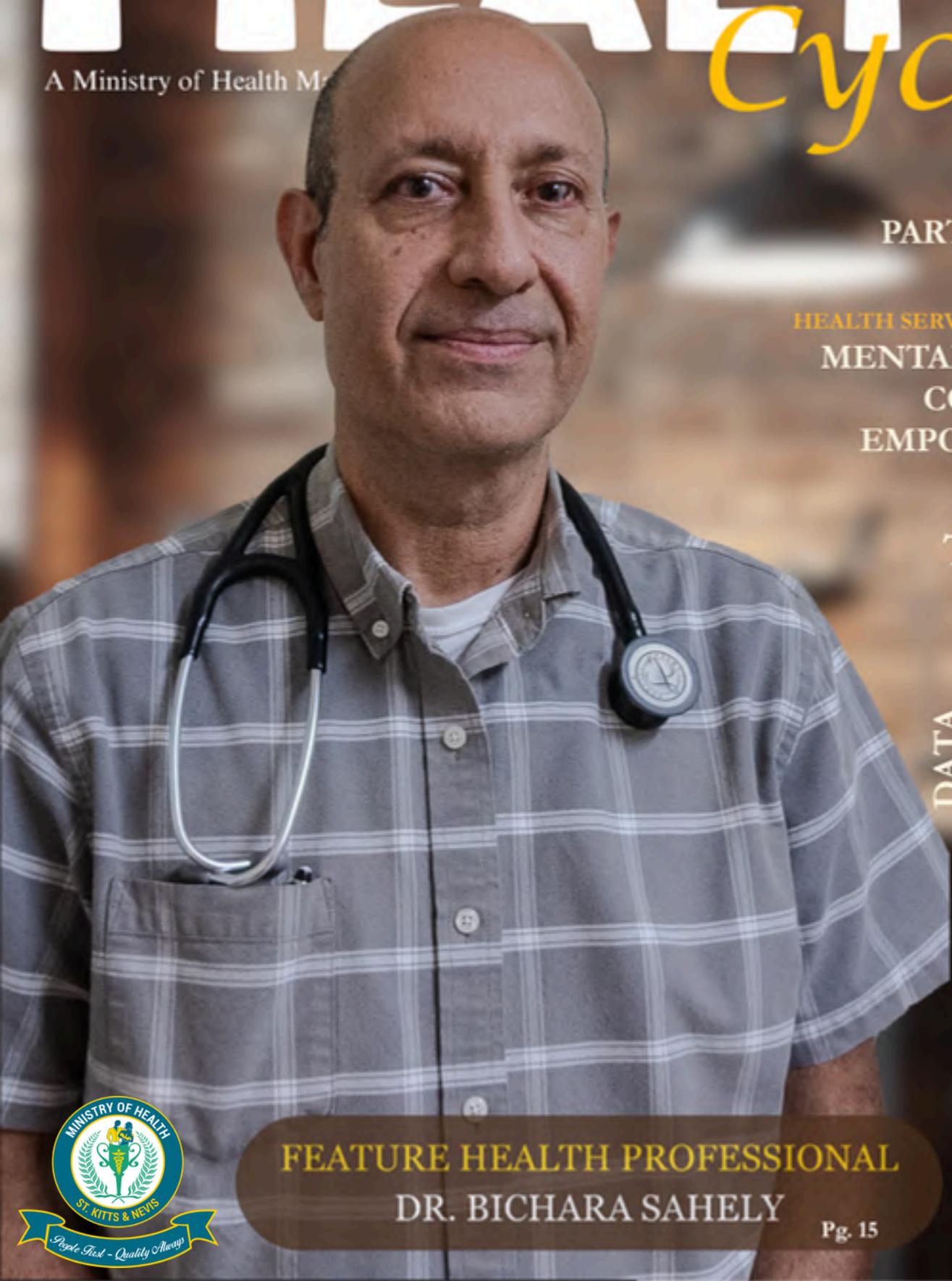


The HEALTH Cycle

ISSUE 4, VOLUME 1 | OCTOBER - DECEMBER 2025

A Ministry of Health Magazine



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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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PERMANENT SECRETARY

YEAR-END MESSAGE 2025

MINISTRY OF HEALTH — END-OF-YEAR REVIEW 2025

As we close out 2025 and prepare for a new year of service, the Ministry of Health extends heartfelt gratitude to our communities, partners, and health professionals across the Federation. This year brought challenges, triumphs, and renewed commitment to safeguarding the health and well-being of our people. Briefly, here is just a glimpse of what we have covered:

Strengthening Our Health System

- Expanded primary care services to improve access in underserved communities.
- Advanced digital health initiatives to modernize patient records and streamline care.
- Modernized facilities at Joseph N. France General Hospital and Pogson and Mary Charles Medical Centers, creating safer, more comfortable environments for patients and staff.

Public Health & Wellness

- Executed national vaccination drives and health-screening campaigns, increasing participation and early detection.
- Launched public education campaigns promoting healthier lifestyles, chronic disease prevention, mental-health awareness, and family health.
- Introduced the Maternity Care Navigator (MCN) programme and reintroduced perinatal reviews, giving mothers and infants healthier beginnings.

Emergency Preparedness & Response

- Strengthened collaboration with regional and international partners to improve emergency readiness.

- Conducted training and simulation exercises with healthcare workers to enhance disaster and outbreak response capacity.

Celebrating Our Health Workers

Our doctors, nurses, technicians, first responders, and support teams demonstrated unwavering dedication. Their professionalism and compassion continue to be the backbone of our health sector. We honour their service and sacrifices.

Partnerships & Regional Collaboration

- Worked closely with PAHO, CARPHA, CARICOM, and OECS ministries of health to advance public health initiatives.
- Participated in high-level technical meetings and joint programmes aimed at improving health outcomes across the Caribbean.

Looking Ahead to 2026

We remain committed to:

- ✓ Strengthening universal access to health services
- ✓ Expanding mental-health programmes
- ✓ Enhancing chronic disease management
- ✓ Promoting healthier lifestyles through community engagement
- ✓ Leveraging technology to improve health services
- ✓ Building a more resilient health system for all
- ✓ Strengthen our healthcare surveillance capabilities

Thank You

To the people of our nation: thank you for your support, your feedback, and your trust.

To our partners: thank you for your continued collaboration.
To our health workers: you remain our heroes.

Together, we will continue building a healthier, stronger, and more resilient St. Kitts and Nevis. Wishing everyone a safe, healthy, and hopeful 2026.

Warm Regards,
Mr. Curtis Martin
Permanent Secretary

EDITOR'S *Note*



As we reflect on the fourth quarter of the year, the Ministry of Health remains steadfast in its commitment to strengthening the health and well-being of the people of St. Kitts and Nevis. This edition of *The Health Cycle* highlights the continued efforts of our dedicated teams and partners who work tirelessly to advance public health through collaboration, innovation, and community engagement.

Throughout the quarter, the Ministry prioritized capacity building, community outreach, and strategic partnerships as essential pillars for strengthening our health system. From training initiatives that enhance the skills of our health workforce, to collaborative programmes addressing chronic diseases and improving health literacy among our communities, these efforts underscore the Ministry's commitment to sustainable health development.

We are particularly proud of the partnerships highlighted in this issue, which demonstrate the value of collaboration across government agencies, civil society organizations, and international partners. These relationships allow us to expand our reach, share expertise, and deliver impactful programmes that address the health needs of our population.

Equally important are the community-based initiatives featured in this edition, which reflect our ongoing work to empower individuals with the knowledge and tools needed to make healthier choices. Whether through health education, screening programmes, or chronic disease management workshops, our goal remains clear: to support healthier communities and improve quality of life for all residents of the Federation.

As we look ahead, the Ministry of Health will continue to build on these achievements by strengthening partnerships, expanding preventive health initiatives, and embracing innovative approaches to public health communication and service delivery.

We invite you to explore this issue of *The Health Cycle* and learn more about the work being done to promote healthier lives across St. Kitts and Nevis. **Together, we continue moving toward a healthier nation.**

Marissa Carty
Editor-in-Chief

HEALTH PROMOTION UNIT

4th Quarter Activities



OCTO 6th

Thank A Nursing Mom

Honoring Mothers who exclusively breastfed for at least 6 months.

OCT- NOV

CDSMP 4th Quarter Sessions

The Chronic Disease Self-Management Program (CDSMP) empowers individuals living with chronic conditions to take an active role in managing their health in several rural communities in St. Kitts, namely St. Peter's, St. Paul's, and Newtown.



NOV 3rd

Monthly Socacise

Encouraging physical activity within the workplace.

NOV - DEC

World AIDS Day Campaign 2025

Media sensitization on HIV/STIs,
Island-wide Condom Distribution
Training of new HIV Rapid Testers
Collaboration with Civil Society



Building Capacity

Strengthening Our Health System



The fourth quarter of 2025 marked a significant period of strategic capacity building across the Ministry of Health, reinforcing our commitment to strengthening national systems for prevention, preparedness, surveillance, and service delivery. Rather than isolated training events, this quarter's initiatives represent deliberate investments in human capital, data systems, policy development, and multisectoral coordination, all essential components of a resilient and responsive health system.

Strengthening Immunization Services through EPI Capacity Building

Immunization remains one of the most effective and cost-efficient public health interventions. In alignment with the WHO Immunization Agenda 2030 and the national EPI Manual (2022), St. Kitts and Nevis will introduce the Hexavalent vaccine in January 2026. This transition requires enhanced technical capacity among healthcare providers.

The Ministry of Health, in collaboration with PAHO/WHO support, also conducted structured training for District Medical Doctors in November 2025.

The training focused on:

- Effective delivery of the Hexavalent vaccine
- Strengthening routine immunization programme management
- Improving data collection, analysis, interpretation, and use
- Reinforcement of cold chain operations and defaulter tracking
- Enhancing Vaccine Preventable Disease surveillance, including active case search for Acute Flaccid Paralysis (AFP) and Rash and Fever cases

These activities ensure that the introduction of the new vaccine is not only operationally smooth but supported by strengthened surveillance and data systems. By improving technical competencies and reinforcing site-level audits, the Ministry is safeguarding vaccine coverage and reducing the risk of outbreaks.

Advancing Data-Driven Decision Making: HRH Planning and DHIS2 Strengthening

The pandemic underscored the importance of robust health information systems and workforce planning. In November 2025, the Ministry hosted a two-day in-country mission focused on strengthening Human Resources for Health (HRH) planning.

Key outcomes included:

- Progress toward development of a centralized health workforce database
- Identification and customization of HRH variables and indicators

- Establishment of a framework for dashboards to support policymaking
- Alignment with regional and global standards

These efforts are foundational for the development of a Human Resources for Health Information System (HRHIS), which will improve forecasting, deployment, and preparedness planning, particularly for pandemic prevention, preparedness, and response (PPR).

In parallel, strengthening national health information systems, including DHIS2, enhances the Ministry's ability to collect, synthesize, and utilize real-time data for surveillance, monitoring programme performance, and guiding evidence-based decisions across departments. Together, these initiatives reinforce the Ministry's transition toward a more data-driven health system.

One Health Zoonotic Disease Prioritization: Protecting Health Security

Recognizing that emerging health threats often arise at the human-animal-environment interface, the Ministry advanced its One Health agenda through the Zoonotic Disease Prioritization and Roadmap Workshop held in November 2025.



The workshop:

- Validated the national list of priority zoonotic diseases
- Strengthened multisectoral collaboration among public health, agriculture, environment, academia, and private stakeholders
- Established a coordinated roadmap for surveillance, preparedness, and response

Aligned with the International Health Regulations (IHR), WOAHA frameworks, and Sustainable Development Goals, this process enhances national health security

and improves resource allocation through consensus-based prioritization. It represents a shift from reactive responses to proactive, coordinated preparedness.

Strengthening Nutrition Surveillance and Policy Implementation

The Nutrition Surveillance Programme continued to demonstrate leadership in strengthening technical capacity and policy implementation across the life course.

Fourth quarter activities included:

- Expansion of the CARPHA Diabetes Nutritional Management Toolkit training for 80 health workers



- Implementation of the CARPHA/PAHO Technical Recommendations for Nutrition Standards in Schools
- Progress toward development of draft National Nutrition Standards for foods and beverages in schools
- Youth engagement in NCD prevention policy dialogue

The school nutrition standards initiative is particularly impactful. By strengthening stakeholder capacity in school meal planning, food safety, and healthy environments, the Ministry is addressing childhood obesity, undernutrition, and long-term NCD risk at the policy level. This represents upstream prevention that will yield long-term population health benefits.

Additionally, capacity building in breastfeeding promotion, diabetes nutritional management, and youth NCD dialogue strengthens surveillance indicators and service delivery at the community level.

A Strategic Approach to Capacity Building

Collectively, the fourth quarter initiatives reflect a deliberate strategy centered on:

- Strengthening technical competencies
- Enhancing data systems and surveillance

- Building multisectoral coordination
- Advancing policy development
- Supporting prevention and preparedness

Capacity building is not merely training. It is the systematic strengthening of people, systems, and policies to ensure sustained health gains. By investing in workforce development, information systems, immunization strengthening, nutrition standards, and One Health coordination, the Ministry continues to build a more resilient, responsive, and future-ready health system.

As we enter 2026, these investments position St. Kitts and Nevis to deliver higher-quality services, improve health outcomes, and respond effectively to emerging public health threats.



BUILDING STRONG PARTNERSHIPS

MINISTRY OF HEALTH STRENGTHENS INTERNATIONAL PARTNERSHIPS THROUGH STRATEGIC ENGAGEMENT IN MOROCCO



The Ministry of Health of St. Kitts and Nevis continues to demonstrate its commitment to building meaningful and lasting international partnerships, most recently through a high-level engagement with the Ministry of Health and Social Protection of the Kingdom of Morocco and the Moroccan International Cooperation Agency (AMCI).

The delegation, led by Permanent Secretary Mr. Curtis Martin, alongside Director of Health Institutions Dr. Jenson Morton and Director of Operations Mrs. Lindsey Maynard, participated in a comprehensive mission designed to explore opportunities for collaboration across multiple areas of healthcare development.

Advancing Shared Learning and System Strengthening

The visit provided valuable insights into Morocco's healthcare delivery systems, spanning primary, secondary, and tertiary care levels. Through structured engagements with Moroccan health

leadership, the delegation observed strong operational frameworks and identified areas of alignment between both countries' health systems.

Key areas of potential collaboration include:

- Medical education and professional training
- Health systems research and knowledge exchange
- Pharmaceutical development and access
- Community health strengthening initiatives

These discussions underscored the importance of cross-regional partnerships in strengthening health systems capacity and building resilient, future-ready institutions.

Diplomatic and Diaspora Engagement

Beyond institutional meetings, the delegation also valued the opportunity to connect with Ambassador H.E. Ian Queeley and St. Kitts and Nevis medical students currently studying in Morocco. These engagements reinforced the interconnectedness of diplomatic relations, educational advancement, and national development.

The visit further highlighted the strategic importance of fostering partnerships

across Africa and deepening collaboration with African counterparts through shared learning, innovation, and mutual respect.

A Foundation for Long-Term Collaboration

In official remarks, the delegation expressed heartfelt gratitude for the gracious hospitality and thoughtful coordination provided by Moroccan partners. The exchange of knowledge, professional openness, and cultural immersion created an enabling environment for productive dialogue and strengthened diplomatic ties.

Importantly, the engagement was framed not simply as a study visit, but as a mutual learning experience grounded in respect, professionalism, and a shared vision for improving health outcomes for both populations.

Strengthening the Global Health Network

As St. Kitts and Nevis continues to modernize and strengthen its healthcare infrastructure, strategic international partnerships remain central to its development agenda. Engagements such as the Morocco mission reflect a forward-looking approach to health diplomacy – one that prioritizes collaboration, capacity building, and innovation.



Through sustained dialogue and cooperative initiatives, the Ministry of Health is actively building bridges that extend beyond geographic boundaries. These partnerships position the Federation to benefit from global expertise while contributing Caribbean perspectives to the broader international health community.

The Ministry remains committed to nurturing these relationships and advancing collaborative efforts that ultimately enrich the lives of the people of St. Kitts and Nevis.

Diplomatic and Diaspora Engagement

Beyond institutional meetings, the delegation also valued the opportunity to connect with Ambassador H.E. Ian Queeley and St. Kitts and Nevis medical students currently studying in Morocco. These engagements reinforced the interconnectedness of diplomatic relations, educational advancement, and national development.

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ST. KITTS AND NEVIS PARTICIPATES IN THE GLOBAL WEEK FOR ACTION ON NCDs

By Abi Begho

Founder & Program Director of Lake Health & Wellbeing

In 2025, the Global Week for Action on NCDs took place from 18–25 September. Lake Health and Wellbeing, through its St. Kitts and Nevis NCD Alliance initiative, and in partnership with the Ministry of Health, joined the global NCD Alliance’s campaign calling for leadership in addressing non-communicable diseases (NCDs) under the theme “Time to Lead.”

Some Background: About the St. Kitts and Nevis NCD Alliance

With support from the Global Health Advocacy Incubator and the Commonwealth Foundation, Lake Health and Wellbeing established the St. Kitts and Nevis NCD Alliance to bring together NGOs working on NCDs, with the aim of strengthening our impact in tackling NCDs across the Federation.

Although still in its infancy, the Alliance has already achieved several key milestones. These include developing a mission, vision, and objectives; establishing the Alliance’s branding (including a logo and website); and beginning to engage a diverse range of NGOs in St. Kitts and Nevis.

The Alliance has also hosted a series of capacity-building sessions, ranging from ‘An Introduction to NCDs and NCD Policies for Non-Medical Advocates’ to ‘Developing Your NGO’s Brand Identity’. In addition, the Alliance has become a member of both the Healthy Caribbean Coalition (the regional

NCD Alliance) and the global NCD Alliance, and has hosted a range of events such as panel discussions, documentary screenings, and social media campaigns, including our local campaign for the Global Week for Action on NCDs.

About the Global Week for Action on NCDs

The Global Week for Action on NCDs is an annual observance led by the global NCD Alliance. It aims to unite the NCD movement each year around a specific theme, with a strong focus on action, encouraging stakeholders to consider the concrete steps they can take to reduce the burden of NCDs.

The 2025 theme, Time to Lead, formed part of a two-year theme for 2024 and 2025, designed to build momentum in the lead-up to the UN High-Level Meeting on NCDs, which took place in September 2025. The theme emphasised that, with NCDs being the leading cause of death and disability worldwide and global leaders convening for the High-Level Meeting, the time for strong and decisive leadership on NCDs is now.



"I'm taking the lead on NCDs by keeping active and keeping NCDs at the heart of our health policy. Leadership starts with action, and every move we make towards prevention builds a healthier future for all."



Dr. Terrance Drew
The Honourable Prime Minister of St. Kitts and Nevis

#LeadOnNCDs #ActOnNCDs

With this in mind, our local campaign sought to engage policymakers, civil society, advocates, and the wider community to amplify voices, highlight lived experiences, and inspire strong action on NCDs in St. Kitts and Nevis.

Campaign Highlights

Our campaign aimed to engage stakeholders at all levels, from national leaders to our youngest stakeholders, our Youth Health Advocates, to demonstrate solidarity around NCDs.

We were delighted to partner with the Ministry of Health and worked with Mrs Latoya Matthew-Duncan, NCD Focal Point and Nutrition Surveillance Coordinator, to deliver a range of activities.

Social Media Campaign.

Our first activity was a social media campaign featuring health ministers, policymakers, NGOs, and advocates sharing how they are leading on NCDs, or the type of leadership they would like to see. Participants included:

- The Ministers of Health in St. Kitts and Nevis – Hon. Dr Terrance Drew and Hon. Jahnel Nisbett

"Regular physical activity strengthens the body, boosts immunity, and reduces the risk of non-communicable diseases (NCDs) like heart disease, diabetes, and cancer. Moving more means living longer—let's make active living a global priority during this Week of Action on NCDs."



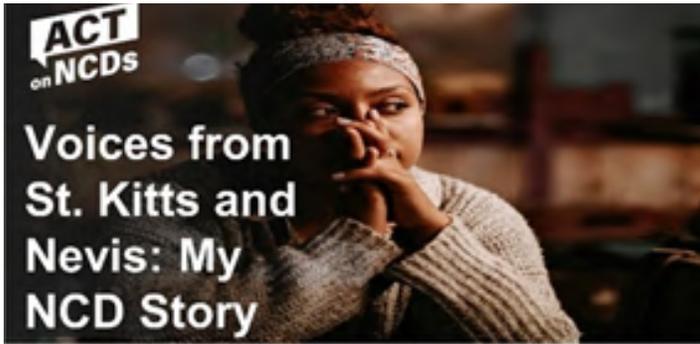
Curtis Martin
Permanent Secretary, Ministry of Health, St. Kitts and Nevis



#LeadOnNCDs #ActOnNCDs

- The Permanent Secretary in the Ministry of Health, Mr Curtis Martin
- Director of the Nevis Department of Gender Affairs, Ms Saros Hendrickson
- Coordinator of the Nevis Health Promotion Unit, Ms Nadine Carty
- NGOs, including the Diabetes Association, Mental Health Association, and Nevis Renal Society
- Dr Al Pierre, Co-Founder, Urgent Care SKN and GoDocta
- Ms Michel Baker, Policy Coordinator, the Global Climate and Health Alliance
- Fiona Zhang, Youth Health Advocate, Lake Health and Wellbeing

In addition, Hon. Jahnel Nisbett was featured on the NCD Alliance's Voices of the Health Revolution podcast, where she highlighted the Nevis Island Administration's efforts to advance NCD prevention and also recorded a video message for the global campaign, showcasing how the Nevis Island Administration is leading on NCDs. This wide cross-section of voices helped demonstrate a shared national commitment to tackling NCDs.



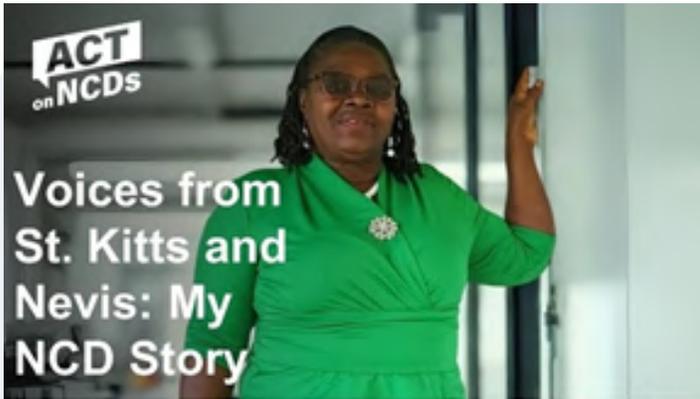
The **dizziness** and heart **palpitations** came. Even something as simple as taking a shower left me **exhausted**. I saw the signs staring back at me: **dark circles** under my eyes, my **hair thinning** at the front. I hid it with scarves and wigs. I told myself it was just life—I was a caretaker, a mother, an employee. Tiredness was normal. Ageing was normal.

Living with a chronic condition forced me to **re-evaluate** how I treated my body. It taught me to **listen** when she whispers, not only when she screams. It taught me **discipline, patience, and resilience**.

GLOBAL WEEK FOR ACTION ON NCDs

#LeadOnNCDs

#ActOnNCDs



I have been living with **diabetes** and **hypertension** for more than 20 years. I was first diagnosed with diabetes, and later with hypertension. At first, it was difficult to manage both conditions, but over time, I made **important lifestyle changes**.

I started **eating healthier** and **drinking plenty of water**. I don't drink sweetened beverages—only water. I eat a lot of **vegetables** and have **healthy foods** for snacks. I have also cut out things like rice and bread. In addition, I take my **medication as prescribed**.

- *Karen Matthew, Living with Diabetes and Hypertension*

GLOBAL WEEK FOR ACTION ON NCDs

#LeadOnNCDs

#ActOnNCDs

Sharing Lived Experiences

We also featured seven experiences from people living with NCDs. Participants spoke candidly, both anonymously and openly, about the challenges of their conditions.

These stories aimed to humanise the NCD crisis, raise awareness of the realities of living with an NCD, and create empathy and understanding in our community.

Documentary Screening and Panel Discussion

In Nevis, we hosted a public screening of the Jamaica Ministry of Health and Wellness' documentary 'Dying Young: Lifestyle Choices and the NCDs Crisis' at NEPAC, followed by a panel discussion. This event provided a platform for dialogue on NCDs, their impact, and the steps our community can take to address them. Panellists included:

- Dr. Glenville Liburd – Founder, Nevis Renal Society & Nevis CBR Advocates
- Genesis Pemberton – Nutrition Officer, Nevis Health Promotion Unit and Youth Health Advocate
- McMillan Cuffy – Senior Counsellor, the Behavioural Health And Wellness Centre
- Michelle Sutton – Health Educator, Nevis Health Promotion Unit
- Dr. Kalieahh Cannonier – District Medical Officer

The event was moderated by Jay Robinson, Project Assistant, Lake Health and Wellbeing, with opening remarks by Latoya Matthew-Duncan, NCD Focal Point and Nutrition Surveillance Coordinator at the Ministry of Health.

Conclusion

The Global Week for Action on NCDs provided an important opportunity for all stakeholders to come together and reaffirm their commitment to tackling NCDs. We would like to extend our sincere thanks to everyone who participated in the campaign, and we encourage all stakeholders to keep the momentum going by supporting the policies, interventions, and actions needed to address NCDs in St. Kitts and Nevis, despite the challenges that may arise.

AN EXCLUSIVE INTERVIEW WITH DR. BICHARA SAHALEY

Q1: What inspired you to pursue a career in healthcare?

A deep desire to serve others, relieve suffering, and contribute meaningfully to the well-being of my community through science, compassion, and service.

Q2: What was your role within the public health system?

I served as a Consultant Physician in Internal Medicine at JNF General Hospital, providing inpatient and outpatient care, mentoring junior staff, and supporting quality improvement initiatives.

Q3: What are some major health concerns in the population you serve?

Non-communicable diseases such as diabetes, hypertension, heart disease, and obesity remain the most significant health challenges, along with their complications.

Q4: How did your team promote wellness and prevent illness?

Through patient education, early screening, medication management, lifestyle counselling, and coordinated multidisciplinary care.

Q5: What recent program or initiative are you most proud of, and why?

I am especially proud of our efforts to strengthen chronic disease management and patient follow-up, which improved continuity of care and health outcomes.

Q6: How has access to healthcare improved in your area of care?

Access has improved through expanded clinics, better diagnostic services, improved referral pathways, and greater use of standardized treatment protocols.

Q7: How did you and your team build trust with the community?

By listening respectfully, providing consistent care, maintaining confidentiality, and always treating patients with dignity and empathy.

Q8: How did you stay motivated in this demanding field?

By focusing on service, teamwork, continuous learning, and the positive impact even small interventions can have on patients' lives.



Q9: What message would you like to share about using public health services?

Public health services are here to support you – early care, regular follow-up, and preventive visits can save lives and reduce suffering.

Q10: What advice would you give to young people considering a career in public health?

Enter the field with humility, discipline, and compassion. Public health is demanding but deeply meaningful work that truly changes lives.

THE NCD PORTAL



The National Burden of Non-Communicable Diseases

Non-communicable diseases (NCDs) remain the leading cause of illness, disability, and premature death in St. Kitts and Nevis. Diabetes, hypertension, heart disease, stroke, cancer, obesity, and chronic kidney disease now dominate clinic visits, hospital admissions, surgical services, and national health expenditure. These conditions affect thousands of families across the Federation and place an ever-increasing strain not only on our health system but also on our economy and social stability. Yet despite their profound impact, most NCDs are largely preventable, detectable early, and controllable with the right combination of personal action, community support, and public policy. The NCD story is therefore not only a medical one. It is a story of daily habits, food systems, physical environments, education, access to care, social protection, and shared national responsibility.

What the Local Data Tell Us

Local data have long signalled the depth of this challenge. By the late 2000s, national surveillance already showed that nearly four out of every five adults in the Federation were overweight or obese, while elevated blood pressure was widespread, particularly among men. Diabetes prevalence rose steeply after the age of forty-five, and family histories of both diabetes and hypertension were present in the majority of households. In the decade that followed, clinic-based studies revealed that

Non-Communicable Diseases in St. Kitts and Nevis:

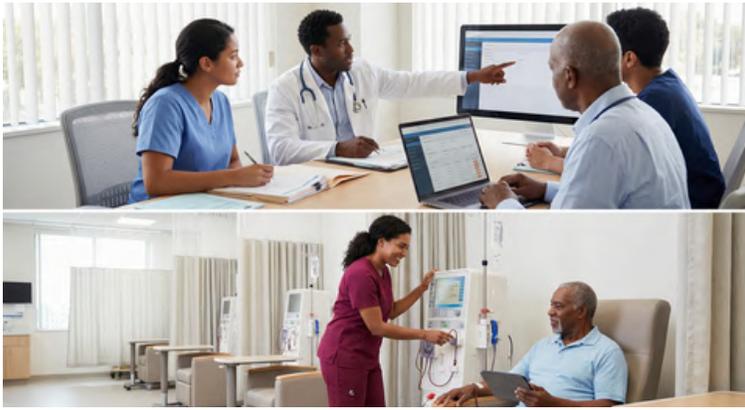
A Shared Responsibility for a Healthier Future

by **Dr. Bichara Sahely**
Internist/General Practitioner

approximately one in four adults seen in primary-care settings was living with type 2 diabetes, most with co-existing hypertension. Over the same period, kidney failure driven by diabetes and hypertension escalated, translating directly into rising dialysis demand. By the early 2020s, diabetes alone was responsible for hundreds of deaths over a short span of years, while hospital surgical audits documented that a substantial proportion of major amputations and complex wound cases were rooted in diabetic complications. These are not abstract statistics; they reflect a clear epidemiological shift from metabolic risk to advanced organ failure, disability, and dependence.

The Expanding Social and Economic Consequences

Diabetes and hypertension now account for a significant share of clinic visits, inpatient admissions, amputations, dialysis cases, strokes, and heart attacks in St. Kitts and Nevis. Many patients are still diagnosed late, often only after irreversible complications have already developed. Others struggle with medication adherence, sustained lifestyle change, or reliable access to consistent follow-up care. The consequences extend far beyond the clinical setting. NCDs drive loss of productivity in the working-age population, long-term disability and dependency, rising household medical costs, and increasing demands on social services and caregivers. As more citizens live longer with chronic complications, the burden on public pensions, disability support programmes, social



safety nets, and informal family care continues to grow. Left unaddressed, this trajectory threatens not only the sustainability of the health sector but also broader national development.

Prevention Begins Long Before the Clinic

True NCD prevention begins long before a patient ever enters a hospital or clinic. It begins in homes, schools, workplaces, churches, shops, and communities. The most powerful protective tools remain strikingly simple: healthier eating with reduced excess sugar, salt, ultra-processed foods, and sweetened beverages; increased consumption of fruits, vegetables, legumes, and minimally processed foods; regular physical activity integrated into daily life; maintenance of a healthy body weight; avoidance of tobacco; moderation in alcohol use; and sustained attention to stress management, sleep, and mental well-being. When these habits are adopted early and maintained consistently, they dramatically reduce the likelihood that today's young adults will become tomorrow's dialysis patients or stroke survivors.

The Critical Importance of Early Screening

One of the most dangerous features of NCDs is their silence in the early stages. High blood pressure, elevated blood sugar, and abnormal cholesterol often produce no symptoms for many years. By the time warning signs appear, vascular damage, kidney injury, and nerve damage may already be well established. This is why routine screening is indispensable. Every adult should know their blood pressure, blood sugar level, cholesterol profile, and body-mass index. Early detection enables timely lifestyle intervention and medical treatment, preventing progression to stroke, kidney failure, blindness, heart attacks, and amputations. Screening is not a luxury; it is a cost-saving national investment.

Living Well With Chronic Disease

An NCD diagnosis is not the end of health. It marks

the beginning of active self-management. With proper care, individuals living with diabetes or hypertension can lead full and productive lives for many decades. Long-term control depends on consistent clinic follow-up, adherence to prescribed medications, regular monitoring of blood pressure and blood sugar, healthy nutrition, physical activity, patient education, and strong family support. Across the Federation, health-care teams have steadily strengthened chronic disease clinics, expanded access to diagnostics, improved patient education, and enhanced follow-up systems. These advances are real and meaningful.

Medical Advances and Their Economic Limits

Modern medicine is entering an era of increasingly sophisticated – and increasingly expensive – therapies. Breakthroughs such as GLP-1 receptor agonists for diabetes and obesity are transforming outcomes for many patients. Advances in imaging, biologic therapies, interventional cardiology, and renal replacement technologies continue to extend life and reduce suffering. These innovations represent extraordinary scientific progress. Yet they also bring a sobering economic reality. The trajectory of high-cost chronic disease treatment is carrying health systems toward levels of expenditure that small island states cannot sustain indefinitely. Dialysis, advanced cardiovascular procedures, long-term insulin therapy, and novel metabolic drugs are life-saving, but at scale they consume an ever-greater share of the national health budget.

Why Prevention Is the Only Sustainable Path

This creates a decisive policy imperative. If our national response focuses predominantly on downstream treatment while under-investing in upstream prevention, we will continue to chase illness rather than cultivate health. No public treasury can outspend an unchecked NCD epidemic. The only durable solution lies in sustained, strategic public investment in health promotion, early detection, and disease prevention. Every dollar spent reducing childhood obesity, promoting physical activity, improving food environments, and strengthening community-based screening returns many more dollars in avoided dialysis costs, amputations, disability payments, and lost productivity.

Progress and the Limits of Late Intervention

The public health system in St. Kitts and Nevis has made important strides in expanding primary-care

services, improving access to diagnostics, strengthening chronic-care monitoring, enhancing community health education, and training multidisciplinary teams. The establishment and expansion of local dialysis services stand as a major national achievement and a testament to what coordinated public investment can accomplish. Yet these services also stand as a sober reminder of the price of late intervention. Dialysis units are not symbols of prevention; they are life-preserving bridges for organ failure that prevention was designed to avert.

An All-of-Government and All-of-Society Responsibility

NCD prevention cannot rest on the shoulders of the health sector alone. It is fundamentally an all-of-government and all-of-society undertaking. Ministries responsible for education, agriculture, urban development, transportation, trade, sport, labour, social services, and finance all shape the conditions that determine population health. Schools influence lifelong habits. Food policy shapes what is affordable and accessible. Urban design determines whether walking and physical activity are safe and convenient. Workplace policies influence stress, movement, and wellness. Social protection systems buffer families from catastrophic health-related poverty. When these sectors work in alignment, health outcomes improve not only in clinics but across the entire social fabric.

Building a Healthier Federation Together

A healthier Federation emerges when schools normalise physical activity and nutritious meals, when workplaces support employee wellness, when communities create safe spaces for movement, when families model healthy habits, and when



individuals take ownership of their own health. These are not soft aspirations; they are the structural determinants of future dialysis numbers, stroke rates, and disability burdens.

Conclusion: A Call to Collective Action

The NCD challenge facing St. Kitts and Nevis is serious, but it is also an opportunity – an opportunity to choose prevention over crisis, wellness over illness, and long-term resilience over short-term repair. Every blood pressure check matters. Every healthier meal matters. Every walk taken instead of a sedentary hour matters. Every early clinic visit matters. Every small behaviour change, sustained over time, matters. When we act together as patients, families, communities, professionals, and policymakers, we do more than reduce disease. We safeguard productivity, protect social stability, strengthen our safety nets, and build a healthier, more resilient Federation for generations to come.



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

By Dr. Odalis Abreu
Epidemiologist

DATA WATCH

The Fourth Quarter 2025 health surveillance data provide a comprehensive overview of disease trends across the Federation and bring the 2025 reporting year to a close. When assessed alongside data from the first three quarters, the findings reflect a year of measurable public health progress, marked by stabilization of fever and respiratory illnesses toward year-end, a sustained decline in gastroenteritis cases, and consistently low dengue activity.

At the same time, the data highlight areas requiring continued attention, including a gradual increase in cancer diagnoses, particularly in the latter half of the year, and the ongoing need for strong prevention, early detection, and community engagement. Overall, the fourth quarter data reinforce the importance of timely surveillance in guiding evidence-informed action and protecting population health across St. Kitts and Nevis.

Fever and Respiratory Symptoms: Elevated early in the year, stabilizing toward year-end

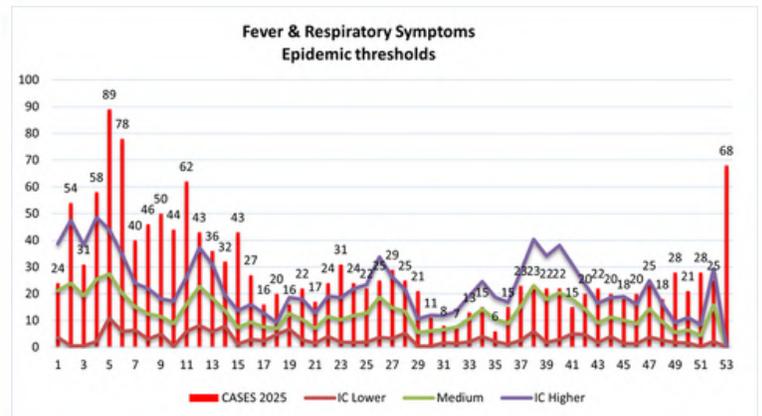
Surveillance data for 2025 indicate that fever and respiratory symptoms were most pronounced in the first half of the year, with elevated activity in Q1 and Q2 and episodic peaks exceeding medium and higher epidemic thresholds during early epidemiological weeks. This pattern is consistent with seasonal respiratory circulation observed in prior years.

By the fourth quarter, weekly case counts showed greater stability, with fewer sustained threshold exceedances and a general leveling toward baseline. A total of 1,542 cases were reported for the year, representing 10 more cases than in 2024, with 350 cases occurring in Q4. The majority of cases continued to be reported in St. Kitts, and individuals aged 5 years and older accounted for most reported cases.

COVID-19 and influenza activity remained low to moderate throughout the year. In Q4, COVID-19 cases increased slightly compared to the same period in 2024 (6 vs 3), while influenza activity remained stable (4 vs 3). Influenza A continued to be the dominant circulating strain. These findings suggest ongoing respiratory transmission at expected levels, without evidence of widespread outbreaks.

Public Health Tips:

While respiratory illnesses did not demonstrate sustained epidemic activity in Q4, the early-year surges underscore the importance of seasonal preparedness, vaccination uptake, and timely health-seeking behavior, particularly as respiratory illnesses tend to recur cyclically.



Viral Infections and Gastroenteritis. 4th Quarter 2024-2025.

Diseases	4 th Quarter 2024	4 th Quarter 2025
Covid-19	3	6
Influenza	3	4
RSV	2	1
Dengue	18	3
Gastroenteritis	948	275

Vector-Borne Diseases (Dengue): Marked reduction sustained throughout 2025

Dengue activity remained low throughout 2025, with sporadic cases reported across quarters. In Q4, only 3 cases were confirmed, a sharp decline from 18 cases in Q4 2024. This mirrors trends observed in Q2 and Q3, where dengue cases were similarly minimal.

The sustained reduction likely reflects effective vector control strategies and public cooperation. Continued adherence to environmental management practices remains essential, particularly during periods of increased rainfall.

Gastroenteritis: Consistent decline across all quarters, with Q4 reinforcing downward trend

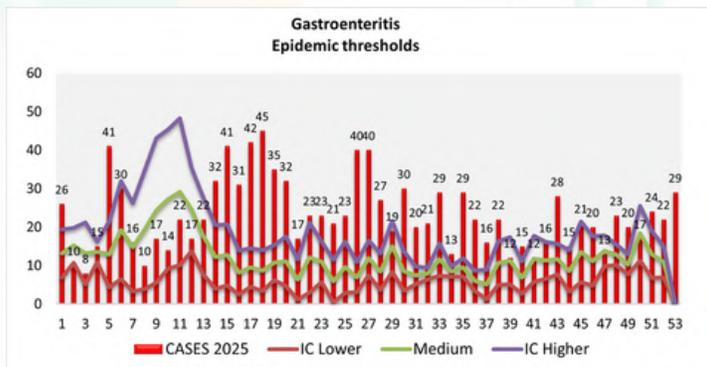
Gastroenteritis remained the most frequently reported communicable illness in 2025, but surveillance data demonstrate a consistent and meaningful decline across all four quarters.

- Q1 showed a modest reduction compared to 2024
- Q2 and Q3 recorded continued decreases
- Q4 saw a substantial reduction, with 275 cases reported compared to 948 cases in Q4 2024

For the full year, 1,228 cases were reported in 2025, representing 986 fewer cases than in 2024. Despite this improvement, weekly surveillance charts indicate intermittent spikes above epidemic thresholds, particularly earlier in the year, suggesting that localized or short-term transmission events persist.

Children under five years of age continued to be disproportionately affected across all quarters, highlighting the ongoing vulnerability of this age group.

The sustained decline across quarters suggests that hygiene promotion, food safety practices, and environmental health interventions are having a positive impact. However, threshold exceedances reinforce the need for continued vigilance, particularly in food handling, water storage, and sanitation practices.



Cancer Surveillance:

Gradual year-long increase, most evident in Q4

Cancer surveillance data show a gradual upward trend in new diagnoses over the course of 2025:

- Q1 and Q2 recorded modest declines compared to 2024
- Q3 showed a noticeable increase
- Q4 recorded the highest quarterly total for the year, with 35 new cases, up from 33 in Q4 2024

Females accounted for a larger share of new diagnoses in Q4 (24 cases) compared to males (11 cases). The most commonly reported cancers during the quarter were:

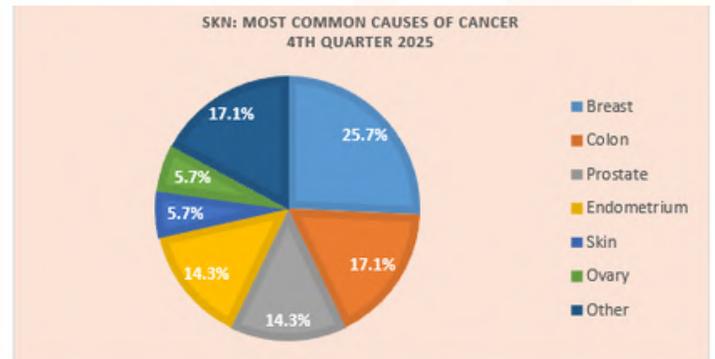
- Breast (25.7%)
- Colon (17.1%)

Cancer Incidence, 4th Quarter 2024-2025

New cases	4 th Quarter 2024	4 th Quarter 2025
Males	14	11
Females	19	24
Total	33	35

- Prostate (14.3%)
- Endometrium (14.3%)

The upward trend may reflect improved detection, screening uptake, and reporting, rather than a sudden increase in disease occurrence. Nonetheless, the distribution of cancer types underscores the importance of gender-responsive screening programmes, early detection, and sustained public education on modifiable risk factors.



HIV Surveillance:

Low incidence maintained throughout the year

HIV incidence remained low across all quarters in 2025. Q4 recorded 2 new cases, down from 3 in Q4 2024, with all cases occurring among males. No new female cases were reported. The consistently low number of new cases suggests effective prevention, testing, and treatment efforts, though continued emphasis on stigma-free testing, education, and access to services remains critical to sustaining progress.

HIV Incidence, 4th Quarter 2024-2025

NEW CASES	4 th Quarter 2024	4 th Quarter 2025
Males	3	2
Females	0	0
Total	3	2

Overall Outlook:

Progress sustained, with targeted vigilance required

Taken together, 2025 surveillance data demonstrate encouraging progress, particularly in the sustained reduction of gastroenteritis and dengue and the stabilization of respiratory illnesses by year-end. At the same time, the gradual rise in cancer diagnoses and persistent gastrointestinal threshold spikes highlight areas requiring ongoing attention.

A continued data-driven public health approach, emphasizing prevention, early detection, environmental hygiene, and community engagement, remains essential to protecting population health across the Federation.

MENTAL HEALTH FEATURE ARTICLE

Community Empowerment

Strengthening Mental Health Support Through Community Engagement and Capacity Building



The Community Health Services Mental Health Unit continued to advance its mission of strengthening mental health services, reducing stigma, and promoting psychological well-being across St. Kitts and Nevis. Through a series of targeted workshops, community outreach activities, and staff development initiatives, the Unit reinforced its commitment to building a more resilient, informed, and supportive mental health environment for individuals, families, and frontline workers.

Building Professional Capacity Through Specialized Training

A key focus of the quarter was strengthening the capacity of health and social service providers through structured training workshops. On October 14, 2025, a Mental Health Enhancement Services Workshop on Destigmatization was held at the Solid Waste Conference Room in St. Kitts, bringing together 24 participants from diverse sectors, including Gender Affairs, prison services, Emergency Medical Services, and New Horizons staff. The session provided participants with tools to address stigma, promote inclusion, and support individuals living with mental health conditions in their respective roles.

This was followed by a second workshop held on November 24, 2025, in Nevis at the Disaster Management Conference Room, which focused on Schizophrenia and Anxiety. Nineteen healthcare professionals, including doctors, nurses, and counsellors, participated in the session, strengthening



By Nurse Seana Cuffy Community Psychiatric Nurse Manager

their knowledge of early identification, intervention, and support strategies for individuals living with these conditions.

Both workshops were facilitated by SEED instructors who had recently completed advanced mental health training in Taiwan. Their expertise and international exposure enhanced the quality of the training, ensuring that local mental health professionals benefit from globally informed, evidence-based approaches.

Promoting Social Connection and Emotional Well-being Among the Elderly

Recognizing the importance of social connection in promoting mental well-being, the Mental Health Unit hosted an Elderly Spa Day on October 29, 2025, at the Newtown Community Centre. The initiative was designed to reduce social isolation and promote emotional wellness among elderly clients.

The event featured an educational session led by counsellor Ms. Nadia Rawlins, who provided practical strategies to help participants manage loneliness and maintain meaningful social connections. Clients engaged in interactive games and activities designed to foster peer interaction and emotional support.

In partnership with the Clarence Fitzroy Bryant College's Division of Technical and Vocational Education, participants received pedicures and wellness services, creating a supportive and uplifting environment. The event also included live saxophone music, further enhancing the therapeutic and celebratory atmosphere. This initiative demonstrated the importance of holistic approaches to mental health that incorporate social engagement, dignity, and emotional support.



Supporting the Mental Well-being of Auxiliary Public Health Workers

The Mental Health Unit also prioritized the psychological well-being of essential public health workers through a three-part Auxiliary Workers Workshop held on November 11, 18, and 25, 2025. The workshop engaged 50 auxiliary workers, recognizing their critical role in maintaining environmental and public health standards.

Sessions focused on Self-Care, Financial Management, and Investment and Family Indemnity Planning, providing participants with practical tools to strengthen their personal well-being and long-term financial security. By addressing the psychological and social determinants of health among essential workers, the initiative reinforced the Ministry's commitment to supporting the entire public health workforce.

Participants expressed appreciation for the workshop, highlighting its relevance to both their personal and professional development.



Empowering Youth Through Alcohol Awareness Education

The Mental Health Team also extended its outreach efforts to youth through an impactful Alcohol Awareness Session held on November 21, 2025, at Verchilds Secondary School. The session educated students on the physical, psychological, and social risks

associated with alcohol use and emphasized the importance of making healthy, informed decisions.

A compelling moment occurred when a guest speaker shared his personal journey with alcohol addiction, providing students with a firsthand perspective on the real-life consequences of substance misuse. The session also equipped students with practical strategies to resist peer pressure and make choices that support their future well-being.

This initiative reflects the Ministry's commitment to early prevention, recognizing that promoting mental health awareness among young people is essential to reducing long-term health risks.

Advancing a Stronger Mental Health System for the Federation

The Mental Health Unit's fourth-quarter activities demonstrate a comprehensive, multi-level approach to strengthening mental health across St. Kitts and Nevis. By investing in professional training, supporting vulnerable populations, empowering essential workers, engaging youth, and promoting staff wellness, the Ministry continues to build a more resilient and responsive mental health system.

These efforts contribute directly to reducing stigma, improving early identification and support, strengthening workforce capacity, and promoting overall psychological well-being within communities.

Mental health is an essential pillar of public health, and these continued investments ensure that individuals across the Federation receive the support, education, and care needed to live healthy and productive lives.



NUTRI Bites

By Chere Ann Weaver
Nutrition Officer



Fats are a valuable part of the diet. There are nine (9) calories per gram whereas the other macro nutrients, protein and carbohydrates have four (4) calories per gram respectively. Therefore, portion sizes are important to consider when consuming fats. Fats are used to assist with the absorption of the fat-soluble vitamins A, D, K, E.

There are a variety of fats:

Mono unsaturated and Poly unsaturated – are heart healthy fats that reduce the risk of heart disease and lowers LDL (bad cholesterol).

Examples of Mono & Poly unsaturated fats are:

- Nuts (cashews, peanuts, almonds etc.)
- Avocado
- Oils (olive, sunflower, canola etc.)
- Oily Fish (salmon, mackerel, sardine etc.)

Saturated fat – Are mainly from animal sources of food and increases the risk of developing heart disease, overweight/obesity, and other medical conditions.

Examples of Saturated Fats are:

- Meat (bacon, sausages, beef, etc.)
- Animal skin (chicken, turkey, pork etc.)
- Butter
- Lard
- Cheese
- Cream (heavy & regular)
- Oils (palm oil & coconut oil)



Trans fats- are considered the most dangerous of all the fats. Trans fats are solid at room temperature through hydrogenation.

Examples of Trans Fats are:

- Deep Fried Foods (fries, chicken, nuggets, fish etc.)
- Processed Foods (chips, Cookies, cakes, doughnuts etc.)
- Margarine
- Shortening

What can you do and how can you improve your fat consumption?

- Replace saturated fat and trans-fat foods with mono unsaturated and poly unsaturated foods.
- Read food labels
- Consume healthy fats (mono & poly unsaturated fats) in the correct portions. 30g/1 ounce, or about a small handful.



AVOCADO CHOCOLATE PUDDING



INGREDIENTS

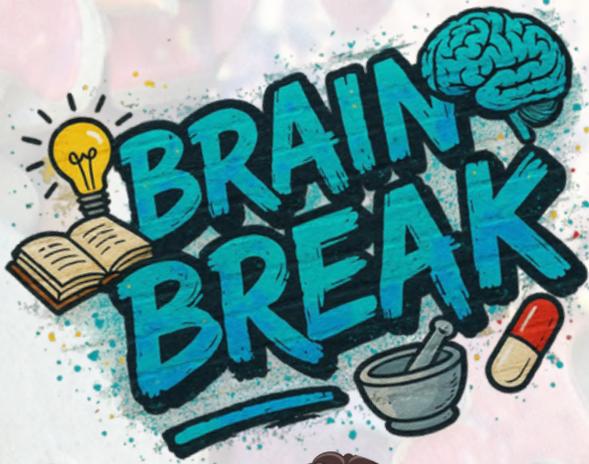
- 1 medium ripe avocado, peeled, pitted and chopped
- $\frac{1}{3}$ cup unsweetened cocoa powder
- $\frac{1}{4}$ cup sweetener of choice (3-4 pitted dates blended or pure maple syrup or honey.)
- $\frac{1}{2}$ cup milk (low-fat or any unsweetened dairy-free milk)
- 1 $\frac{1}{2}$ teaspoon vanilla extract

INSTRUCTIONS

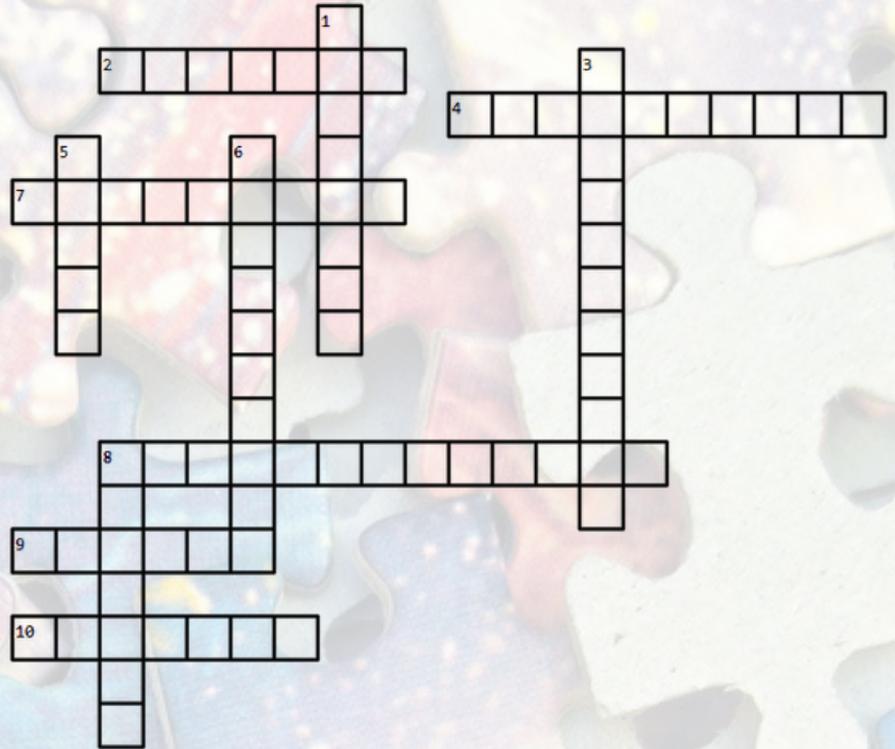
1. Blend all ingredients, until smooth, in a blender, food processor or hand-held mixer. Chill for 30-60 minutes and serve.
2. Cover tightly and store in the fridge for up to 3 days.
3. Makes 4 servings.

SERVING SUGGESTIONS:





UNDERSTANDING MACRONUTRIENTS



Across

- 2. A nutrient that helps build and repair body tissues
- 4. The building blocks of protein
- 7. A type of fat that raises LDL cholesterol when consumed in excess
- 8. The body's main source of energy from food
- 9. Sugars that are quickly absorbed and can cause energy crashes
- 10. The unit used to measure energy provided by food

Down

- 1. A condition linked to excess sugar and unhealthy fat intake
- 3. Oils, nuts, and fish contain mostly this type of heart-healthy fat
- 5. Macronutrients are needed in these amounts by the body
- 6. These vitamins require fat for absorption, including A and D
- 8. Carbohydrates that are digested slowly and help control blood sugar

NUTRITION CRYPTOGRAM

Instructions:

Each letter in the message has been replaced with another letter. Use the clues below to crack the code and reveal the nutrition message.

Cryptogram Message:

G F D D R T J X G T Y R D F J X R T K R F D J X K R M D T G X D J

Clues: F = E, D = A, X = O, J = I, R = T

Message: _____

EMPOWERING OLDER ADULTS

TO STRENGTHEN CHRONIC DISEASE PREVENTION AND MANAGEMENT THROUGH THE CHRONIC DISEASE SELF-MANAGEMENT PROGRAM (CDSMP)



The Ministry of Health, in collaboration with the Ministry of Aging and Disability, continued its efforts to strengthen chronic disease prevention and management through the Chronic Disease Self-Management Program (CDSMP) workshops conducted across St. Kitts and Nevis in 2025. These workshops aim to improve health literacy, build self-management skills, and empower individuals living with chronic conditions to take a more active role in maintaining their health.

Between January and November 2025, a total of thirteen CDSMP workshops were successfully delivered across the Federation. Twelve workshops were conducted in St. Kitts, engaging 164 older adults and persons living with disabilities, while one workshop in Nevis welcomed 17 participants from various age groups.

The workshops introduced participants to practical tools that support everyday disease management. Sessions focused on action planning, medication management, healthy eating, physical activity, communication with healthcare providers, and emotional well-being. By equipping participants with these skills, the programme encourages individuals to set achievable health goals and make informed decisions about their care.

Post-intervention evaluations revealed strong engagement and meaningful behaviour changes among participants. Many reported increased confidence in managing their medications, understanding nutrition labels, and communicating their health needs with family members and healthcare providers.

Participants also demonstrated greater commitment to maintaining active lifestyles and following weekly action plans designed to support long-term health goals.

Participants expressed interest in further training opportunities, particularly in healthy meal preparation, adaptive physical activity for persons with disabilities, and home-based health monitoring practices such as foot care and breast self-examinations. These priorities will help guide future programme development.

Looking ahead, the programme will include follow-up health assessments to track progress in areas such as blood pressure, blood glucose levels, weight status, and overall health confidence. Continued training and community engagement will help reinforce the skills gained through the workshops and support sustained improvements in chronic disease management.

The success of the CDSMP workshops highlights the importance of community-based education in strengthening national efforts to prevent and manage non-communicable diseases. Through continued collaboration with key partners, the Ministry of Health remains committed to empowering individuals and communities to live healthier lives.

KEY RESULTS FROM CDSMP WORKSHOPS

- ✓ 13 workshops conducted across St. Kitts and Nevis
- ✓ 181 participants engaged, including older adults and persons living with disabilities
- ✓ 96% of participants reported using weekly action plans to guide their health goals
- ✓ 94% reported engaging in physical activity several times each week
- ✓ 94% expressed confidence in reading and understanding nutrition labels
- ✓ 69% reported confidence in creating a complete medication list
- ✓ 75% reported confidence in communicating their health needs with family members and healthcare providers

WORLD AIDS DAY CAMPAIGN

DRIVING STRATEGIC ACTION FOR THE NATIONAL AIDS PROGRAMME



By Dr. Mathias Ofre
National AIDS Programme
Coordinator

The Ministry of Health, through the National AIDS Programme, commemorated World AIDS Day 2025 with a comprehensive recognition campaign that reinforced the

Federation's commitment to ending HIV as a public health threat. Anchored in prevention, partnership, and data-driven decision-making, the campaign served not only as a national awareness initiative but also as a strategic platform for shaping the 2026 National AIDS Programme Work Plan.

By integrating education, community outreach, youth empowerment, and accessible health services, the Programme strengthened the national response while generating actionable insights to guide future interventions.

World AIDS Day provides an important opportunity to reaffirm national priorities: reducing new infections, eliminating stigma and discrimination, and ensuring equitable access to prevention, testing, treatment, and care services.

In alignment with the Ministry of Health's prevention-focused mandate, the National AIDS Programme executed a structured campaign designed to:

- Expand public awareness of HIV and sexually transmitted infections (STIs)
- Promote healthier behaviours and risk reduction practices
- Encourage early diagnosis and linkage to care
- Deepen multi-sector partnerships
- Support evidence-based programme planning

The campaign reflects the Ministry's continued investment in sustainable, high-impact public

health strategies that protect and improve population health.

Campaign Reach and Impact

The World AIDS Day recognition campaign achieved significant national penetration, reaching over 10,000 individuals through targeted interventions across public institutions, private-sector organizations, and community settings.

Sexual Health Education and Outreach

A cornerstone of the campaign was the delivery of structured sexual health education designed to improve health literacy, promote responsible decision-making, and reduce vulnerability to HIV and other STIs.

- 49 sexual health education sessions were conducted nationwide across schools, workplaces, and community institutions.

Stronger Together: Partnerships Advancing National HIV Prevention

The success of the HIV Programme is built on strong collaboration across government, private sector, civil society, and international partners. Through engagement with schools, youth agencies, protective services, corporate entities, and community organizations, we continue to advance prevention, reduce stigma, and promote healthy relationships.

These partnerships reflect a shared national commitment: advancing prevention, reducing stigma, and building healthier, more resilient communities. By working together, we are



strengthening institutional leadership, expanding workplace outreach, and reinforcing a whole-of-society approach to HIV prevention.

Integrated Health Services: Bringing Care Closer to Communities

To improve accessibility and encourage preventative health practices, the Programme implemented a decentralized screening strategy that delivered services directly within communities.

- 1,038 individuals were screened during the campaign.

Screenings were conducted in both traditional and non-traditional settings, supported by the Health Promotion Unit, which enhanced the Programme's ability to reach underserved populations.

Services Provided Included:

- HIV testing and counselling
- Blood pressure assessments
- Blood glucose (GMR) testing
- Dental evaluations
- Professional counselling services

This integrated approach strengthened early detection efforts while promoting holistic health and wellbeing.

Investing in Youth: Building a Generation of Prevention Advocates

Youth engagement remained a strategic priority throughout the campaign. Targeted empowerment seminars equipped 34 young participants with critical knowledge and life skills, preparing them to serve as Peer Ambassadors within their schools and social networks.

Seminar Topics Included:

- Peer pressure and decision-making
- Prevention of molestation
- Sexual grooming awareness
- STIs and prevention strategies
- Healthy relationships
- Positive lifestyle choices

By empowering young people as agents of change, the Programme continues to support long-term



behavioural transformation and community resilience.

Mentorship for Sustainable Impact

Complementing the educational seminars, mentorship opportunities connected youth with experienced professionals and community leaders. These relationships fostered confidence, leadership capacity, and personal development – protective factors that contribute to reduced risk behaviours.

Data-Driven Planning: Informing the 2026 Work Plan

A defining feature of the World AIDS Day recognition campaign was its deliberate use of data to guide strategic direction. Programme metrics – including participation levels, institutional engagement, and service uptake – provided valuable insights into emerging needs and effective intervention models.

Looking Ahead

The World AIDS Day recognition campaign demonstrated the transformative impact of collaboration, innovation, and evidence-based leadership in advancing the national HIV response. As the Ministry of Health continues to strengthen prevention and care frameworks, the lessons derived from this initiative will guide policy direction, resource allocation, and programme implementation throughout 2026 and beyond.

Ending HIV as a public health threat requires sustained commitment and collective action. Through strategic partnerships and data-informed programming, the Federation remains firmly on course toward a healthier, more resilient future for all.



OUTPATIENT CLINIC SCHEDULE

Below is the current Outpatient Department (OPD) clinic schedule. Please review carefully and note the specific day(s) your required service is offered.

MONDAY

A.M



ORTHOPAEDIC CLINIC:
Dr. Hendrickson – 7:30
Dr. Warner – 8:00



SURGICAL CLINIC:
Dr. Woodley – 9:00
Dr. Osborne – 9:00

P.M



NEUROLOGY CLINIC:
Dr. Laguna – 1:00

TUESDAY

A.M



ENDOCRINE CLINIC:
Dr. Cuellar – 10:00



EAR, NOSE AND THROAT CLINIC:
Dr. S. Henry – 10:00

P.M



INTERNAL MEDICINE CLINIC:
Dr. Sahely – 1:00
Dr. Babu – 1:00
Dr. Dominguez – 1:00
Dr. Tamayo – 1:00
Dr. Baez – 1:00

WEDNESDAY

A.M



OBS AND GYNE CLINIC:
Dr. Manchester – 9:00
Dr. Zequeira – 9:00
Dr. Zayas – 9:00



SURGICAL CLINIC:
Dr. Woodley – 9:00
Dr. Osborne – 9:00

P.M



UROLOGY CLINIC:
Dr. Holder – 1:00

THURSDAY

A.M



PEDIATRIC CLINIC:
Dr. Henry – 9:00
Dr. Cambet – 9:00

P.M



NEPHROLOGY CLINIC:
Dr. Rodriguez – 1:00
Dr. Dieguez – 1:00

FRIDAY

A.M



ORTHOPAEDIC CLINIC:
Dr. Hendrickson – 7:30
Dr. Warner – 8:00



SURGICAL CLINIC:
Dr. Woodley – 9:00
Dr. Osborne – 9:00



DIETITIAN CLINIC:
Ms. Boddie – 9:00



NEUROLOGY CLINIC:
Dr. Laguna – 10:00

P.M



VASCULAR SURGERY CLINIC:
Dr. Carbonell – 1:00

Other outpatient services available but not listed on this schedule include:

1. Ophthalmology (eye clinic),
 2. Oncology,
 3. Footcare Clinic,
 4. Physiotherapy
- Kindly contact your doctor to get their schedule for these services.

People First, Quality Always

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

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.



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YOUR FEEDBACK

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

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