

Caribbean Diaspora Healthy Nutrition Outreach Project (CDHNOP)

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

Healthy Nutrition Outreach Project booklet (English)

Healthy Nutrition Outreach Project booklet (Creole)

Healthy Nutrition Outreach Project booklet (Spanish)

Participate on one of our surveys:

- Community Questionnaire Eng
- Community Questionnaire Span
- Community Questionnaire Creole
- Intercept Survey Eng
- Intercept Survey Span
- Intercept Survey Creole

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 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 use a traffic light pattern to help people select healthier alternatives.

Social Determinants of Cancer Project

Expanding on our health equity focus, NSU 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 2030 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, please submit your information in form and a member of our team will reach out to you. If you identify as a member of the Caribbean Diaspora, please indicate which country in the comments section.

First & Last Name

Email

Subject

Message

Send