CLINICAL INTERVENTIONS TO TREAT THE SOCIAL DETERMINANTS OF HEALTH AND HEALTH EQUITY
Trinidad & Tobago
Trinidad and Tobago
world-class batsman
Ethnicity

Census 2011

- Indo Trinidadian
- Afro Trinidadian and Tobagonian
- Euro Trinidadian
- Mixed
- Others
Trinidad and Tobago Health facts....
Average BMI
(PANAM STEPS REPORT 2012)

• Women – 27.4 kg/m²
• Men – 25.6 kg/m²
• 55.7% of population overweight/obese
Childhood obesity

• 25% of children 5-18 years in Trinidad and Tobago are overweight/obese.

Caribbean Food and Nutrition Institute, 2010. Interim Report on the findings of the evaluation of School Meal Options in Trinidad and Tobago.
Children now facing Adult Type Diabetes 2011. UWI Today. The University of the West Indies. St. Augustine.

- cross-sectional survey
- 67,000 school children
- aged 5-17 years in Trinidad
- during 2009 for urine glucose.

Obesity underlies most cases of diabetes, high blood pressure, high cholesterol, cardio-vascular diseases.
• in testing every 100,000 children
  – 10 children with type 2 diabetes
  – 19 children with difficulty in handling ingested glucose,
Hypertension

(PANAM STEPS REPORT 2012)

• 26.3 %
  – (SBP ≥ 140 or DBP ≥ 90 or currently on antihypertensive medication).

• males (29.8%)
• females (23.1%).
International Diabetes Federation
Diabetes in 2014

- Total adult population (1000s) (20-79 years) 957
- Number of deaths in adults due to diabetes 1,461
- Prevalence of diabetes in adults (20-79 years) (%) 14.2

http://www.idf.org/membership/nac/trinidad-and-tobago
Prevalence of diabetes in adults by age, 2014
Trinidad and Tobago

Source: IDF Diabetes Atlas, Update 2014

http://www.idf.org/membership/nac/trinidad-and-tobago
Gestational Diabetes Mellitus

- **25% of patients with GDM have no risk factors**

- Adopting selective screening based on risk factors, will miss cases of GDM
COPD in Trinidad and Tobago


Smoking
(PANAM STEPS REPORT 2012)

- The overall prevalence of current smoking was 21.1%.
- The proportion was higher for males (33.5%) than females (9.4%).
- Among all respondents, 85.6% were daily smokers: 86.9% of males and 81.5% of females.
- The mean age at which daily smoking started was 17.4 years.
In 2004, the public expenditure on drugs for the treatment of cardiovascular disease, diabetes, cancer, and hypertension was TT 34 million dollars.

In 2009, the figure tripled to TT$121.8 million.

In 2011, it approx $400 million.
Clinical Interventions in T&T

• Interventions to prevent NCD (TEACH; TREAT)
  – Health Fairs
  – Health promotion programs
    • Extended programme on Immunization
    • Screening tests
    • Smoking cessation programmes
    • Mass media campaigns

• Electronic health records
Teach......

- “Education is the most powerful weapon which you can use to change the world.”

Nelson Mandela
Changing the public’s mindset
Monthly medical education meetings 2014

- North Branch: 8
- Central Branch: 11
- Southern Branch: 11
- Tobago Branch: 10
Health Fairs

Free Medical Clinic

Sunday 26th May 2013
10:00am to 2:00pm
at the
Granville R.C. Primary School
Granville

Free Medical, Dental, Vision Checks and Retinal Screening.

Lectures on:
- Diabetes and Foot Care
- High Blood Pressure
- Healthy Food Choices.

Free Blood Glucose Testing
Blood Pressure Testing
Ultrasound and Medication
March 2015
We attend Children Homes
School health programmes
School Nutrition Program

Daily meals are served to students enrolled in 822 pre-primary, primary, secondary and special schools.

- > 40 000 breakfasts
- > 100 000 lunches
Education programmes

• Media as an educational tool
  – Communicating information
  – Increasing awareness
  – Affecting large numbers of people
  – Enforces positive health behaviours
100% survival: a cardiac surgery centre experience in Trinidad and Tobago
The occurrence of prediabetes among patients in a Primary Care setting in Trinidad
Sexual practices among 15-49 year olds in Trinidad and Tobago, 2006-7
Research
RESEARCH

• **Diabetes Education Research and Prevention Institute (DERPI)**
  – established in 2007 under The Bhagwansingh Hardware Trust, to research the disease and determine early preventative measures

• **Burden of Chronic Obstructive Pulmonary Disease in Trinidad and Tobago (BOLD TT) study**
“There is no safe level of exposure to second hand tobacco smoke.”

World Health Organization’s Director-General
Dr Margaret Chan

Section 12 of the Tobacco Control Act 2009, which prohibits smoking in enclosed public places, will come into effect from Wednesday, February 17, 2010.

Enclosed public places include, but are not limited to:
(a) public transportation terminals
(b) workplaces
(c) retail establishments including bars, restaurants and shopping malls
(d) clubs
(e) cinemas
(f) concert halls
(g) sports facilities
(h) pool and bingo halls
(i) publicly owned facilities rented out for events
(j) any other facilities that are accessible to the public

Effective February 17, 2010, smoking will be prohibited in all enclosed public places. Protect your health and the health of others. Help us enforce the Tobacco Control Act. For more information on the Tobacco Control Act, please visit www.health.gov.tt
WORLD HEALTH DAY

T&T judged 3rd Fattest Country in the World

Help the Ministry of Health Decrease This!

- Monitor Your Blood Pressure
- Save your Heart and Kidney
- Drop your Weight
- Reduce your Salt Intake

- Reduce your Sugar Intake
- Eat a Balanced Diet
- Avoid Harmful Use of Alcohol
- Exercise Regularly
- Avoid Tobacco Use

For more info go to: www.health.gov.tt
Health promotion campaigns
Wee-Fit Camp
HEALTHY EATING ACTIVE LIVING CAMP

HEALC
Republic of Trinidad and Tobago
MINISTRY OF HEALTH

FIGHT THE
T&T WELLNESS REVOLUTION

IT BEGINS
SATURDAY 5TH NOVEMBER 2011
1:00 p.m. – 3:00 p.m © Hyatt Waterfront

Come join the fight with Zumba, SocaSize and Aerobics Show

LIVE PERFORMANCES
SHURWAYNE WINCHESTER
BLAXX • SWAPPY AND MANY OTHERS!

Health screenings and promotional give aways

FREE! FREE! FREE! FREE! FREE! FREE! FREE!
National Wellness Day
12th AUG '12

Come and see companies compete for over $30,000 in prizes in our Fight the Fat TRINI FOOD MAKEOVER.

Registration for Trini Food Makeover please call - 627-1047

Fight the Fat Wellness Fest
Fun Aerobics, Zumba, Fitness for all Youth Activity Zone & Children’s play area.
FREE Screening Checks
BMI, Blood Glucose, Sugar, Blood Pressure, Cholesterol, HIV

Fight the Fat 5K Walk/Run
5K starts at 4:30pm (warm up at 4:15pm)
FREE Tees with registration to the first 4,000 persons

Entertainment by TOP SOCA ARTISTES

For further details please check our facebook page or website
www.health.gov.tt
Carnival Monday

3rd March 2014

6 PM till...

Fitness and Steel meet...
Chippin’ on the Street

Carnival Monday Night
Fitness Chippin

The Ministry of Health invites you to chip with

35 Steel Bands

Bring your family and friends to have fun, keep fit and healthy by chipping along Tragarete Road and Ariapita Avenue to the sweet music of steel.

Check www.health.gov.tt to choose your favorite bands for Carnival Monday Fitness Chippin

www.health.gov.tt  Ministry of Health-Trinidad and Tobago  TrinidadHealth  MOH_TT
A sea of pink flooded the roads of Macqueripe as supporters of Breast Cancer awareness converged at the Beach for the “Ride, Walk Run for Life.”

The event was hosted by the Ministry of Health in collaboration with the Associates of the Radiotherapy Centre Ltd., under the patronage of Her Excellency Mrs. Reema Car索尼a.

Statistics show that 1 in 8 women and 1 in 1000 men will be diagnosed with breast cancer.

You can reduce your risk of developing this chronic disease in the following ways:

- Eat a healthy diet consisting of a wide variety of fruits and vegetables & limited fat
- Maintain a healthy weight
- Exercise regularly (at least four hours per week)
- Do not use tobacco
- Get sufficient sleep
- Limit your intake of alcohol

“Like true warriors, our survivors and supporters are all joined today to stand in firm solidarity for this cause of triggering awareness of the need for early cancer detection and the links between obesity and cancer.”

— Her Excellency Mrs. Reema Car索尼a

Photos courtesy: FitnessVibe.com
Love Yourself

Eat Right
When attending parties and gatherings, do not overeat. Choose the healthiest food served and enjoy your meal.

Drink Responsibly
Drink lots of water. Water fills you up and rehydrates your body.

Make time to Exercise
Avoid weight gain and stay healthy by maintaining a regular exercise routine.
National standardised protocols

- Screening of gestational Diabetes
  - New initiative
  - Process started
  - ICT support system
Drug awareness

• The National Alcohol and Drug Abuse Prevention Programme (NADAPP)
  – Coordinates drug abuse prevention and demand reduction initiatives in T&T
  – Services offered:
    • Public education
    • Information dissemination
    • Treatment and rehabilitation
Immunisation

- Extended Programme on Immunisation (EPI)
  - initiated in the 1970's. Immunisation in Trinidad and Tobago is covered by an Act of Parliament: Public Health (Nursery Schools and Primary Schools Immunization) Act, Chapter 28:03 of 1973,
  - immunisation against poliomyelitis, diphtheria, tetanus, measles and yellow fever, a legal requirement for school entry.
ADVOCACY
Medical head responds to Sampson-Browne...
Doctors obey the law by reporting teen pregnancies

YVONNE WEBB

President of the T&T Medical Association (TTMA) Dr Liane Coyette says her organisation knows statutory rape is a criminal offence and abide by the laws of the land in reporting them.

Coyette took umbrage to a call by the head of the police Victims and Witness Support Unit, Margaret Sampson-Browne, for doctors who fail to report teenage pregnancy to be jailed.

Responding to the startling statistics revealed on Tuesday by Education Minister Dr Tim Gopeesingh, who said that approximately 2,500 schoolgirls become pregnant annually, Sampson-Browne, in an interview with the T&T Guardian, said children were going to health centres and hospitals to have their babies but doctors were not passing on that information to the police.

Referring to doctors' obligation to protect their patients' privacy, Coyette said: "Even in our "Catch-22" situation, we educate, support and yes, report, knowing statutory rape is a criminal offence."

She pointed to Section 31 of the Sexual Offences Act. Paragraph (d) of the section specifies that a medical practitioner who has examined a minor, and who has reason to believe a sexual offence has been committed in respect of that minor, "shall report the grounds for his belief to a police officer as soon as reasonably practicable."

The section also places similar responsibility on the parent or guardian of the minor, employer who has charge of the minor for a special purpose, and teachers.

However, Coyette said: "By the time these young girls seek our care, the discussion about prevention is too late. They come to us when they are most vulnerable because they feel stigmatised."

She said in an effort to decrease such incidents, the focus should be on prevention strategies.

She suggested these strategies should take the form of counselling for these girls and their families, comprehensive school-based sex education programmes, to include planned parenthood and abstinence programmes, as well as a community-based education drive.

She pledged the willingness of the TTMA in conjunction with the Gynaecological and Obstetrical Society and the Paediatric Society to work with any other agency to identify, plan and carry out effective strategies to help prevent teenage pregnancy.

TRINBAGO BACKPACKERS
UPCOMING HIKE

Sunday 16th February, 2014
Gasparee Caves Tour and Scotland Bay Return via Tetron

For details contact:

COME ALIVE .. MODE ALIVE
SUPER SATURDAYS
Electronic Health Records

• Movements initiated to strengthen the National health information system using the Health Metrics Network
Health equity strategies
Extended Hours

• Public advised to access 24 hours care at the accident and emergency departments of the Hospitals and District Health Facilities

• Service (primary-secondary-tertiary) at public health institutions are free of charge
Chronic Disease Assistance Programme (CDAP)

• Inception 2003
  – 20 pharmaceutical items to treat Diabetes, Hypertension, Cardiac disease
  – Over 65 population

• Present day
  – Added the treatment areas of Asthma, Depression, Arthritis and Benign Prostatic Hyperplasia
  – includes all citizens of Trinidad & Tobago
  – **53** pharmaceutical items
Health equity strategies

with MY TT CARD

CDAP is now easier!
CDAP provides free Diabetes Testing Equipment
Next step...

• Promote participation in policy-making
  – Involving National Medical Association and civil society groups

• Assessments to identify barriers in all programs

• Improve performance of health system
  – Improves health outcomes and health equity

• ICT technology (e-health)
THANK YOU