HEALTH PROMOTION CALENDAR

GOVERNMENT OF BERMUDA
Department of Health



. 2024 ALPHABETICAL LISTING OF OBSERVANCES

| OBSERVANCE | DATE | ORGANIZATION | CONTACT |
|--|---------------------------|---|----------------------|
| Alcohol and Drug Addiction Recovery Month | September | Department for National Drug Control / Mid-Atlantic Wellness Institute | 292-3049 / 236-3770 |
| Alcohol Awareness Month | April | CADA - Encouraging Responsible Alcohol Behaviour | 295-5982 |
| Alzheimer's Awareness Month | September | Action on Alzheimer's and Dementia | 707-0600 |
| Autism Awareness Month | April | Bermuda Autism Support and Education Society | www.bermudaautism.bm |
| Bermuda Day | May 24 | Department of Culture | 292-1681 |
| Better Speech and Hearing Month | May | Speech Language and Hearing Services | 278-6429 |
| Boxing Dav | December 26 | Speech Language and Hearing Services | 270-0423 |
| Breast Cancer Awareness Month | October | Bermuda Cancer and Health Centre | 236-1001 |
| Breastfeeding Month | August | Department of Health | 278-6460 |
| Caribbean Wellness Day | September 14 | Health Promotion and Wellness Office | 278-4900 |
| Celebrating Wellness Month | September | Health Promotion and Wellness Office | 278-4900 |
| Celebrating Wellness Week | September 15 - 22 | Health Promotion and Wellness Office | 278-4900 |
| Cervical Health Awareness Month | January | Bermuda Cancer and Health Centre | 236-1001/278-6441 |
| Child Abuse Prevention Month | September | Child and Family Services | 296-7575 |
| Child Sexual Abuse Awareness & Prevention Month | April | SCARS (Saving Children and Revealing Secrets) | 297-2277 |
| Christmas Day | December 25 | | |
| Chronic Disease Awareness Month | November | Bermuda Hospitals Board | 236-2345 |
| Chronic Disease Awareness Week | November 10 - 15 | Bermuda Hospitals Board | 236-2345 |
| Colorectal Cancer Awareness Month | March | Bermuda Hospitals Board Bermuda Cancer and Health Centre | 236-2345 |
| Convex End-to-End event | April 27 | Bermuda Cancer and Health Centre Bermuda End to End | 292-6992 |
| Denim for Diabetes Day | November 15 | Bermuda Diabetes Association | 297-8427 |
| Diabetes Awareness Month | November | Bermuda Diabetes Association Bermuda Diabetes Association | 297-8427 |
| | | | |
| Dietitian's Day Domestic Violence Awareness Month | March 13 | Nutrition Services / Bermuda Dietitians Association | 278-6469 292-4366 |
| | October | Centre Against Abuse | |
| Dyslexia Awareness Day | October 15 | Decoding Dyslexia BDA | 707-5737 |
| Dyslexia Awareness Month | October | Decoding Dyslexia BDA | 707-5737 |
| Earth Day | April 22 | Greenrock | 747-7625 |
| Ehlers Danlos Syndrome Awareness Month | May | Pink Sands Connection | |
| Emancipation Day (Cup Match) | August 1 | Described to a Mathematical | 236-2345 |
| EMS Week | May 19 - 25 | Bermuda Hospitals Board | |
| Ethics Awareness Week | November 3 - 9 | Bermuda Hospitals Board - Ethics Committee | 236-2345 |
| Falls Prevention Awareness Day | September 22 | Bermuda Hospitals Board | 236-2345 |
| Falls Prevention Week | September 22 - 27 | Bermuda Hospitals Board | 236-2345 |
| Father's Day | June 16 | Venter Centrel | 270 5207 |
| Fight the Bite (Mosquito Awareness Month) | July | Vector Control | 278-5397 |
| Forensic Nurses Week | November 10 - 16 | SART / Maternal Health | 278-6475 |
| Foster Parent Month | May May | Child and Family Services | 296-7575 |
| Good Friday | March 29 | | 220 4004 |
| Gynaecological Cancer Awareness Month | September | Bermuda Cancer and Health Centre | 236-1001 |
| Health Care Quality Week | October 13 - 18 | Bermuda Hospitals Board | 236-2345 |
| Heart Month | February | Bermuda Heart Foundation / Bermuda Hospitals Board | 232-2673 / 236-2345 |
| HIV Awareness Month | June | Sexual and Reproductive Health Clinic | 278-6442 |
| HIV Testing Day | June 27 | Sexual and Reproductive Health Clinic /Epidemiology and Surveillance Unit | 278-6442 / 278-6505 |
| Human Rights Day | December 10 | Human Rights Commission | 295-5859 |
| Hurricane Preparedness Awareness Week | May 26 may - 1 June | Emergency Measures Organization | 247-1093 |
| International Clean Hands Week | September 15 - 21 | Community Health Nursing | 278-6456 |
| International Day Against Drug Abuse & Illicit Trafficking | June 26 | Department for National Drug Control Bermuda Red Cross | 292-3049 |
| International Day for Disaster Reduction | October 13 | | 236-8253 |
| International Day for the Elimination of Racial Discrimination | March 21 | Human Rights Commission | 295-5859 |
| International Day of Families | May 15 | Child and Family Services | 296-7575 292-7802 |
| International Day of Older Persons | October 1 | Ageing and Disability Services | |
| International Day of Persons with Disabilities | December 3 | Ageing and Disability Services/Bermuda Hospitals Board | 292-7802/236-2345 |
| International Infection Prevention Week | October 13 - 19 May 12 | Bermuda Hospitals Board | 236-2345 |
| International Nurses Day | May 12 | Community Health Nursing / Bermuda Nurses Association | 278-6460 |
| International Water Safety Day | May 15 | Department of Parks - Lifeguard Services | 236-5902 |
| Know Alcohol Day | April 26 | CADA - Encouraging Responsible Alcohol Behaviour | 295-5982 |
| Labour Day | September 2 | Demonde Concer and Use Mt Contro | 226.1001 |
| Lung Cancer Awareness Month | June | Bermuda Cancer and Health Centre | 236-1001 |
| Mammography Day | October 18 | Bermuda Cancer and Health Centre | 236-1001 |
| Mary Prince Day | August 2 | | 270.0474 |
| Medical Laboratory Professionals Week | April 21 - 27 | Clinical Laboratory (DoH) | 278-6474 |
| Melanoma Awareness Month | May | Bermuda Cancer and Health Centre | 236-1001 |

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DECEMBER 2023

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MONTHLY OBSERVANCES

• Cervical Health Awareness Month

ROSEMARY ORANGE HAND SALT SCRUB

Ingredients

cup salt (or Epsom salt)
 zest of one orange
 tsp. rosemary leaves taken off the stem.
 1/3 cup olive oil (or coconut oil)

Instructions

In a food processor, place the orange zest, rosemary and salt. Pulse until rosemary is in fine pieces. Pour in the olive oil and pulse a couple more times. Store in an airtight jar or container. To use the scrub, wet your hands with warm water, then rub the scrub on the hand in gentle circular motions. Rinse completely with warm water. Pat skin dry.

Benefits: Rosemary and orange zest act as an antiseptic and skin brightener and the salt scrub itself, lifts dead skin.

JANUARY 2024

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LOQUAT SALSA 4 servings: `74 calories

Ingredients

3 cups loquats (pitted) One medium red bell pepper (chopped) ½ cup red onion (chopped) ¼ cup packed cilantro leaves(chopped) One jalapeño (seeded and minced) 1 large lime (juiced, about ¼ cup lime juice) ⅛ to ¼ tsp. salt, to taste

Instructions

In a serving bowl, combine the prepared loquats, bell pepper, onion, cilantro and jalapeño.

Drizzle mixture with the juice of one lime.

Using a large spoon, stir the ingredients together. Season to taste with salt, and stir again.

Note: For best flavor, let the salsa rest for 10 minutes or longer.

Benefits: Loquats contribute to the required fruit daily servings and helps reduce the risk of non-communicable diseases such as heart disease.

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MARCH 2024

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MONTHLY OBSERVANCES

• Heart Month

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- Oral Health Month
- Teen Dating Violence Awareness Month

FEBRUARY 2024

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| 4 World Cancer Day | 5 | 6 | 7 ND REPRODUCTIVE HEALTH | 8 | 9 | 10 |
| 11 | 12 Sexual and Reproductive Health Day | 13 13 | 14 | 15 | 16 | 17 |
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TOMATO SAUCE 5 servings: `123 calories

Ingredients

5 large ripe tomatoes ½ small onion (chopped) ½ garlic clove (minced) 1 - 1 ½ tbsp. of extra virgin olive oil pinch of salt

Optional:

½ tsp. sugar 2 - 3 fresh basil leaves, Oregano or rosemary

Instructions

Cut up tomatoes and place in a bowl. Add pinch of salt, mix and set aside.

In a large frying pan add olive oil, garlic and chopped onion, let brown.

Add tomatoes and cover pan. Cook for 5-7 minutes on high heat. Check regularly to avoid burning tomatoes. Season with fine salt and add herbs such as basil, oregano or rosemary.

Note1: For a smoother consistency let sauce cool and place in a blender and pulse.

Note2: Although most tomatoes can be used for best tasting sauce use a mixture of plum and beefsteak.

Benefits: Tomato sauce is rich in lycopene, which helps improve heart and gut health, and also helps in the prevention of some cancers.

FEBRUARY 2024

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APRIL 2024

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MONTHLY OBSERVANCES

- Colorectal Cancer Awareness Month
- Multiple Sclerosis Awareness Month
- Nutrition Month
- Rodent Control Awareness Month
- Sun Smart Month

MARCH 2024

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| 10 | 11 | 12 | 13 Dietitian's Day | 14 World Kidney Day | 15 | 16 |
| 17 | 18 | 19 World Social Work Day | 20 | 21 International Day for the Elimination of Racial Discrimination | 22 World Water Day | 23 |
| 24 31 | 25 | 26 | 27 | 28 | 29 Good Friday | 30 |



EUCCHINI BOAT **4 servings: `308 calories (2 zucchini boats)**

Ingredients

4 zucchinis ½ cup tomato Sauce (see previous recipe) 1 lb. lean Ground Turkey 1 - 1 ½ tbsp. extra virgin olive oil (or choice of cooking oil) ½ onion (chopped) 2 cloves Garlic (minced) 1 tsp. basil 1 tsp. thyme pinch of salt 2 tbsp. Panko Bread crumbs * ¼ cup parmesan Cheese (optional)

Instructions

Pre-heat oven to 375°F. Cut zucchinis in half lengthwise. Scoop out the flesh using a spoon, leaving a $\frac{1}{4}$ - $\frac{1}{2}$ -inch thick border all around the zucchini. Chop zucchini flesh and set aside. In a large skillet pan heat oil on medium heat than add onions and cook until tender. Add ground turkey to skillet and cook until light brown, while breaking into a crumble. Season meat by adding garlic, basil, thyme and salt. Stir in well. Combine zucchini flesh into mixture then add tomato sauce and let simmer. Fill zucchini boats with meat filling, and top with *panko breadcrumbs. Place zucchini boats into baking pan and bake in oven at 375°F for 25 minutes, until zucchini has softened. Top with cheese (optional) and garnish with parsley.

*'Panko are Japanese breadcrumbs made from steamed, crustless loaves of bread that are processed into flakes and then dried, resulting in large, flaky breadcrumbs that don't pack together when coating food so food stays crispier longer. In Japanese, pan means bread, and ko means crumbs, flour or powder, so the word panko translates to "bread crumbs" or "bread flour'. 'Regular bread crumbs are not as dry and flaky and are processed into a finer crumb than panko,. (source: Food Network.com and allrecipes.com)

Benefits: Zucchinis are high in antioxidants, fibre and potassium, which help reduce risk of non-communicable diseases such as high blood pressure.

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MONTHLY OBSERVANCES

- Alcohol Awareness Month
- Autism Awareness Month
- Child Sexual Abuse Awareness & Prevention Month
- Positive Parenting Month
- Sun Smart Month

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APRIL 2024

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| 21 | 22 Earth Day | 23 | 24 | 25 World Malaria Day | 26 Know Alcohol Day | 27 Convex End-to-End event |
| 28 World Day for Safety and Health at Work | 29 | 30 | CLEROSIS AWARENESS WEE | <u>К 29 – МАҮ 3</u> 2 | 3 | 4 |



SURINAM CHERRY JAM 16 servings: `17 calories

Ingredients

- 2 cups surinam Cherries
- 2 tbsp. chia Seeds
- 2 tbsp. sweetener of choice (honey, agave, maple syrup,
- regular sugar etc.)
- 2 tbsp. lemon or lime juice
- 2 tbsp. grated fresh ginger

Instructions

Remove stalks and seeds from cherries, place in saucepan over medium heat for 5-10 minutes. Mash cherries until they achieved desired consistency. Remove from heat and add citrus juice and sweetener. Adjust amount of sweetener added based on desired taste. Add the chia seeds which will expand and thicken the mixture. Set aside for 5 minutes to thicken. If too runny add in an extra tablespoon of chia seeds. Place in refrigerator. The mixture will continue to thicken in refrigerator and should last for up to 2 weeks. Store in air tight container or jar.

Benefits: Surinam cherries contribute to the required fruit servings and are high in antioxidants and vitamins which help in lowering risk of non-communicable disease and wound healing.

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JUNE 2024

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MONTHLY OBSERVANCES

- Ehlers Danlos Syndrome Awareness Month
- Better Speech and Hearing Month
- Foster Parent Month
- Melanoma Awareness Month
- Mental Health Awareness Month
- Nurses Month
- Stroke Awareness Month
- Sun Smart Month
- Teen Pregnancy Prevention Month

MAY 2024

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| 12 International Nurses Day Mother's Day | 13 | 14 | 15 International Day of Families International Water Safety Day | 16 | 17 World Hypertension Day | 18 National Speech- Language Pathologist Day |
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INFUSED CUCUMBER AND LEMON WATER 8 servings: `8 calories if you eat cucumbers and lemons

Ingredients

1/2 large cucumber 1 large lemon 2 litres of water Optional ingredients 1 - 2 sprigs of rosemary (optional) A handful of thyme or mint (or both Fresh ginger

Instructions

Wash cucumber and lemon then slice (approx. ¼ inch thick). Add to water. Can also add optional herbs such as rosemary, thyme, and mint or some ginger to add some extra flavour. Place in fridge for 30minutes and then serve immediately.

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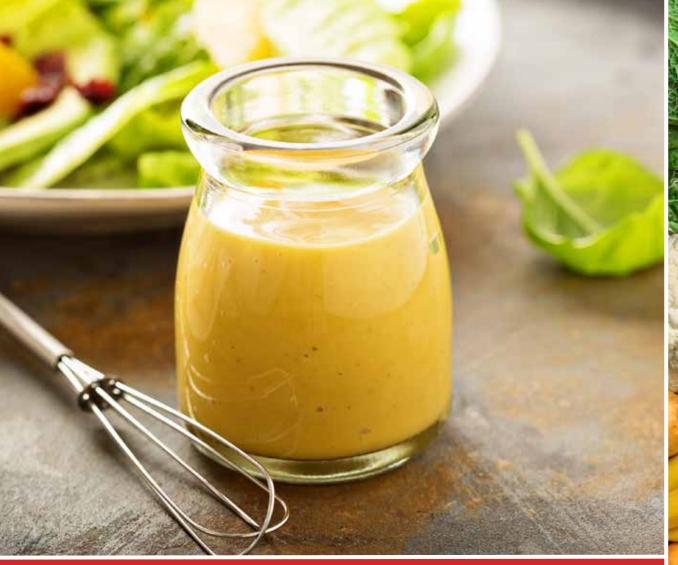
MONTHLY OBSERVANCES

- HIV Awareness Month
- Lung Cancer Awareness Month
- Sun Smart Month

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| 16 Father's Day | 기7 National Heroes' Day | 18 | 19 World Sickle Cell Day | 20 | 21 | 22 |
| 23 30 | 24 | 25 | 26 International Day Against Drug Abuse & Illicit Trafficking | 27 HIV Testing Day | 28 | 29 |



PEACH SALAD DRESSING 6 servings: `72 calories

Ingredients

1 large ripe peach 3 tbs. extra-virgin olive oil 3 tbsp. apple cider vinegar ½ tsp. sea salt ¼ tsp. cayenne pepper (optional

Instructions

Peel skin, remove seed and chop peach. Combine the peach with the remaining ingredients in a blender. Blend until thoroughly combined.

Note: To peel a peach, place it in boiling water for 10 to 20 seconds, or until the skin splits. Spoon peach out of boiling water and place into an ice water bath. Allow to cool, and the skin should slip right off. OR

Benefits: Peaches contain vitamin C, A, E, fibre and potassium which contribute to good health and helps reduce the risk of non-communicable diseases.

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MONTHLY OBSERVANCES

• Fight the Bite (Mosquito Awareness Month)

JULY 2024

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*PAWPAW FRUIT BARS 8 servings: `109 calories

Ingredients

Ripe pawpaw chopped [approximately one cup) 1 cup water 1 cup coconut milk 1/2 cup pineapple chunks 1 1/2 limes 2 mint leaves 2 -3 tablespoons raw honey /agave syrup

Instructions

- 1. Blend it all together in a food processor.
- 2. Pour it into the molds.
- 3. Freeze for 20 to 30 minutes.
- 4. Put in the sticks and allow to freeze for at least four hours.

Notes: Add mango, Kiwi, passion fruit, star fruit, guava, and coconut, etc. for your own variation.

You may also freeze as ice bars or cubes and use to make you own fruit flavored water.

PawPaw Fruit Bars recipe obtained from, "Bermuda PawPaw

Benefits: PawPaws are high in antioxidants, and vitamins A, C and E, which help in the prevention of non-communicable diseases.

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SEPTEMBER 2024

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MONTHLY OBSERVANCES

• Breastfeeding Month

AUGUST 2024

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AVOCADO CHOCOLATE PUDDING 4 Servings: `154 calories

Ingredients

1 medium Avocado (ripe) 1 ½ - 2 bananas (approx. 1 ½ cups sliced) ¼ cup unsweetened cocoa powder

Optional:

1⁄4 tsp. cinnamon 1 tsp. vanilla extract 1 tbsp. maple syrup (or to taste) Pinch of salt

Instructions

Add ingredients to blender or food processor and blend until combined and creamy. If too thick add a dash of milk (unsweetened almond, soy, oat or regular). Serve at room temperature or chilled.

Benefits: Avocados are high in monounsaturated fat, which is good for lowering cholesterol. Both avocados and bananas are high in potassium which help reduce blood pressure and contributes to a balance diet.

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MONTHLY OBSERVANCES

- Alcohol and Drug Addiction Recovery Month
- Alzheimer's Awareness Month
- Celebrating Wellness Month
- Child Abuse Prevention Month
- Gynaecological Cancer Awareness Month
- Ovarian Cancer Awareness Month
- Sickle Cell Awareness Month

SEPTEMBER 2024

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PUMPKIN PANCAKES 1 Serving: `255 calories

Ingredients

½ cup quick oats
2 tbsp. unsweetened almond milk
¼ cup pumpkin puree
½ tsp. baking powder
½ tsp. pumpkin pie spice (consist of cinnamon, ginger, nutmeg, allspice, cloves...)
½ tsp. vanilla extract
1 egg
Dash of salt

Optional: A few pieces of Crystalized ginger finely chopped

Instructions

Place dry ingredients in blender (oats, baking powder pumpkin pie spice and salt), and pulse until mixed. Add REMAINING INGREDIENTS AND MIX UNTIL THROUGHLY COMBINED.

Pour mixture onto hot non-stick frying pan, make any size you wish). Cook for 2-4 minutes until pancakes fluff up a little and bubbles appear on surface. Flip with spatula and cook other side. Once cooked, let cool and then top with Low-fat Greek yogurt and maple syrup or any toppings of your liking.

Note1: For smoother pancakes, place oats in blender first and mix until fine, then add dry ingredients.

Note2: To make pumpkin puree, remove all the seeds from pumpkin. Cut pumpkin into pieces and bake in the oven at 375°F (190°C) for 45 minutes (or until golden and tender). Peel off skin and place small pieces of pumpkin in blender or mash by hand using a potato masher.

Benefits: Pumpkin usually harvested in the colder months is a good source of vitamins A, C, E, iron, potassium and folate which all strengthen the immune function and help reduce the risk of non-communicable diseases.

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MONTHLY OBSERVANCES

- Breast Cancer Awareness Month
- Dyslexia Awareness Month
- Domestic Violence Awareness Month

OCTOBER 2024

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| C | | l PA | MENTAL HEALTH WEEK 6 – 1. AEDIATRIC NURSES WEEK 7 | 2 - 11 | | 10 |
| 6 | 7 | 8 | 9 | 10 World Sight Day World Mental Health Day | 11 | 12 |
| | | INTERNATION HEALTH CARE QU | AL INFECTION PREVENTION | WEEK 13 - 19 | | 10 |
| 13 International Day for Disaster Reduction | 14 | Dyslexia Awareness Day | World Food Day | 17 | 18 Mammography Day | 19 |
| 20 | 21 | 22 | 23 | 24 | 25 | 26 |
| 27 World Occupational Therapy Day | 28 | 29 World Stroke Day | 30 | 31 | 7 | 2 |



STUFFED PEPPERS 6 servings: `240 calories per stuffed pepper

Ingredients

- 1 ½ cup couscous (can substitute for brown rice or quinoa) Slice bell peppers length wise or remove the tops (Whichever (cooked) 6 bell peppers 1 lb. lean ground turkey 2 tbsp. olive oil

- ¹/₄ cup parmesan Cheese (optional)

Instructions

you prefer). Remove core and seeds and bake at 350 degrees F for 15 minutes while preparing filling. In a skillet pan heat oil on medium heat. Add onions, garlic, meat and sauté until brown. Add tomatoes and cooked couscous and mix until combined. 20minutes or until soft.

Benefits: Peppers contain vitamins A, C, potassium, folic acid and fibre, which help reduce non-communicable diseases, improve good health and are good during pregnancy.

OCTOBER 2024

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MONTHLY OBSERVANCES

- Chronic Disease Awareness Month
- Diabetes Awareness Month
- Men's Health Month
- MOvember Bermuda
- Prostate Cancer Awareness Month

NOVEMBER 2024

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| 10 |]] RemeberanceDay | 12 | 13 | 14 World Diabetes Day | 15 Denim for Diabetes Day | 16 |
| 17 | 18 | 19 | 20 World Children's Day World COPD Day | 21 | 22 | 23 |
| 24 | 25 | 26 | 27 | 28 | 29 | 30 |



KALE SALAD 2-3 Servings: `124-186 calories

Ingredients

Approx. 4 large leaves Kale (4 large handfuls cut) 2 beets shredded (approx. 2 cups) 1 large Carrot (shredded) Half a small onion (diced) 1 small lemon (juiced) 1/3 cup dried Cranberries

Optional: Pumpkin seeds, walnuts or slivered almonds to add some extra crunch

Instructions

Wash, destalk (remove leaf from stem) and cut kale. Massage kale with lemon juice (or vinegar) to break down the kale to soften and set aside in a bowl. Finely shred beetroot and carrot, add to bowl and mix in. Dice onion, add to bowl and mix in gently. Top with Pumpkin seeds and dried cranberries. The cranberries add sweetness.

Optional: Can dress salad with peach salad dressing (see previous recipe) or create a sweet dressing by mixing lemon juice, vinegar, and honey or maple syrup to taste.

Note: Toast Pumpkin seeds, walnuts or slivered almonds to add a nutty flavor.

Benefits: Kale is high in vitamins A and K, lutein and zeaxanthin which contribute to good eye health and is also high in antioxidants , potassium, magnesium, fibre, folate and calcium which contributes to prevention of non-communicable diseases, good gut and bone health, and is good during pregnancy.

| A PLANE | NOVEMBER 2024 | | | | | | | | | |
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JANUARY 2025

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DECEMBER 2024

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|] World AIDS Day | 2 | J International Day of Persons with Disabilities | 4 | 5 | 6 | 7 |
| 8 | 9 | 10 Human Rights Day | 11 | 12 | 13 | 14 |
| 15 | 16 | 17 | 18 | 19 | 20 | 21 |
| 22 | 23 | 24 | 25 Christmas Day | 26 Boxing Day | 27 | 28 |
| 29 | 30 | 31 |] | 2 | 3 | 4 |

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