



Southern Regional Health Authority

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3 Brumalia Road, Mandeville, Manchester, Jamaica WI
Tel: (876) 625-0612-3 / 962-9491 / 962-8232 | Fax: (876) 962-8233
Website: www.srha.gov.jm



Mandeville Regional Hospital
32 Hargreaves Avenue
Mandeville
Ph: 962-2067/2744/1094
Fax: 625-8493

May Pen Hospital
1 Muirhead Avenue
May Pen
Ph: 986-2528/7708/6938
Fax: 986-2650

Black River Hospital
45 High Street
Black River
Ph: 965-2224/2212
634-3700
Fax: 965-9294

Percy Junor Hospital
Spalding P.O.
Clarendon
Ph: 964-1181/2222/2322
Fax: 964-1548

Lionel Town Hospital
Bustamante Drive
Vere, Clarendon
Ph: 986-3226
Fax: 986-3373

Chapelton Hospital
Chapelton P.O.
Clarendon
Ph: 987-2215

Manchester Health Dept.
Race Course Rd.
Mandeville
Ph: 962-2288/7033
625-3433
Fax: 962-2171

Clarendon Health Dept.
1 Muirhead Avenue
May Pen
Ph: 986-4548/7869
Fax: 986-9713

St. Elizabeth Health Dept
High Street
Black River
Ph: 965-9174-5
Fax: 965-2701

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:
Latoya Laylor Brown
Public Relations Officer
Southern Regional Health Authority
Tel: 962-8232/779-2663
Email: latoya.laylor@srha.gov.jm

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