GOVERNMENT OF THE VIRGIN ISLANDS

PRESS RELEASE

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Residents Encouraged to Protect Kidney Health By Proper Nutrition/Lifestyle

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The Ministry of Health and Social Development is encouraging residents to take proactive steps to protect their kidney health as part of its ongoing public education efforts to reduce chronic non-communicable diseases in the Virgin Islands.

Kidneys play a vital role in maintaining overall health by filtering waste from the blood, regulating fluid balance, and supporting essential body functions. Kidney disease often develops silently, with many individuals unaware of the damage until it reaches an advanced stage.

Public Health Nutritionist, Ms. Patrice Maduro, explained that lifestyle factors such as poor nutrition, excessive salt intake, diabetes, hypertension, and obesity significantly increase the risk of kidney disease.

“Many of the conditions that lead to kidney disease are preventable. By making healthier food choices, reducing salt intake, drinking adequate water and maintaining a healthy weight, persons can significantly reduce their risk,” Ms. Maduro stated.

The Ministry continues to promote the use of the BVI Eat Well Guide, which provides practical advice on building balanced meals using locally available foods and supports healthier lifestyle choices across all age groups.

As part of the campaign, the Ministry will roll out a series of public education initiatives, including radio programmes, press releases, radio commercials and educational flyers, to help residents better understand how nutrition and lifestyle habits affect kidney health.

Residents are encouraged to reduce salt intake, drink adequate amounts of water, maintain healthy blood pressure, manage diabetes effectively and follow the Eat Well Guide for balanced nutrition.

“Protecting our health begins with the choices we make each day. By adopting healthier habits, we can reduce the burden of chronic diseases and improve the quality of life for our people,” Ms. Maduro concluded.

The Ministry of Health and Social Development remains committed to protecting and promoting the health and social well-being of the people of the Virgin Islands through effective policies, sustainable programmes, and strategic partnerships that support a safe, healthy, and resilient society.

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