

# *The* HEALTH *Cycle*

A Ministry of Health Magazine

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## ABOUT THE HEALTH CYCLE

The Health Cycle is the official newsletter of the Ministry of Health – St. Kitts and Nevis. It brings you the latest in public health updates, wellness tips, program highlights, and community stories that inform, inspire, and empower. Stay connected as we promote healthier lives for all.

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# EDITOR'S *Note*



The third quarter of 2025 has been a season of growth, service, and renewed collaboration across the Ministry of Health. From regional partnerships to capacity-building trainings and community-centered wellness events, our teams have continued to advance the vision of a healthier St. Kitts and Nevis through dedication, innovation, and compassion.

This issue highlights the incredible work happening across the Federation: the strengthening of our “One Health” approach, new mental health training led by local professionals, ongoing progress in maternal and child health, and our strides in public health preparedness and environmental health services. We also shine a light on community generosity, the dedication of our health workforce, and the many ways partnerships continue to shape better health outcomes.

As we move toward the close of the year, I extend heartfelt thanks to every healthcare worker, partner agency, and community member who contributed to our achievements this quarter. Your commitment ensures that our health system remains resilient, people-centered, and prepared for the future.

Thank you for reading, supporting, and sharing The Health Cycle. Together, we continue to build a healthier nation—one quarter at a time.

*Marissa Carty*  
Editor-in-Chief

# HEALTH PROMOTION UNIT

## *3rd Quarter Activities*



**July 11th**

**Men's Health Fair**  
Promoting Wellness &  
Connection for Men

**AUG 1-7**

**Breastfeeding Week 2025**

Thank a Nursing Mom Recognition  
BFHI 21-Hour Training  
Brelfie Competition  
Breast Pump and Supplies Drive



**SEPT 8-13**

**Caribbean Wellness Week 2025**

Walk for Your Cause, National Fruit Day  
Sneakers Week & Persons Living with  
Disabilities and the Elderly – Exercise sessions

**AUG - SEPT**  
**CDSMP 3<sup>rd</sup> Quarter Sessions**

The Chronic Disease Self-Management Program (CDSMP) empowers individuals living with chronic conditions to take an active role in managing their health in several rural communities in St. Kitts, namely Sandy Point, Tabernacle, and Ottley's.





## Pandemic Fund in Action

### SKN Moves to Strengthen Health Security Under the “One Health” Initiative

Key stakeholders from across St. Kitts and Nevis gathered at the St. Kitts Marriott Resort for the Pandemic Fund Implementation – Joint Intersectoral Meeting, held under the banner of the One Health Initiative.

The meeting held on Wednesday, July 15<sup>th</sup>, brought together representatives from multiple sectors, recognizing that protecting public health requires a unified approach that includes human, animal, and environmental health systems. This collaboration marks an important step forward in national and regional health security.

#### Strengthening Preparedness Through Partnership

The event was attended by senior officials and technical experts, including:

- Mr. Curtis Martin, Permanent Secretary, Ministry of Health
- Mr. Miguel Flemming, Permanent Secretary, Ministry of Agriculture
- Ms. Katrina Smith, Country Program Specialist, PAHO/WHO
- Dr. Gisella Dias, Veterinary Epidemiologist, FAO
- Dr. Ana Nicola, Laboratory Specialist, FAO
- Mr. Prabhjot Singh, PAHO/WHO Representative

Together, these partners discussed strategies for advancing national action under the Pandemic Fund, with a shared commitment to improving coordination, readiness, and response to emerging health threats.

#### A Regional Effort for a Safer Future

This session formed part of the regional project “Strengthening Prevention, Preparedness, and Response to Emerging Health Threats in the Eastern Caribbean”, funded by the Pandemic Fund in collaboration with the Pan American Health Organization (PAHO/WHO), the Food and Agriculture Organization (FAO), and the World Bank.

The initiative seeks to enhance the Caribbean’s capacity to prevent and respond to future pandemics through targeted investments in surveillance, laboratory systems, and workforce development. For St. Kitts and Nevis, the meeting represented both a planning milestone and a call to action for intersectoral cooperation.



#### The One Health Steering Committee: Leading the Way

A One Health Steering Committee has now been officially established to guide national implementation. The committee will:

- Oversee the rollout of national activities related to the One Health Initiative.
- Review progress on a quarterly basis, ensuring accountability and timely delivery.
- Align local actions with regional objectives, to maximize collective impact across the Eastern Caribbean.

The committee’s work will focus on four core priority areas:

1. Conducting cross-sectoral assessments to identify gaps and set national priorities.
2. Strengthening multi-sectoral surveillance and early response systems to detect and control threats faster.
3. Improving laboratory diagnostic capacity for rapid, accurate testing and confirmation of infectious diseases.
4. Building and retaining skilled health and veterinary personnel, ensuring a sustainable workforce for ongoing resilience.

#### One Health: Protecting All by Protecting Each

At the heart of this initiative is the recognition that human, animal, and environmental health are interdependent. The spread of infectious diseases such as COVID-19, avian influenza, and zoonotic infections highlights the need for shared responsibility and collaboration between sectors. By embracing the One Health approach, St. Kitts and Nevis affirms its commitment to a safer, healthier future—one where proactive investment in prevention and preparedness ensures the well-being of people, animals, and the ecosystems we share.

As the Pandemic Fund Implementation Project unfolds, it stands as a powerful example of how international partnerships, scientific collaboration, and national leadership can come together to strengthen health security for all.

## *From Trainees to Trainers*

### Local Professionals Lead Mental Health Training Session



On Thursday, July 18th, the Ministry of Health hosted a transformative Mental Health Training Session under the Mental Health Service System Enhancement Project, marking an important step in strengthening community mental health care across St. Kitts and Nevis.

This first session in a new series of training modules focused on schizophrenia, one of the most complex and widely misunderstood mental health disorders. The goal: to deepen local understanding, improve early detection, and enhance the quality of care for persons living with mental illness in the Federation.

#### **Homegrown Expertise in Action**

What made this session especially significant was that it was facilitated by local SEED instructors — Sharon Morris, Natasha Mitchum, and McMillan Cuffy. Each of these professionals previously received advanced mental health training at the Taipei Veterans General Hospital in Taiwan, through the ongoing partnership between the Government of St. Kitts and Nevis and the Republic of China (Taiwan).

Armed with new skills and insights gained abroad, these dedicated instructors have now returned to train fellow Kittitian and Nevisian healthcare workers, equipping them with evidence-based approaches to care, early intervention, and patient support. Their leadership symbolizes a powerful shift, from learning to leading, as local professionals take ownership of building a more responsive and sustainable mental health system.

#### **International Collaboration and Local Impact**

The training was conducted with the guidance of visiting Taiwanese psychiatrists Dr. Cheng Chih-Ming and Dr. Jeng Jia-Shyun, whose expertise continues to support the Ministry's ongoing mental health system reforms. Their collaboration with local trainers demonstrates the strength of international partnerships that are not only educational but also transformative.

This initiative marks the start of a broader effort to:

- Enhance community-based mental health services, bringing care closer to those who need it.
- Reduce dependency on hospital-based treatment, promoting rehabilitation and reintegration into society.
- Empower local professionals to deliver high-quality, compassionate mental health care.

#### **Investment Turning into Impact**

The July 18th training embodies what true partnership looks like — investment turning into impact. Through sustained collaboration and capacity building, the Ministry of Health continues to advance its mission of improving mental health outcomes and reducing stigma in our communities.

As these newly trained instructors continue to guide others, St. Kitts and Nevis moves one step closer to a future where every individual facing mental health challenges receives care that is informed, respectful, and empowering.





# AN EXCLUSIVE INTERVIEW WITH GLENVILLE LEADER

## **Q1: What inspired you to pursue a career in environmental health?**

I was inspired by Cleansing Supervisor Walford Weekes and Community Nurse Manager Mrs. Christine Procope, who were both very active in their respective districts and played an instrumental role in my decision to



become an Environmental Health Officer. I have always been interested in helping people, so I felt it was a meaningful and interesting field to pursue.

## **Q2: What is your current role/responsibilities within the Environmental Health Department?**

My current role is Deputy Chief Environmental Health Officer. My responsibilities include assisting the Chief Environmental Health Officer with administrative duties and providing direct oversight for operations within the Environmental Health Department.

## **Q3: What are some of the major environmental health challenges facing communities in St. Kitts and Nevis?**

- Limited community support and voluntary compliance with health activities, which affects sustained behavior change.
- Improper and illegal disposal of liquid and solid waste, contributing to the proliferation of public health pests and increasing our risk and vulnerability to disease.
- Climate change impacts that elevate the risk of food-related illnesses and other public health threats.
- Disease epidemics and the environmental factors that influence how these diseases spread.
- Occupational hazards in the workplace, including mold exposure, which poses significant health risks.

## **Q4: How does your team protect public health through sanitation, vector control, food safety, and other environmental health services?**

- Conducting active and passive surveillance in districts and at ports of entry.
- Inspecting meat at the Abattoir to ensure it is wholesome and safe.
- Inspecting and certifying food-handling establishments and training food handlers.
- Cleaning and monitoring public drains and performing house-to-house sanitation inspections.
- Reducing mosquito sources through perifocal treatment and community fogging.
- Performing Port Health surveillance to address emerging threats.
- Testing potable water systems and managing liquid waste.
- Delivering school health services and education.



**Q5: What recent program, enforcement initiative, or public outreach campaign are you most proud of, and why?**

1. The Environmental Health Department played a key role in the prevention and control of COVID-19 through active surveillance at the ports of entry and within communities during the pandemic.
2. Through training and surveillance, the department was instrumental in helping to control the recent dengue fever outbreak experienced across the Caribbean.
3. The team helped reduce gastrointestinal illnesses by inspecting and certifying food-handling establishments and schools.

**Why it matters:**

St. Kitts and Nevis recorded one of the lowest COVID-19 death rates per capita, which reflects the effectiveness of these initiatives and the strong collaboration with other key agencies.

**Q6: How have improvements in environmental health infrastructure or policy enhanced public health outcomes in recent years?**

The formation of the HEOC has strengthened our ability to monitor disease trends and implement timely mitigation strategies that reduce morbidity and mortality. The One Health Committee has further supported these efforts, and continued Primary Health Care activities, carried out with Public Health Nurses, DMOs, and Environmental Health Officers, have significantly improved health outcomes.



**Q7: How does your department engage with the public to promote safer, cleaner environments?**

- Conducting house-to-house inspections and surveillance.
- Collaborating with the Health Promotion and Education team to share health information across various digital platforms.



- Delivering public talks through radio, television, and digital podcasts.
- Providing school health education programs.
- Engaging the private sector and hosting public forums in collaboration with other agencies.

**Q8: What keeps you motivated in such a high-impact and often demanding area of public health?**

What keeps me motivated is the ability to help someone in need and my unwavering commitment to improving our life expectancy. Working closely with the public health team to ensure our goals and objectives are achieved continues to inspire and drive me.

**Q9: What message would you like to share with the public about the importance of environmental health services?**

I want the public to see the Environmental Health Department as a trusted partner committed to reducing their risk to emerging health threats. Our community-level services include food inspections, Port Health, vector control, sanitation, and potable water surveillance. Environmental Health Officers are based at local health centers and are accessible to the public.

**Q10: What advice would you offer to young people considering a career in environmental health?**

I encourage young people to join this profession if they are passionate about teamwork and protecting public health. It is a meaningful way to advocate for vulnerable communities and help build a healthier, more sustainable future. The demand for health professionals is strong, but it requires responsibility and commitment.

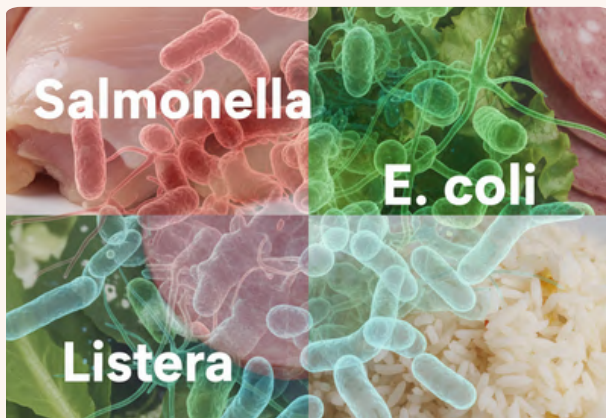
# FOOD SAFETY ARTICLE

## SAFE FOOD STORAGE DURING THE CARNIVAL AND CHRISTMAS SEASON

By Mr. Glenville Leader  
Deputy Chief Environmental Health Officer

As the Carnival and Christmas season approaches, many households and food businesses begin preparing larger quantities of food. This festive period brings joy, celebration, and plenty of meals to share, but it also increases the risk of foodborne illness if food is not stored safely. Improper storage allows harmful microorganisms like bacteria, viruses, parasites, yeast, and mold to grow. These organisms, although invisible to the naked eye, multiply rapidly when food is kept in the “temperature danger zone,” increasing the risk of illnesses such as Salmonella, Listeria, E. coli, norovirus, and hepatitis A.

To support safer celebrations, the Environmental Health Department is sharing practical food-storage tips that help reduce risk and protect public health. Proper storage is one of the simplest, most effective ways to keep food safe, wholesome, and ready to enjoy.



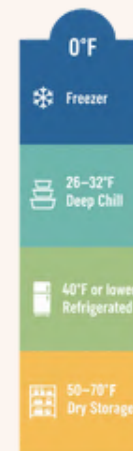
### Understanding the Four Types of Food Storage

#### 1. Refrigerated Storage

Used for short-term holding of fresh, perishable, and potentially hazardous foods.

**Temperature:** 40°F (5°C) or lower.

#### FOOD STORAGE TEMPERATURE GUIDE



#### 2. Deep-Chill Storage

Used to keep food at very cold temperatures for short periods without completely freezing them. **Temperature:** 26°F to 32°F (-3°C to 0°C)

#### 3. Freezer Storage

Designed to hold food safely for longer periods by slowing bacterial growth.

**Temperature:** 0°F (-18°C)

#### 4. Dry Storage

Used for non-perishable foods like rice, flour, crackers, and canned goods.

**Conditions:** Humidity 50 to 60 percent, temperature 50°F to 70°F (10°C to 21°C)





# TEMPERATURE DANGER ZONE



## General Food Storage Principles

To maintain safe and high-quality food this holiday season, keep these principles in mind:

- Store food in ways that prevent cross-contamination.
- Keep potentially hazardous foods out of the temperature danger zone (41°F to 140°F or 5°C to 60°C).
- Rotate stock using the FIFO method (First In, First Out).
- Check temperatures of stored food and storage equipment regularly.
- Keep all storage areas clean and dry.
- Clean carts, trays, and any equipment used to transport food.
- Ensure all items are stored in clean, undamaged packaging that is properly labeled with the date received, date opened, contents, and expiration date.
- Keep all food covered.
- Discard ready-to-eat foods that have been stored for more than seven days.
- Keep hot foods hot until they are served.
- Protect any food displayed for sale or service from contamination.

## Summary

The key to safe food storage is keeping food out of the temperature danger zone, where microorganisms grow quickly. Never store cooked or ready-to-eat foods beneath raw foods. Use clean, leak-proof, pest-proof containers with tight-fitting lids. Follow expiration dates, store new supplies based on use-by dates, and use older items first. When in doubt, throw it out.

With good storage habits, families and vendors can enjoy a safe, healthy, and joyful Carnival and Christmas season.





# Pastor Donna Peets Polanco

*Appointed as JNF Hospital Chaplain: A New Chapter of Care*

The Ministry of Health proudly announces the appointment of Pastor Donna Peets Polanco as the new Chaplain of the Joseph N. France General Hospital (JNF). This significant addition to the hospital's team represents a renewed focus on holistic care—nurturing not only the physical health of patients, but also their emotional and spiritual well-being.

## **A Legacy of Faith and Service**

Affectionately known as “Pastor Donna,” she currently serves as the Executive Pastor at New Birth Gospel Tabernacle, a position she has held since 2007. A proud native of St. Peters, St. Kitts, Pastor Donna has been deeply involved in community advocacy and philanthropy from an early age. As a teenager, she founded the first preschool in her village—an early sign of her lifelong commitment to serving others.

Her academic achievements reflect her dedication to faith-based leadership. She is a graduate of World Harvest Bible College (Valor Christian College) in Ohio, where she earned diplomas in Evangelism and Religion, with specializations in Pastoral, Church, and Advanced Leadership.

## **Experience Rooted in Compassion**

Pastor Donna's professional journey spans more than 25 years as a teacher and guidance counsellor within the Ministry of Education in St. Kitts and Nevis. Beyond the classroom, she has become a recognizable voice in the community as a media personality and author. She hosts The Just Friends Talk Show and The Choose Life Podcast, platforms dedicated to uplifting and empowering individuals. Her upcoming book, *Sidetracked*, continues that mission—encouraging readers to stay focused on their purpose despite life's challenges.

This combination of education, mentorship, and ministry underscores her ability to connect with people in times of both struggle and triumph—a quality that will serve the hospital community well.

## **Why Chaplaincy Matters in Health Care**

The appointment of a hospital chaplain at JNF marks a vital step toward strengthening whole-person care. Illness often brings emotional distress and spiritual questions that medicine alone cannot answer. Chaplaincy fills this gap, offering:

- Comfort and encouragement to patients facing fear, loss, or uncertainty.
- Spiritual support that respects the diverse beliefs and faith traditions of all patients.
- Counselling and emotional relief for families during times of crisis.
- Moral and spiritual support for healthcare workers who shoulder the daily weight of caregiving.

By integrating spiritual care into its services, JNF reinforces its commitment to healing that touches body, mind, and spirit.

## **A Warm Welcome to Pastor Donna**

With her wealth of experience in spiritual leadership, counselling, and outreach, Pastor Donna is well-equipped to bring hope and comfort to patients and staff alike. Her ministry will help foster a more compassionate, peaceful, and resilient hospital environment—one that recognizes faith as a vital part of recovery and well-being.

The Ministry of Health and the JNF family extend a heartfelt welcome to Pastor Donna Peets Polanco and look forward to the impact of her compassionate service and spiritual guidance in this new chapter of hospital care.





# GRATEFUL HEARTS, HEALTHIER FUTURES DONATION HIGHLIGHTS



## Giving Back to Our New Moms

Food Centre St. Kitts Donates Organic Pampers to JNF Hospital

New mothers at the Baby-Friendly JNF General Hospital recently received a special gift of care and comfort thanks to a generous donation from Food Centre St. Kitts Ltd. The company presented a supply of organically made pampers, underscoring its commitment to supporting families and promoting healthy living from the very start of life.

### A Thoughtful Gift with a Purpose

Mr. McCleon Hobson, Sales & Marketing Manager at Food Centre, shared that the initiative was born out of the company's desire to give back to the community and ease the challenges that many families face during the early stages of parenthood.

"These organic pampers reflect our belief in safe, chemical-free products that protect the delicate skin and health of newborns," he explained. "We want to help families care for their babies in the healthiest way possible."

### Promoting Health from the Very First Days

The donation not only provides immediate relief to new mothers but also aligns with the hospital's Baby-Friendly initiative, which promotes safe, nurturing, and sustainable infant care practices. By choosing organic materials, Food Centre emphasizes the importance of reducing exposure to harsh chemicals and fostering a healthier environment for both babies and parents.

The Ministry of Health extends heartfelt thanks to Food Centre St. Kitts Ltd. for this thoughtful act of generosity. Small gestures like these remind us that community partnerships play a vital role in advancing the health and well-being of families across the Federation.

# Data Surveillance Insight into Health Trends in St. Kitts and Nevis

By Dr. Odalis Abreu  
Epidemiologist

## DATA WATCH

Understanding the health of a nation begins with understanding its data. Each quarter, the Ministry's Health Information Unit analyzes disease surveillance, hospital reports, and community activities to identify trends and guide action. The 3rd Quarter data reflect a mix of encouraging improvements and continued areas for vigilance across the Federation.

### Respiratory Illnesses: Cases Leveling Off, Continued Caution Urged

Between July and September, 218 fever and respiratory cases were recorded, bringing the total for 2025 to 1,192 cases—slightly higher than the 1,132 cases reported during the same period last year. Most cases were identified in St. Kitts.

- COVID-19: 8 cases (down from 11 in 2024)
- Influenza: 1 confirmed case this quarter, with 45 positive cases recorded so far for the year (mostly Type A)
- Respiratory Syncytial Virus (RSV): No confirmed cases

While trends remain within expected levels, the Ministry encourages continued adherence to preventive practices as respiratory illnesses tend to spike toward year-end.

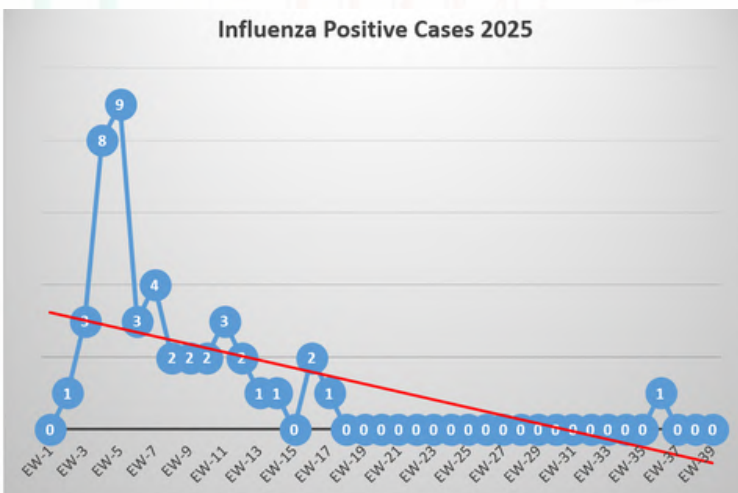
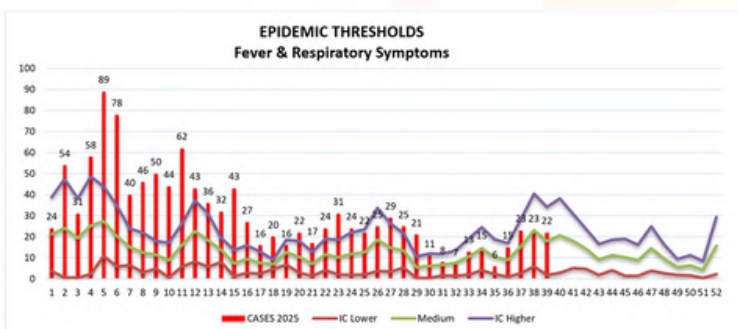
### Public Health Tips:

- Get the annual influenza vaccine, especially if you have diabetes, asthma, or heart disease.
- Practice proper hand hygiene and mask when ill.
- Keep indoor spaces well-ventilated to reduce transmission.

### Vector-Borne Diseases: Dengue Activity at a Minimum

Encouragingly, only 1 dengue case was recorded in the 3rd Quarter of 2025 compared to 10 cases in 2024. Data for Newsletter- 3rd Quarter

This sharp decline reflects active vector control programs and strong public cooperation through the “Check, Clean, Cover, and Clear” campaign. Continued vigilance is necessary as the rainy season can reverse these gains if water containers are left uncovered.



### Viral Infections and Gastroenteritis. 3<sup>rd</sup> Quarter 2024-2025.

Diseases	3 <sup>rd</sup> Quarter 2024	3 <sup>rd</sup> Quarter 2025
Covid-19	11	8
Influenza	1	1
RSV	-	-
Dengue	10	1
Gastroenteritis	388	300



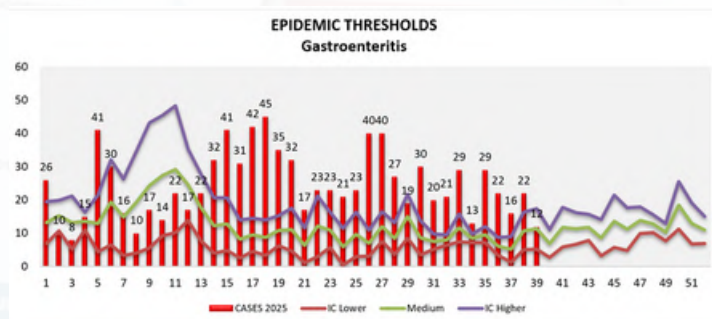
## Gastroenteritis: Notable Decline but Still the Leading Illness

Gastroenteritis cases dropped from 388 in 2024 to 300 this quarter, marking a 23% reduction. This improvement may be linked to enhanced community hygiene campaigns and better food safety practices.

However, periodic spikes above epidemic thresholds suggest ongoing challenges in food handling, sanitation, and water quality.

### Public Health Tips:

- Always wash hands before meals and after using the restroom.
- Store and cook food at safe temperatures.
- Drink only treated or boiled water and clean storage containers regularly.
- Report clusters of illness promptly to your community health center.



## Cancer Surveillance: Gradual Rise in New Diagnoses

The quarter saw 27 new cancer cases, compared to 22 last year—a modest increase reflecting improved detection and reporting.

- **Females:** 15 cases
- **Males:** 12 cases

### Most Common Cancers (Q3 2025):

- **Breast:** 33.3%
- **Prostate:** 22.2%
- **Skin:** 11.1%
- **Soft Tissue:** 7.4%

Cancer Incidence, 3<sup>rd</sup> Quarter 2024-2025

New cases	3 <sup>rd</sup> Quarter 2024	3 <sup>rd</sup> Quarter 2025
Males	8	12
Females	14	15
Total	22	27

Early detection remains key to improving survival rates and quality of life.

### Public Health Tips:

- Participate in annual health screenings.
- Maintain a balanced diet rich in fruits and vegetables.
- Engage in regular physical activity and avoid tobacco and excessive alcohol use.

## HIV: No New Cases Reported

For the second consecutive quarter, no new HIV cases were recorded, compared to four during the same period in 2024. Nationally, the St. Kitts & Nevis HIV Programme continues to make progress toward the UNAIDS “95-95-95” global targets:

- 93% of persons living with HIV know their status
- 69% are on antiretroviral therapy (ART)
- 86% of those on treatment have achieved viral suppression

The Ministry commends community partners for sustained education and stigma reduction efforts that help more people seek testing and treatment early.

### HIV Incidence, 3<sup>rd</sup> Quarter 2024-2025

NEW CASES	3 <sup>rd</sup> Quarter 2024	3 <sup>rd</sup> Quarter 2025
Males	1	0
Females	3	0
Total	4	0

## Overall Outlook: Progress with Continued Vigilance

Public health trends for the 3<sup>rd</sup> Quarter of 2025 demonstrate meaningful progress—particularly in reducing gastroenteritis and dengue transmission and maintaining low respiratory illness levels.

However, slight increases in cancer diagnoses and persistent sanitation challenges underscore the need for ongoing prevention efforts and community responsibility.

Every citizen plays a role in maintaining national health security—through safe hygiene practices, environmental cleanliness, and proactive health screening.

# FROM MOTHER TO CHILD:

## The Natural Start to Lifelong Wellness

by Latoya Matthew Duncan, Nutrition Program Coordinator

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### St. Kitts and Nevis Leads Regional Breastfeeding Training in the Virgin Islands

Showcasing National Expertise and Commitment to Maternal and Child Health

Two health professionals from the Ministry of Health, St. Kitts and Nevis, Federal BFHI Coordinator Mrs. Latoya Matthew Duncan and JNF General Hospital BFHI Coordinator Mrs. Noami Brownbill, recently represented the Federation as lead facilitators for the Comprehensive Breastfeeding and Lactation Counsellor Training Programme in the Virgin Islands.



Hosted at the Dr. D. Orlando Smith Hospital, the five-day training marked an important step in the Virgin Islands' journey toward Baby-Friendly Hospital certification, in line with World Health Organization (WHO) and UNICEF standards. The initiative reflects growing regional collaboration to strengthen maternal and child health, guided by evidence-based best practices championed by the Baby-Friendly Hospital Initiative (BFHI).

#### Empowering the Region through Knowledge Sharing

The training, facilitated by Mrs. Matthew Duncan and Mrs. Brownbill, equipped nurses, midwives, nutritionists, and antenatal care providers with the tools to deliver effective breastfeeding counseling and support.

Their leadership demonstrates the capacity and expertise within St. Kitts and Nevis to contribute meaningfully to regional health advancement.

Acting Chief Medical Officer for the Virgin Islands, Dr. Ronald Georges, described the programme as a milestone for the Territory, noting that exclusive breastfeeding during the first six months of life reduces the risk of chronic diseases in adulthood and supports optimal growth, educational achievement, and lifelong wellness.

“

He affirmed, “By training frontline healthcare workers and adopting baby-friendly standards, the BVI will strengthen support for mothers and families across both public and private services.”



## Collaboration for Regional Health and Well-Being

The training was jointly funded by Unite BVI and the Rotary Club of Central Tortola, and implemented through collaboration between the Ministry of Health and Social Development and the BVI Health Services Authority (BVIHSA). Funding partners commended the initiative for aligning with community health priorities and promoting long-term family well-being.

The programme launched with an opening ceremony on September 1, bringing together



The Ministry remains committed to supporting initiatives that improve health outcomes for mothers and children throughout the Caribbean—sharing expertise, building capacity, and promoting the life-long benefits of exclusive breastfeeding.



participants from across the Virgin Islands for five days of interactive learning and practical skills development.

## Regional Recognition and National Pride

The Ministry of Health, St. Kitts and Nevis, extends congratulations to Mrs. Matthew Duncan and Mrs. Brownbill for their exemplary service and leadership in advancing breastfeeding education across the region. Their contribution not only strengthens maternal and child health in the Virgin Islands but also highlights the Federation's growing reputation for technical excellence and regional partnership in public health.

# 10 Steps to Successful Breastfeeding

## World Health Organization

1. Have a written breastfeeding policy that is routinely communicated to all health care staff.
2. Train all health care staff in the skills necessary to implement this policy.
3. Inform all pregnant women about the benefits and management of breastfeeding.
4. Help mothers initiate breastfeeding within one hour of birth.
5. Show mothers how to breastfeed and how to maintain lactation, even if they are separated from their infants.
6. Give infants no food or drink other than breast-milk, unless medically indicated.
7. Practice rooming in - allow mothers and infants to remain together 24 hours a day.
8. Encourage breastfeeding on demand.
9. Give no pacifiers or artificial nipples to breastfeeding infants.
10. Foster the establishment of breastfeeding support groups and refer mothers to them on discharge from the hospital or birth center.

[www.themamanurse.com](http://www.themamanurse.com)





# In Celebration of Breastfeeding Week 2025

Dr. Hazel Laws  
Chief Medical Officer



Imagine a world where every child is given the healthiest possible start in life — not just through medicine or technology, but through something profoundly natural and available to us all: breastfeeding. This week, from August 1st to 7th, 2025, St. Kitts & Nevis stands proudly with nations around the world to celebrate World Breastfeeding Week — a moment to reaffirm our commitment to the wellbeing of mothers, babies, families, and communities.

This year's theme, *"Invest in breastfeeding, invest in the future,"* reminds us that breastfeeding is not just a personal act — it is a public health imperative. It strengthens immune systems, supports brain development, lowers the risk of chronic disease, and even reduces the burden on our healthcare system. During this important week, we are raising awareness about breastfeeding. We are making a call to action — to build a world where every baby has access to breast milk, every mother feels supported, and everyone understands that breastfeeding is a shared responsibility and a shared investment in our future.

Breast milk is nature's best food for babies, providing not only essential nutrients but also powerful immune protection. Through breastfeeding, mothers pass antibodies to their babies, helping to build strong immune systems and shielding them from illnesses such as ear infections and gastroenteritis. Research shows that breastfed infants have a lower risk of developing asthma, obesity, and type 1 diabetes. Breastfeeding also supports the mother's health by lowering her risk of breast and ovarian cancers, type 2 diabetes, and high blood pressure. Breast milk is a truly remarkable and shared gift of health.

Breastfeeding is an investment in the health of children, families, and the nation. Exclusive breastfeeding eliminates the cost of alternative feeds, lowers healthcare expenses, and improves productivity. When communities support breastfeeding, the result is healthier children, stronger families, and a more resilient society.

Breastfeeding is globally recognized as a best practice for maternal and infant health. World Health Organization (WHO), recommends exclusive breastfeeding for the first six months, followed by continued breastfeeding with complementary foods up to two years and beyond. In St. Kitts and Nevis, the Ministry of Health (MOH) prioritizes breastfeeding as a key public health initiative.

Regular awareness campaigns target women of reproductive age, while biannual forums for expectant mothers provide essential education on the benefits of breastfeeding for both mother and child. The Ministry of Health remains committed to ensuring that every mother has access to the care, guidance, and supportive environment needed to begin and sustain breastfeeding. To support this mission, several key initiatives have been implemented:

1. The JNF General Hospital is certified under the Baby-Friendly Hospital Initiative, with active plans to certify Alexandra Hospital. These are the homes of the Federation's two formal maternity units.
2. Free antenatal and postnatal care is available at all community health centres across both islands.
3. Breastfeeding counseling is accessible to all pregnant women, including those in vulnerable or underserved communities.
4. A dedicated team of trained nurses and midwives provides expert lactation support, helping mothers enjoy a positive and successful breastfeeding journey
5. These efforts reflect our shared commitment to building a culture that values, protects, and promotes breastfeeding—not just during Breastfeeding Week, but every day of the year.

At both maternity units, every effort is made to initiate skin-to-skin contact within the first hour after birth, and exclusive breastfeeding is strongly encouraged during the hospital stay. The Ministry of Health continues to promote breastfeeding at well-baby clinics to help more mothers achieve exclusive breastfeeding for the first six months. We also advocate for supportive environments in workplaces, communities, and public spaces that empower mothers to breastfeed comfortably and confidently.

Our goal is to re-establish breastfeeding as a cultural norm in St. Kitts and Nevis—making it the natural, supported choice for the majority of mothers. Together, we can raise breastfeeding rates and build a healthier, stronger future for our children. Let us stand united in this effort—because when we invest in breastfeeding, we invest in the future.

**Office of Chief Medical Officer**

**August 2, 2025**



# THE NCD PORTAL



## Breast Milk and Lifelong Wellness: *A Call to Exclusive Breastfeeding*

**by Dr. Marissa Carty**  
Naturopathic Doctor

In St. Kitts & Nevis, where deep community ties and family roots are central to life, the simple act of exclusively breastfeeding a baby for the first six months can set the foundation for wellness far beyond infancy. Evidence now shows that mothers and children who embrace this practice may reduce their risk of developing non-communicable diseases (NCDs) in later years, such as obesity, type 2 diabetes, hypertension, and high cholesterol.

### **Why Exclusive Breastfeeding for Six Months Matters**

Exclusive breastfeeding means that a baby receives only breast milk (no water, other fluids or solid foods) from birth until about six months of age.

### **Here's why this matters in the Caribbean context:**

- Breast milk is tailor-made by nature. It provides all the energy and nutrients a

baby needs in those early months, plus important immune-protections.

- Children who were breast-fed exclusively for around six months show lower rates of overweight and obesity in childhood and adolescence, which in turn reduce their risk of NCDs in adulthood.
- Studies show breast-fed babies tend to have lower average blood pressure and total cholesterol later in life compared with non-breast-fed peers.
- For mothers, the benefits extend too: exclusive breastfeeding is associated with a lower risk of developing type 2 diabetes and certain cancers in the years that follow.

In short, when mothers and babies begin life together at the breast, the ripple effects touch not only today, but decades ahead.

## Linking the First Months to Long-Term Health: How It Works

Here are some of the mechanisms through which exclusive breastfeeding influences long-term health:

- Breast-milk contributes to a healthy gut-microbiome and immune system early in life, reducing chronic inflammation—a root of many NCDs.
- It helps regulate early growth patterns so that babies are less likely to experience rapid weight gain and later obesity.
- The composition of breast-milk (growth factors, hormones, bioactive molecules) plays a role in metabolic programming—shaping how bodies process fats, sugars and energy over time.

For Caribbean settings, where NCDs are a major health challenge, these early life advantages are especially relevant. Every child who avoids excessive weight gain and begins life with strong immune and metabolic health is a potential adult less burdened by NCDs.

### Tips for Our Mothers

Here are practical, evidence-based suggestions to support exclusive breastfeeding for six months, adapted to our cultural and local context:

- Begin breastfeeding within the first hour after birth, when possible. Early skin-to-skin contact and breastfeeding initiation support milk supply and bonding.
- Feed on demand (whenever the baby shows hunger cues) rather than by strict schedule. This helps maintain supply and meets the baby's needs.

- Avoid giving water, herbal teas, juice or any solids during the first six months—breast-milk alone is sufficient and optimal.
- Maintain a nourishing diet for yourself: eat plenty of local fresh foods (fruits, vegetables, legumes, fish) and keep hydrated. While breast-milk production is largely regulated by supply and demand, maternal nutrition supports your energy and wellbeing.
- Seek support: connect with other mothers (church groups, community health workers) and ask for guidance if you encounter issues (sore nipples, low milk supply, baby not latching). Peer support improves success rates.
- Workplaces and communities should support mothers: if you return to work, plan for expressing milk, and request breaks or a comfortable space—advocacy and community awareness help.
- Continue breastfeeding beyond six months, alongside age-appropriate complementary foods, until at least the first year or longer if you and your baby wish. The six-month mark is the exclusive breastfeeding milestone, but continuation adds further health benefits.

### Final Thoughts

By choosing to exclusively breastfeed for six months, mothers give their children a powerful head start. One that extends far beyond babyhood into adult health and resilience.





## Breastfeeding Word Search

BREASTMILK IMMUNITY  
NCD MOTHER  
CHILD EXCLUSIVE  
HEALTH LOVE  
HYDRATION NUTRIENTS  
CARIBBEAN BONDING  
GROWTH STRONG  
NATURAL DIABETES  
OBESITY SUPPORT  
WELLNESS HORMONES

H R J O B E S I T Y E N M S S  
J Y M D I A B E T E S U H U T  
B H D L B H J V Z W G T O P R  
Y R H R E B E L N Y C R R P O  
B W E A A G O A G Q K I M O N  
N A E A Z T E N L N U E O R G  
C W F L S O I X D T M N N T I  
D N Q D L T C O C I H T E L H  
V A E F P N M F N L N S S I C  
L T T I K B E I J N U G G S H  
O U I F R N P S L M X S Q O I  
V R M O T H E R S K J M I J L  
E A C E I M M U N I T Y Q V D  
Q L C A R I B B E A N E G J E  
D R C G R O W T H D J I W S J



## FILL IN THE BLANKS

*Use what you've learned about Breastfeeding to complete the sentences.*

1. Breast-milk provides the best source of \_\_\_\_\_ for a growing baby.
2. Exclusive breastfeeding for the first \_\_\_\_\_ months helps reduce childhood obesity.
3. It strengthens the baby's \_\_\_\_\_ system and protects against infections.
4. Mothers who breastfeed lower their risk of breast and ovarian \_\_\_\_\_.
5. A strong emotional \_\_\_\_\_ is built between mother and child.
6. Breastfeeding promotes a \_\_\_\_\_ start to life.
7. Choosing to breastfeed supports the fight against \_\_\_\_\_ diseases.
8. In the \_\_\_\_\_, families are encouraged to pass on the tradition of natural feeding.
9. Breastfeeding lays the foundation for lifelong \_\_\_\_\_ and wellness.
10. Community and workplace \_\_\_\_\_ make breastfeeding easier for moms.



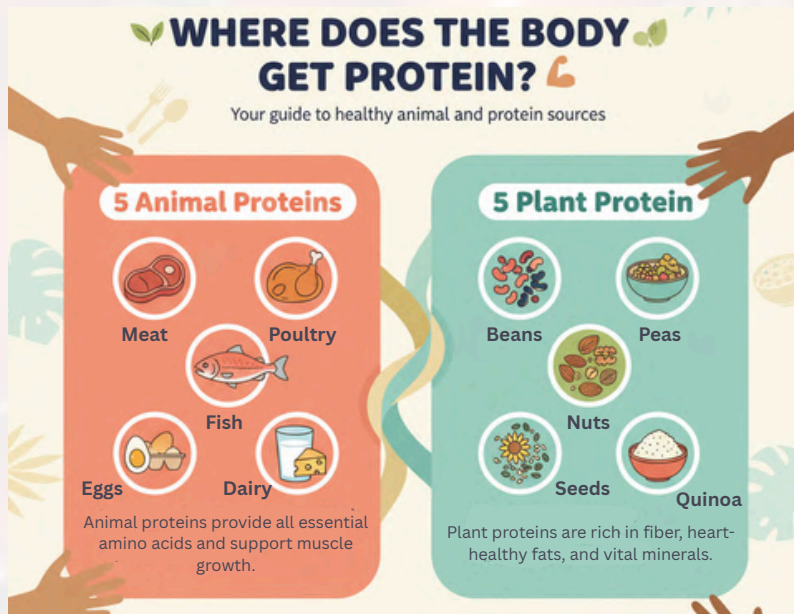


# NUTRI Bites

**By Chere Ann Weaver  
Nutrition Officer**

Protein is one of the body's most important macronutrients—essential for building, repairing, and maintaining healthy cells. It's what helps your muscles grow, keeps your skin and hair strong, and supports your body's overall strength and recovery.

Proteins are made up of compounds called amino acids. The body needs 20 amino acids to function properly. Of these, 11 are produced naturally by the body, while the remaining 9 must come from the foods we eat—these are known as essential amino acids.



## How Much Protein Do You Need?

The amount varies by age, sex, and activity level, but as a general guide, Adults typically need around 0.8 grams of protein per kilogram of body weight per day. For example, a person weighing 68 kg (150 lbs) needs about 55 grams of protein daily. Your healthcare provider or nutritionist can help tailor the right amount for your needs.

### ⚠ Caution: Too Much of a Good Thing

While protein is vital, more is not always better. Consuming excessive amounts can lead to:

- Weight gain, since extra protein calories are stored as fat
- Elevated blood lipids (cholesterol, triglycerides)
- Increased strain on the kidneys and heart, especially when protein comes from high-fat animal sources

Balance is key! Pair moderate protein intake with fruits, vegetables, whole grains, and plenty of water for optimal health.

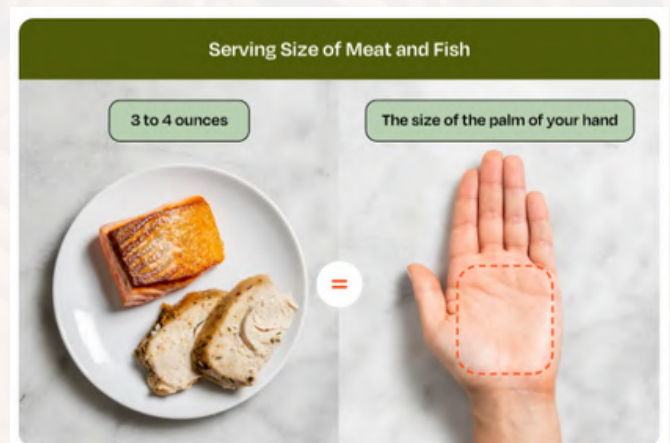
## Making Healthier Protein Choices

When choosing protein foods, go for lean sources that support heart health and maintain a balanced diet.

### Try to include:

- Skinless chicken or turkey
- Fish
- Egg whites
- Low-fat dairy (milk, yogurt, cheese)
- Plant-based proteins such as beans, peas, nuts, seeds, and quinoa

These options provide high-quality protein without excess saturated fat.







# VEGAN BLACK BEAN BURGERS

## INGREDIENTS

1 cup Walnuts (100g)	½ teaspoon Onion Powder
1 Medium Onion White, Yellow or Brown, Chopped	½ teaspoon Garlic Powder
1 teaspoon Crushed Garlic	2 Tablespoons Tomato Paste
1 Tablespoon Olive Oil	½ teaspoon Salt
15 ounce Can Black Beans (1 can) drained very well	¼ teaspoon Ground Black Pepper
½ teaspoon Smoked Paprika	½ cup All Purpose Flour (63g)
½ teaspoon Coriander Powder	2 Tablespoons Olive Oil for Frying
½ teaspoon Cumin	2 Tablespoons Vegan Barbecue Sauce for Basting

**FOR SERVING (OPTIONAL):** Hamburger Buns, Lettuce, Pickles, Sliced Tomato, Guacamole, Sliced Red Onion

## INSTRUCTIONS

1. Add the walnuts to a food processor and process until crumbly. Transfer to a mixing bowl and set aside.
2. Add the chopped onion, crushed garlic and olive oil to a frying pan and sauté until the onions are softened.
3. Add the cooked onions and garlic to a food processor along with the black beans, smoked paprika, coriander powder, cumin, onion powder, garlic powder, tomato paste, salt and black pepper. Process until smooth. Then transfer to the mixing bowl with the crushed walnuts.
4. Add the flour to the mixing bowl and mix in. If the mix still seems very wet when you touch it, then add in a little more flour. The first time I made these I didn't need extra flour but the second time I needed an extra 2 Tablespoons as I hadn't drained my black beans as well as I had the first time.
5. Flour a baking tray and then divide the batter into four equal sections. Add more flour if needed to the outside of the patties for easier handling and then form them into burger patties. You can do this by rolling into a ball and then flattening by placing a square of parchment paper over the top and pressing down with the base of a glass. Or you can form into burger patties by patting them down into a round cutter to make a flat burger patty shape.
6. When all your burger patties are formed on the baking tray place the baking tray into the freezer for 30 minutes so the burgers can firm up.
7. Add the 2 tablespoons olive oil to a frying pan and heat until hot. Add in all four burgers if your pan is big enough, otherwise do them in two batches. Fry for 5 minutes on one side and then flip. Brush the tops and sides of the burgers with some vegan barbecue sauce. Fry for 5 minutes on the other side and then remove from the pan.
8. Serve on hamburger buns with lettuce, pickles, sliced tomato, guacamole and sliced red onion.

## NOTES

1. This recipe uses 1 full 15 ounce (425g) can of black beans, drained and rinsed. If you want to use cooked black beans (not canned) then the amount to use would be 1 and ½ cups.
2. You'll need extra flour to flour a baking tray and form the burgers into patties. You may also need to add more to the mix itself, this will depend on how well you have drained the black beans, ideally the black beans should be very well drained and not 'wet' at all when they go into the food processor. But if your mix is too wet add a couple more tablespoons of flour.
3. These burgers are nice and firm on the outside, but soft on the inside. If you want them to be firmer all through, you could divide the burger mix into 6 burgers instead of 4. That way they will be thinner and will be crispier all through when fried.
4. Nutrition information is for a burger patty only, excluding any of the things you would serve it with.
5. Prep time does not include the 30 minutes spent chilling in the freezer.
6. This recipe was first published in October 2018.

### Nutrition

**Serving:** 1Burger | **Calories:** 434kcal | **Carbohydrates:** 39.4g | **Protein:** 11.2g | **Fat:** 27.1g | **Saturated Fat:** 3g | **Sodium:** 623mg | **Fiber:** 9.4g | **Sugar:** 6g

# IN THE NEWS

Stories, Highlights, and Milestones from the Frontlines of Public Health

## ONE HEALTH, ONE CARIBBEAN



### ST. KITTS AT THE TABLE FOR REGIONAL HEALTH SECURITY

On July 17th, representatives from St. Kitts and Nevis joined regional partners in Castries, Saint Lucia, for the official launch of the project “Strengthening Prevention, Preparedness, and Response to Emerging Health Threats in the Eastern Caribbean.”

This landmark initiative aims to build stronger, more coordinated systems to protect the region against future outbreaks and public health emergencies.

#### A Regional Effort Toward Shared Security

Funded by the Pandemic Fund and implemented in collaboration with the Pan American Health Organization/World Health Organization (PAHO/WHO), the Food and Agriculture Organization (FAO), and the World Bank, the project adopts a One Health approach—recognizing that the health of humans, animals, and the environment are deeply interconnected.

By strengthening early warning systems, laboratory networks, and cross-sectoral coordination, the project will enhance the region’s ability to prevent, detect, and respond to emerging health threats swiftly and effectively.

Six Eastern Caribbean countries—including St. Kitts and Nevis—are participating in this regional effort.

#### Representing St. Kitts and Nevis

The Federation was represented by:

- Mr. Curtis Martin, Permanent Secretary, Ministry of Health
- Mr. Miguel Flemming, Permanent Secretary, Ministry of Agriculture

- Hon. Samal Duggins, Minister of Agriculture, Fisheries, Marine Resources, and Cooperatives

Also in attendance was Ms. Katrina Smith, Country Program Specialist for both St. Vincent and the Grenadines and St. Kitts & Nevis under PAHO, reflecting ongoing technical collaboration between the two territories.

#### Key Focus Areas

The project’s implementation centers on four major components designed to strengthen resilience across the public health and veterinary sectors:

1. Strengthening multi-sectoral surveillance and early response
2. – Establishing integrated systems that link human, animal, and environmental health data.
3. Improving laboratory diagnostic capacity
4. – Upgrading testing facilities for faster detection of infectious diseases.
5. Conducting cross-sectoral assessments
6. – Identifying national system gaps and setting priorities for future interventions.
7. Building a skilled health and veterinary workforce
8. – Expanding training and development to ensure sustainable, homegrown expertise.

#### Investment in Regional Readiness

A total of US\$24.4 million in grant funding from the Pandemic Fund will directly support project activities across the Eastern Caribbean, complemented by an estimated US\$30 million in co-financing from participating partners and governments.

This combined investment underscores the region’s collective commitment to safeguarding public health, strengthening health systems, and preparing for emerging threats—from zoonotic diseases to climate-related health risks.

#### A Unified Vision for the Future

For St. Kitts and Nevis, participation in this initiative highlights the country’s proactive role in regional health diplomacy and preparedness. Through collaboration, capacity building, and innovation, the Federation continues to contribute to a Caribbean where health security is truly shared—One Health, One Region, One Caribbean.



# A VISIT THAT REMINDS US HOW FAR WE'VE COME



## MIDWIFE HALIMA FRANCE-MIR VISTS JNF

When Midwife Halima France-Mir, great-niece of National Hero Sir Joseph N. France—the man whose name graces the JNF General Hospital—toured the Maternity Ward during her recent visit to the Federation, she left deeply inspired by what she saw.

“

“They are so dedicated and so passionate about what they do. It was an honor to meet them and see what they do day-to-day. JNF is a beautiful facility.” — Halima France-Mir

During her visit, Mrs. Sandra Lestrade-Caines, Assistant Director of Institutional-Based Nursing Services, proudly shared the ward’s achievements and services:

*“We were able to point out our antenatal services, our postnatal services, our labour and delivery, and the highlight was that we are Baby-Friendly Hospital Initiative (BFHI) certified since 2023, and we promote exclusive breastfeeding.”*

Her words, combined with Halima’s heartfelt praise, serve as a powerful reminder of how far we have come as a nation—particularly in the area of maternal and child health.

### Honoring the Past, Celebrating the Present

In December 1967, the General Hospital first opened its doors, replacing the old Cunningham Hospital. It was a defining moment in the evolution of healthcare in St. Kitts—a symbol of hope and progress. Years later, it was renamed the Joseph Nathaniel France

General Hospital, paying tribute to a man whose work as a trade unionist and social reformer laid much of the foundation for modern public health and social services in the Federation.

From those early days, our country has undergone a significant transformation. Once a small island emerging from colonial rule, St. Kitts and Nevis has become one of the most stable and resilient nations in the world—the smallest independent country in the Western Hemisphere, yet one with a continually advancing healthcare system.

### A Legacy of Progress and Purpose

Today, JNF General Hospital stands as a beacon of modern healthcare—equipped with state-of-the-art technology, a growing roster of specialized medical professionals, and a renewed commitment to quality, compassion, and innovation.

The progress in the Maternity Ward is just one example of this transformation. From expanded services to enhanced maternal care and breastfeeding support, JNF continues to reflect the very spirit of its namesake: service, dedication, and the pursuit of better health for all.



### Looking Ahead with Gratitude

Halima’s visit was more than a family connection—it was a moment of reflection and inspiration. It reminded us of the distance we’ve travelled, the visionaries who paved the way, and the many healthcare professionals who continue to build upon that legacy.

As we look to the future, may her visit inspire us all to continue strengthening our healthcare system, nurturing our caregivers, and ensuring that the Joseph N. France General Hospital remains not just a facility, but a living symbol of national pride, progress, and perseverance.

# UPGRADING CARE AND COMFORT



## JNF GENERAL HOSPITAL ENHANCES PATIENT SERVICES

The Joseph N. France General Hospital (JNF) continues to strengthen its commitment to quality care and patient satisfaction with two new service upgrades designed to make the hospital experience more welcoming, efficient, and customer-focused.

### Improving the Patient Experience: New Information and Help Desk

Navigating a hospital can sometimes be overwhelming—but not anymore. JNF has launched a new Information and Help Desk, designed to make every visit easier and more welcoming.

Manned by Customer Service Representative, Ms. Juliana Griffin, the Help Desk serves as the first point of contact for patients, visitors, and families seeking assistance with directions, service information, or general inquiries.

This initiative is part of JNF's ongoing commitment to customer-centered care—ensuring that everyone who enters the facility feels informed, supported, and valued.

“The Help Desk helps us serve patients and visitors more efficiently while adding a personal touch to hospital interactions,” shared Ms. Griffin.

### Comfort and Convenience: The JNF Canteen Reopens

Hospital visits just got a little more comfortable with the reopening of the JNF Canteen, now open to serve staff, visitors, and patients in waiting areas.

Conveniently located near the main lobby, the canteen offers a range of quick, nutritious, and affordable meal options for those seeking a bite before or after appointments.

Hospital management reminds visitors that for the health and recovery of admitted patients, no outside food is permitted on the wards, as each in-patient follows a nutritional plan tailored to their care.

For everyone else, the canteen represents another step in creating a more welcoming hospital environment—a space where comfort, convenience, and care go hand in hand.



### Expanding Specialized Care: A New Vascular Surgeon Joins the Team

On August 26, 2025, JNF welcomed Dr. Yaimé Carbonell Vilet, the hospital's new Vascular Surgeon. Her arrival marks a major milestone in expanding JNF's specialized medical services and reducing the need for patients to seek advanced surgical care abroad.

At a brief ceremony, Permanent Secretary Mr. Curtis Martin expressed the Ministry's enthusiasm about this new addition:

*“We are delighted to have Dr. Carbonell Vilet join our healthcare family. Her expertise in vascular surgery will not only enhance the services offered at JNF but also give our citizens greater confidence that they can access world-class care right here at home. We look forward to the positive impact she will make as part of our dedicated medical team.”*

Dr. Carbonell Vilet's appointment underscores the Ministry's continued commitment to strengthening clinical expertise and improving the availability of specialized surgical care within the Federation.



# FAREWELL TO A LEGACY OF LEADERSHIP



## MATRON KERRY WILLIAMS RETIRES AFTER 32 YEARS OF SERVICE

On August 21, 2025, the halls of the Joseph N. France General Hospital were filled with smiles, embraces, and heartfelt words of gratitude as Ms. Kerry Williams, Director of Institutional Nursing Services, made her final leadership rounds. Joined by the Permanent Secretary, Mr. Curtis Martin, and senior department heads, she visited wards and units one last time—a tradition she upheld to stay closely connected with staff, patients, and the daily heartbeat of hospital life.

The warm outpouring from nurses, doctors, and patients reflected the deep admiration and respect Ms. Williams has earned throughout her 32 years of dedicated service to healthcare in St. Kitts and Nevis. Known for her firm yet compassionate leadership, she leaves behind a legacy of excellence, mentorship, and empathy that will continue to inspire those who follow in her footsteps.

### A Career of Dedication and Impact

Ms. Williams' journey in nursing exemplifies what it means to serve with purpose. Her tenure as Director of Institutional Nursing Services (DINS) has been marked by progress in nursing standards, patient-centered care, and professional development within the healthcare system.

Under her guidance, JNF's nursing services grew stronger, more structured, and more compassionate. She was known for leading by example—always present, always listening, and always advocating for the people who form the backbone of hospital care.

### Words of Appreciation

In recognition of her service, Permanent Secretary Mr. Curtis Martin expressed profound gratitude on behalf of the Ministry of Health and the Government of St. Kitts and Nevis:

"It is with mixed emotions that we announce the retirement of our esteemed Director of Institutional Nursing Services, Ms. Kerry Williams, effective within the coming weeks. We respect her personal decision to retire after 32 years of service to the civil service.

DINS, Ms. Williams has served with exceptional dedication, professionalism, and compassion throughout her years in the healthcare sector. Her leadership, clinical expertise, and unwavering commitment to patient care have made a lasting impact not only on this organization but also on the many individuals and families whose lives she touched.

Under her guidance, our nursing services have grown in strength, quality, and innovation. She has been a mentor to many, a champion for excellence in care, and a pillar of integrity in all she pursued. Her presence will be deeply missed.

Please join us in expressing our heartfelt gratitude to Ms. Williams for her sterling contribution to healthcare and her outstanding service. We wish her a fulfilling and well-deserved retirement."



### A Lasting Legacy

As she begins this new chapter, Ms. Williams leaves behind not only a record of leadership but also a community of nurses and healthcare professionals shaped by her example. Her career reminds us that leadership in healthcare is not only about managing systems—but about touching lives, uplifting teams, and nurturing a culture of compassion.

The Ministry of Health extends its sincerest appreciation to Matron Kerry Williams for her remarkable years of service and leadership. Her contributions will continue to echo through every ward, every patient interaction, and every young nurse she inspired along the way.



# OUTPATIENT CLINIC SCHEDULE

Below is the current Outpatient Department (OPD) clinic schedule. Please review carefully and note the specific day(s) your required service is offered.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>A.M</b> <b>ORTHOPAEDIC CLINIC:</b> Dr. Hendrickson – 7:30 Dr. Warner – 8:00  <b>SURGICAL CLINIC:</b> Dr. Woodley – 9:00 Dr. Osborne – 9:00  <b>P.M</b> <b>NEUROLOGY CLINIC:</b> Dr. Laguna – 1:00	<b>A.M</b> <b>ENDOCRINE CLINIC:</b> Dr. Cuellar – 10:00  <b>EAR, NOSE AND THROAT CLINIC:</b> Dr. S. Henry – 10:00  <b>P.M</b> <b>INTERNAL MEDICINE CLINIC:</b> Dr. Sahely – 1:00 Dr. Babu – 1:00 Dr. Dominguez – 1:00 Dr. Tamayo – 1:00 Dr. Baez – 1:00	<b>A.M</b> <b>OBS AND GYNE CLINIC:</b> Dr. Manchester – 9:00 Dr. Zequeira – 9:00 Dr. Zayas – 9:00  <b>SURGICAL CLINIC:</b> Dr. Woodley – 9:00 Dr. Osborne – 9:00  <b>P.M</b> <b>UROLOGY CLINIC:</b> Dr. Holder – 1:00	<b>A.M</b> <b>PEDIATRIC CLINIC:</b> Dr. Henry – 9:00 Dr. Cambet – 9:00  <b>P.M</b> <b>NEPHROLOGY CLINIC:</b> Dr. Rodriguez – 1:00 Dr. Dieguez – 1:00	<b>A.M</b> <b>ORTHOPAEDIC CLINIC:</b> Dr. Hendrickson – 7:30 Dr. Warner – 8:00  <b>SURGICAL CLINIC:</b> Dr. Woodley – 9:00 Dr. Osborne – 9:00  <b>DIETITIAN CLINIC:</b> Ms. Boddie – 9:00  <b>NEUROLOGY CLINIC:</b> Dr. Laguna – 10:00  <b>P.M</b> <b>VASCULAR SURGERY CLINIC:</b> Dr. Carbonell – 1:00

Other outpatient services available but not listed on this schedule include:

1. Ophthalmology (eye clinic), 2. Oncology, 3. Footcare Clinic, 4. Physiotherapy

Kindly contact your doctor to get their schedule for these services.



**People First, Quality Always**

# **Primary Care HEALTH CENTER SERVICES**

Our Health Centers across St. Kitts provide a wide range of Primary Care Services, ensuring accessible and efficient healthcare.

## **Services Provided:**

- |  |  |
|--|--|
|  <b>Child Health Clinic</b>                         |  <b>District Medical Officer Clinic</b> |
|  <b>Newborn &amp; Toddler Clinic</b>                |  <b>Diabetes/Hypertension Clinic</b>    |
|  <b>Family Planning &amp; Pap Smear Clinic</b>      |  <b>Men's Health Clinic</b>             |
|  <b>Antenatal Clinic</b>                            |  <b>School Health Clinic</b>            |
|  <b>Minor Treatment</b>                             |  <b>HIV Rapid Testing</b>               |
|  <b>Home Visits and Community Outreach Sessions</b> |  |

## **Selective Health Centers also offer:**

- Mantoux Test for Tuberculosis
- Yellow Fever Vaccine
- Zonal Pediatric Clinics

## **Health Center Contact:**

- Basseterre - (869) 467-1139
- Newtown - (869) 467-1135
- St. Peter's - (869) 465-2350
- Cayon - (869) 465-7266
- Molineux - (869) 466-8810
- Tabernacle - (869) 465-9829
- Saddlers - (869) 465-7368
- Dieppe Bay - (869) 465-8273
- St. Pauls - (869) 465-6236
- Sandy Point - (869) 465-6231
- Old Road - (869) 465-6299

**For More Information, Please Contact:**

**Community Health Services  
The Ministry of Health  
Connell Street, Irish Town  
1-869-467-1273**

**Visit Your Nearest Health Center Today!**



# ST. KITTS AND NEVIS VACCINATION SCHEDULE

AGE	Vaccine Type
At Birth	Birth Dose Hepatitis B
0–4 weeks	BCG (Bacille Calmette Guerin)
2 Months	1st Dose – Polio Vaccine (IPV) 1st Dose – Pentavalent Vaccine (Hepatitis B + DPT + Hib)
4 Months	2nd Dose – Polio Vaccine (bOPV) 2nd Dose – Pentavalent Vaccine (Hepatitis B + DPT + Hib)
6 Months	3rd Dose – Polio Vaccine (IPV) 3rd Dose – Pentavalent Vaccine (Hepatitis B + DPT + Hib)
1 Year	1st Dose – Measles, Mumps, and Rubella (MMR)
1 Year and 6 Months	1st Dose Booster – DPT and Polio Vaccine 2nd Dose – Measles, Mumps, Rubella (MMR)
4½ – 5 Years	2nd Dose Booster – DPT and Polio Vaccine
Grade 6 Children	Single Dose – Gardasil (HPV Vaccine)
15–17 Years (School Leavers)	Booster – DT Booster – Polio Vaccine (bOPV)
12–17 Years	COVID-19 Vaccine



**VACCINES SAVE LIVES**  
**VACCINATE YOUR FAMILY. PROTECT YOUR COMMUNITY.**





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