



FundashonPrevenshon

Caribbean Prevention Center

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Dutch Caribbean Research Week, Curacao

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Fundashon Prevention – Caribbean Prevention Center

Founded by Prof. Bob Pinedo and Lionel Capriles

The only screening center in Curacao with currently four programs:

- Breast Cancer (2010)
- Cervix Cancer (2016)
- Colon Cancer (2020)
- Vita (2026)

But also research in public health

Located in the heart of Curacao

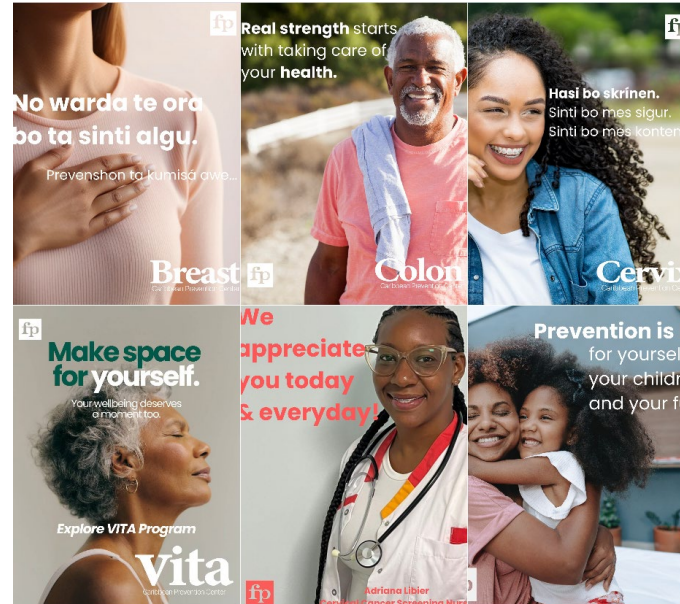
32 Employees: 30 women, 2 man

Free transportation to our screening center



FP community engagement

- Free lectures at community centers, churches, social clubs, events, etc.
- Staff courses and trainings available for professional development
- Profound national campaign Vita



Non-Communicable Diseases

- Chronic health conditions not transmitted from person to person
- The risk of developing an NCD increases with higher body weight and unhealthy lifestyle
- NCDs are responsible for the majority of global deaths

Diabetes type 2



Source: Het Parool, 2026

Cardiovascular disease



Source: crmcinc, 2018

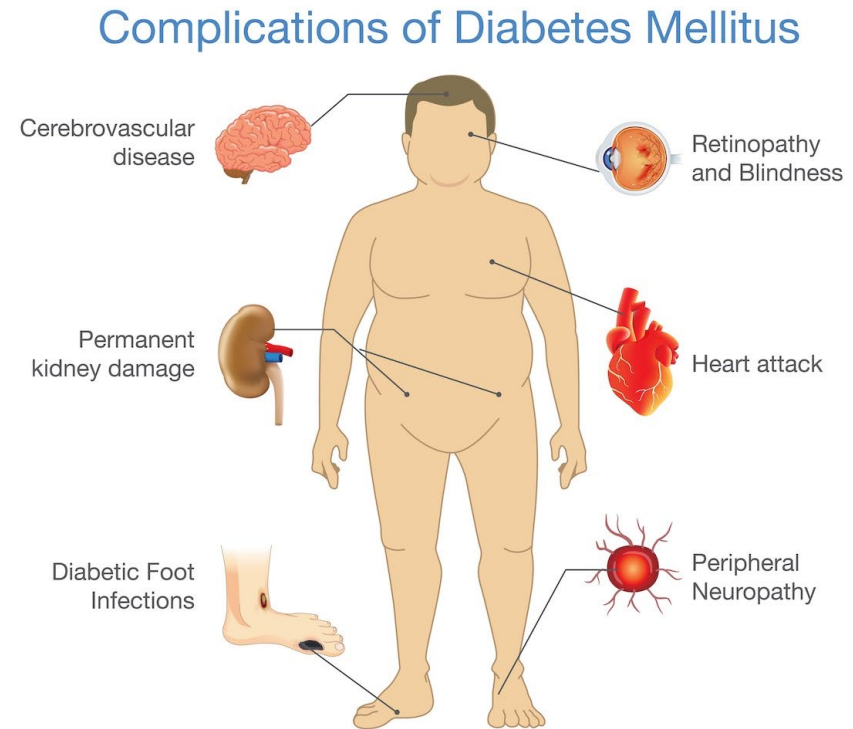
Respiratory disease



Source: emedicinehealth

The NCD crisis

- > 65% of the population of Curaçao is
 - overweight or obese (self-reported)
- The prevalence of non-communicable diseases (NCDs) in Curacao is higher than other countries (self-reported):
 - 8% diabetes (6%, the Netherlands)
 - 21% High blood pressure (18%, the Netherlands)



Source: <https://www.amacliniclynn.com/post/how-does-diabetes-affect-your-body>

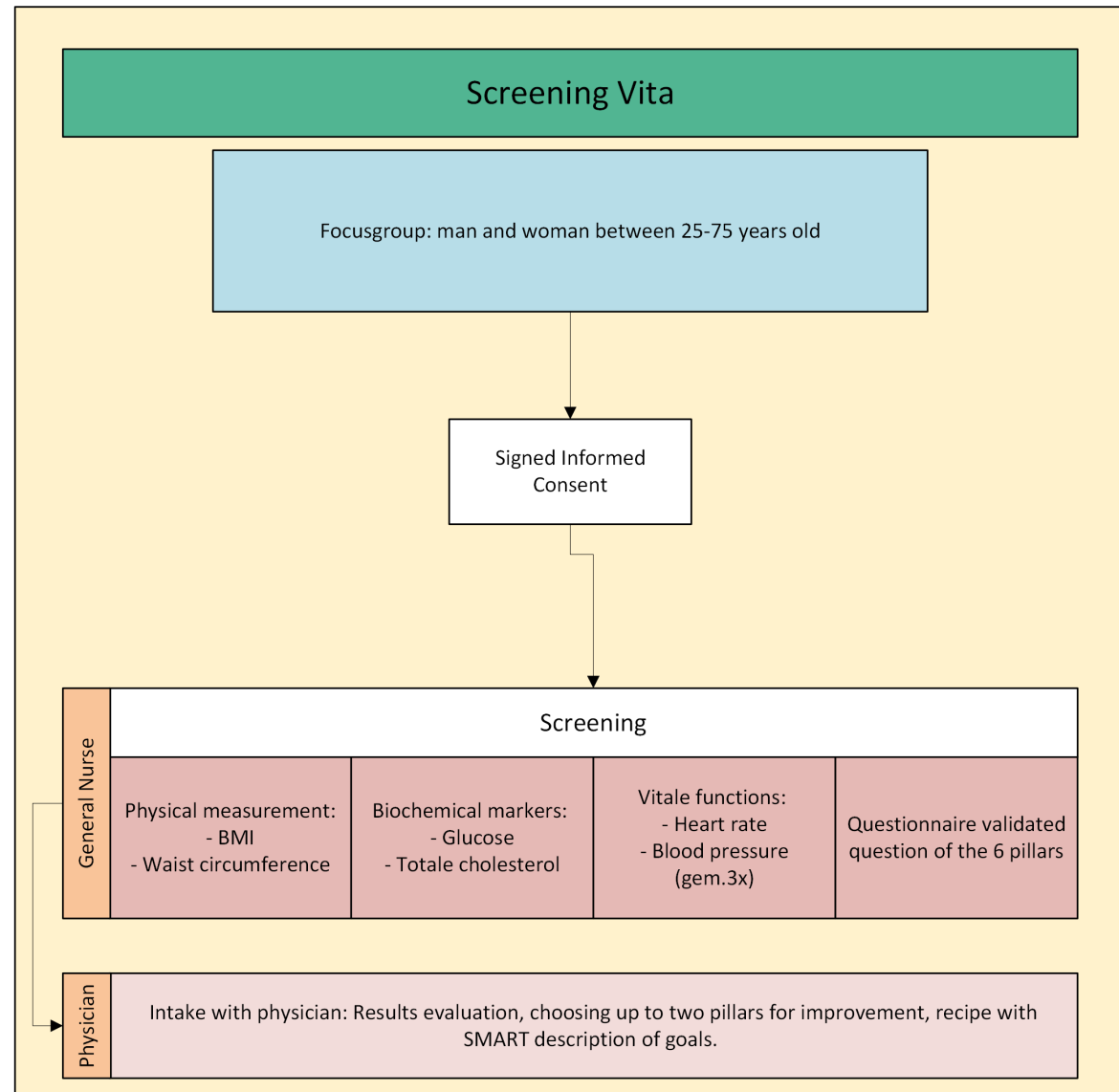
Why is an NCD screening necessary?

- This screening is not available on population-based level, mostly private consultants for lifestyle intervention
- Statistics showed alarming numbers requiring immediate action
- Highly needed for healthier population = Healthier next generation



Vita Screening

- The program consists of two parts:
 - Screening
 - Intervention



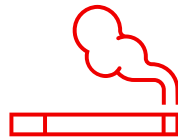
6 Pillars of lifestyle at FP

- Evaluation through questionnaire
- Choose up to two pillars for improvement
- Step by step approach

Alcohol



Smoking



Sleep



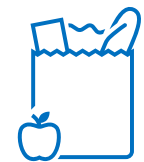
Stress



Movement



Nutrition



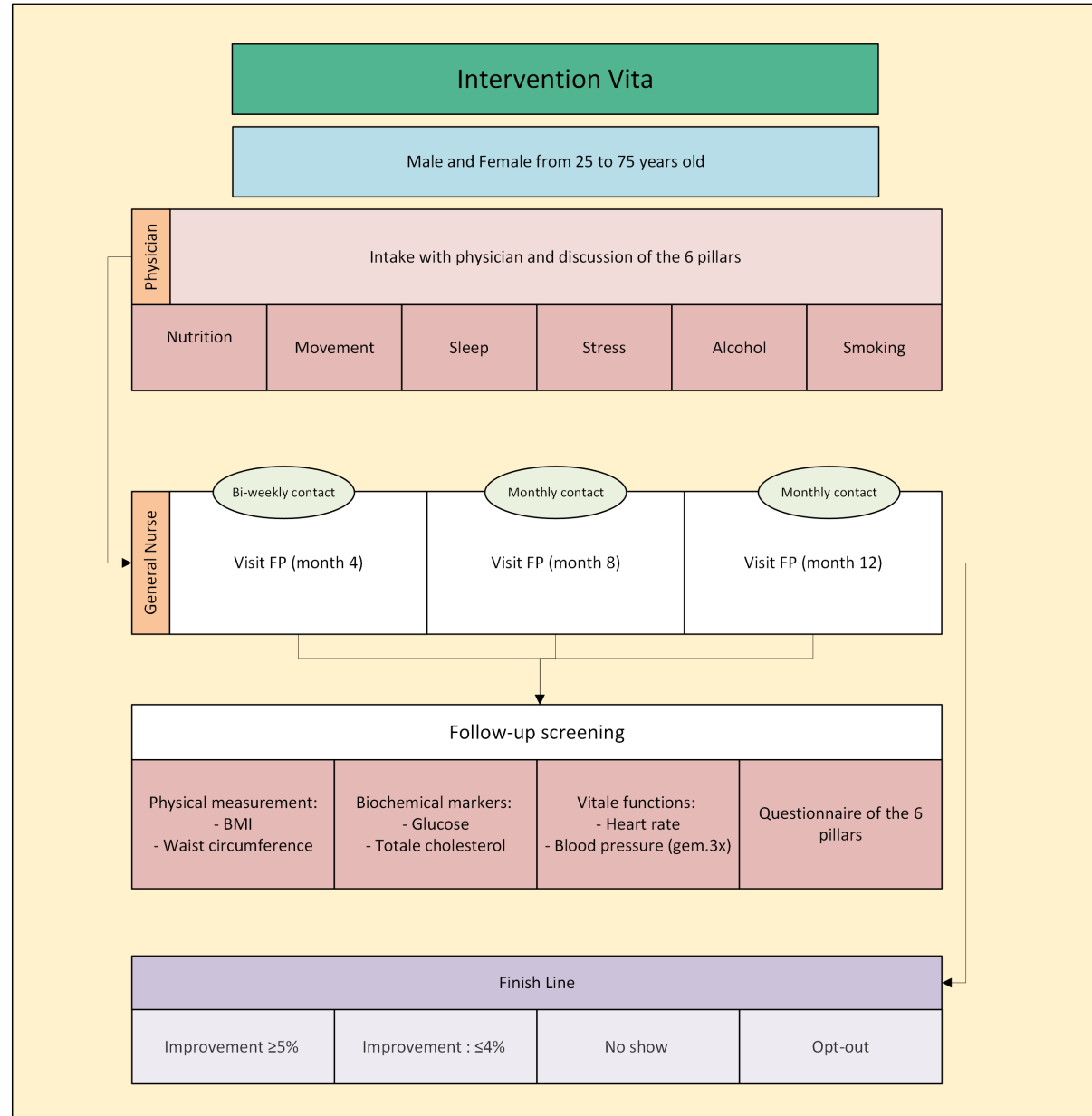
Vita Screening

- Consultation with our lifestyle medicine physician
- Prescription on improving up to 2 of the 6 pillars
- Prerequisites to qualify for the **intervention program**:
 - Not currently under treatment for an NCD's
 - BMI > 25 kg/m²
 - Motivated



Vita intervention

- The program consists of two parts:
 - Screening
 - Intervention



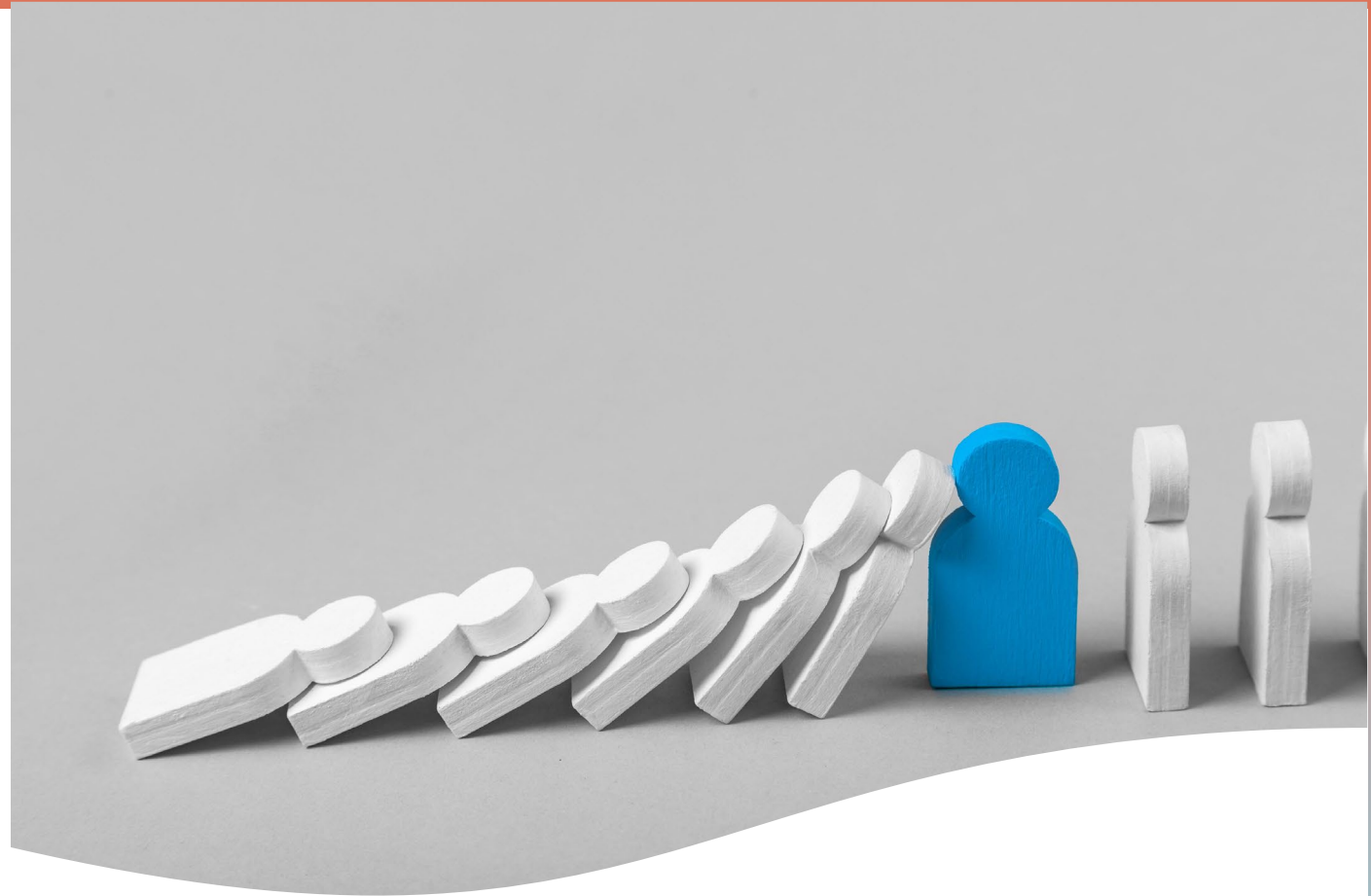
Vita Goals

1. Awareness
2. Education
3. Prevention



Future

The current **implementation study** will evaluate the **impact** and **optimization** of the organized lifestyle screening and intervention program in Curaçao.



Vita- Takeaways

- The number of NCD cases require a change in lifestyle
- Vita is widely available but not all can afford it
- Awareness and prevention programs are needed; however, bigger impact is needed in collaboration with community leaders

Stay healthy,
get screened!



Questions?



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