towards the development of a national code of marketing of breast milk substitutes. In 2007, CFNI participated in the review of the draft document. Selected provisions were redrafted or amended, and some new content added based on the International Code, and known violations in the local situation. The revised draft will be circulated among stakeholders and interest groups for further review.
11. Training was conducted for senior administrative and nursing personnel from the Public Hospital Georgetown two private hospitals, regional hospitals in Regions 2, 3,5,6,7 and 10, and technical staff from the Food Policy Division, Ministry of Health. The primary objective of the 2-day workshop was to discuss the revised Global criteria for the implementation of the Baby Friendly Hospital Initiative. The participants were also given the opportunity to discuss the current status of the Initiative in their institutions and to describe future plans.
12. CFNI facilitated the participation of the team of students representing Guyana in the preliminary rounds of the 2007 Caribbean Schools' Food and Nutrition Quiz Competition.
13. Issues of CFNI's publications *Cajanus* and *Nyam News* were distributed to professionals in the health, education, agriculture and information sectors.

Jamaica

1. CFNI conducted an evaluation to assess the change in attitude and practice of healthcare workers following training in the use of the protocol for the nutritional management of obesity, diabetes and hypertension.
2. CFNI conducted an evaluation to assess the changes in attitude and practice of healthcare workers and lay caregivers in the nutritional management of HIV following training.
3. Trained healthcare workers in nutritional management of NCDs for WRHA was done.
4. Presented at UWI Medical School Conferences.
5. Presented at Staff Development Conferences for the Ministry of Health, nutrition personnel.
6. Presented at Dietetic Interns training.
7. CFNI in collaboration with the FAO, and as part of the regional project on promoting regional food security, completed a food security assessment of Jamaica. The activities completed were:

- a. A national consultation workshop to initiate the planning of the assessment.
 - b. Twelve focus group discussions held across the island.
 - c. A survey of 1,000 households.
 - d. A second national consultation to present and discuss the findings of the assessment.
8. In collaboration with International Centre for Environment and Nuclear Sciences (ICENS), completed a dietary assessment study in central Jamaica.
 9. Provided technical assistance in the preparation of a Food and Nutrition Security policy for Jamaica.
 10. In collaboration with the FAO and IICA, hosted a one-day symposium during the Caribbean Week of Agriculture held in Jamaica on *Food and Agriculture Policies and Obesity: Prevention of NCDs in the Caribbean*, and facilitated the attendance of persons from relevant government agencies.
 11. The Institute sponsored the participation of a representative of the Ministry of Health in the 2007 Nutrition Coordinators' Conference that was held in Saint Lucia over the period November 27-30, 2007.
 12. CFNI staff presented a paper at the World Food Day seminar on the topic "The Importance of Nutrition in the Right to Food Covenant" on October 16, 2007 at the Knutsford Court Hotel, Kingston, Jamaica.

Montserrat

1. Dispatched thirty protocols on Diabetes, Hypertension and Obesity.
2. Planned adolescent project.
3. Trained Ministry of Health personnel in data collection and data entry techniques. for the Adolescent Nutrition Survey.
4. Initiated the development of protocol for national Food Consumption Survey.
5. Supported the review and selection process for a dietetic technician in the Ministry of Health.
6. Technical advice given on upgrading of head cook position in institutions.
7. A Dietetic Technician job description was drafted for consideration by the Ministry.
8. Conducted workshop to review food safety for food handlers training materials Nutritional Profile defined for main hospital.
9. Nutrient standard developed for main hospital.

St. Christopher & Nevis

1. CFNI provided technical assistance in conducting qualitative research on current dietary patterns, the results of which will serve as baseline for the development of their national FBDGs.

2. Conducted a sensitization meeting with key stakeholders for the WDF Schools Behavioural Project. Persons representing the Ministry of Education; Sports; School Feeding; Ministry of Health participated.
3. Conducted a sensitization meeting with principals, teachers, Parent Teachers Association and the cafeteria staff in the four schools participating in the WDF Schools Behavioural Project.
4. Conducted a Needs Assessment Survey for the WDF Project.

Saint Lucia

1. Assisted technically, in selecting, preparing and pre-testing culturally appropriate diagrammatic representations of the dietary guidelines.
2. CFNI completed a food security assessment of Saint Lucia. The activities completed were:
 - a. A national consultation workshop to initiate the planning of the assessment
 - b. Eight focus group discussions held across the island.
 - c. A household survey.
 - d. A second national consultation to present and discuss the findings of the assessment.
3. CFNI in collaboration with the Ministry of Health, Saint Lucia, hosted the 2007 Conference of National Nutrition Coordinators and the winners of the regional nutrition competitions over the period November 27-30, 2007.
4. Thirty-one copies of *Cajanus* and forty-seven copies of *Nyam News* were distributed to individuals and institutions across the island.

St. Vincent and the Grenadines

1. Conducted a 2-day workshop with the National Food-Based Dietary Guidelines Task Force to develop a nutrition education and communication plan of action for the promotion and dissemination of the national food-based dietary guidelines (FBDG). Also conducted a one-day workshop with Ministry of Education personnel to develop a plan for the dissemination and promotion of FBDG in educational institutions.
2. Conducted training for the members of the St. Vincent and the Grenadines Food and Nutrition Council.
3. Conducted a sensitization meeting with key stakeholders for the WDF Schools Behavioural Project. Persons representing the Ministries of Education (including Curriculum and School Feeding Departments); Sports; and Health participated. Also conducted a sensitization meeting with principals, teachers, Parent Teachers Association and the cafeteria staff in the four schools participating in the WDF Schools Behavioural Project.
4. Conducted a Needs Assessment Survey for the WDF Project.
5. As part of the activities for the observation of 2007 World Breastfeeding Week, CFNI conducted a 1-day workshop for trainers involved in organizing in-service training for hospital personnel in breastfeeding. The objective was to familiarize the trainers with the

structure and content of the revised UNICEF course on Breastfeeding Promotion and Support in a Baby-Friendly Hospital; and to assist them in incorporating the course sessions in in-service training for clinical staff. Discussions also centered on the preparation of training plans and evaluation methods.

6. Eight trainers were trained to deliver the WHO integrated course on Infant and Young Child Feeding Counselling. The course is aimed at providing health workers with the knowledge and skills to counsel and support mothers to carry out recommended feeding practices for their infants and young children from birth up to 24 months of age, and to counsel and support HIV-infected mothers to choose and carry out an appropriate feeding method for the first two years of life.
7. CFNI assisted with the development of the plan of action for the strengthening of the Growth Monitoring and Promotion programme in health centres. Included among the objectives of the plan were the revision of child health records, the introduction of the new WHO child growth standards, upgrading of knowledge/skills of health workers and improved monitoring of growth monitoring/promotion activities.
8. Conducted an evaluation to assess the change in attitude and practice of healthcare workers following training in the use of the protocol for the nutritional management of obesity, diabetes and hypertension.

Trinidad & Tobago

1. CFNI carried out an informal assessment of progress in the implementation of the Baby Friendly Hospital Initiative at the Mount Hope Maternity Hospital. Interviews were conducted with clinical and non-clinical staff and mothers in the antenatal clinic, the antenatal and postnatal wards, and the birth and the neonatal intensive care (NICU) units. Interview guides based on the Global criteria for the implementation of the BFHI were used to evaluate current practices in support of breastfeeding. A written report on the findings of the assessment was discussed with a team of senior officials at the hospital.
2. Conducted a sensitization meeting with key stakeholders about the WDF Schools' Behavioural Project. Persons representing the Ministries of Education (including Curriculum and School Feeding Departments); Sports; and Health participated. Also conducted a sensitization meeting with principals, teachers, Parent Teachers Association and the cafeteria staff in the four schools participating in the WDF Schools Behavioural Project.
3. Conducted a Needs Assessment Survey for the WDF Project.
4. Participated on the Technical Committee of the Trinidad and Tobago 2005 Survey of Living Conditions: A project of the Ministry of Social Services Poverty Reduction Unit. Prepared the Report entitled *Trinidad and Tobago 2005 Survey of Living Conditions: Anthropometric Module*. CFNI also commented on the draft report of the full survey.
5. CFNI participated in the meetings of the Food Advisory Committee (FAC) of Trinidad and Tobago – a Body appointed by Cabinet to advise the Chemistry Food and Drugs Division of the Ministry of Health, Trinidad and Tobago. CFNI is involved on the full committee as well as several sub-committees. The term of the Committee will end in October 2008.

6. Participated in the Central Statistical Office Technical Committee for the planning of the 2007 Household Budget Survey.
7. CFNI was represented on the National Committee chaired by the Ministry of Health, School Health Unit to develop a National School Health Policy.
8. Collaborated with the Advanced School of Nursing, UWI to conduct sessions on
 - (i) *Malnutrition and Obesity* and
 - (ii) *Anthropometric Nutrition Assessment of Adults and Children for Nurses pursuing the BSc. Degree at UWI.*
9. Presented two lectures to the Third Year Students of the UWI BSc. in Human Nutrition and Dietetics – Special Degree program. The topics were:
 - (i) *Food and Nutrition Security* and
 - (ii) *Development of National Food and Nutrition Security Policies.*
10. Collaborated with the Ministry of Education on the National Schools' Food and Nutrition Quiz Competition, presented a brief about *Caribbean Schools Food and Nutrition Quiz Competition*, participated as a judge and advised as appropriate, the coach from the school team at St. George's College regarding their preparation for the CFNI Regional Secondary Schools' Food and Nutrition Quiz Competition.
11. Participated in several technical group meetings with the Ministry of Health, specifically the Health Promotion Unit and the Food and Drugs Division.
12. Participated in the evaluation of national Prevention of Mother to Child Transmission (PMTCT) of HIV programs. This was organized by the PAHO Representation.
13. Participated in a private sector organized healthcare professionals' seminar about Childhood and Adolescent Overweight and Obesity. CFNI prepared and delivered a presentation on the Nutritional Management to a group comprising primarily physicians, dietitians and nurses.
14. Provided technical support to TTANDi and dietitians from the Regional Health Authorities in planning for the Ministry of Health exposition and mini clinic in observance of World Diabetes Day. The theme was Diabetes in Children and Adolescents.
15. Collaborated with the Trinidad and Tobago Association Nutritionists and Dietitians (TTANDi) and the Faculty of Science and Agriculture, University of the West Indies to prepare career guidance brochures and information and participated in the Ministries of Health and Education *Health Career Fair 2007*. This first 5-day interactive exposition (April 23rd - 27th) was targeted to secondary school students and highlighted many careers in health, especially those in the Trinidad and Tobago health sector. Career paths were also discussed.
16. Participated in The Ministry of Health and Ministry of Local Government two-day National Consultation on Public Health Legislation aimed at discussing public health issues and submitting recommendations for revising existing Public Health legislation.
17. Distributed *Cajanus* and *Nyam News*.



Turks and Caicos Islands

1. The improved program of Technical Cooperation (TC) between CFNI and the Turks and Caicos Islands was developed through joint planning between the staff of the Ministry of Health and the CFNI.
2. CFNI conducted two 3-day workshops on *The use of the Protocol for the Dietary Management of Chronic Diseases* in 2007 for hospital and primary health care staff in both Grand Turk and Providenciales. Week-end half-day seminars on the same topic were conducted for physicians in Grand Turk and Providenciales during the same time period. A total of forty-seven (47) members of the health care staff benefited from the various workshops and seminars.
3. Launch of Protocol for the *Nutritional Management of Obesity, Diabetes and Hypertension*.
4. Training course in nutritional Management of NCDs in New Providenciales.
5. Training course in nutritional Management of NCDs in Grand Turk.
6. One-day seminar for physicians on the nutritional management of NCDs in New Providenciales.
7. Held workshop to revise the Food and Nutrition Policy and Plan of Action for Nutrition.
8. Prepared a draft working document for further discussions at a workshop scheduled for early 2007.
9. CFNI extended an invitation and offered sponsorship for the participation of the Nutrition Coordinator in TCI to attend the planning meeting which was held in Saint Lucia.
10. Issues of CFNI's publications *Cajanus* and *Nyam News* were distributed to numerous professionals in the health, education, agriculture and information sectors of the TCI.

3 | CFNI Development

Staff Changes and Development

The staff complement for the Institute stationed in Jamaica and Trinidad and Tobago comprised the following for 2007:

▣ Technical Staff	- 11
▣ Administrative Staff	- 16
▣ Total	= 27

Please see Organization Chart – Annex 1.

To assist with the technical activities several persons were contracted as shown below:

Name of Contractor	Technical Activity
Alicia Garcia	Adolescent Nutrition
Jean Edwards	Adolescent Nutrition
Donna Marcel Morrison	Government of Guyana/IADB Project
Jacqueline Flemming	Government of Guyana /IADB Project
Karen T. Kelly	Basic Nutrition and Food Safety Projects
Yvonne Brooks-Bonito	Food Security
Rufina Paul	Food Security
Aldrie Henry-Lee	Food Security
Adenike Soyibo	Food Security
Courtney Simons	Food Processing
Anthony Philgence	Food Security
Shaunice Dominique	HIV/AIDS Project
Monica Daniel	HIV/AIDS Project
Marie Estelle Prevost	HIV/AIDS Project
Bernadette Saunders	HIV/AIDS Project
Samuda & Johnson	CFNI Title Deed
Adenike Soyibo	CFNI Website Development
Mark Jackson	Cost Accounting
Yanique Rodgers	Technical editing
Deborah Henningham	Technical editing
Tracy Ann Myers	WDF School Project
Tameka Stephenson	WDF School Project
Marcelline Pennoy-Russel	WDF School Project
Andrea Louis	Caribbean Schools Food & Nutrition Quiz Competition

The Institute did not host any interns in 2007.

Staff Development and Achievement

PAHO Long Service awards were given to the following staff members:

Miss Winsome Williams	-	35 years of service
Miss Lorna Burrell	-	15 years of service
Mrs. Marian Thompson	-	10 years of service
Mr. Mike Montequé	-	10 years of service.

During the year in review the following special awards were also issued to CFNI staff:

- Miss Winsome Williams - Outstanding Support Staff Award.
- Miss Janice Tai - Sustained Exceptional Performance Award.

Training activities supported by the Department of Staff Development and Training, PAHO and by the Director, CFNI:

- Godfrey Xuereb - MPhil, Nutrition Training.

Budget and Finance

The total operating budget for 2007 was US\$2,080,765.00. See Annex 2 for further information on funding sources and allocations.

Quota contributions from CFNI member countries totaled US\$373,933.00.

Extra-budgetary funding accounted for 19% of the operating budget with a total of US\$398,270.00.

The major donors for 2007 included the following:

- Canadian International Development Agency
- Inter American Development Bank
- Food and Agriculture Organization
- World Diabetes Foundation
- Sagicor Financial Corporation.

The financial activities were carried out in accordance with the procedures and systems of the Pan American Health Organization. The terms and conditions of the grant agreements for the various extra-budgetary projects guided their expenditures.

Audit

The Institute was visited by external auditors from the National Audit Office, England, in December 2007. No major findings were reported and recommendations made will enhance operational efficiencies.

CFNI Building

The Office building remains in good condition. Routine maintenance was carried out to building and equipment as required.

INFORMATION TECHNOLOGY SERVICES

In 2007, the Institute's network was significantly upgraded with new equipment provided by PAHO Headquarters, through the Information and Technology Services Unit (ITS), as follows:

- Five Dell Optiplex 745 desktops were received in July-as part of the Organization's desktop replacement policy.
- A Dell PowerEdge 2950 Server replaced a Compaq Proliant Server, as the new Server for the financial accounting system, AmpesOmis.
- A Dell PowerVault 124T Tape Unit replaced the Sony back-up tape unit.
- Two Cisco Firewalls, which replaced a single firewall, in order to allow redundancy.

All offices within the Organization were privileged to receive an allocation of US\$5,000.00 from ITS, for the procurement of spare parts and computer-related equipment. CFNI was able to utilize this external funding to acquire network switches (which replaced hubs) and a larger Server Cabinet, which adequately accommodates the new equipment.

During the period 16-18 April 2007, training in an updated version of CERES software - an automated system for the evaluation of food consumption-was conducted by Mr. Herley Mustelier, from the Institute of Nutrition and Food Hygiene (INHA), Cuba, in the Philip I. Boyd Conference Room, CFNI. There were 17 participants comprising personnel from the Ministry of Health, University of the West Indies and CFNI staff.

CFNI staff participated in a number of on-line sessions, via the Elluminate Live Conferencing software, during the year. In May 2007, four staff members participated in SharePoint training for Content Managers, organized by the Information and Knowledge Management Unit (IKM) via Elluminate Live.

CFNI's Data Processing Technician, Miss Janice Tai, attended the System Administrator's Meeting held in Panama City, 27-31 August 2007. The main focus of the meeting was the promotion of the new knowledge management tools of the Organization.

The CFNI Website continued to provide on-line reference of its quarterly magazine, *Cajanus* and bi-monthly newsletter, *Nyam News*. The Institute's 40th Anniversary Logo also prominently featured on its Homepage.

Library Services

The Library continued providing users with a referral service in food and nutrition as well as current awareness services (bulletins, topical bibliographies) photocopy and internet printing facilities. The Library participated in displays and other community events with provision of educational resources and materials.

The CFNI Trinidad and Tobago Centre, which carries an extension of the Jamaica library's collection of informational materials in food and nutrition, also provides these services. Several individuals visited the library during the period under review for a variety of needs including the use of the facilities, purchase of publications, to conduct research and for the use of the CFNI periodicals (*Cajanus* and *Nyam News*).

Composition of User Community

This year the library records showed 1,316 reference visits were made to the library. User visits for 2007 are as follows:

University Students:

- UWI - 207
- UTECH - 100

Teachers Colleges	-	96
High Schools	-	192
Staff requests	-	88
Health personnel	-	57
• Ministry of Health	-	26
• Nurses	-	50

Others and telephone/email requests: 500

(e.g. Vocational schools, other government departments, individuals, etc.)

The majority of the users were UWI, University of Technology (UTECH), UWI School of Nursing (UWISON), Vocational Training Development Institute (VTDI-HEART Institute) and High Schools' students. Other users were teachers' colleges', health practitioners, nutritionists and members of the public. Combined with the current awareness bulletins of new material, the library's services have also been heavily utilized by national public health personnel, personal health enthusiasts and persons with nutrition- related chronic diseases. The CFNI library offers school group tours of its facilities as part of library services.

Direct requests from the CFNI community focused on the topics: food composition, obesity and weight management, diabetes and chronic non-communicable diseases, food security, meal planning, infant nutrition, nutrition and health, food and culture, food composition, food groups, food safety, indigenous recipes, dietetics, eating disorders (esp. obesity, micronutrient deficiencies), nutraceuticals, vegetarianism, alternative medicine, macronutrients, medicinal plants. Further, from existing reference resources subject bibliographies and reference guides (library pathfinders) have been supplied to user clientele.

Training Opportunities Offered

University Student Training: The library continued its support of the UWI Library School in the training of an intern for six weeks during the university summer break.

GIFT Illuminate Training Session: [Global Information Full-text; WHO initiative which provides free access to the WHO journals listings].

The library coordinated the GIFT training session for CFNI staff offered by Illuminate from IKM- Washington. This was held on March 9, 2007. There were nine (9) participants from Jamaica Centre and two (2) from Trinidad and Tobago; including technical staff from Jamaica Centre and also Trinidad and Tobago. Marcelo D'Agostino, Ian Roberts and Cristiane Oliveira presented. This was the first group of the participating regions to be trained in utilizing GIFT. GIFT allows access to 1000 journals for WHO/PAHO/CFNI staff; with the aim to uniformly provide scientific information for all WHO staff; and to replace print subscriptions.

Information Outreach

Public information was enhanced by the 40th anniversary displays mounted this year as well as access to the 40-year cumulated index to CFNI's flagship publication, *Cajanus*. Fourteen exhibitions and displays for the year also increased public awareness on the importance of nutrition to lifestyle practices; in various cases, in support of health ministries' activities. The library provided presentations to visiting health groups and the public in an endeavour to strengthen and enhance the function of information provision to the user community.

CFNI website

The CFNI website includes issues of *Cajanus* and *Nyam News* to 2006, as well as the food group charts, PowerPoint presentations and bulletins on new activities including the schools' competitions. Website maintenance includes regular updates of *Cajanus* and *Nyam News* as published and other public information. Website URL: <http://www.paho.org/cfni>.

New Title Acquisitions

A total of two hundred (200) new items including journals, books and pamphlets updated CFNI's collection this year. The Library prepared and circulated bulletins on the new publications received.

MATERIALS PRODUCTION UNIT

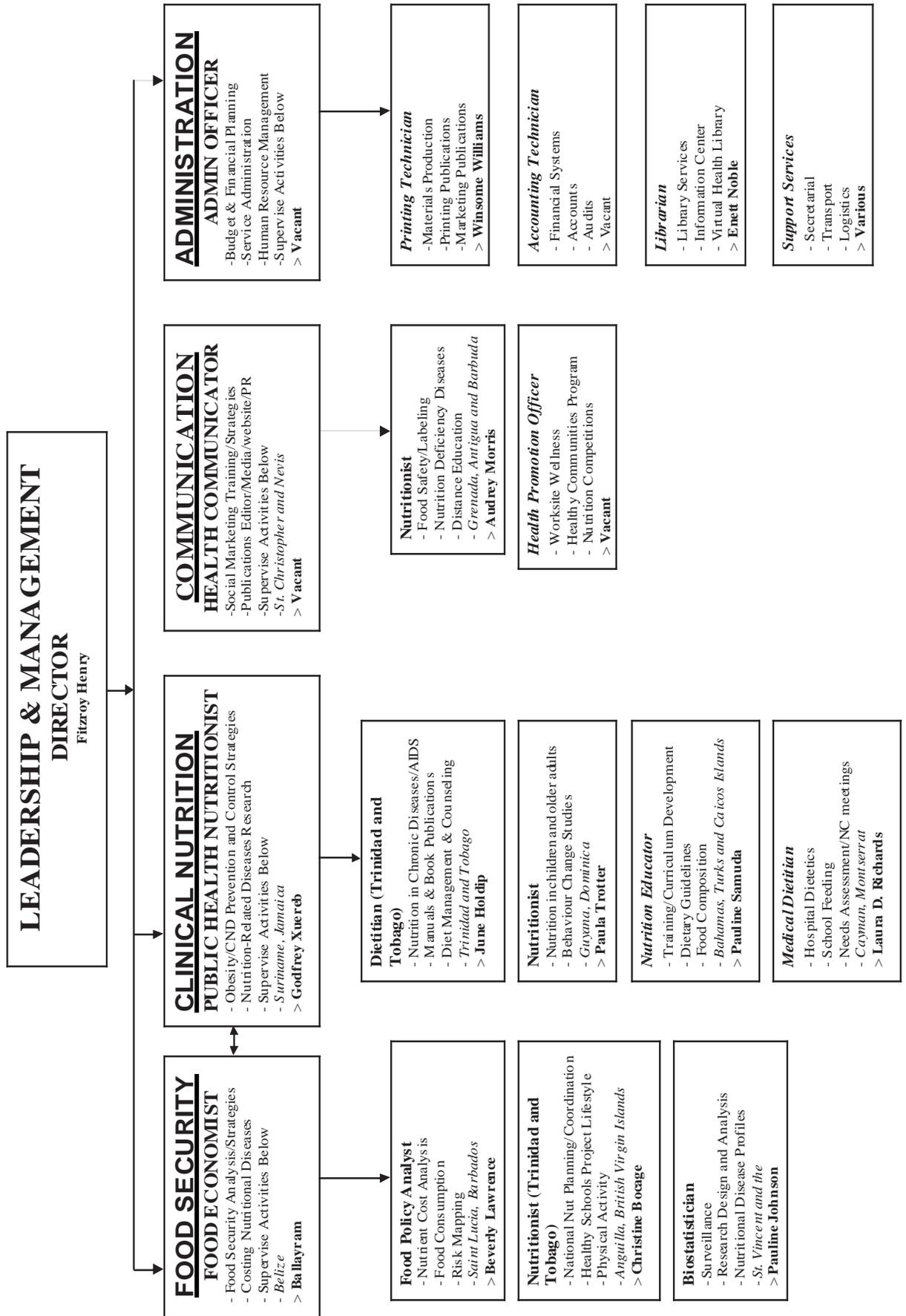
Name of Publication	No. of Copies
CFNI PUBLICATIONS	
<i>Cajanus</i> , Vol. 39, No. 1, 2006	3,200
<i>Cajanus</i> , Vol. 39, Nos. 2-3, 2006	1,200 each
<i>Nyam News</i> July-December 2005	2,680
<i>Nyam News</i> - January-November 2006	1,381 each
Booklets on Good Nutrition and Healthy Eating for People Living with HIV/AIDS:	5,000 each
☉ Dietary Tips for Coping with Problems that Could Affect Your Nutritional Health	
☉ What is Good Nutrition for HIV	
☉ Keeping Healthy and Living with HIV	
☉ Food Safety and Hygiene	
☉ About Nutrition and HIV	
☉ Getting the Best from Your Food and Drugs	
☉ Planning a Healthy Diet	
The Nutrition Training Component: Basic Nutrition Program - Guyana:	
Texts:	
☉ Anaemia in Women and Children	450
☉ Infant and Young Child Nutrition	480
☉ Prevention and Management of Malnutrition	500
☉ Nutrition for Women of Childbearing Age	50
Reprint- Food Composition Tables for Use in the English-speaking Caribbean	500
Reprint - Caribbean Foodways	300
Healthy Eating and Active Living	500
Leaflet - Physical Activity: Important for us all	250
Flyer- Caribbean School's Food & Nutrition Quiz Competition 2007: Call for Entries	
Flyer - Small Changes Make a Difference	1000
Flyer - Five Keys to Food Safety	250
Flyer - How to Use the BMI Charts	750
Booklet - Nutrition for Good Health	1,500
Reprint - Institutional Food Service: A Guide for Supervisors	850
Reprint- Body Mass Index Chart (letter size)	500
Reprint - Questionnaire: Jamaica Household Survey	500
Reprint - The Caribbean Food Group Posters: What they mean and how to use them	1,000
Poster - for Commission Conference Combating Obesity in the Caribbean (12" x 18")	200
Food Security Assessments and Capacity building in the Caribbean	50
Questionnaire: Preventing Diabetes and Other Chronic Diseases Through a School-Based Behavioural Intervention in Four Caribbean Countries - Needs Assessment Survey (Questionnaire for Children)	2,400

Name of Publication	No. of Copies
CFNI PUBLICATIONS	
CFNI Annual Report for 2005	400
Report - 2006 Regional Nutrition Competition	35
CFNI 2008 Calendar	1,000
Flyer - Caribbean Nutrition Promotion Awards Competition 2007: Call for Sponsors	2000
Questionnaire: Preventing Diabetes and Other Chronic Diseases Through a School-Based Behavioural Intervention in Four Caribbean Countries - Needs Assessment Survey (Questionnaire for Teachers)	320
Caribbean Week of Agriculture - Programme	100
Booklet: Sponsors of CFNI's 2007 Regional Nutrition Competitions	200
NON-CFNI PUBLICATIONS	
Printed for Ministry of Health, Jamaica:	
⊗ National HIV/STI Program Annual Report 2005	100
⊗ Management of Sexually Transmitted Infections: A Clinician's Vade Mecum	500
Students' Handbook, UWI School of Nursing, Jamaica	300
Monographs printed for the Nurses Association of Jamaica:	
⊗ Nurses for Patient Safety - Targeting Counterfeit and Substandard Medicines (9 th Gertrude Swaby Memorial Lecture)	200
⊗ Nurses Serving Families - Improving the Delivery of Health Care (6 th Gertrude Swaby Memorial Lecture)	200
2006 Annual Report - IICA's Contribution to Agriculture and the Development of the Rural Communities in Jamaica	200

PRE-PRESS DESIGNS

1. Flyer - Caribbean Schools Nutrition Quiz Competition 2007: Call for entries
2. Flyer - Caribbean Nutrition Promotion Awards Competition 2007: Call for entries
3. Covers - *Cajanus* Vol. 39, Nos. 1- 3, 2006
4. Banner - Food and Agriculture Policies and Obesity
5. Poster - Combatting Obesity in the Caribbean
6. Survey Report Cover (Nutrition Knowledge and Practices and Iron Status of Adolescents in Antigua and Barbuda and Barbuda and Barbuda)
7. 2006 Annual Report - IICA's Contribution to Agriculture and the Development of the Rural Communities in Jamaica
8. CFNI 2005 Annual Report
9. Report - 2006 Regional Nutrition Competition

Annex 1: CFNI Organization Chart



Annex 2: Types of Expenditure as a Percentage of Total Operating Budget 1999-2007

