GOVERNMENT OF THE VIRGIN ISLANDS

PRESS RELEASE

Tel: (284)468-2730
Official Government Website:
https://gov.vg

Ministry Of Health Encourages Healthy Eating and Hydration

Release Date: 18 March, 2026



The Ministry of Health and Social Development is observing Nutrition and Hydration Week, encouraging residents to adopt healthier eating habits and stay properly hydrated to promote better health outcomes.

The observance highlights the important role that good nutrition and adequate hydration play in maintaining overall health, preventing chronic diseases, and improving daily energy and wellbeing.

Public Health Nutritionist, Ms. Patrice Maduro, said many residents are not consuming enough fruits and vegetables, which are essential for a healthy diet.

“Data shows that approximately 92% of the population in the Virgin Islands consume less than the recommended five servings of fruits and vegetables each day, with many persons averaging only one fruit and one vegetable daily. Increasing fruit and vegetable intake is one of the simplest and most effective ways to improve health,” Ms. Maduro explained.

Proper hydration is equally important. Drinking enough water supports digestion, circulation, temperature regulation, and brain function, while reducing the risk of dehydration and fatigue.

As part of the week’s activities, the Ministry is promoting practical steps residents can take to improve their nutrition and hydration. Persons are encouraged to fill half of their plate with fruits and vegetables, choose healthier snacks, reduce sugary drinks while increasing water intake and incorporate more local fresh produce into daily meals.

Residents are also encouraged to stay hydrated by drinking water throughout the day and including water-rich foods in their diet and to use the Virgin Islands Eat Well Guide as a resource for balanced eating.

Ms. Maduro emphasized that small, consistent changes can have a lasting impact. “Healthy eating and proper hydration do not require drastic changes. Simple, daily habits can significantly improve overall health and reduce the risk of chronic diseases,” she said.

Nutrition and Hydration Week is being observed from March 17-23. 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.

For Additional Information Contact:

Natasha Lettsome-Humphrey
Public Health Communications Specialist
Ministry of Health and Social Development
Telephone: 468-2286

Email: nlettsome@gov.vg