11TH ANNUAL RESEARCH DAY
SEPTEMBER 28TH - 29TH, 2017

WEIGHT CHALLENGES IN THE BAHAMAS
ARE WE THE BIGGEST LOSERS

University of The Bahamas School of Nursing and Allied Health Auditorium
Grosvenor Close
Nassau, The Bahamas
The University of the West Indies is the region's flagship institution of higher learning, serving sixteen countries of the English-speaking Caribbean. There are three main campuses situated on the islands of Jamaica, Trinidad and Barbados respectively, and a fourth campus, the Open/Virtual Campus servicing the 13 non-campus based countries.

From its humble beginnings in 1948 with one medical faculty and 33 students enrolled, UWI has grown to include seven faculties, 4 campuses and 12 centres spread throughout the Caribbean. Student enrolment currently averages over 46,000 students.

UWI offers over 800 programmes of study. Each year the University produces approximately 5,800 graduates at undergraduate, graduate and diploma levels.

UWI's network of over 75,000 graduates continues to be at the forefront of Caribbean and global thought, imagination and action.

UWI consistently provides the Caribbean region with its leaders in government, business, education, law, engineering, medicine and other key sectors.

UWI is internationally known for its academic and research excellence with a showcase of over 75 Rhode scholars. Within the region, UWI stands proudly as an icon of Caribbean integration and culture. It maintains a UWI Centre in Nassau through which Bahamian students may seek admission to any of the campuses and access programmes of the new Open Campus. The Bahamas has been the site of programmes of the UWI since 1964 and currently has three distinct programmes:

- UWI Open Campus, The Bahamas formerly the School of Continuing Studies (SCS);
- Centre for Hotel and Tourism Management (CHTM);
- School of Clinical Medicine and Research, The Bahamas (SCMR);
It is indeed an honour to bring greetings to such an esteemed group of medical doctors, professionals and students at this, the University of The West Indies' 11th Annual Research Day, under the theme "Weight Challenges in the Bahamas: Are We the Biggest Losers?"

I wish at this time to extend a warm welcome to my fellow medical colleagues from throughout the region who specialize in the field of Public Health, Food and Nutrition for accepting the invitation to present at this much needed forum. I wish to express my gratitude and that of The Bahamas Government for your willingness to impart your knowledge and sharing your experience relative to the theme and topics outlined in the two-day programme. These intervention undoubtedly will allow for the sharing of strategic views on the challenges of obesity in The Bahamas and also would under-score the need for more research.

Accordingly, I must applaud the work of The University of The West Indies School of Clinical Medicine and Research, Nassau Campus for such a timely workshop and congratulate you on the continued growth of this annual assembly which this year has introduced a new component to the programme – the writer/publication workshop which will aid in meeting your mission - "to facilitate the improvement of health of the people of The Commonwealth of The Bahamas through clinical research that will produce valuable knowledge for the prevention and management of diseases, and formulation of health policies and programmes".

On behalf of the Government of The Bahamas I pledge my Ministry's continued support and I wish you every success.
It is indeed a privilege for me to extend greetings to the organizers of The University of the West Indies School of Clinical Medicine and Research Bahamas, on this 11th Annual Research Day. This event continues to have a significant impact on our nation as it strives to improve the health of our people through indigenous research. This research is also a reservoir of information which policymakers, educators, and non-governmental agencies draw from to make sound healthy decisions on behalf of our citizens.

I am particularly pleased to note that this year's theme is, "Weight Challenges in the Bahamas: Are We the Biggest Losers?" To those of us in the Ministry of Education, the issue of obesity is a grave concern as it is a serious problem among our student population. We have initiated many programmes in conjunction with local and international partners to combat this vexing problem.

Some of these initiatives include: the Ministry of Health/Ministry Education Healthy School Initiative, The United Nations Food and Agriculture Organization (FAO) School Garden Project/Garden-Based-Learning Programme and the Ministry of Agriculture School Green House Programme.

It is imperative that we win the fight against obesity or risk being the "Biggest Losers". We lose when children are teased at school or cyber-bullied on social media for being obese. We lose because it affects their learning and their self-esteem. Many of them never recover from this maltreatment but rather as adults continue to adopt unhealthy lifestyles.

I trust that the findings of this particular research will be packaged and shared with all stakeholders including Policymakers, Educators, Religious Leaders and Parents to inform and equip them to battle obesity in The Bahamas. We cannot lose. We must win for the growth and development of our people.

Student researchers, I commend you for your contributions to this Research Day and wish you every success in your future career and efforts to make The Commonwealth of The Bahamas a healthier, wealthier nation.
RBC Royal Bank is pleased to sponsor the 11th Annual Research Day held by the University of the West Indies Clinical Programme, The Bahamas. For over a century RBC and our employees have been an integral part of The Bahamas helping causes, supporting needs, and giving back to the communities we serve.

Supporting research and educational initiatives that will improve the health of Bahamians is a core area of focus for our community involvement programmes. Our goal is to provide sponsorships and donations that will have a lasting social impact.

The medical research conducted through this programme will benefit a wide spectrum of persons in The Bahamas and wider Caribbean. The key accomplishments of the Research Unit since its formation are impressive. These accomplishments, along with the University of the West Indies' excellent track record in training Bahamian medical professionals have made this an ideal partnership for success.

We look forward to working with you now and in the future.

Nathaniel Beneby,
Managing Director,
RBC Royal Bank, Northern Caribbean
Once again our Research Committee sets out in its mission “To facilitate the improvement of health of the people of the Commonwealth of the Bahamas through clinical research that will produce valuable knowledge for the prevention and management of diseases, and formulation of health policies and programmes.”

No health care malady presents a greater burden in our population than obesity. With a national profile of two out of every three persons in the Bahamas being overweight, and one out of every three children of school age, the need for national policies and interventions cannot be overstated. The CDC in its missive on Adult Obesity, Causes and Consequences underscores the magnitude of this public and global health issue: “obesity is a serious concern because it is associated with poorer mental health outcomes, reduced quality of life, and the leading causes of death in the U.S. and worldwide, including diabetes, heart disease, stroke, and some types of cancer.”

Outscored only by hypertension, obesity and overweight are the leading risk factors for the NCDs, the foremost cause of mortality in the Caribbean. With the realities that our countries are experiencing the fastest rise of overweight children, the lives of our current and future generations are at stake. We do not have the luxury and latitude of time to engage in the debate of whether obesity is disease or a lifestyle disorder. It is both. The challenge to curbing this public health problem requires both intervention strategies, and being implemented simultaneously.

This 11th Annual Research Day symposium addresses obesity, the disease and the lifestyle disorder. The agenda highlights the magnitude of the problem in our region, shifts to making the diagnosis, and progresses naturally to both the medical and surgical treatment options. There is a major focus on lifestyle changes and the need and benefits of optimizing our dietary habits. We welcome the cadre of international and regional researchers on the podium. I applaud the continuing research initiatives of our students and faculty; the quality and quantity of research as defined by abstracts, meet the standards for publication as a supplement in our West Indian Medical Journal. We commend the efforts of our Research Chairman Dr. Darron Halliday and our epidemiologist Dr. Morton Frankson.

I would be remiss not to highlight the introduction of our writer's workshop to launch the symposium. We are mindful that over the years, we have published less than 10% of the School’s research output in peer-reviewed journals. We must change this. The workshop challenges students and faculty to produce draft submissions of studies completed but not yet published, and to have access to, and the benefit of our visiting international researchers as reviewers. Publish we shall.

Dr Robin Roberts Director
Throughout the region, non-communicable diseases have been on the rise at an alarming rate. Owing to this "tidal wave" PAHO reported that Caribbean Leaders have reaffirmed their commitment to address non-communicable diseases (NCDs) in the region, in a recent meeting in 2015 as 3 of every 4 citizens died of a non-communicable disease.

These NCDs include diabetes, hypertension, stroke, heart disease, kidney disease and cancer are significant underlying causes of death in the region. Prof Henry of the University of Technology, Jamaica noted in 2016 that an increase in obesity in the region is linked to the rise in NCDs and that a significant shift in public policy is required to curb this epidemic. The Bahamas has one of the highest rates of obesity in the region and the sequelae of this is felt throughout all areas of society and is associated with a significant health care cost.

As one of the leaders in health research in the Bahamas, The University of The West Indies, School of Clinical Medicine and Research, (UWI SCMR) has chosen the theme "Weight Challenges in the Bahamas: Are We the Biggest Losers?" for this year to raise awareness of this issue. The School's Director, Dr. Robin Roberts as well as the faculty have assembled an elite cadre of international, regional and local experts in the field of nutrition, medical management of obesity and the surgical management of obesity. The abstracts from this year's conference have been published in the West Indian Medical Journal. The efforts of Dr. Morton Frankson and the Research Unit have made this a reality. We are committed to the dissemination of our unique perspective and solutions.

We welcome the support and the participation of all key stakeholders. We would like to especially thank our main sponsor, the Royal Bank of Canada. It is our hope that at the end of this Research Day that our wider Healthcare community will be re-energized to discuss the reality of this serious issue with each patient and steer them towards the path to better health.

"Never doubt that a small group of thoughtful, committed citizens can change the world; indeed, it's the only thing that ever has" - Margaret Mead.
PROGRAMME
Thursday September 29th, 2017
Publication Workshop

Registration 7:00 am –9:00 am
8:00 am-
2.0 CME hrs (Closed Session: Pre-registration required)

Presentation of finished projects
Expert comments
Peer comments

COFFEE BREAK

Session II 10:30 am
Research Agenda, Opportunities and Pearls - 2.0 CME hrs
Moderators: Raleigh Butler, Morton A. Frankson, Robin Roberts

The University’s Research Agenda Successes,
Failures, Future directions ................................................Denise Eldemire-Shearer

Surmounting Barriers to Health Research
in The Bahamas ...................................................................... Morton Frankson

Opportunities for Collaboration - The Regional Centers
for Research Excellence Planning Grant Program ................ Camille Ragin

The HEALinc: Creating New Knowledge and Advancing
Innovation in Developing Countries ....................................... Desiree Cox

Analysis of the 144 abstracts of 2007-2016 Research Day,
School of Clinical Medicine and Research, The Bahamas .......... Glenn Jones

The Submission Process ......................................................... Camille Ragin

Panel Discussions
What Reviewers look for
Chair – Morton Frankson
Panel: Camille Ragin
Elizabeth Blackman
Desire Cox

Lunch 12:30 -1:00pm

Session III Obesity Epidemiology and Research
1:00PM – 2:30PM
Moderator– Christa Wells

Welcome Remark
Robin Roberts

1:10pm-1:40pm Keynote lecture:
Obesity, A Growing Regional Problem
Donald Simeon

1:40 pm-2:10 pm Keynote lecture:
Obesity in The Elderly
Denise Eldemire-Shearer

2:10pm-2:25pm Attitudes and Practices of Adult Patients with and
without Chronic Diseases to Complementary and
Alternative Medicine and Conventional Medicine
in Nassau, New Providence
Sanita Belgrave

2:25-2:40 Bahamas Health Research System Assessment
Nanika Clark
Camille Nairn

Coffee Break - 2:40PM – 3:00PM

Session IV
Obesity and Non communicable diseases

3:00PM - 500PM
Moderators – Dr. Francis Williams

3:00 pm -3:30 pm Keynote lecture: Lifestyle medicine
and obesity medicine – Preparing for the twenty-first century
Robert Kushner

3:30 pm -3:45 pm The care, connect, communicate (triple C) study:
Transforming hospitals and healthcare centres
to health innovation spaces powered by activated providers
Desirée Cox

3:45 pm -4:00 pm Descriptive epidemiology of patients with acute ischaemic
stroke who were thrombolysed having met the criteria at
Princess Margaret Hospital, Nassau, The Bahamas
Kandis Bannister*
4:00 pm - 4:15 pm Dedication to my medication: Factors that affect medication compliance/adherence in the adult hypertensive and type 2 diabetic population: A Bahamian experience ......................................................... Khia King-Strachan*

4:15 pm - 4:30 pm Knowledge, attitudes and practices of primary care physicians in the management of type 2 diabetes mellitus in New Providence, The Bahamas .......................................................... Gerrard Deveaux*

4:30 pm - 5:00 pm Keynote Lecture: What can I learn from the patient by taking a weight history? ................................................................. Robert Kushner

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Session V Formal Opening

5:00 PM – 6:30 PM ....................................................... Moderator – Honorable Senator Dr. Mildred Hall-Watson

Public Lecture 1.0 CME Credit

Greetings & Remarks ............................................................. UWI SCMR, The Bahamas
Dr. Robin Roberts, Director

Royal Bank of Canada
Mrs. Lasonya Missick

Ministry of Health
Hon. Dr. Duane Sands, Minister of Health

Keynote Lecture: University-based Health Research!
A Decade+ Nourishing Bahamian Medicine ....................................................... Morton Frankson

The Royal Bank of Canada Lecture:
Can we meet the Challenges to Curb Obesity in the Caribbean? ....................................................... Fitzroy Henry

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6:30 pm - 7:30 pm Reception

FRIDAY SEPTEMBER 30th 2017
Session VI Obesity and Cancer

8:00AM – 10:00AM .......................................................... Moderator – Nikkiah Forbes

8:00 am - 8:30 am Keynote lecture: Can cancer really be prevented by what you eat? ....................................................... Celine Heskey

8:30 am - 8:45 am Experience with an advocate-led community-based breast cancer screening fair in Antigua and Barbuda ....................................................... Glenn Jones
8:45 am -9:00 am  Hormone receptor and HER-2 status in breast cancer patients treated at the Oncology Centre of Princess Margaret Hospital, Nassau, The Bahamas  ...................................................... Leigh-Ann Bartholomew

9:00 am -9:15 am  Body mass index of breast cancer patients in the Princess Margaret Hospital Oncology Unit .................................................. Kristine Parker-Curling

9:15 am -9:30 am  Inflammation polymorphisms and prostate cancer risk in Jamaican men: The role of obesity/body size .................................................. Camille Ragin

9:30 am -9:45 am  Screening for cervical cancer in females under the age of 21 years in The Bahamas: Should this practice be abolished? .................................................. Nneka Ijeroma*

9:45 am -10:00 am  A prostate cancer screening clinic in The Bahamas: A model for lower income countries .................................................. Robin Roberts

Coffee Break - 10:00AM - 10:30AM

Session VII Obesity and Pediatrics

10:30 am – 12:00 pm .................................................. Moderator – Omala Ablack

10:30 am -11:00 am  Keynote lecture: The role of civil society in curbing childhood obesity in the Caribbean .................................................. Maisha Hutton

11:00 am -11:15 am  Healthy Bahamas Coalition – United for a healthier Bahamas .................................................. Phillip Swann

11:15 am -11:30 am  Epidemiology of congenital cardiac anomalies at Princess Margaret Hospital, Nassau, The Bahamas from 2009 to 2016 .................................................. Lashan McKenzie*

11:30 am -11:45 am  A descriptive epidemiology of paediatric deaths (1–17 years old) at Princess Margaret Hospital, Nassau, The Bahamas: A retrospective chart review .................................................. Ianthe Cartwright-Bastian*

11:45 am 12 noon  Vasectomy concerns as a primary modality for reproductive health in New Providence, The Bahamas: A qualitative study .................................................. Deanna Delva Bain*

Lunch -12.00 pm–1:00 pm RBC -Lunch and Learn
Kevin Darling, Market Head Business Banking, RBC Northern Caribbean
Session VIII Obesity Prevention and Treatments

1:00 pm - 4:00 pm ................................................................. Moderator – Darbielle Hunt-Burrows

1:00 pm - 1:30 pm Keynote lecture: The role of bariatric surgery in the management of chronic non-communicable diseases .................................................. Emanuele Lo Menzo

1:30 pm - 1:45 pm Bariatric surgery – The Bahamas experience
Microfractured fat as a megavolume filler for buttocks augmentation ............................................. Gregory Neil

1:45 pm - 2:00 pm The implementation and utilization of a live CME management system in The Bahamas .............................................................. Darron Halliday

2:00 pm - 2:15 pm Non-urgent patients’ perception of the acuity of their presenting complaints at the Accident and Emergency Department of the Princess Margaret Hospital ................................................................. Robert Roper*

2:15 pm - 2:30 pm Helicobacter pylori detection in non-variceal upper gastrointestinal bleeding in The Bahamas .......................................................... Dia Serville*

2:30 pm - 2:45 pm Epidemiologic profile of cases of tuberculosis from 2014 to 2016 at Princess Margaret Hospital, Nassau, The Bahamas ................................................................. Javardo McIntosh*

2:45 pm - 3:15 pm Keynote lecture: The complete approach to weight management ................................................................. Lawrence J Cheskin

3:15 pm - 3:45 pm Keynote lecture: The Contribution of Plant-based Dietary Patterns to Health and Disease ................................................................. Celine Heskey

Closing and vote of Thanks ........................................................................................................ Dr. Corrine SinQuee Brown

*Indicates Candidates Eligibility For The Resident Paper Competition
Lawrence J. Cheskin, MD, FACP, FTOS is Associate Professor, Health, Behavior & Society at Johns Hopkins Bloomberg School of Public Health, with joint appointments in Medicine (GI); International Health (Human Nutrition), Nursing, and Public Health Studies. He directs the Johns Hopkins Weight Management Center, a multidisciplinary clinical research and treatment program he founded. He is also Director of Clinical Research of the Global Obesity Prevention Center at Johns Hopkins, and directs its Pilot Studies Core, which evaluates timely, systems-focused proposals worldwide to study such areas as school policies and the built environment’s effect in preventing childhood obesity.

Dr. Cheskin’s work is at the intersection of public health and clinical medicine: applying knowledge gained through rigorous clinical investigation to the community and beyond. His work has impacted the problem of obesity through innovative treatment paradigms disseminated through practice (as modeled by the Johns Hopkins Weight Management Center); through application of new treatment paradigms in community-based participatory research, particularly among the underserved in Baltimore, Maryland; and through mentoring of the next generation of public health and clinical scholars dedicated to obesity.

Most recently, he is co-Principal Investigator of a project to develop obesity prevention and treatment strategies under contract with the Commonwealth of the Bahamas. He is also developing the use of mHealth as a tool to enhance obesity treatment for patients, and enhance practitioners’ adherence to guidelines for treatment of obesity. He has over 175 peer-reviewed journal publications, and has written 6 books.
Prof Denise Eldemire-Shearer BA, MB, BS, PhD is a medical doctor and a Professor of Public Health and Ageing, and the Director of Graduate Studies and Research at the University of the West Indies (UWI) where she has worked for more than twenty (25) years.

She had been the Campus Coordinator for Graduate Studies and Research, the chairman of the Caribbean Community for retired Persons (CCRP), Chairman of the Board of Supervision, and Director of the Mona Ageing and Wellness centre, adviser to the World Health Organization, (WHO) on ageing issues.

She has also worked on a scientific research, examining the responses needed in the Jamaica's primary health care system that deals specifically with Jamaica's ageing population. She was instrumental in the development of the National Policy on ageing which has been in effect since 1998.

A prolific writer with the focus on the aging, she is the author and contributor to many works, including: Epidemiology of Ageing in Jamaica; Intergenerational Transfers and Economic Contributions; The Response Yesterday, Today and Tomorrow; Chronic Disease and Ageing in the Caribbean; Gender Culture, Retirement and Older Men and many more.

She is well traveled, admired for her intellect throughout the commonwealth and other countries, a philanthropist who has been honored with numerous awards, citations and accolades.
Celine Heskey, DrPH MS RD, is an Assistant Professor of Nutrition, and program director of the MPH Nutrition programs in the School of Public Health at Loma Linda University in Loma Linda, California. She completed her undergraduate and graduate work in dietetics, and human nutrition respectively, from Andrews University. In 2014 she completed a DrPH in Nutrition at Loma Linda University, with a focus on applying nutrition epidemiological methods. Her recent and current research activities evolve around the effects of various nutrients and foods, including n-3 fatty acids, nuts, and avocado, on adiposity and cardiometabolic health in the Adventist Health Study-2 population. Prior to working as a professor, Dr. Heskey worked as a Clinical Dietitian for Florida Hospital – Altamonte, and Loma Linda University Medical Center. She worked to provide nutrition assessments and medical nutrition therapy for individuals with a variety of health conditions including obesity, diabetes, neurological disorders, cancer, cardiovascular disease, renal disease, and gastrointestinal disorders.
Maisha Hutton is the Executive Director of the Healthy Caribbean Coalition (HCC), the only regional alliance of over 100 NCD focused civil society organizations. Maisha holds a BSc in Microbiology, a MSc in Molecular Biology and a PGDip in International Health. Prior to joining the Healthy Caribbean Coalition, she worked on the Barbados HIV/AIDS Impact Project and co-founded Associates for International Development in 2004. Maisha has been with the HCC since 2012 where she is responsible for the daily operations and leading on the implementation of HCC's strategic plan which is underpinned by five strategic pillars: accountability; advocacy; communication; capacity building; and sustainability. The HCC Secretariat in collaboration with its civil society members - works with national, regional and international public and private partners to drive NCD policy and programming in a number of priority areas including: civil society capacity building; cervical cancer prevention; alcohol policy; tobacco control; food policy; childhood obesity; and strengthening mechanisms for a whole of government and whole of society multisectoral response to NCDs.
Dr. Robert Kushner is Professor of Medicine at Northwestern University Feinberg School of Medicine and Director for the Center for Lifestyle Medicine in Chicago, IL. After finishing a residency in Internal Medicine at Northwestern University, he went on to complete a post-graduate fellowship in Clinical Nutrition and earned a Masters degree in Clinical Nutrition and Nutritional Biology from the University of Chicago. Dr. Kushner is past president of The Obesity Society (TOS), the American Society for Parenteral and Enteral Nutrition (ASPEN), the American Board of Physician Nutrition Specialists (ABPNS), immediate past Chair of the American Board of Obesity Medicine (ABOM), and Co-Editor of Current Obesity Reports.

Dr. Emanuele Lo Menzo is a native Italian who received his medical degree from the University of Catania in Italy. He also completed a PhD program in Clinical Microbiology at the same university.

Dr. Lo Menzo completed his general surgical residency at Thomas Jefferson University and the The Lankenau Hospital, part of Jefferson Health System in Philadelphia, Pennsylvania. He completed a clinical fellowship in advanced laparoscopy, endoscopy and bariatric surgery at the Cleveland Clinic in Florida. He is currently an Associate Professor of Surgery and the Director of the Department of Research at the Cleveland Clinic Florida.

Previous Academic appointments include Associate Professor of Surgery at the University of Maryland School of Medicine in Baltimore, Maryland, and previously Assistant Professor of laparoendoscopic and bariatric surgery at the University of Miami Miller School of Medicine. His main clinical and research interests include laparoscopic and open hernias, abdominal wall reconstruction, as well as laparoscopic surgery for morbid obesity, esophageal reflux, esophageal motility and surgical endoscopy.

He is author of more than 85 peer-reviewed manuscripts, 25 book chapters and over 200 abstracts.
Dr. Camille Ragin Ph.D., MPH is Associate Professor in the Cancer Prevention and Control Program at Fox Chase Cancer Center, Philadelphia, the College of Public Health and the School of Medicine at Temple University. Her research focuses on cancer epidemiology and prevention primarily in Black populations. She earned a Ph.D. in Infectious Diseases and Microbiology from the University of Pittsburgh, Graduate School of Public Health and completed her postdoctoral training and MPH degree in Epidemiology as part of the NIH/NCI-funded Cancer Education and Career Development Program at the University of Pittsburgh Cancer Institute. In 2006, she established the African-Caribbean Cancer Consortium, a research group designed to promote collaboration between cancer researchers who focus their work on the African diaspora. Recognizing the public health significance of cancer in populations of African origin, and socio-cultural factors that influence disparities in health outcomes, she has fostered collaborative research by leading numerous multinational pooling data initiatives to examine genetic, molecular and environmental contribution in carcinogenesis among populations of African origin. She is the recipient of a number of NIH and Foundation grants and is a recent American Cancer Society grantee with a 5-year Research Scholar Award to study racial disparities in HPV-negative head and neck cancer.
Prof. Donald Simeon is Professor of Biostatistics and Research at the Faculty of Medical Sciences, University of the West Indies, St. Augustine, Trinidad & Tobago.

He was Director of Research, Training and Policy Development of the Caribbean Public Health Agency (2013-2015) and Director of the Caribbean Health Research Council (2002-2012). A citizen of Trinidad and Tobago, Prof. Simeon was educated at the University of the West Indies (PhD Nutrition and BSc Agriculture) and the London School of Hygiene and Tropical Medicine, University of London (MSc Medical Statistics).

He is a Chartered Statistician and Fellow with the Royal Statistical Society, UK as well as a Registered Public Health Nutritionist, Nutrition Society, UK and Registered Nutritionist in Trinidad & Tobago. He is the Deputy Chair of the Executive Board of the Pan Caribbean Partnership against HIV/AIDS (PANCAP). In addition, he is the Chair of Research Ethics Committees of the South-West Regional Health Authority and the Tobago House of Assembly in Trinidad & Tobago. He currently serves on the Executive of the Bioethics Society of the English-speaking Caribbean (BSEC). In addition, he is a member of Trinidad and Tobago Association of Nutritionists and Dietitians, American Society for Nutritional Sciences and the International Biometric Society Network for Central America.

Prof. Simeon has extensive research experience as evidenced by the publication of over 80 scientific papers in peer-reviewed international journals, in addition to chapters in books/encyclopedia and other reports. He has also made dozens of oral presentations at international scientific conferences and professional meetings.
Professor Fitzroy Henry joined the University of Technology, Jamaica (UTech) in 2013 after serving for 18 years as the Director of The Caribbean Food and Nutrition Institute (CFNI) – a specialized Center of PAHO/World Health Organization – which served 18 Caribbean Countries.

He obtained his Doctorate from the University of London. His professional experience as Associate Professor/Scientist includes 5 years at Harvard University; 2 years in Nigeria; 7 years in Bangladesh; 2 years at London School of Hygiene and Tropical Medicine; and 5 years in St. Lucia, West Indies.

He has published more than 120 scientific articles as First Author on Food and Nutrition in Illness, Wellness and Sports; Food Economics; Chronic Disease; Obesity and Public Health. For 14 years he was the Editor-In-Chief for CFNI’s Journal CAJANUS and its newsletter NYAM NEWS.

Professor Henry is UTech’s representative on Jamaica’s Tertiary Education Commission. He is also the Chairman of the Cabinet-appointed National Food Industry Task Force in Jamaica.

In 2016 he won the President’s Award at Utech, Jamaica for excellence in research. He was also celebrated in 2016 by the Caribbean Health Research Council for his outstanding and sustained contributions to Public Health and Nutrition. In April 2017 was celebrated by the Caribbean Association of Home Economists for his long and stellar contributions to Caribbean Health and Development.

In 2014 he developed a unique Post-Graduate program in Public Health Nutrition to train a cadre of leaders to address the problems of Obesity and NCDs in this hemisphere. This training program has attracted several scholarships for deserving students from across the region.
The programme to teach undergraduate medical students in The Bahamas was established in 1997. At that time, it represented the first major expansion of the Faculty of Medicine UWI since the Eric Williams Complex was constructed in 1979. As in their two prior clinical teaching programmes in Barbados and Trinidad, the Bahamian initiative was established in a Government owned public health facility, the Princess Margaret Hospital (PMH). The 450-bed facility is the Bahamian Government’s flagship institution delivering the full spectrum of health care services: primary, secondary and tertiary. With a cadre of postgraduate, Board certified specialists, predominantly patriotic Bahamians returning home and motivated to improve and advance health care, the institution was primed for the academic upgrade.

The goal of establishing a clinical training programme in the Bahamas was prefaced in the 1992 strategic plan of the PMH’s Office of Continuing Medical Education: to transform the PMH from a service-based facility to an academic one. The rationale was that medical and surgical care delivered in an academic institution provides a higher quality of care and better patient outcomes than a purely service-based facility.

The Bahamian medical initiative was launched as a clinical training programme under the auspices of the St. Augustine campus, Trinidad. The undergraduate students could enter the programme for the final two years of their medical curriculum. They would transfer to the Bahamas after successful completion of their first three years at the Faculty of Medical Sciences in Jamaica, Trinidad or Barbados. The Bahamas programme’s policy initially was to limit the class size to 25 students per year in the transfer.


In 2007, on its 10th anniversary, the UWI Clinical Training Programme in The Bahamas, was upgraded to The School of Clinical Medicine and Research. The first Bahamian Director, was appointed in November 2009.

As of June 2015, a total of 336 medical students have graduated successfully with their medical degrees, Bachelor of Medicine, Bachelor of Surgery (MB,BS) and 51 certified specialists from our postgraduate Doctor of Medicine (DM) programmes. To date, Bahamian nationals comprise over 80% of the total school graduates.

As of July 2016/2017 academic year, there were 88 undergraduate and 83 postgraduate students registered. The academic faculty is comprised of 6 full time lecturers, and a total of 88 associate lecturers, clinical tutors and honorary associate lecturers.

Establishing the medical school programme in The Bahamas is a national investment to provide the physician resource capacity to advancing health care services; it has yielded healthy returns. The UWI Faculty of Medical Sciences has emerged as the medical school of choice for Bahamians seeking a career in the practice of medicine. More importantly, our research tracking the outcomes of Bahamians who attained a medical degree from the UWI over the sixty-five years of existence of the university, reveals that over 90% have returned and remained in The Bahamas, providing access and availability of services to the Bahamian people. Over 50% of both of specialist and non-specialist trained physicians remain employed directly in the public sector over the span of their medical careers. The ‘Brain Drain’ phenomenon of medical professionals graduating from our regional, government-funded tertiary education institution, noted in the Caribbean and other developing countries, did not occur in the Bahamas.

A 2015 review of the physician manpower status, “The Bahamas Physician Workforce: Today and Tomorrow” predicts a physician shortfall to occur within the next 10 years due to attrition arising from physician retirement because of the aging population. A sustained student enrollment aligned with strategic objectives to meet targeted physician projections can circumvent this shortfall.

The Government of The Bahamas’ national investment in the UWI undergraduate medical degree programme has yielded great dividends in human resource development and retention. The country is positioned well for the future in order to meet the physician needs and demands of the archipelago, inclusive of the implementation of a universal health coverage programme.
CME CODE

Research Day course enrollment key - Diet & Exercise (Please record the “keys” for the sessions you attend here.)

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How to claim CME credits instructions: [https://researchday2017.sunshinelearner.com/cme/](https://researchday2017.sunshinelearner.com/cme/)