



Southern Regional Health Authority

Compassion | Accountability | Respect | Efficiency

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PRESS RELEASE

April 26, 2019

FOR IMMEDIATE RELEASE:

212 Students and 52 Teachers Now Trained as Ambassadors for Healthier Lifestyle in Schools

212 students and 52 teachers from the parishes of Clarendon, St. Elizabeth and Manchester are now trained ambassadors who will strengthen the capacity of their schools to become a healthier setting for working and learning.

117 students and 25 teachers from 29 high schools were trained, while 95 students and 25 teachers were trained from 14 primary schools. The ambassadors were trained as part of the Jamaica Moves in Schools programme, which is a partnership between the Ministries of Health and Education, through the Jamaica Moves initiative.

Regional Health Education and Promotion Officer at the Southern Regional Health Authority (SRHA) Faith Lyttle explained that as ambassadors the students and teachers will now strengthen the health capacity of their schools through a programme designed by the Ministries of Health and Education.

"They will do this through several initiatives and by following the guidelines of the designed programme. The schools will host fruit days, water days and vegetable days and will also have three five minutes physical activity breaks daily. There is also a one hour physical activity session which will be done once per week. The programme also encourages schools to follow the Government's policy which restricts certain types of sugary drinks in schools" Mrs. Lyttle explained.

The Health Education and Promotion Officer noted that a teacher at each of the participating 43 schools is assigned to strengthen the school's health advisory committee which will steer the programme. She added that ambassadors will encourage their peers through small groups to make healthier lifestyle changes.

(more)

Chairman: Wayne Chen; Vice Chairman: Michael Stern **Board Members:** Marcus Greenwood, Krishan James, Stafford Haughton, Lorraine Green Mason, Lennox Powell, Dr Lloyd Reynolds, Winston Maragh, Dr St Aubyn Bartlett, Dr Lundie Richards, **Directors: Regional Director and Secretary:** Michael Bent; **Regional Technical Director (Ag.):** Dr Vitillius Holder; **CEO Mandeville Regional Hospital:** Alwyn Miller; **SMO, Mandeville Regional Hospital:** Dr Everton McIntosh



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The Jamaica Moves in Schools programme aims to increase the number of students engaging in moderate level of physical activity by five percent; increase the number of students that make healthier food choices by five percent; increase the number of schools that have integrated identification of at-risk students for non-communicable diseases and facilitate appropriate intervention by 20 percent from baseline.

The ambassadors were trained in three phases at overnight camps, which focused on the importance of healthy eating, physical activity and screening.

Picture 1



Students and facilitators participate in a session at the camp, which informed the students about the importance of physical activity.

(more)

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Picture 2



Students, teachers and staff from the Southern Regional Health Authority who participated in the training of ambassadors for the Jamaica Moves in Schools programme in December 2018.

(more)

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Picture 3



Students from the Denbigh High School participate in a group session which examined the food based dietary guidelines for Jamaica.

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For more information contact:
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