

SPORT FOR HEALTH CAMPAIGN LAUNCHED



Sport for Health committee members with secondary school principals and sporting ambassadors

WINDREF (Windward Islands Research and Education Foundation), the research institute at St. George's University, Grenada, has launched its Sport for Health program across the tri-island nation of Grenada, Carriacou, and Petite Martinique with the goal of reducing the public health problems caused by non-communicable chronic disease. The program, a collaborative venture between WINDREF, St. George's University, Grenada's Ministries of Youth Empowerment and Sports and Health, and the Grenada Olympic Committee, aims to increase public awareness of the dangers of non-communicable chronic disease and educate Grenadians into leading a healthier lifestyle. Non-communicable chronic disease—such as cardiovascular disease, diabetes, hypertension, and obesity—are now increasing in Grenada and the other Caribbean states.

The program draws its inspiration from the Olympic Games, due to be held in London next year. At the inaugural fundraising WINDREF dinner at the House of Lords in London last November, Lord Sebastian Coe, the Olympic double-gold medalist and Chairman of The London Organising Committee of the Olympic and Paralympic Games (LOCOG) organizing committee, praised the program

for its "imaginative thinking," linking the Olympic movement to the long-term benefit of Grenadians. The dinner was hosted by Baroness Howells of St. Davids—the only Grenadian in the House of Lords—and Lord Soulsby of Swaffham Prior, the President of WINDREF.

Representatives from all 22 secondary schools across Grenada joined Sport for Health program committee members at the April launch ceremony at WINDREF on the St. George's University True Blue campus. School principals, and the newly appointed sporting ambassadors in their schools, received a check for \$2,000 EC to support sporting activities. Kirani James, Grenada's record-breaking athlete, will be a role model for the program and as its first sporting ambassador.

Marlon Glean, Sport for Health Committee Chairperson, said that the school sporting ambassadors had a key role to play. "They will be the catalyst for maximizing the benefits which our schools and local communities can achieve through the program. Not only will they be responsible for developing, implementing, and coordinating health programs and activities in their schools—one of them will be selected to go to London to attend part of the Olympic Games next year."

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CARDIOVASCULAR DISEASE EXPERT DELIVERS ANNUAL WINDREF LECTURE

WINDREF's increasing focus on cardiovascular disease was given added impetus by Dr. Valetin Fuster last October when he delivered the 11th annual WINDREF Research Lecture and the third annual Keith B. Taylor Memorial Lecture at St. George's University's Charter Hall. Dr. Fuster, a renowned expert on the subject, stressed the importance of taking preventive health care measures, such as managing high cholesterol and blood pressure, working off obesity through good diet and exercise programs, and by avoiding the accumulation of disease throughout the aging process.

WINDREF HOSTS CARIBBEAN~CANADA EMERGING LEADERS' DIALOGUE

On Saturday, June 4, 2011, Grenada welcomed members of the Caribbean-Canada Emerging Leaders' Dialogue (CCELD). The conference lasted four days at the Windward Islands Research and Education Foundation (WINDREF) and was part of an intensive two-week program. The program initially began in Ottawa, Canada, where 80 participants from the Caribbean, along with 40 participants from Canada, engaged in two days of presentations, discussions, and networking. They then divided into study groups of 12 participants each, traveling to different locations in Canada

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CARIBBEAN CHRONIC DISEASE CONSORTIUM

WINDREF has been closely involved in discussions to establish the Caribbean Chronic Disease Consortium (CCDC), which will promote training, research, and other activities to combat non-communicable chronic disease in the Caribbean. The expected benefits will include regional and institutional collaboration, research partnerships, and shared technical support.

The initiative to facilitate the formation of CCDC was launched by Sir Kenneth Stuart at a workshop at WINDREF in March 2010, bringing together faculty and scientists from the University of the West Indies, the Department of Public Health and Preventive Medicine at St. George's University, Rockefeller

University, Barbados Diabetes Foundation, and WINDREF.

Sir Kenneth, who serves on the board of WINDREF, has been an adviser to the Commonwealth Secretariat in London; Professor and Head of the Department of Medicine at the University of the West Indies; consultant to the University Hospital, Jamaica; and consultant adviser to the Wellcome Trust. He has served as Chairman of the Court of Governors of the London School of Hygiene and Tropical Medicine; and as a member of the Council of Governors of Guys', Kings and St. Thomas' Hospital's Medical School in London.

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Another member of the Committee, George McGuire, Director of Athletics, Sports, and Recreation at St. George's University, pointed out that a recent study concluded by the world-renowned cardiovascular disease expert Dr. Valentin Fuster, and his research group at Mt. Sinai, working in collaboration with the Grenada Heart Project and the Ministry of Health, had recently presented their findings "which showed that approximately 80 percent of Grenadian women over the age of 25 were obese."

While Trevor Noël, Assistant Director of WINDREF, emphasized that there was "overwhelming scientific evidence of the positive effects of sport on a healthy lifestyle," Marlon Glean indicated that the second phase of the program would be targeted at "students who do not participate in sports and may therefore be at greater risk of developing chronic diseases."

The Sport for Health program committee includes Baroness Howells of St. Davids; former Governor General of Grenada Sir Paul Scoon; prominent business person Denis Noël; the President of the Grenada Olympic Committee Royston LaHee; father of Kirani James, Dorani Marshall; and board members of WINDREF.

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and the Caribbean to visit communities and workplaces from both public and private sectors and civil society.

Grenada was one of 10 Caribbean countries hosting a study tour before the full dialogue reconvenes in Barbados for the final three days. This year's conference was held under the theme "Growth Through Connections: Enabling Sustainable Progress." During the study tour in Grenada, the participants visited local businesses and industries as well as met with several stakeholders including government officials, the police, and community leaders. These visits provided an opportunity for the team to be exposed to the diverse challenges being faced by these leaders.

As Dialogue President, Her Royal Highness, The Princess Royal, Princess Anne attended a number of CCELD visits and events. On Tuesday, June 7, 2011 she visited the participants at WINDREF where the day's

session included a panel discussion with Deputy Commissioner of Police Franklyn Redhead, Mr. Nigel John, and Mr. Robert Frederick, as well as a culture and history presentation by Mr. Richardo Keens-Douglas—renowned story teller, playwright, and author. Her Royal Highness, The Princess Royal, Princess Anne and attendees were also joined by Dr. Nicole Phillip, author and Dean of the School of Arts, Sciences and Professional Studies at the T.A. Marryshow Community College.

Margaret A. Lambert, St. George's University Dean of Enrolment Planning and WINDREF board member, stated, "WINDREF, through its research, has been able to contribute to advances in health and environmental development through multidisciplinary research and education programs. We see hosting this conference as another opportunity to bring intellectual talent together to address challenges and issues of international importance."

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St. George's University



Her Royal Highness, The Princess Royal, Princess Anne with members of the CCELD