

Your health is your wealth...Child Month Committee fetes parents, children | News

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Omario Marshall (left) looks on as Sue-Nita Galloway performs a blood sugar test at the National Health Fund booth during a health fair held inside the Douglas Orane Auditorium at Wolmer's Boys' School in Kingston on Saturday. The National Child Month Committee used the health fair to bring the curtains down on the month's celebration of activities with the support of partners including Sagicor, the Child Development Agency and The Lions Club.

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The National Child Month Committee brought the curtains down on the month's celebration of activities with a health fair which was held at the Wolmer's Boys' School in Kingston last Saturday.

Michelle Golding Hylton, chairperson of the committee's health fair, noted that a major thrust of the event was to target parents and their children.

She also expressed gratitude to partners who joined them, including Sagicor, the Child Development Agency, The Lions Club, among other volunteers.

"We decided to host this event because we are aware that non-communicable diseases continue to be on the rise. We want to target especially the parents so that they can practise healthy lifestyles which

would trickle down to the children," she told **The Gleaner**.

"We hope to cater to 1,000 persons. Our aim is to assist persons in understanding that health has to be dealt with holistically. We have to look at the mental issues, the emotional issues and the physical needs. It is also important that parents make it their priority to ensure that their children exercise, make sure they eat right, in addition to getting regular check-ups," she continued.

Joy Richards, a past president of the Lions Club of New Kingston, explained that the club's contribution was to offer free eye tests, indicating that more focus must be given to producing healthy children.

"The National Child Month Committee reached out to us and one of our signature offerings is doing eye testing. We feel that if we can build healthy children, we can build a healthy nation. It (health fair) could not have come at a better time as we bring the curtains down on Child Month," Richards said.

Similarly, Colin Titus, past president of the Lions Club of St Andrew, said early detection is integral.

"As Lions, we all came together because we believe that we should have as many hands on board. We are happy to be here, so far the experience has been good. We have been detecting deficiencies among children and early detection is always the key. It has been a rewarding experience," Titus said.

"It has coordinated excellently because once we get the children in good health in all aspects of their lives, whether it be their sight, hearing or speech, it enhances their whole educational exercise," he continued.

"What will make us most satisfied is to know that we have identified the issues and we have made the parents aware so that they can address it."