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PRESS RELEASE

Belize Commemorates Wellness Week 2026 Under the Theme "Promoting Health, Transforming Environments"

Belmopan, September 22, 2026.

The Ministry of Health and Wellness (MOHW), in collaboration with national, regional, and international partners, officially launched Wellness Week 2026 today under the theme "Promoting Health, Transforming Environments." As Belize holds the Pro Tempore Presidency of the Central American Integration System (SICA), the country joins other nations across the region in promoting healthier people, healthier communities, and healthier futures.

Observed annually throughout Central America and the Dominican Republic, Wellness Week highlights the importance of health promotion, disease prevention, and creating environments that make healthy choices easier and more sustainable. This year's theme recognizes that health is influenced not only by individual behaviors but also by the places where people live, learn, work, and play.

The observance comes at a critical time as noncommunicable diseases (NCDs), including heart disease, diabetes, cancer, and chronic respiratory diseases, remain the leading causes of illness, disability, and premature death in Belize. Many of these conditions are linked to preventable risk factors such as unhealthy diets, physical inactivity, tobacco use, and harmful alcohol consumption. Through Wellness Week and initiatives such as BELIZE MOVES, the Ministry continues to encourage healthier lifestyles and support efforts to reduce the burden of NCDs countrywide.

From September 22 to 25, 2026, Belize will host a series of activities promoting healthy nutrition, physical activity, mental wellbeing, preventive health screening, and community engagement. Activities will include:

- Nutrition education workshops and healthy cooking demonstrations
- BELIZE MOVES physical activity workshops

- Yoga, mindfulness, and stress management sessions
- Workplace wellness activities
- Health screenings and health education outreach
- School sports and recreational activities
- Community fitness events
- SOCATHON 2026 in Belmopan.

The Ministry of Health and Wellness invites all Belizeans to participate in Wellness Week activities and join the national movement toward healthier living. Through collective action by individuals, families, schools, workplaces, and communities, Belize can create healthier environments and improve health outcomes for all.

The Ministry extends sincere appreciation to the Council of Ministers of Health of Central America and the Dominican Republic (COMISCA), SICA, the Republic of China (Taiwan), and all national and community partners whose continued collaboration strengthens health promotion efforts across Belize and the region.

Together, let collective action promote health, transform environments, and build a healthier Belize.

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