

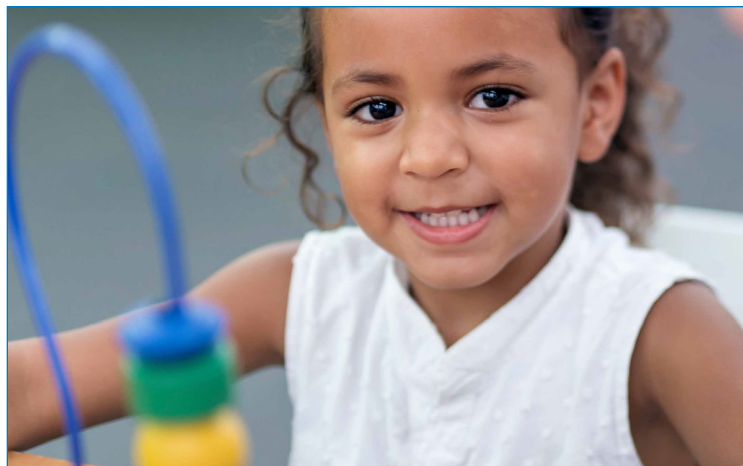


RAISING STANDARDS IN CHILD CARE

An estimated 9 out of 10 children in Bermuda are cared for in a day care setting at some time in their first four years of life. There are nearly 45 Day Care Centres and 60 Home Day Cares on the island to care for our children. As the licencing and registering agency for these settings, the Ministry of Health takes the safety and development of our children seriously. Day care centres and home day care providers are licenced or registered every two years, and include an inspection by our environmental health officers which ensures the water is clean, the home or centre has proper play surfacing and there are appropriate staff for the children in attendance.

The Centre or Provider must also submit an application and supporting documentation such as a fire certificate, liability insurance and staff applications, educational qualifications, CPR and other documents. The volume of information to collect, vet and review is

significant, but necessary to ensure the appropriate persons are caring for our children in a supportive environment. The Ministry is currently reviewing the regulatory infrastructure in order to improve and enhance the quality of children's day care. Stay tuned for updates!



LETTER TO THE EDITOR: IT CAN BE DONE!



I just wanted to share that I received my results yesterday, and **I have reversed my type 2 diabetes!** My HgB A1C level went from 8.0 tested on December 3rd, 2018 to 4.8 tested on March 11th 2019.

This is as a direct result of my choice to drastically reduce sugar from my daily diet. If I chose not to drastically reduce my sugar in-take, then I would've had to go on medication. This was a difficult mindful choice which I had to make, but it does prove to me that it can be done!

In addition to drastically reducing sugar in my daily diet, I have also introduced high fiber and lean protein with every meal. I have also lost 9 pounds since December 7th (Mostly belly fat).

Please feel free to use this information, including my name, in any form you wish. Thank you for increasing a sugar tax. If it means it could be a deterrent for those persons who are addicted (As I was) to sugar, then why wouldn't we do that?

Respectfully yours,
Debi Ray-Rivers

"This is not unique to diabetes. Most chronic diseases can be reversed, especially if caught early."

—Dr Cousins-Simpson

MENTAL HEALTH ACT AMENDED

The Mental Health Act 1968 has been amended to improve treatment options and patient safeguards. The upgrades provide for consent, capacity and second opinion requirements and a community treatment order regime. The law will come into effect in 2020 once staff training, resource development and the Code of Practice is complete.

ROADMAP 2019

The Ministry of Health Roadmap 2019 has been published. It provides a full overview of the work we do to improve Bermuda's health; and outlines the major initiatives we are working on to reform healthcare. Check it out at: www.gov.bm/reports

BERMUDA BENT THE COST CURVE!

In 2010 it was estimated that Bermuda's health costs would reach \$1 billion by 2017. This highlighted the unsustainable path we were on and served as a call to action with remarkable results: Total health spending for the past five years has been about \$700 million. While this is still a lot, we've avoided a billion-dollar fiscal cliff through collaborative efforts with many players in our health system. However, bending the cost curve is just the beginning of putting our health system on a sustainable path forward. We must continue to reform and support innovation in order to improve access for all, increase affordability and make Bermuda healthier.



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