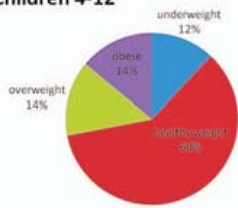


Saba Children 4-12



## More obesity found in Saba's school children

SABA--In 2014, Saba Fit, the programme geared towards countering childhood obesity, measured the height and weight of all elementary school children for the first time. Last month the measurements were repeated. The results show that many school children are still overweight.

In 2016, 28 per cent had an above healthy weight, which is similar to the 29 per cent in 2014. However, there are now more children with severe overweight, -one in seven-, compared with one in nine in 2014.

These numbers are much higher than in the European Netherlands where 12 per cent of children aged 4 to 12 is overweight or obese. The United States has similar figures to Saba.

The results also show an increase in underweight children. Although this finding is less often medically relevant it is deemed important to follow up as it can be a sign of a poor diet.

New Public Health Nurse Jetty Martens has started seeing individual children with weight problems.

In general, three out of four obese children will remain obese in adulthood. The health effects of obesity are very serious. In the short term these children are at greater risk for bone and joint problems, sleep

apnea, and social and psychological problems such as stigmatization and poor self-esteem.

Later in life they are more at risk of adult health problems such as heart disease, type-two diabetes, stroke, several types of cancer, and osteoarthritis.

Saba Fit has been active, together with schools and many organisations on the island, in educating children and their parents and in organising and supporting activities geared toward the three core messages: "Just Move, Eat Right and Drink Water."

A new edition of Saba Fit-The Course will start at the end of the year.

"If we want this generation of Sabans to have a healthy and fair start in life we all need to work together: parents, churches, schools, government, grocery stores and restaurants. Fresh, healthy food can sometimes be expensive and the Saban hills do not encourage biking to school, but we can cut down on sugary drinks and fruit juices, we can limit screen time, we can stimulate outside play and sports, and often one piece of candy instead of a full bag is sufficient," said Dr. Koen Hulshof of the Public Health Department and Saba Fit.

## GVP School's final exam results are in

ST. EUSTATIUS--After the results were in of the second round of exams held at Gwendoline van Putten (GVP) School, all students who have had to re-sit their exams at St. Eustatius' only secondary school have learned their fate.

As the results show, not everyone has been successful. In the VMBO-B stream all eight students passed, but in VMBO-K six students passed and two students failed. In VMBO-T 13 students passed and three failed. All seven students in the HAVO exam classes passed.

Overall, 34 students in total passed their exams (87 per cent) and five students (13 per cent) failed. There were a total of 69 students sitting their exams.

The graduation ceremony will take place at the School during the coming week, said GVP School's Public Relations Officer Jan Meijer.

## Waste management and roaming cattle, topics in Council meetings

ST. EUSTATIUS--Waste management and roaming cattle in St. Eustatius will be the topics of discussion during meetings of the Central Committee and the Island Council next week.

The Central Committee meeting is to be held on Monday, July 4, starting at 3:00pm. The Island Council meeting will be held on Thursday, July 7, at 9:30 am. Both of these meetings will be held at V.A. Lopes Legislative Hall.

Both meetings will feature opening statements and announcements, as well as the setting of the agenda. The main topics to be discussed at the Central Commit-

tee and the Island Council meeting will focus on waste management and roaming cattle.

The Central Committee meeting will also feature a discussion on the state of affairs concerning the Plan of Approach and on the execution of the ordinance regarding the office of the Island Council's Secretary-General.

Anyone wishing to know more about the topics under discussion can pick up the documents at the Secretary-General's office.

Anyone wishing to speak at the meeting can do so by sending a letter addressed to the Secretary-General.

The letter needs to include the speaker's name, address, telephone number and the agenda points he or

she wishes to speak about during the meeting. More information will be provided at the office.



Also in connection with today's celebration of Curaçao's National Anthem and Flag Day, local singer Boy Thode held a free concert on his birthday Wednesday night, at Plaza Brion with ERA Outentiko. He performed many of his hits from past years to a good crowd. The event was also broadcast live by TeleCuraçao.

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