

## **NUTRITION AWARENESS WEEK 2022!**

During the first week of June, we observed Nutrition Awareness Week. This year, the week was celebrated under the theme, "Healthy Eating and Active Living" with the motto, "Play Your Part. Everyone Make a Start. Let's Get Moving."

The objectives for Nutrition Awareness Week 2022 were:

- To promote National Dietary Guideline number seven: "Get moving! Enjoy 30 minutes or more of physical activity daily".
- To focus attention on health risks of a sedentary lifestyle.
- To educate the general public on ways to reduce the risk of non-Communicable diseases through physical activity and healthy eating.
- To promote awareness of the importance of good nutrition and physical activity in maintaining optimal health.

The week's activities which took place from Sunday, 29th May to Saturday, 4th June, 2022, (to coincide with Caribbean Nutrition Day which is celebrated annually on June 1<sup>st</sup>) included a church service, a speech from the Minister of Health, Wellness and the Environment, a Health Fair, Radio Programmes, a Smoothie Challenge, an Inter- Ministerial Step Challenge and a Whistle Stop.