GOVERNMENT OF THE VIRGIN ISLANDS

PRESS RELEASE

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Community Encouraged to Eat Healthy During Nutrition Month

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The Ministry of Health and Social Development is encouraging residents across the Virgin Islands to make informed food choices and embrace healthier eating habits as the Territory observes Nutrition Month.

Public Health Nutritionist, Ms. Patrice Maduro said that Nutrition Month serves as an opportunity to raise awareness about the important role nutrition plays in maintaining good health, preventing chronic diseases, and improving overall quality of life. Good nutrition is the foundation of healthy communities and supports physical growth, mental wellbeing, productivity, and lifelong wellness.

In today's fast-paced environment, many individuals and families face challenges in maintaining balanced diets. However, small changes in daily eating habits can have a significant impact on health outcomes. Choosing more fruits and vegetables, drinking adequate amounts of water, reducing the consumption of highly processed foods, and paying attention to portion sizes are simple yet effective steps that can contribute to better health.

Poor nutrition is associated with a number of non-communicable diseases, including obesity, hypertension, diabetes, heart disease, and certain cancers. By making healthier food choices and adopting active lifestyles, individuals can reduce their risk of developing these conditions and improve their overall wellbeing.

Throughout Nutrition Month, residents are encouraged to take a closer look at their eating habits and identify practical ways to nourish their bodies. Healthy eating does not require expensive or complicated meals. Instead, it involves making consistent choices that support health and wellness over time.

The Ministry of Health and Social Development also encourages residents to incorporate locally available fruits, vegetables, legumes, and other nutrient-rich foods into their diets whenever possible. Supporting local agriculture not only contributes to healthier eating habits but also strengthens food security and promotes sustainable community development.

Parents and caregivers are encouraged to model healthy eating behaviours for children by providing nutritious meals and snacks and involving young people in meal planning and preparation. Developing healthy habits early in life can help

establish a strong foundation for long-term health.

Healthy communities begin with healthy choices. Every meal is an opportunity to nourish the body, strengthen wellbeing, and invest in a healthier future.

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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