

TRANSFORMING THE WAY WE EAT: A JOURNEY THROUGH THE LIFE COURSE “From the early to the golden years”



MODERATORS



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Danielle Walwyn
Advocacy Officer
Healthy Caribbean Coalition



Elizabeth Cox
Member, Rotary District
7030 COPP Team

PANELISTS/ PRESENTERS



Mrs Catherine Brown
Project Manager, George Alleyne
Chronic Disease Research Centre



Sister Andrea Scott
Registered Nurse, Queen Elizabeth
Hospital (Barbados)



Dr Alison Bernard
Chair, Breastfeeding and Child
Nutrition Foundation (Barbados)



Ms. Dorothy Graham- Charles
Nutrition Consultant,
Eat for Success



Ms. Eden Augustus
PhD Candidate Public
Health, UWI



Dr Kristine Luckham
Head, Clinical Geriatrics Department,
University Hospital Paramaribo



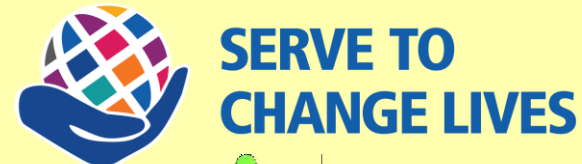
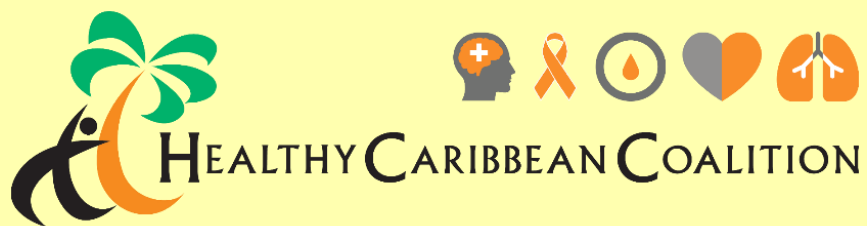
Mrs Hedy Heymans
Retired Registered Nurse



Ms. Wendy Slagveer Ramautarsing
Rotary Club of Paramaribo Central

**JOIN US THURSDAY 18TH NOVEMBER, 2021
6:00 – 7:30 P.M. AST**

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OBJECTIVE

The objective of the webinar, *‘Transforming the Way We Eat’: A Journey Through the Life Course*’ is to explore the importance of interventions throughout the life course in improving nutrition and health-related outcomes, especially for children.

COVID-19 has exacerbated the NCD burden in the Caribbean region where 4 out of 10 adults are living with this group of diseases. Relatedly, 1 in every 3 children and at least 50% of all adults are overweight or obese and some countries report adult overweight and obesity rates as high as 70%. These diet-related illnesses are linked to the overconsumption of foods that are energy dense, nutrient poor, processed and ultra-processed high in fats, salt and sugars; many of these foods are often imported. It is critical that people become aware of the value of preventing and managing NCDs at all stages of the life course starting from as early as possible.

The panelists will discuss how innovative nutrition-focused individual and family-oriented practices, increased investment in local, cooked foods and strong health-protective policies can help to build sustainable food practices and contribute to improved health outcomes from childhood to adulthood to old age.

PANELISTS/ PRESENTERS

SEGMENT 1

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SEGMENT 2

Ms. Eden Augustus
PhD Candidate Public Health, UWI

Ms. Dorothy Graham- Charles
Nutrition Consultant,
Eat for Success

SEGMENT 3

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