

# Caribbean Health Initiative

Florida is home to 1.6 million Caribbean immigrants, representing approximately 41% of the Caribbean immigrant population in the United States, according to the Migration Policy Institute. A disproportionate number of these individuals are more susceptible to obesity and related diseases, such as diabetes, heart disease, hypertension, and stroke. Certain populations also have a higher risk of certain types of cancer.



Watch Video

WHAT?

WHY?

HOW?

## PROJECTS



### Healthy Nutrition Outreach Project

Based on available food, geography and other factors, many Caribbean cultures maintain diets heavy in fats, sugar and sodium. These ingredients can cause greater risk of obesity, which can result in major health complications such as diabetes, heart disease, hypertension, and stroke. To address this issue, NSU MD and our partners are developing a targeted, culturally appropriate educational communication campaign focused on improving nutrition among the Caribbean immigrant population. Based on the National Institutes of *Health's Go, Slow, Whoa* materials, the campaign will use a traffic light pattern to help people select healthier alternatives.

### Social Determinants of Cancer Project

Expanding on our health equity focus, NSU MD plans to create the first community-based registry to collect epidemiologic and social determinants of the most prevalent malignancies in Caribbean immigrants. This will catalyze the development of targeted interventions for disease prevention, cancer screenings and education that align with Caribbean culture and ethnic preferences. Our goal is to build the infrastructure to communicate best practices in cancer care, diagnosis and prevention to healthcare providers and patients in our local communities.

[More about our Projects >](#)

## PARTNERS

As a college focused on community and global health, we are committed to aligning our work with ongoing healthcare initiatives and promoting synergy among our collaborators that strengthens our mission and vision, and ultimately establish a healthy ecosystem.



[More about our Partners >](#)

## CAMPAIGN FUNDING

Together, we will make great positive impact on the health and wellness of our growing Caribbean community. Financial help will bolster and amplify our work in support of health equity and strengthen our ability to eliminate health disparities as we move closer towards achieving our Healthy People 2020 goals. With your help, we will make positive strides to stamp out diabetes, heart disease, stroke and cancer for our Caribbean people!

Text to Give: Text NSUCDHNOP to 41444

[Caribbean Diaspora Healthy Nutrition Outreach Fund >](#)

## PARTNER WITH US

If you or your organization have shared values and wish to collaborate with NSU MD, please submit your information in form and a member of our team will reach out to you. If you or your family is from the Caribbean, please indicate which island in the comments section.





Send

## PUBLICATIONS

- ✓ Caribbean Diaspora Healthy Nutrition Outreach Project (CDHNOP): A Qualitative and Quantitative Approach to Caribbean Health
- ✓ Caribbean Diaspora Healthy Nutrition Outreach Project (CDHNOP) - English
- ✓ Caribbean Diaspora Healthy Nutrition Outreach Project (CDHNOP) - Creole
- ✓ Caribbean Diaspora Healthy Nutrition Outreach Project (CDHNOP) - Spanish