

The HEALTH Cycle

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FEATURE ARTICLE

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ABOUT THE HEALTH CYCLE

The Health Cycle is the official newsletter of the Ministry of Health – St. Kitts and Nevis. It brings you the latest in public health updates, wellness tips, program highlights, and community stories that inform, inspire, and empower. Stay connected as we promote healthier lives for all.

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Message From

Dr. Rondalyn Bradshaw *Principle Nursing Officer*

Welcome to Q1 2025 Edition of “The Health Cycle”

It gives me great pleasure to extend warm greetings to all readers and stakeholders as we welcome the second quarter edition of The Health Cycle. As Principal Nursing Officer, I take this opportunity to celebrate and acknowledge the tremendous contributions that nurses across St. Kitts and Nevis continue to make toward the health and wellbeing of our people. Whether stationed in institutional care settings or embedded in the heart of our communities, nurses remain the backbone of our healthcare system—delivering safe, compassionate, and competent care 24 hours a day.

The second quarter also provided a timely moment to recognize these contributions in a more visible and spirited way, through the celebration of Nurses Week 2025 under the global theme: **“Our Nurses. Our Future. Caring for nurses strengthens economies.”**

This powerful theme echoes our collective commitment to invest in the nursing workforce as a strategic imperative for national development and health system sustainability. The week of celebration commenced with a reverent Church Service, where nurses came together in worship, reflection, and thanksgiving—an opportunity to honor the divine calling and selfless service that define the nursing profession. This was followed by our cherished Annual Nurses Luncheon, graciously sponsored by the Ministry of Health, where nurses enjoyed fellowship, relaxation, and reflection.

A standout feature of the week was the Educational Symposium held under the theme: **“Empowered Nurses. Thriving Communities: Supporting Nurses Today to Secure Health Tomorrow.”**

This symposium underscored the critical link between a well-supported nursing workforce and the broader social determinants of health. Nurses also engaged in fun and enriching activities including a nurses trivia competition, a movie night, and visits to retired nurses—a meaningful gesture that recognizes the foundation laid by those who came before us.

The week culminated with the Annual Nurses Gala and Dinner, a hallmark event sponsored by our Honourable Prime Minister and Minister of Health, Dr. Terrance Drew, whose continued advocacy for the profession is both noted and appreciated.

Earlier this year, our nurses in institutional-based settings began 2025 with a renewed sense of unity and purpose by participating in team-building exercises. These activities were specifically designed to strengthen workplace culture by fostering trust, improving communication, enhancing clinical competencies, and supporting both personal and professional growth. We believe that a supportive team environment is not only essential for workforce wellbeing but is also directly tied to the quality of care we provide to patients and families.

As we look ahead, I invite all readers, partners, and members of the public to continue supporting our nurses in every sphere. Your encouragement, advocacy, and collaboration are vital as nurses strive to uphold the highest standards of care—care that improves lives, uplifts families, and ultimately sustains our healthcare system.

Let us continue to value our nurses—not only for what they do, but for who they are: pillars of strength, knowledge, and compassion in every stage of the healing journey.

With gratitude and solidarity,

Office of Principal Nursing Officer
July 3, 2025

EDITOR'S *Note*



It is with deep pride and growing momentum that we welcome you to the second edition of The Health Cycle, the official newsletter of the Ministry of Health – St. Kitts and Nevis. As our journey continues, this quarter's issue celebrates not just milestones, but the heartbeat of our nation's health: community connection, collaboration, and compassion.

This edition showcases a season rich in transformation. From the launch of Executive Leadership Rounds at JNF Hospital to groundbreaking initiatives like the Maternal Care Navigator Program and LAMAT 2025, we've witnessed health services evolve to meet people where they are, whether in the operating room, the classroom, or the heart of the community. Stories of mental health training, alcohol awareness outreach, and renewed investments in nursing education remind us that healthcare is a collective promise, and one we are honored to uphold.

The Ministry also strengthened its data surveillance and public education efforts, tracking shifts in communicable and non-communicable diseases with precision and urgency.

We continue to monitor patterns in hypertension, cancer, HIV, and respiratory infections with a renewed focus on prevention and behavior change. At the same time, vibrant observances, such as World Health Day to Nutrition Month, highlighted how culture and community are powerful allies in advancing public health.

Most importantly, this issue reflects you, the people we serve. Your participation in community walks, wellness workshops, antenatal clinics, and policy feedback helps us shape a health system that listens, learns, and leads with purpose.

As you read, I hope you're inspired by the partnerships forged, the lives touched, and the vision shared. We remain committed to building a Federation where wellness is not only accessible, but celebrated at every age and stage of life.

Thank you for being part of this ongoing cycle of growth, hope, and health.

Marissa Carty
Editor-in-Chief

HEALTH PROMOTION UNIT

2nd Quarter Activities

APRIL

07

WORLD HEALTH DAY

Putting Mothers & Newborns First

26

VACCINATION WEEK

Community Nursing & Health Promotion Unit engage in community outreach to promote vaccine safety.

28

WORLD DAY OF HEALTH & SAFETY AT WORK

Hydration Day with SKELEC



MAY

05

WORLD HAND HYGIENE DAY

It Might be Gloves, It's Always Hand Hygiene

05

HYDRATION DAY

It Might be Gloves, It's Always Hand Hygiene

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INTERNATIONAL NURSES DAY

Our Nurses. Our Future. Caring for Nurses Strengthens Economies.

17

WORLD HYPERTENSION DAY

Live Cooking Demo with Chef Sandy

31

WORLD NO TOBACCO DAY

Global Youth Tobacco Survey Data Dissemination

JUNE

01

CARIBBEAN NUTRITION DAY

Healthy Eating, Active Living, Sustainable Diets for a Healthier Caribbean

01

INTERNATIONAL DAY OF THE MIDWIFE

Midwives: Critical in a Crisis

07

WORLD FOOD SAFETY DAY

Safe food storage starts at home.





STOP the spread of **GASTROENTERITIS**

Gastroenteritis is a disease syndrome causing a combination of stomach pain, nausea, vomiting and diarrhea. Norovirus is the probable cause of the increase in cases of gastroenteritis.

How can you help stop the spread of gastroenteritis?



Practice proper hand hygiene by washing hands with soap and water frequently and particularly after using the toilet, before preparing food and prior to eating.

Stay at home if experiencing symptoms of gastroenteritis. Do not send your child to school or if an adult, do not return to work until 2 days after symptoms have cleared.



When you are sick, do not prepare, serve or touch food for others. Food handlers should stay at home when sick for at least 2 days after vomiting and diarrhea have stopped.

Carefully wash fruits and vegetables before preparing and eating them. Cook foods thoroughly before consumption.



Clean and disinfect high-touch surfaces (toilets, taps, door-knobs, kitchen countertops and bathroom sinks) regularly and thoroughly using chlorine bleach solution.



If an ill person vomits, the droplets will contaminate surrounding surfaces. Disinfect potentially contaminated surfaces with chlorine bleach disinfectants.



As we approach the summer, let us responsibly choose foods that are safe and uncontaminated to reduce our risk of illness.

Contact your nearest Community Health Center if you have a question or need medical advice!

Strengthening Mental Health Services Through Practical Skill Building

Mental Health Service System Enhancement Project



In a continued effort to build a more resilient and responsive mental health care system, the Ministry of Health—through its partnership with Taiwan ICDF—has launched a series of training sessions under the Mental Health Service System Enhancement Project. This initiative aims to equip healthcare providers with the tools and confidence needed to respond effectively to the growing mental health needs within our communities.

On Wednesday, May 21st, thirty healthcare professionals—including community nurses, hospital nurses, and a medical doctor—gathered at the Solid Waste Management Corporation Conference Room for the first session in this impactful training series. The atmosphere was one of collaboration and enthusiasm as participants engaged in activities designed to sharpen both technical and interpersonal skills.

At the core of the training was an introduction to the Brief Symptom Rating Scale (BSRS)—a screening tool that will be used in upcoming community mental health outreach activities. Facilitated by Ms. Michelle Blake of the National Counselling Centre and supported by the Health Promotion Unit, the session also focused on improving active listening and empathetic communication—two

foundational skills for patient-centered mental health care.

Participants shared overwhelmingly positive feedback, applauding the session for its relevance, clarity, and practical approach. The inclusion of real-life scenarios and role-playing exercises allowed participants to apply what they learned in a supportive environment, making the content more meaningful and memorable.

Looking ahead, the second training session—held on June 5th—built upon this momentum with an even deeper focus on community outreach, mental health screening, and the use of the BSRS tool in real-world settings. Permanent Secretary Mr. Curtis Martin opened the session with remarks that underscored the Ministry's commitment to enhancing mental health services through capacity building, collaboration, and compassionate care.

This training series represents more than skill development—it marks a shift toward accessible, community-based mental health services that empower both providers and patients. By bridging knowledge with empathy, the Ministry of Health is fostering a system where mental health is treated with the urgency, dignity, and professionalism it deserves.



Empowering Educators, Guiding Youth

National Workshop Strengthens Sexual Health Education in Schools

As adolescent sexual health concerns continue to rise in St. Kitts and Nevis—including increased cases of teenage pregnancy, sexually transmitted infections (STIs), and risky behaviors—the Ministry of Health, in partnership with the Ministry of Education, has launched a timely and strategic initiative to strengthen the response within the school system.

On June 11-12, 2025, a two-day interactive training workshop was held at the Customs Conference Room in Bird Rock, targeting school counsellors and Health and Family Life Education (HFLE) teachers. This initiative is part of a broader national campaign spearheaded by the National AIDS Secretariat, aimed at tackling adolescent sexuality through education, empowerment, and collaboration.

The training was designed to enhance the capacity of educators to:

- Understand adolescent sexual and reproductive health concerns
- Deliver age-appropriate, culturally sensitive, and accurate sexual health content
- Apply effective counseling and behavior change strategies
- Strengthen collaboration between the health and education sectors

Day 1 began with a dynamic presentation on adolescent development by Mrs. Michelle Blake, followed by a myth-busting and fact-based session on STIs



and HIV led by Dr. Mathias Ofre, National AIDS Program Coordinator. Both sessions encouraged open dialogue and deep reflection on the real issues facing today's youth.

Day 2 featured a highly interactive series of role plays, case studies, and group discussions on behavioral change models and communication techniques, again facilitated by Mrs. Michelle Blake. The final session, led by Mrs. Lucine Pemberton Vaughan, focused on integrating sexual health into the HFLE curriculum and drafting school-specific action plans.

The workshop used a participatory methodology that included:

- Small group discussions
- Role-playing scenarios based on real-life cases
- Collaborative action planning for implementation in schools

This hands-on approach ensured that each participant walked away not only informed, but also equipped to create change within their school communities.

This workshop is a pivotal step in a bold national campaign to help youth explore their values and sexuality in safe, respectful, and informed ways. The Ministry of Health encourages parents, guardians, and community leaders to join in supporting this mission. By investing in educators today, we build a foundation for a safer, smarter tomorrow.

Antenatal Care Workshop Empowers Expecting Families

Supporting Healthier Pregnancies Through Knowledge & Community

On a bright and hopeful afternoon at the CUNA Conference Room, the Nutrition Surveillance Program hosted a heartwarming and highly informative Antenatal Care Workshop, bringing together a vibrant group of expectant mothers and fathers for a shared journey of learning, preparation, and connection.

The session, held on April 30th, was more than just a workshop—it was a space for education, empowerment, and encouragement. From the moment participants arrived, the atmosphere was one of positivity, curiosity, and community spirit.



The workshop covered a range of critical topics to help families navigate a safe and healthy pregnancy, including:

- The importance of regular antenatal care and early checkups
- Nutrition tips for a balanced pregnancy diet
- Emotional wellness and mental health support
- Partner roles and how fathers can support expectant mothers
- Safe practices for the months ahead

Attendees also had the opportunity to meet the recently introduced St. Kitts Maternal Care Navigators, who



shared how they support high-risk mothers through personalized guidance, follow-up care, and referrals throughout the pregnancy journey.

Our team of health professionals and guest speakers shared valuable tips, answered thoughtful questions, and offered practical, culturally relevant advice to help parents feel more prepared and confident.

The interactive format allowed for open conversation, community-building, and meaningful connections between participants and facilitators alike.

The Ministry of Health remains committed to ensuring maternal and child health is supported at every level—from prevention to postnatal care. Events like this workshop are essential in equipping families with the tools and confidence they need for a healthy start.

We extend sincere thanks to all who attended and contributed to the event's success. Stay tuned for more upcoming activities and workshops focused on promoting safe, joyful, and well-supported pregnancies across the Federation.

Q&A

MATRON KERRY WILLIAMS TUCKETT



FEATURED HEALTH PROFESSIONAL INTERVIEW

With decades of service in nursing, Matron Kerry Tuckett shares a personal and professional perspective on the evolving landscape of healthcare. In this interview, she reflects on her journey, challenges faced by today's nurses, and her unwavering commitment to patient-centered care rooted in compassion, resilience, and continuous learning.



Q

What inspired you to pursue a career in healthcare?

I have always enjoyed caring for people and wanted to alleviate suffering, although growing up, I can recall saying that I wanted to be an air hostess, as it would allow me the chance to travel and see the world. Upon leaving school when it was time for me to choose a career, I applied to teaching and nursing and had both interviews on the same day, was successful, and had to make a choice.

I chose nursing because it allowed me the opportunity to care for people and also learn and understand how the body functions.

Q

What is your current role in the community health system?

I am appointed as the Director of Institutional Nursing Service

Q

What are some major health concerns in the population you serve?

Some of the major concerns in the population I serve will be looked at in a two-fold manner:

- As healthcare evolves, concerns continue to arise, especially in reference to staff safety, as workplace violence is on the increase, increased workload, and a staff shortage.

The use of technology can be problematic for some, although the need for improved technology is needed. Emotional and psychological stressors are also affecting the nurses of this era. Fatigue and burnout, plus bullying in the workplace, are of major concern. Absenteeism continues to increase, and each year, there are emergent diseases that nurses have to care for

- Health concerns in the diverse population we serve are a cause for great concern, as each day we see a young population, especially men, diagnosed with an NCD. Obesity affects the population and puts people at risk for diabetes, hypertension, certain cancers, and heart disease.

The threat of Infectious Disease affecting all remains. Mental health and substance abuse contribute to some of the concerns the population faces. Over the past five years, there has been a major increase in MVA, and this has hurt the population.

Q

How does your team promote wellness and prevent illness?

Promotion of wellness and prevention of illness is done through education and a family-centered approach to caring for the patient. We utilize a holistic approach, and all the necessary disciplines are involved to provide patient care.

Q

What recent program or initiative are you most proud of, and why?

Expansion of the services offered in the Outpatient Department, such as urology, endocrinology, neurology, vascular, to name a few. As it relates to nursing, the steps taken to improve infection control practices, increase specialized nurses, and team-building activities.

Q

How has access to healthcare improved in your area of care?

Healthcare services are offered on a twenty-four-hour basis through the Accident and Emergency department. Nurses are always on duty throughout the health sector, more so in the hospital

Q

How do you and your team build trust with the community?

We build trust by showing empathy, communicating with patients and family members, establishing a nurse-patient relationship, and demonstrating competence and a sense of knowledge in patient care



Q

What are some major health concerns in your community?

To all who utilize the healthcare system, be respectful of guidelines and standards of operation. We are here to provide care for everyone regardless of colour, age, or gender. When in doubt, ask questions if not satisfied with the service received, take your complaints to the relevant personnel; someone is always available to assist. Through a collective effort, we want to ensure that your experience with us was beneficial, and you recognize that we share responsibilities and are held accountable to ensure you receive nothing but the best treatment



Q

How do you stay motivated in this demanding field?

Staying motivated in this demanding field is based on my purpose, vision, and seeing the enhancement of patient care through evidence. Trusting God during good and difficult times is a must. Setting goals and working towards them by staying abreast with new knowledge and skills, embracing change through continuous learning, and fostering support from family, friends, and colleagues. Always seek opportunities to advance.

Q

What advice would you give to young people considering a career in public health?

Nursing is a fulfilling, rewarding profession that ensures lifelong learning and service. There are vast opportunities for growth, development, and networking. Once you're blessed with the prerequisite skills, such as compassion, empathy, being a critical thinker, and genuinely wanting to make a difference, then take that step and enroll, and let your professional journey begin

GRATEFUL HEARTS, HEALTHIER FUTURES

Donation Highlights

Generosity in Action: Advancing Healthcare in St. Kitts and Nevis

During the second quarter of 2025, the Ministry of Health was once again the grateful recipient of generous contributions from both local and international supporters. These acts of kindness have played a vital role in enhancing healthcare services across the Federation, reflecting a shared commitment to the well-being of our communities. Each donation serves as a powerful reminder that together, we can build a stronger, more resilient health system.



Taiwanese Foundation Donates Mobility Aids to Support Healthcare in St. Kitts and Nevis

The Government of the Republic of China (Taiwan), through the CAO Zhong Zhi Foundation, has donated 87 wheelchairs, 64 walkers, and 36 toilet chairs to St. Kitts and Nevis. The Foundation supports persons with physical disabilities.

At a handover ceremony at JNF General Hospital, Prime Minister and Minister of Health, Hon. Dr. Terrance Drew, accepted the items, noting their value in improving mobility and patient care in hospitals, clinics, and communities nationwide.

Mobility Aids Distributed to Communities Through Constituency Empowerment Department

As part of the continued rollout of mobility aids donated by the Government of Taiwan, Mrs. Lindsey Maynard, Director of Operations at JNF Hospital, officially handed over 30 wheelchairs, 30 walkers, and 15 commodes to Mrs. Sahira Joseph, Acting Director of the Department of Constituency Empowerment.

These items will be distributed to individuals in need across various communities, with the Department overseeing identification and delivery. The Ministry of Health extends heartfelt thanks to our Taiwanese partners for their continued and impactful support.



Lions Club Supports Mental Health Services with Meaningful Donations

The St. Kitts Basseterre Lions Club made two generous donations to support patients at the JNF General Hospital's Psychiatric Ward and the Dr. Arthur Lake Mental Health Day Treatment Centre.

The Ministry of Health expressed sincere gratitude to the Club for its continued humanitarian service and kind support of mental health care in the Federation.

THE NCD PORTAL



The Importance of Healthy Living in St. Kitts & Nevis: *Eating Well, Staying Active, and Prioritizing Health Screenings*

by **Vera Edwards France**
Health Educator/Counselor

Living a healthy lifestyle is essential for everyone, but in St. Kitts & Nevis, where vibrant cultural celebrations like Suga Mas and Culturama are central to community life, maintaining good health holds even greater importance. By adopting balanced eating habits, staying physically active, and participating in regular health screenings, individuals can enhance their quality of life and fully enjoy these cherished festivities.

Benefits of Healthy Eating

Healthy eating provides the body with essential nutrients that support energy, strength, and disease prevention. A diet rich in fruits, vegetables, lean proteins, whole grains, and healthy fats:

- Boosts energy levels.
- Strengthens the immune system.

- Supports healthy weight management.
- Reduces the risk of chronic illnesses like diabetes, hypertension, and heart disease.

In St. Kitts & Nevis, where delicious but often high-calorie traditional foods are enjoyed, balancing local favorites with healthier options can lead to long-term wellness without giving up cultural flavors.

The Power of Physical Activity

Regular physical activity offers numerous physical and mental health benefits, including:

- Improved cardiovascular health.
- Stronger muscles and bones.
- Better mood and reduced stress levels.

- Enhanced endurance for participating in events like long carnival parades, dance troupes, and street performances.

Engaging in activities such as walking, swimming, dancing, or playing sports helps the body maintain strength and agility, which are crucial for fully experiencing the high-energy celebrations that define Kittitian and Nevisian culture.

The Role of Health Screenings

Routine health screenings play a key role in early detection and management of potential health problems. In particular, monitoring Blood Pressure, Blood Sugar, Cholesterol Levels, Body Mass Index (BMI) and Waist-Hip Ratio (WHR) is vital for preventing non-communicable diseases. A healthy BMI indicates a balanced body weight in relation to height, while a Waist-Hip Ratio helps assess body fat distribution, which is linked to heart disease risk.

Maintaining a healthy BMI and WHR not only improves day-to-day well-being but also ensures that individuals have the stamina and flexibility to actively take part in cultural festivities without health limitations.

Consequences of Unhealthy Lifestyles

Unhealthy habits such as overeating, frequent consumption of sugary or fatty foods, and a sedentary lifestyle can lead to:

- Obesity
- Type 2 Diabetes

- Cardiovascular diseases
- Reduced mobility and energy levels
- Increased risk of heat exhaustion during outdoor celebrations

When individuals neglect their health, they may find themselves unable to fully engage in Suga Mas, Culturama, and other vibrant events that require stamina, physical activity, and a sense of community connection. These festivals, which involve long hours of dancing, walking, and celebrating in the sun, can become physically challenging for those who are not in good health.

In St. Kitts & Nevis, where cultural festivals are integral to national identity and community joy, living a healthy lifestyle is not just a personal benefit—it is a gateway to fully experiencing life. Prioritizing balanced eating, regular exercise, and timely health checks helps individuals maintain a healthy BMI and Waist-Hip Ratio, ultimately empowering them to enjoy the festivities to the fullest.

By embracing healthier choices today, we ensure that tomorrow's celebrations are not just attended but fully lived.



Data Surveillance Insight into Health Trends in St. Kitts and Nevis

By Dr. Odalis Abreu
Epidemiologist

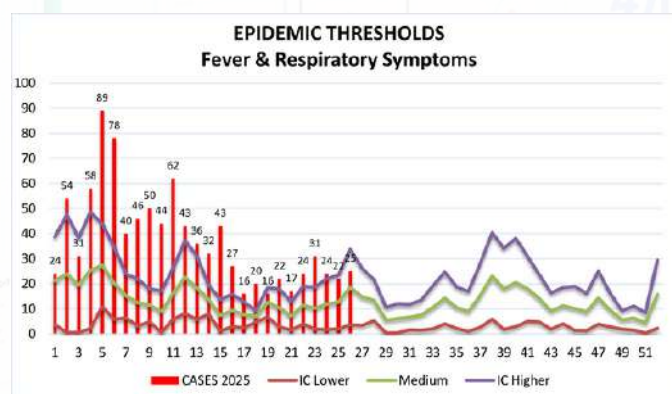
DATA WATCH

Accurate, real-time health surveillance continues to be a cornerstone in shaping responsive and effective public health policy. In the second quarter of 2025, the Health Information Unit deepened its commitment to tracking emerging trends and disease burdens across St. Kitts and Nevis. Through integrated data systems and stakeholder collaboration, we monitor communicable and non-communicable disease trends to not only respond to threats but to guide strategic health planning.

This quarterly update reflects ongoing efforts to detect early warning signs, control outbreaks, and improve the population's long-term health outcomes. With notable shifts in respiratory illnesses, gastrointestinal infections, cancer incidence, and chronic disease patterns, we are reminded of the critical role of prevention and education in sustaining a healthy Federation.

Fever & Respiratory Symptoms

Between April and June 2025, the Federation recorded 974 total fever and respiratory symptom cases, an increase of 183 cases compared to the same period in 2024 (791). Of this year's total, 319 cases occurred in the 2nd quarter, with the majority reported in St. Kitts. Children under 5 years accounted for 249 cases, while individuals aged 5 years and older made up 725 cases.

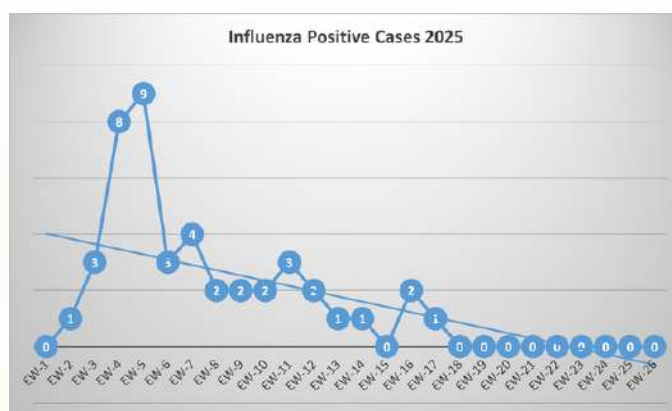


Respiratory Tract Infections (RTIs)

Testing and surveillance data for EW 1-26 show:

- COVID-19
 - ☒ 5 positive cases
 - ☒ 129 negative cases
- Influenza
 - ☒ 44 positive cases
 - Type A: 43
 - Type B: 1
 - ☒ 84 negative cases

Influenza positivity appears to be declining compared to previous trends.



Arboviruses

Ongoing surveillance for arboviruses remains essential.

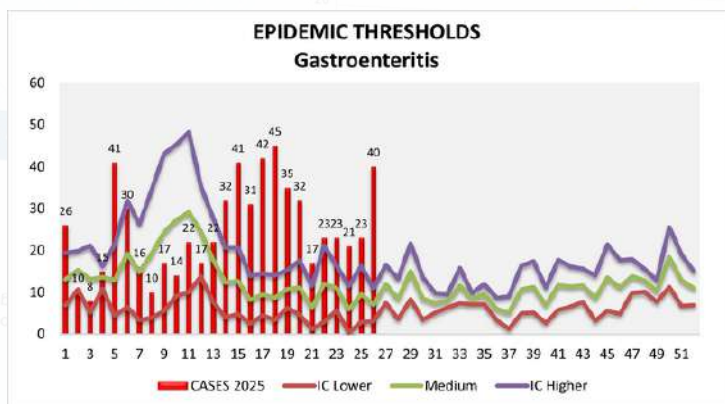
- Dengue
 - ☒ 1 positive case
 - ☒ 44 negative results

This represents a sharp decrease from 20 confirmed dengue cases in Q2 2024.

Diseases	2 nd Quarter 2024	2 nd Quarter 2025
Covid-19	1	3
Influenza	-	4
RSV	1	-
Dengue	20	-
Gastroenteritis	579	405

Gastroenteritis Trends

The Federation saw a decline in gastroenteritis cases, dropping from 579 cases in Q2 2024 to 405 in Q2 2025. While this reduction is promising, gastroenteritis remains a public health priority due to its high transmissibility and disproportionate impact on children under 5 years of age (118 cases recorded). Continued emphasis on hygiene education, food safety, and early care-seeking is essential to maintain downward momentum.



Cancer Surveillance (Q1 2025 vs 2024)

The total number of newly reported cancer cases in Q2 2025 was 21, showing a marginal decline from 22 in Q2 2024. However, the distribution of cancer types provides critical insight into shifting risk profiles and the importance of gender-sensitive screening initiatives.

Gender Distribution

- Males: 10 cases (↑ increase from 8)
- Females: 11 cases (↓ decrease from 14)

Most Common Cancers - 2nd Quarter 2025

Prostate- 28.6%

Breast- 28.6%

Colon- 14.3%

Skin- 9.5%

Ovary- 9.5%

New cases	2 nd Quarter 2024	2 nd Quarter 2025
Males	8	10
Females	14	11
Total	22	21

HIV Surveillance

A total of 5 new HIV cases were reported in Q2 2025, a slight decrease from 6 in the same period last year.

- Though numbers remain low, the stability of male cases and slight decline among females suggest steady transmission risk.
- The data reinforces the need for continued HIV testing, stigma-free sexual health education, and access to PrEP and treatment options, especially for younger populations and high-risk groups.

NEW CASES	2 nd Quarter 2024	2 nd Quarter 2025
Males	3	3
Females	3	2
Total	6	5

Hypertension Trends: A Growing NCD Concern

The incidence of new hypertension cases jumped to 144 in 2023, the highest since 2018, showing a disturbing upward trend. Prevalence rose by over 60% in five years, indicating a growing burden on the health system.

- These figures reflect lifestyle and dietary patterns that require urgent public health attention.
- Campaigns promoting low-sodium diets, physical activity, and regular screening must remain central to community outreach.
- The escalating prevalence also demands improved access to hypertension management services at both the community and institutional levels.

Hypertension	2018	2029	2020	2021	2022	2023
Incidence	115	63	88	106	103	144
Prevalence	1280	1377	1458	1684	1878	2082

Conclusion

This quarter's data reveals both progress and persistent challenges. Declines in gastroenteritis, dengue, and cancer incidence are encouraging, but rising hypertension rates and ongoing HIV cases signal the need for sustained action. A unified, data-driven approach—centered on prevention, early detection, and community engagement—remains vital to improving health outcomes across the Federation.

LAMAT 2025 MISSION

By Dr. Marissa Carty
Health Promotion Unit Coordinator

A MISSION OF HEALING, HOPE, AND SOLIDARITY

From operating rooms to community centers, from hearing aids to heartfelt handshakes—LAMAT 2025 has left an indelible mark on the Federation of St. Kitts and Nevis. For the second year in a row, our small island nation welcomed an extraordinary team of international and local partners whose united efforts delivered not just services, but transformation.

Held over two weeks, the LAMAT Mission (Latin America Medical Aid Training) brought together experts from the United States Southern Command, the United States Air Force, and Taipei General Hospital in Taiwan. It also featured powerful collaboration with the Republic of China (Taiwan) and, most importantly, with our local health professionals—nurses, doctors, technicians, and administrators—who stood shoulder to shoulder with their international counterparts.



“

“Together, we have written another chapter in what is becoming a deeply transformative journey,” he said. “This mission is not an act of charity. It is a symbol of solidarity.”

A Mission in Numbers—and Impact

Over the course of the mission, 2,130 patients across the Federation received medical attention—an impressive increase of over 64% from last year’s totals. This figure represents nearly 4% of the country’s population and is a testament to the confidence our people have in the LAMAT initiative.

Among the many services delivered were:

- 135+ surgeries performed
- 21 pieces of critical medical equipment donated—yielding over US \$15,000 in savings
- 515 hearing assessments by a team of 5 audiologists



In his address at the closing ceremony, Prime Minister Hon. Dr. Terrance Drew praised the collaborative spirit that defines LAMAT, calling it “a partnership that transcends borders and brings together a might of knowledge, skill, and compassion.”

- 168 hearing aids provided to individuals, many of whom had long endured silence
- 276 dental patients treated, including pediatric and oral care specialists
- 108 children seen through pediatric consultations
- 93 patients receiving nutrition counseling across health centers and hospital wards

In addition to treatment, the mission made lasting investments in capacity building. More than 31 hours of training were delivered in just 8 days, focusing on emergency room management, intensive care, life support skills, and surgical preparation. These sessions empowered our local healthcare workforce with knowledge and skills that will extend long beyond the mission.



Bringing Care into Communities

One of the most heartwarming aspects of LAMAT 2025 was its commitment to community-based care. At the Newtown Community Center, 117 patients were seen in just two days during free consultations and health screenings.

This outreach underscored a vital truth: Health does not begin in hospitals, but in homes and communities.

The Prime Minister echoed this sentiment, adding, “This beautiful demonstration of community health reminds us that access must extend beyond institutions. It must meet people where they live.”

A Beacon of International Collaboration

The mission’s success lies not only in the services rendered but in the relationships



strengthened. Prime Minister Drew extended deep appreciation to international partners, especially Taiwan and the United States.

“You have demonstrated that you deserve to be heard at the international level and should be given the opportunity to participate in the World Health Assembly,” he stated.

This powerful affirmation speaks to the Federation’s belief in inclusive global partnerships that prioritize health equity and resilience.

Toward a Sustainable Health Future

Beyond the numbers and procedures, LAMAT 2025 has set a precedent for what meaningful health collaboration should look like. It supports the Federation’s broader vision of becoming a Sustainable Island State, one where every citizen has access to quality care and where the health system is equipped to respond to both everyday and extraordinary needs.

As the mission concludes, the Ministry of Health is already looking ahead to LAMAT 2026, building on the momentum and lessons learned. “Let us not think of today as an ending, but as a beacon illuminating the path forward,” the Prime Minister urged. “When we work in harmony, our possibilities are limitless.”

From the surgical theater to the community health desk, from diagnostics to dialogue, LAMAT 2025 has shown that health is not just a service—it’s a shared promise. Thanks to this mission, that promise shines brighter than ever.



LAMAT Mission Word Search

LAMAT

HEALTH

TAIWAN

DENTIST

COMMUNITY

TRAINING

HOPE

FUTURE

SURGERY

PARTNERSHIP

US AIRFORCE

NUTRITION

AUDIOLOGY

SCREENING

EQUIPMENT

E	Y	E	C	O	M	M	U	N	I	T	Y	R	Q
C	D	T	M	U	T	H	E	A	L	T	H	E	G
P	I	N	H	T	C	G	C	R	E	M	Q	T	S
Y	G	O	L	O	I	D	U	A	T	U	E	R	U
E	C	L	E	T	P	R	F	L	I	U	C	A	Y
G	A	N	T	W	P	E	Y	P	N	R	R	I	R
N	E	E	H	M	Q	E	M	A	H	I	O	N	E
I	R	D	T	U	S	E	W	S	E	H	F	I	G
N	U	E	I	Y	N	I	U	T	O	N	R	N	R
E	T	N	O	T	A	E	S	R	G	R	I	G	U
E	U	T	A	T	G	I	G	L	A	M	A	T	S
R	F	I	R	E	L	E	A	U	C	G	S	A	I
C	I	S	U	N	O	I	T	I	R	T	U	N	E
S	E	T	P	I	H	S	R	E	N	T	R	A	P



FILL IN THE BLANKS

Use what you've learned about the LAMAT Mission to complete the sentences.

1. LAMAT stands for Latin America Medical Aid _____.
2. Over _____ patients received care during the 2025 mission.
3. A total of _____ surgeries were performed.
4. The team provided _____ hearing aids to patients.
5. Health screenings were conducted at the _____ Community Center.
6. The LAMAT team included partners from the USA, _____, and local health professionals.
7. The Prime Minister described the mission as a symbol of _____.
8. The goal is to build a _____ Island State.

OUR NURSES. OUR FUTURE.

Celebrating Nurses Week & Nurses Month 2025

By the Ministry of Health & St. Kitts Nurses Association

From hospital wards to community clinics, from emergency response to mentorship and education—nurses are the heartbeat of our health system. In May 2025, the Ministry of Health and the St. Kitts Nurses Association proudly celebrated Nurses Week and Nurses Month under the theme:

“Our Nurses. Our Future. Caring for Nurses Strengthens Economies.”

The month was a powerful tribute to the compassion, resilience, and leadership of nurses across the Federation. With a full calendar of events, we honoured their contributions, uplifted their spirits, and reaffirmed our national commitment to investing in their growth.



Highlights from Nurses Week 2025:

May 5–12: A Week of Celebration and Gratitude

- Opening Church Service & Ceremony: The month began with reverence and unity as nurses gathered in worship and thanksgiving.
- Nurses Day Luncheon (May 12): International Nurses Day was marked with joyful fellowship, gift packages, and T-shirt pride.
- Pajama & Pillow Movie Night: Nurses relaxed and bonded in a cozy, fun-filled evening that balanced care with self-care.

- Outreach & Acts of Service: Nurses participated in the Development Bank Health Walk and visited retired nurses, offering tokens of appreciation and heartfelt ceremonies.

“

“This wasn’t just a celebration,” shared Nurse Tyson, President of the St. Kitts Nurses Association, “it was a reminder that nurses deserve joy, rest, and recognition.”

A Night to Remember: Nurses Gala 2025

Held on May 30th and hosted by the Prime Minister and the Nurses Association, the Nurses Gala was the crowning event of the month. Under the glow of gratitude and glamour, the nation’s finest were recognized in prestigious award categories:

- Nurse of the Year
- Most Dedicated Nurse
- Excellence in Patient Care
- Outstanding Leadership in Nursing
- Rising Star Award
- Long Service Recognition
- Most Inspirational Nurse
- Best Mentor & Team Player Awards
- Most Outstanding Ward/Department
- Recognition of Retired Community Nurses



Each award represented not only excellence in care, but love in action. Their stories reminded all in attendance that nurses don't just provide healthcare—they restore hope.

Knowledge and Unity: Nurses Symposium & Trivia Challenge

Another Nurses Month standout was the Symposium under the theme:

“Empowered Nurses, Thriving Communities: Supporting Nurses Today to Secure Health Tomorrow.”

Here, nurses explored current challenges, shared innovations, and reinforced a unified vision for the future of healthcare. Meanwhile, in a spirited Nurses Trivia Competition, wards went head-to-head in a fun-filled display of knowledge and teamwork:

- 🏆 Surgical Ward – 1st Place
- 🥈 Maternity Ward – 2nd Place
- 🥉 Medical Ward – 3rd Place

A Message from the Prime Minister

On International Nurses Day, Prime Minister Hon. Dr. Terrance Drew made a groundbreaking announcement in support of nursing education and workforce development:



“

“I am proud to announce the reintroduction of the Associate Degree in Nursing at the Clarence Fitzroy Bryant College (CFBC). This strategic step creates multiple entry points into the profession and strengthens our nursing pipeline.”

He also shared the launch of a national research initiative—“A Descriptive Analysis of the National Nurses Workforce in St. Kitts and Nevis”—led by the Office of the Principal Nursing Officer. This evidence-based approach will guide future policy and investment in our nursing sector.

A Future Built on Care

As Nurses Month 2025 concluded, one truth rang clear:

When our nurses thrive, we all thrive.

At the Ministry of Health, we salute every nurse who wears the uniform with pride, who shows up with heart, and who carries the weight of our health system with grace. We thank you—for your service, your strength, and your unshakable spirit.

To the nurses of St. Kitts and Nevis—we see you, we celebrate you, and we stand with you. May our continued investment in your growth pave the way for a healthier, more resilient Federation.

IN LOVING MEMORY

REST IN PEACE



Isalyn Pitt-Garnett

A Tribute to Isalyn Pitt-Garnett, Staff Nurse: A Legacy of Care and Compassion

To the nurses of St. Kitts and Nevis, our extended healthcare family, and to the grieving relatives and friends.

It is with profound sadness and a deep sense of loss that the Ministry of Health and the Institution-Based Health Services, share the heartbreaking news of the passing of our beloved colleague and sister in nursing, who left us on Saturday 5th April 2025. This loss is a heavy one, and the pain is raw and real.

For 36 years, she served this nation with quiet strength and unwavering devotion. Most recently, she worked in the Hemodialysis Department, where her presence was more than just professional — it was healing. Her compassion touched every patient, her wisdom guided every decision, and her gentle spirit brought comfort to those in her care.

She was the kind of nurse who reminded us why we chose this path — committed, dependable, knowledgeable, kind, and loving in all she did. To her patients, she was a steady hand and a reassuring voice. To her colleagues, she was a source of support, guidance, and genuine friendship. Her professionalism was unmatched, and her dedication never faltered, even in the most challenging times.

The nursing fraternity of St. Kitts and Nevis is in deep mourning. Her sudden passing has shaken us all. We not only lost a colleague — we lost a part of our foundation, someone whose presence enriched our lives and uplifted our spirits. The pain is especially profound for those who worked closely with her, shared long shifts, laughs, tears, and quiet moments of reflection.

To her family, we extend our heartfelt condolences. Know that she was deeply respected, loved, and admired. Her service to our beloved Federation and its people was extraordinary, and her impact will be felt for years to come. She has left behind a legacy of excellence and compassion that we will strive to carry forward.

As we grieve together, let us also hold on to the light she brought into our lives. Her light will never dim in our hearts, and her spirit will continue to guide us as we care for others, just as she did so selflessly.

May her soul rest in eternal peace.

With deepest sympathy,
Dr. Rondalyn Dennis-Bradshaw
Principal Nursing Officer



NUTRI Bites

**By Chere Ann Weaver
Nutrition Officer**

Carbohydrates, also referred to as carbs, are a valuable part of a balanced, healthy diet. As a type of macronutrient, carbohydrates are found in foods such as vegetables, fruits, grains, legumes, snacks, and sugary foods. The human body converts carbohydrates into glucose (sugar), which it uses as a primary source of energy.

Carbohydrates come in two main forms: simple and complex. The type and amount of carbohydrate consumed play a key role in overall health, energy levels, and disease prevention.



Complex Carbohydrates:

These are starchy and fiber-rich foods such as green bananas, sweet potatoes, cassava, dasheen, brown rice, quinoa, oats, chickpeas, black beans, broccoli, and more. They are slowly digested by the body, which helps provide a sustainable source of energy, supports blood sugar control, and promotes improved digestion.



Simple Carbohydrates:

These processed sugars—such as sweeteners, juices, jams, jellies, desserts, processed cereals, and more—are quickly absorbed by the body, resulting in a rapid burst of energy. However, they often cause spikes in blood sugar levels followed by energy crashes, which can lead to increased hunger.

Over time, excessive intake of simple sugars can contribute to weight gain and increase the risk of chronic diseases such as diabetes, heart disease, and others. Additionally, the lack of fiber and high sugar content in these foods can have a negative impact on gut health.

STIR FRIED GREEN BANANA



INGREDIENTS

7 Green Banana
2 Garlic Cloves
1 Medium Onion
1 Cup of Multi Color Bell Peppers
1/4 tsp of Salt
1/4 tsp of Paprika

2 Tablespoons of Olive Oil
Pinch of Black Pepper (optional)
Pinch of Cayenne Pepper (optional)
Garnish with parsley
Garnish with scallions

INSTRUCTIONS

1. Boil green banana in the skin until tender.
2. Remove from water and allow to cool.
3. Once cooled, remove the skin and dice into smaller pieces.
4. Add the 2 tablespoons of olive oil to a warm pan.
5. Add the diced banana and other ingredients, stir and monitor until onion and peppers are tender.
6. Turn off the fire and garnish with fresh parsley and scallions.
7. Enjoy in place of rice, pasta or even bread.



SAFE FOOD STORAGE STARTS AT HOME



**A CLEAN, ORGANIZED
FRIDGE =
A SAFE, HEALTHY
KITCHEN FOR
YOUR FAMILY**



IN THE NEWS

Stories, Highlights, and Milestones from the Frontlines of Public Health

By Dr. Marissa Carty

WORLD HEALTH DAY 2025



PUTTING MOTHERS & NEWBORNS FIRST

In honor of World Health Day 2025, the Ministry of Health launched a powerful, life-affirming campaign with a clear message: Every mother and newborn deserves a healthy start. Under the theme “Healthy Beginnings, Hopeful Futures,” this year’s observance focused squarely on maternal and newborn health, marking a two-day nationwide initiative across 11 health centers in St. Kitts and Nevis.

Day 1: Antenatal Care Day (April 7th)

Expectant mothers were warmly welcomed into their local clinics between 8:00 AM and 3:00 PM for free expert care, screenings, and education. Focused on promoting safer pregnancies, the sessions taught women how to recognize critical warning signs such as vaginal bleeding, reduced fetal movement, abdominal pain, and other important prenatal concerns.

Health workers emphasized the importance of consistent antenatal visits and encouraged mothers to build a relationship with their healthcare team early on.

Day 2: Newborn Care Day (April 8th)

New parents were given the tools and information needed to give their babies the best possible start.

Topics included early developmental milestones, the benefits of exclusive breastfeeding, importance of timely vaccinations, safe sleep and hygiene practices.

Mothers and fathers alike were empowered with knowledge, and health centers became hubs of learning, laughter, and support.

Introducing the Maternal Care Navigator Program

In a landmark development for maternal health in the Federation, the Ministry of Health officially launched the Maternal Care Navigator Program on April 7th as part of the World Health Day activities. This transformative program assigns dedicated midwives to guide high-risk mothers from early pregnancy through to the postpartum period—ensuring no woman is left behind.

The Ministry proudly introduced the first three Maternal Care Navigators:

- Nurse Doris Bradshaw Smith – St. Kitts
- Nurse Lucinda Monzack – St. Kitts
- Nurse Deslyn Tyson Whyte – Nevis

These community-based professionals will provide personalized care, ensure timely referrals, and walk alongside mothers through every stage of their journey to motherhood.

The Joy Project’s Meaningful Contribution

Adding to the day’s significance, Mrs. Diani Prince-Drew and Mrs. Charisse Wilkin, representatives of the Joy Project, made a generous donation of laptops and cellphones to each Maternal Care Navigator. These tools will enhance communication, record-keeping, and case management—helping midwives deliver timely and effective care.

World Health Day 2025 was not just a campaign—it was a commitment. A commitment to saving lives, building stronger families, and ensuring health equity across St. Kitts and Nevis. With continued community partnerships, the Ministry of Health is confident that every mother and baby can look forward to a safer, brighter, and healthier tomorrow.

JNF HOSPITAL LAUNCHES EXECUTIVE LEADERSHIP ROUNDS



STRONGER ENGAGEMENT, BETTER CARE, HEALTH SERVICES THAT TRULY LISTEN

The Joseph N. France General Hospital (JNF) took a bold step toward improving patient care and strengthening healthcare delivery with the official launch of Executive Leadership Daily Rounds, on April 29th, 2025, .

Led by Permanent Secretary Mr. Curtis Martin, alongside senior health officials and supported by the Hon. Prime Minister and Minister of Health, Dr. Terrance Drew, this initiative signals a new era of responsive, inclusive, and quality-driven healthcare leadership.

Executive Leadership Rounds are daily walkthroughs conducted by the hospital's top administrators and senior health team. Their purpose? To:

- Connect directly with staff and patients
- Listen to feedback, concerns, and ideas
- Take immediate steps to improve services
- Reinforce transparency, accountability, and teamwork

“

“This initiative is about more than checking boxes. It’s about showing up, listening, and acting,” said Mr. Martin. “It’s about building a culture of care, not just within our clinics and wards, but in the hearts of our people.”

From nurses to patients, ward clerks to technicians, everyone is encouraged to speak up. Staff have already begun to share constructive suggestions and praise—and the leadership team is responding in real time.

Building a Healthier Nation—One Brick at a Time
The launch of these rounds is part of a broader national commitment to:

- Better health services
- Stronger systems
- People-centered care

As echoed by Dr. Terrance Drew, the rounds reinforce the Ministry’s pledge to transform healthcare from the inside out, ensuring that citizens experience quality care, dignity, and trust every time they walk through the hospital doors.



What’s Next?

This is only the beginning. The JNF Executive Team will continue to refine the rounds, track improvements, and share progress with the public.

Stay tuned for more updates as we continue to build a healthier, stronger St. Kitts and Nevis—one day, one ward, one voice at a time.

VACCINATION WEEK IN THE AMERICAS 2025



boots-on-the-ground campaign, spreading awareness from house to house, street to street, and heart to heart.

Residents across the island welcomed the initiative with warmth, curiosity, and renewed commitment. With engaging conversations and informative flyers, the team emphasized:

- The benefits of the MMR (Measles, Mumps, Rubella) vaccine
- The importance of seasonal flu shots
- Lifesaving protection offered by the HPV vaccine
- The urgent need to keep routine immunizations up to date



ONE SHOT CLOSER TO A HEALTHIER NATION

From April 28th to May 2nd 2025, the Ministry of Health proudly joined countries across the region in celebrating Vaccination Week in the Americas—an annual call to action that champions the power of vaccines to protect, prevent, and save lives.

This year's message was clear and compelling:

“Vaccines are safe.
Vaccines are effective.
Vaccines protect **YOU**
and those you love.”

Community Engagement in Full Force

Backed by strong regional partnerships and an unwavering national commitment, St. Kitts came alive with public outreach and education. The Health Promotion Unit (HPU) and Community Nursing Services teamed up for a dynamic,



Reaching Families Where It Matters Most

Throughout the week, healthcare workers became health ambassadors, demystifying vaccine myths, answering tough questions, and helping families make informed decisions. From parents of toddlers to elderly residents, the message resonated: Immunization is a shared responsibility.

A heartfelt THANK YOU goes out to our healthcare heroes—nurses, educators, and volunteers—who led the charge with compassion and professionalism. Your dedication is the backbone of public health in St. Kitts and Nevis.

The Ministry of Health urges all residents to stay informed and stay protected. Routine vaccines are available year-round at your nearest health center.

CELEBRATING WORLD HYPERTENSION DAY 2025



Alongside the cooking demo were impactful presentations by Mr. Delwayne Delaney, Ms. Vera Edwards-France, and Mrs. Lucine Pemberton-Vaughn, who emphasized:

- The dangers of uncontrolled blood pressure
- The importance of routine screening
- Simple lifestyle habits for long-term heart health

Participants learned how reducing salt, increasing physical activity, and managing stress could help prevent or manage hypertension effectively. On-air interviews and media coverage further expanded the reach of the message, ensuring that even those at home had access to life-saving information.

A FLAVORFUL FIGHT AGAINST THE SILENT KILLER

Hypertension—commonly known as high blood pressure—is one of the world’s most persistent and silent health threats. Affecting over 1.4 billion people globally, it often presents no symptoms until serious complications like stroke, heart disease, or kidney failure occur. That’s why World Hypertension Day serves as an essential reminder of the importance of prevention, education, and early detection.

On May 16th, 2025, the Ministry of Health commemorated this important day with a lively and educational event aimed at empowering the public with knowledge and practical tools for better heart health. The theme: Eat Smart, Live Strong—was brought to life through flavorful food, expert insights, and community engagement.

One of the day’s highlights was a live cooking demonstration, hosted by Mrs. Latoya Matthew-Duncan and Ms. Shelisia Glasford, featuring culinary expert Chef Sandy. Together, they prepared a series of low-sodium, heart-healthy meals that were both delicious and easy to recreate at home.

Chef Sandy wowed the crowd by transforming everyday ingredients into vibrant dishes that supported cardiovascular health—proving that nutritious meals don’t have to sacrifice flavor.

This event was made possible through the generous support of key partners:

- Pharmcarre Pharmacy
- National Caribbean Insurance Co. Ltd.

Their sponsorship helped amplify the event’s reach and reinforced a shared commitment to building healthier communities.



Hypertension is often called the “silent killer” because it can do damage long before symptoms appear. But it is largely preventable. Through community events like this, the Ministry of Health hopes to:

- Raise awareness of the risks and signs of high blood pressure
- Encourage early testing and lifestyle change
- Promote home cooking with heart-smart ingredients

Together, we can reduce the impact of hypertension—one meal, one screening, one healthy choice at a time.

EMPOWERING YOUTH FOR A BETTER TOMORROW



MENTAL HEALTH UNIT LAUNCHES ALCOHOL AWARENESS SESSIONS IN SECONDARY SCHOOLS

In a bold and timely initiative, the Community Health Services Mental Health Unit has launched a powerful Alcohol Awareness Project across secondary schools in St. Kitts. The campaign, which targets students during both school assemblies and classroom-based educational sessions, aims to equip young minds with the knowledge and tools to make healthy, responsible choices about alcohol use.

The programme officially commenced on Monday, May 19th, 2025, at Saddlers Secondary School, where the Mental Health Team delivered an engaging and impactful session. With the energy and enthusiasm of the students and staff, the message was clear: saying “no” to alcohol is saying “yes” to your future.

Students were given a sobering look at the far-reaching effects of alcohol use, including its

impact on physical health, academic performance, relationships, and personal aspirations. The session emphasized the importance of building resilience, recognizing peer pressure, and developing strategies for maintaining one’s values in challenging situations.

A particularly moving moment came when a guest speaker bravely shared his real-life experience with alcohol addiction. His transparent testimony deeply resonated with the students and highlighted the real consequences of substance abuse, while also offering a story of hope and recovery.

The Mental Health Team reminded students to:

- Be bold in standing up for their health,
- Be leaders in promoting positive choices, and
- Make daily decisions that lay the foundation for a strong and successful future.

The Alcohol Awareness campaign continued with visits to:

- Basseterre High School on Wednesday, May 21st
- Charles E. Mills Secondary School on Monday, May 26th

This project is part of the ongoing commitment by the Ministry of Health to promote mental wellness, healthy lifestyles, and substance abuse prevention among youth. The Mental Health Unit encourages all students to become champions for change and role models of smart decision-making within their schools and communities.



EMPOWERING YOUTH, PROTECTING THE FUTURE



“It was educational, fun, and easy to understand!” shared one student.

Teachers and school staff praised her for professionalism, relatability, and commitment to youth well-being. The Ministry of Health is proud to recognize this example of how positive messaging can shape confident, health-conscious young minds.

Meanwhile, at Sandy Point Primary School, Dr. Mathias Ofre, National AIDS Program Coordinator, hosted an insightful sensitization session for parents and teachers. His presentation focused on the urgent need to engage children in open, age-appropriate conversations about:

- Self-awareness and self-respect
- Abstinence and sexual health
- The consequences of risky behaviors

NATIONAL AIDS SECRETARIAT EXPANDS HIV EDUCATION IN PRIMARY SCHOOLS

As part of its commitment to early health education and national HIV prevention, the National AIDS Secretariat is making remarkable strides in engaging both students and parents across the Federation. Recent school-based presentations and community sensitization sessions have emphasized a vital truth: education is prevention.

Two vibrant learning communities—Edgar T. Morris and Joshua O. Williams Primary Schools—recently benefited from an impactful presentation delivered by Mrs. Lucine Pemberton Vaughan, Health Educator in the Ministry of Health. Her session formed a key component of the schools' Grade Six Adaptation Program (GAP), aimed at preparing students for a healthy transition into adolescence.

Mrs. Vaughan's ability to connect with young learners stood out. With enthusiasm and age-appropriate language, she delivered essential information about sexual health, self-respect, and informed decision-making. According to post-session evaluations, her presentation received the highest commendation from all 21 students in attendance.



Dr. Ofre applauded the Ministry of Education and Sandy Point Primary for their collaboration and leadership in tackling the root causes of teenage pregnancy, HIV, and other STIs through early education. He ended with a powerful call for continued community support and stronger partnerships among families, schools, and health professionals.

The Ministry of Health remains committed to working alongside educators, families, and communities to ensure every child grows up informed, confident, and healthy.

A JOYFUL DAY AT GIDEON FORCE ORGANIC FARM



CELEBRATING WELLNESS, INCLUSION, AND CONNECTION IN NATURE'S EMBRACE

On May 19, 2025, the serene grounds of Gideon Force Organic Farm transformed into a vibrant oasis of community, joy, and wellness. Over 100 senior citizens and persons living with disabilities from across St. Kitts gathered for a day designed to nourish the body, uplift the spirit, and strengthen social bonds.

Surrounded by lush greenery and the gentle rustle of mango trees, guests enjoyed a refreshing escape into nature's embrace—where accessibility, inclusion, and public health came together in beautiful harmony.

Attendees were welcomed with organic, farm-fresh meals, lovingly prepared by the farm's cooperative team. The aroma of simmering herbs and wholesome produce filled the air as guests sat together, enjoying delicious plates that celebrated local agriculture and nutrition.

Throughout the day, the atmosphere was enriched by uplifting music and cultural performances that honored Kittitian heritage. Stories were shared, laughter echoed beneath the trees, and new friendships blossomed—proving that wellness is as much about connection as it is about care.

Guests also participated in informative health talks on chronic disease self-management, offering practical guidance on how to live well with conditions such as hypertension, diabetes, and arthritis. The sessions encouraged personal empowerment, self-care, and regular check-ins with healthcare providers.

For those eager to explore, the farm offered peaceful walking paths and hands-on learning about sustainable farming practices. These interactive moments highlighted the connection between environment, food systems, and public health—a key theme in the Ministry's wellness agenda.

The Ministry of Health extends heartfelt thanks to all organizers, volunteers, and participants who made the day so memorable. Gideon Force Organic Farm showed us that true health flourishes not just in clinics and hospitals, but in the fields, friendships, and shared moments that sustain us.

Together, we continue to build a healthier, more inclusive Federation—one joyful step at a time.



5 Tips for Aging Well

Simple Habits for a Healthier, Happier You

1. Stay Active

- Move your body daily—take walks, stretch, garden, or dance. Regular movement supports heart health, mobility, and mood.

2. Eat Fresh & Balanced

- Choose colorful fruits, vegetables, whole grains, and local produce. Limit salt, sugar, and processed foods.

3. Stay Connected

- Spend time with loved ones, join a group, or make a new friend. Social connection is vital for emotional well-being.

4. Keep Learning

- Try a new hobby, read, or attend health talks. Keeping your mind active supports memory and sharp thinking.

5. Get Regular Check-Ups

- Schedule routine screenings and monitor chronic conditions. Early detection saves lives.

"Healthy aging is about living fully—mind, body, and spirit."

98 YEARS OF CARE & COMMUNITY AT CARDIN HOME



CELEBRATING LEGACY, LOVE, AND LAUGHTER WITH OUR ELDERS

May 2025 marked a historic milestone for one of St. Kitts and Nevis' most cherished institutions—Cardin Home Infirmary. Founded in 1927 by Mr. J.D. Cardin, this enduring haven has spent 98 years offering comfort, dignity, and compassionate care to our elderly and vulnerable. As the countdown to its centennial continues, Cardin Home's 98th Anniversary was celebrated in true style—with gratitude, joy, and connection.

A Month of Celebrations

Thanks to the vision and dedication of Event Coordinator Nurse Micheline Phillip, residents enjoyed a full schedule of engaging, heartwarming activities designed to promote wellness, togetherness, and fun.

Highlights included:

- May 4 – A soulful Church Service to open the month with gratitude and praise.
- May 6 – A special Treat Day, where nurses teamed up with kitchen staff to prepare all three meals, filling both hearts and stomachs.
- Puzzle Competition – Residents flexed their brainpower and competitive spirit as they pieced together fun, friendly challenges.
- May 14 – A memorable Beachnic, where laughter, music, and ocean waves brought healing and joy.

- May 28 – An exciting Island Tour that blended history, culture, and scenery with stories and smiles.

A Return to the Sea: Beachnic 2025

After more than a year—some residents hadn't seen the sea since before COVID—the Beachnic offered more than fun. It was a moment of emotional and physical restoration.

From laughter under tents to gentle splashes in the sea, the beach became a sanctuary of freedom, healing, and togetherness. Special thanks go to the St. Kitts Defense Force lifeguards for ensuring the safety of all participants, and to the staff and nurses who made the outing possible with loving attention and care.

Island Adventures: Honouring History, Celebrating Life

The final signature event of the month was a cultural tour around the island, and what a day it was! Residents relived memories and discovered new stories of resilience and identity as they visited:

- The Christina Disaster Monument at Pelican Mall, a solemn tribute to lives lost and a symbol of strength
- Bloody Point River, where they learned about pivotal moments in island history
- Caribelle Batik, where vibrant artistry sparked wonder and appreciation
- Echo Park, a lush retreat that closed the day with peace and beauty

Each stop along the journey reminded residents that they are the living link between our past and future—and that their joy, mobility, and participation matter.



A Legacy of Compassion

As Cardin Home approaches a century of service, its legacy is more than the building that houses it—it is the spirit of compassion, the resilience of its residents, and the devotion of the team that supports them daily.

To every nurse, caregiver, volunteer, and supporter: Thank you for making the 98th Anniversary celebration unforgettable. Here's to 98 years of excellence in elder care, and to a future filled with even more love, laughter, and legacy.



HYDRATION DAY REFRESHES AND RECHARGES SKELEC!



PARTNERING FOR SAFER, HEALTHIER WORKPLACES—ONE SIP AT A TIME

On May 2nd, the Health Promotion Unit joined forces with SKELEC's Safety Department for a vibrant and refreshing Hydration Day, hosted as part of SKELEC's Safety Week in recognition of World Day for Safety and Health at Work.

With a cheerful mix of education and energizing fun, the day underscored one vital message:

“Staying hydrated is key to staying healthy, alert, and productive—especially on the job.”

Employees were treated to a range of delicious hydration options—including infused water, chilled coconut water, fruity slushies, and electrolyte-rich drinks. Each stop offered wellness facts and hydration tips, helping staff explore the many benefits of drinking water throughout the day.

Hydration stations were set up across departments, creating easy access to refreshments and boosting awareness around the dangers of dehydration in the workplace, such as fatigue, dizziness, poor concentration, and heat-related illnesses.

Hydration Day was more than just a cool break from routine—it was a meaningful investment in employee health, safety, and performance. Staff were reminded that:

- Drinking water regularly improves mental clarity
- Proper hydration supports heart and kidney health
- Staying hydrated helps prevent work-related injuries due to fatigue

This successful partnership between SKELEC and the Health Promotion Unit highlights the growing momentum behind workplace wellness initiatives in St. Kitts and Nevis. By working together, public and private sectors can create healthier environments for employees—leading to stronger organizations and more resilient communities.

CARIBBEAN NUTRITION MONTH 2025



HEALTHY EATING, ACTIVE LIVING, SUSTAINABLE DIETS FOR A HEALTHIER CARIBBEAN

June is here, and so is Caribbean Nutrition Month 2025—a time to celebrate our cultural heritage through the lens of wellness, while reaffirming our commitment to better health across the region. This year's theme,

“Healthy Eating, Active Living, Sustainable Diets for a Healthier Caribbean,”

reminds us that the future of public health lies not just in medicine, but in the everyday choices we make—on our plates and in our lifestyles.

Led by the Ministry of Health and the Nutrition Program, this campaign encourages individuals, families, and communities to take small but powerful steps toward improving their health—by eating more whole foods, moving more each day, and supporting local food systems.

Why It Matters

Non-communicable diseases (NCDs) like diabetes, heart disease, and hypertension continue to rise across the Caribbean. Many of these illnesses are directly linked to poor nutrition and sedentary lifestyles—but they are also largely preventable.

What You Can Do This Month:

- Fill half your plate with vegetables and local fruits
- Limit sugar, salt, and processed snacks
- Get moving—even a 20-minute walk counts
- Support farmers by buying local and seasonal produce
- Drink water instead of sugary beverages
- Cook more meals at home with family and friends

Whether it's planting a backyard garden, swapping rice for green bananas, or choosing water over soda, every choice adds up. This month is about reconnecting with Caribbean food roots in ways that nourish our bodies and sustain our environment.

“Good health starts with the choices we make every day,” says Mrs. Latoya Matthew-Duncan, Nutrition Surveillance Coordinator.

One Plate. One Step. One Caribbean.

As we embrace the theme of sustainability, we also celebrate our regional identity—rich with vibrant produce, traditional dishes, and resilient communities. By making thoughtful food choices and staying active, we can reduce the burden of disease and pass on healthier habits to the next generation.

Let's reduce NCDs and build a stronger, healthier Caribbean—one plate and one step at a time!

World NO TOBACCO DAY

Did you know that in the Federation of St. Kitts & Nevis,

34.4% of students

were exposed to tobacco smoke inside enclosed public places?

Help us to  a future filled with possibilities.

Quit Tobacco NOW!




Did you know that in the Federation of St. Kitts & Nevis,

22.5% of students were exposed to tobacco smoke at home?



Help us to unlock a future filled with possibilities.

QUIT TOBACCO NOW!




Did you know that in the Federation of St. Kitts & Nevis,

17.3%

of students currently use tobacco products?

Help us to unlock a future filled with possibilities. 

Quit Tobacco NOW!




Did you know that in the Federation of St. Kitts & Nevis,

62% of students favour the prohibiting of smoking



Help us to  unlock a future filled with possibilities.

Quit Tobacco NOW!






DID YOU KNOW

that in the Federation of St Kitts & Nevis,

9.1% of students currently use electronic cigarettes?

Help us to unlock a future filled with possibilities.

Quit Tobacco NOW!

Primary Care HEALTH CENTER SERVICES

Our Health Centers across St. Kitts provide a wide range of Primary Care Services, ensuring accessible and efficient healthcare.

Services Provided:

-  Child Health Clinic
-  Newborn & Toddler Clinic
-  Family Planning & Pap Smear Clinic
-  Antenatal Clinic
-  Minor Treatment
-  Home Visits and Community Outreach Sessions
-  District Medical Officer Clinic
-  Diabetes/Hypertension Clinic
-  Men's Health Clinic
-  School Health Clinic
-  HIV Rapid Testing

Selective Health Centers also offer:

- Mantoux Test for Tuberculosis
- Yellow Fever Vaccine
- Zonal Pediatric Clinics

Health Center Contact:

- Basseterre - (869) 467-1139
- Newtown - (869) 467-1135
- St. Peter's - (869) 465-2350
- Cayon - (869) 465-7266
- Molineux - (869) 466-8810
- Tabernacle - (869) 465-9829
- Saddlers - (869) 465-7368
- Dieppe Bay - (869) 465-8273
- St. Pauls - (869) 465-6236
- Sandy Point - (869) 465-6231
- Old Road - (869) 465-6299

For More Information, Please Contact:
Community Health Services
The Ministry of Health
Connell Street, Irish Town
1-869-467-1273

Visit Your Nearest Health Center Today!

ST. KITTS AND NEVIS VACCINATION SCHEDULE

AGE	Vaccine Type
At Birth	Birth Dose Hepatitis B
0–4 weeks	BCG (Bacille Calmette Guerin)
2 Months	1st Dose – Polio Vaccine (IPV) 1st Dose – Pentavalent Vaccine (Hepatitis B + DPT + Hib)
4 Months	2nd Dose – Polio Vaccine (bOPV) 2nd Dose – Pentavalent Vaccine (Hepatitis B + DPT + Hib)
6 Months	3rd Dose – Polio Vaccine (IPV) 3rd Dose – Pentavalent Vaccine (Hepatitis B + DPT + Hib)
1 Year	1st Dose – Measles, Mumps, and Rubella (MMR)
1 Year and 6 Months	1st Dose Booster – DPT and Polio Vaccine 2nd Dose – Measles, Mumps, Rubella (MMR)
4½ – 5 Years	2nd Dose Booster – DPT and Polio Vaccine
Grade 6 Children	Single Dose – Gardasil (HPV Vaccine)
15–17 Years (School Leavers)	Booster – DT Booster – Polio Vaccine (bOPV)
12–17 Years	COVID-19 Vaccine



VACCINES SAVE LIVES
VACCINATE YOUR FAMILY. PROTECT YOUR COMMUNITY.



We'd Love to Get

YOUR FEEDBACK

Please take a few moments to tell us about this issue of The Health Cycle. Your opinion is valuable to us.

**Scan the code or
call: (869) 467-1767**

