

Annexe 14: Aruba Health statistics

a) Preventing and reducing infant mortality

According to the Central Bureau for Statistics, the under-five mortality rate in 2017 was five deaths per 1,000 live births (six deaths under the age of five, 1,202 live births).

Primary, secondary and tertiary health care, including prenatal and postnatal care, are covered by national health insurance.

The Department of Public Health (DPH) is the sole provider of vaccinations under the national vaccination programme (diphtheria, pertussis, tetanus, poliomyelitis (DPTP), hepatitis B, pneumococcal disease, haemophilus influenza type b infections (Hib), measles, mumps and rubella (MMR), HPV). The doctors of the Youth Healthcare Section (YHC) of DPH work together with the White Yellow Cross to distribute vaccines for infants and children.

Vaccination coverage in 2018:

- DTP3 (96%)
- HepB3 (93%)
- MMRI (97%)
- MMR2 (83%)
- HPV2 (50%)

The growth and development of infants and toddlers are also monitored. Primary school children are monitored by the YHC.

a) Combating overweight and obesity among children

- Results of a preventive healthcare study conducted by the youth healthcare services between 2017 and 2018 and 2018 and 2019, involving 659 pupils in the last two years of primary school as well as children in the second year of nursery school:
 - obesity: 12.7% of total
 - overweight: 24.3% of total
 - underweight: 4.7% of total

Overweight and obesity in children is a serious issue in Aruba and several programmes are in place to tackle the problem, such as:

The Healthy Schools Programme in primary education (2017): an integrated and long-term preventive programme promoting a healthy weight and lifestyle. The focus is on creating awareness and building healthy life skills among pupils, teachers and parents. Themes include: (1) a safe and healthy environment, (2) psychosocial and emotional support; (3) hygiene, oral health and hearing, (4) smoking, alcohol and drugs; (5) nutrition; (6) sports and physical activity; (7) relationships and sexuality. The programme is based on the principles of the World Health Organization's healthy school initiatives.

The Youth Healthcare Section of the DPH also offers nutrition programmes to parents and children where needed.

Project CoolBFit (2019): the aim is to help a small group of children with obesity and their parents to achieve a healthy lifestyle. The approach is multidisciplinary (involving a dietician, physiotherapist, special education teacher and personal trainer). The plan is to expand the group in the future.

IBiSA: organises activities in the areas of sport, movement and a healthy lifestyle. This includes physical exercise classes for the last three years of primary schools that do not have physical education teachers.

The Hoben Activo project (Ministry of Tourism, Public Health and Sports in cooperation with IBiSA:) the *Hoben activo*, *Hoben feliz* (Active young people, healthy young people) sports project is an after-school programme targeting children aged 8 to 13. The aim of the project is to motivate young people to lead an active and healthy life and to reduce social problems. The plan is to extend the project to all neighbourhoods.

- Activities during the school holidays for teens: healthy cooking workshops (hands-on)
- Based on the NCD World Health Day Celebrations: educational programmes for teachers and children.

- Fit teens: educational programmes for adolescents initiated by schools or the youth health services.