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PRESS RELEASE

MoHW Launches Belize MOVES: A National Movement for Healthier Living

Belmopan, July 30, 2026.

The Ministry of Health and Wellness (MOHW), in collaboration with the Caribbean Public Health Agency (CARPHA), under the CARICOM SPAIN project, “Strengthening Regional Leadership, Governance, and Coordinated Action in Health to Address New and Existing Health Challenges in the Caribbean Community (CARICOM),” and with support from the Taiwan International Cooperation and Development Fund (Taiwan ICDF), officially launched Belize MOVES, a national initiative aimed at inspiring Belizeans to embrace healthier lifestyles through increased physical activity, healthy nutrition, and regular health screenings.

Belize MOVES is Belize's adaptation of the regional Caribbean MOVES initiative. It represents a significant milestone in the country's efforts to prevent and reduce non-communicable diseases (NCDs), which account for approximately 65 percent of all deaths in Belize. Building on the success of the Love Your Heart initiative, Belize MOVES will expand evidence-based community wellness interventions into a sustainable national movement.

The initiative is founded on three strategic pillars: physical activity, healthy nutrition, and health screenings. It seeks to engage individuals, families, schools, workplaces, communities, and organizations in creating a culture where healthy choices become part of everyday life.

Speaking at the launch, Hon. Kevin Bernard, Minister of Health and Wellness, emphasized the importance of prevention and collective action. “Today, we are not simply launching another health program; we are launching a national movement. Belize MOVES is a promise that together we will build a healthier Belize through prevention, partnership, and community action.”

The Minister further reaffirmed the Government of Belize's commitment to tackling the growing burden of NCDs through investments in prevention, primary health care, healthier schools, healthier workplaces, and healthier communities.

Speaking on behalf of the regional public health agency, CARPHA, Dr. Heather Armstrong, Head, Chronic Disease and Injury, welcomed the launch: “CARPHA is fully committed to helping Belize and all Member States promote healthier lifestyles, build stronger health systems, and create communities where healthy choices are easy to make. We are happy to stand with Belize today and be part of this launch—we hope this is the first of many moments, memories, and healthier lives.”

The official launch, which was held on July 23, 2026, at the Sir George Brown Park, featured cultural performances, community fitness demonstrations, health screenings, nutrition education, wellness exhibits, and family-friendly activities.

Belize MOVES will continue to roll out through community events, workplace wellness programs, school-based initiatives, public awareness campaigns, and strategic partnerships, beginning in Belmopan and Orange Walk before expanding nationwide.

The Ministry of Health and Wellness extends sincere appreciation to CARPHA, Taiwan ICDF, Pan American Health Organization/World Health Organization (PAHO/WHO), municipalities, community organizations, private-sector partners, health professionals, community health workers, and all stakeholders.

Together, Belize MOVES represents a bold step towards healthier communities, stronger prevention efforts, and improved quality of life for all Belizeans.

The Ministry invites every Belizean to move more, eat well, know your numbers, and encourage others to do the same.

Move Yuh Body! Move Belize!

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