



Evaluating the Port of Spain Declaration on NCDs

How far have we come?

How far do we need to go?

How do we get there?



We need to urgently tackle NCDs in our region and the 2007 Port of Spain Declaration is helping us rise to the challenge. We are now evaluating the Declaration and this critical process will show us where we have succeeded and where we can do better as we strive for a healthier Caribbean.

Dr Rudolph Cummings, Caribbean Community (CARICOM)



Port of Spain Declaration

In 2007 CARICOM leaders held the world's first summit on NCDs and produced the ground-breaking Port of Spain Declaration, an ambitious programme of 15 mandates and 27 commitments.

These commitments include creating supportive environments to reduce risk factors; improving health care; establishing multisectoral National NCD Commissions, mobilising resources and launching an annual Caribbean Wellness Day.

The Declaration also spearheaded action in the international arena and helped pave the way for the global United Nations High-Level Meeting on NCDs in 2011.

A critical issue



In the Caribbean

- Every year 250,000 people die from NCDs
- 100,000 of them before they reach 70 years of age
- 1 in 2 men and 3 in 4 women are either overweight or obese
- Diabetes and hypertension account for between 1.4% and 8% of GDP

How are we doing?



Has the Declaration produced notable improvements in policy, practice and results?

What are the major successes and challenges?

How can we improve monitoring, implementation and outcomes, as we seek to deliver the NCD objective in the UN's new Sustainable Development Goals?

A comprehensive, systematic Port of Spain Declaration Evaluation is being undertaken to answer these key questions.



Who is conducting the evaluation?

An international team of academics, researchers and practitioners is looking at lessons learned that will accelerate implementation of the Declaration. The project is coordinated by the University of the West Indies, on behalf of CARICOM and the Pan American Health Organization, and funded by the International Development Research Centre.

What do the detailed objectives explore?

Research for the project covers the following areas, reflecting a whole-of-government and whole-of-society approach to NCD control:

- Trends in risk factors, deaths and disability
- National policy responses to NCDs and lessons learned
- Regional policy responses to NCDs and lessons learned
- The international impact of the 2007 Port of Spain Declaration
- Arrangements for ongoing surveillance of NCD deaths and disability and the policy response
- Financing NCD prevention and control in CARICOM: potential revenue from tobacco and alcohol taxes

The project involves all 20 CARICOM members. It includes in-depth case studies in seven of them: Antigua, Belize, British Virgin Islands, Grenada, Jamaica, Saint Kitts and Nevis, and Trinidad and Tobago.

Full results of the Port of Spain Declaration Evaluation will be presented at the World Health Assembly in Geneva in May 2016.

Caribbean Wellness Day: Love that body!

One key element of the Port of Spain Declaration that has caught the public imagination is Caribbean Wellness Day, which first took place in 2008. Now, all over the region, on the second Saturday in September, people take the opportunity to increase their awareness of NCDs and get themselves moving more and eating better.

Events have included fun runs; mass open air fitness and movement sessions with tai chi, yoga and line dancing; seminars on health, diet and fitness; health fairs and encouraging children to play more actively.

Several countries have used Caribbean Wellness Day to kick-start ongoing campaigns. During the fitness drive in the suburb of Diego Martin in Trinidad's capital Port of Spain, roads are closed to traffic for three hours every Sunday morning so individuals and families can run, walk, skate, cycle and exercise.



Love That Body
"Through the Life Course"