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PRESS RELEASE

Ministry of Health & Wellness Commemorates Wellness Week 2023

Belmopan, September 26, 2023.

The Ministry of Health & Wellness, in partnership with PAHO, UNICEF, and other local and regional partners, is celebrating Wellness Week from September 25 to 29.

Countries in the Caribbean and SICA member states observe Wellness Week annually as a significant commemorative week that provides an opportunity to address the heavy burden of non-communicable diseases (NCDs) by raising awareness of their prevention through wellness and healthy living. The overarching wellness theme for 2020-2024 is “Power Through Collective Action” and the 2023 Wellness Week sub-theme is “**Your health is my health.**” This campaign is a call for all sectors in society to prioritize and foster health and wellbeing at home, in schools and at work.

On this occasion, the Ministry of Health & Wellness encourages everyone, especially leaders, to facilitate the adoption of healthy behaviours in the spaces where individuals spend most of their time. Support and join in this year’s celebration of Wellness Week by taking proactive decisions to reduce the prevalence of NCDs by doing regular health checks, eating healthy foods, drinking more water during the day, and becoming more physically active. Make the healthy choices, the easy choices.

There will be countrywide events throughout the week emphasizing important aspects of wellness, including mental and oral health, among others. The week will culminate with a SOCA-thon (walkathon) in Belmopan on September 29.

These activities are aimed at organizing and strengthening public, private, and civil society partnerships for NCD prevention. Furthermore, it demonstrates national and community level efforts that encourage and promote healthy living.

The Ministry of Health & Wellness calls on Belizeans to form part of the solution by uniting in the fight against NCDs.

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