



Empower your workplace through knowledge with the Health Sensitization Challenge. Host a session covering at least three essential topics—ranging from sexual health to NCDs and stigma reduction—and boost your team’s health IQ.



Activity	Requirements	Points	Bonus	Description
Health Sensitization Session	At least one health education session hosted. Sessions must cover no less than 3 of the topics below: 1. Smoking Cessation 2. Sexual Health 3. Physical Activity 4. Healthy Eating 5. NCDs/Know Your Numbers 6. STI Awareness and Stigma and discrimination Sessions must be led by a healthcare professional or organisations. Session register and a one (1) minute video to be submitted for validation of session. Sessions can be hosted between July 2, 2025 – February 28, 2026	Up to 100 points will be awarded based on percentage of staff members who participate	20 bonus points awarded for each additional topic beyond the first three	We want you to know more about your health. This challenge will increase knowledge and awareness around health geared toward improved health and wellness.

Educational Resources

Category	Description	Link
HSTU	HSTU Google Drive Folder	View Folder
	HSTU Website	hstu.moh.gov.jm
Physical Activity	MOHW Physical Activity Page	Physical Activity
Nutrition	Food-based Dietary Guidelines Folder	View Folder
Infant & Young Child Feeding	IYCF Google Drive Folder	View Folder
NCD	Non-Communicable Diseases Portal	ncdip.moh.gov.jm
Mental Health	MOHW Mental Health & Wellness Page	Mental Health
MOHW	Ministry of Health & Wellness Website	moh.gov.jm