

Letter to the editor

The Aruba Project: One Happy Island to One Heavy Island to One Healthy Island – The Journey of Transformation

Richard Visser¹

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In 2014 Dr. Richard Visser's proposal was nominated for the Award of Excellence in Public Health.

This book details the lessons learned enabling Aruba to become a happier, healthier island including actionable steps to take which include developing a road map to change.

- The roadmap includes:
- Steps for conducting a population baseline study.
- Creation of an awareness campaign.
- Obtaining approval of the action plan by the stakeholders and Government
- How to make changes in infrastructure
- A guide to creating an institute to promote a healthy lifestyle
- An introduction to the Exercise is Medicine initiative

- How to measure and monitor ongoing progress

Bio:

During his distinguished career, Richard W. M. Visser D.C. MPH, Ph.D. has focused on the pandemic of childhood obesity. He studied the problem and implemented solutions from many perspectives: as a clinical researcher, academic and educator, activist and politician, entrepreneur, concerned citizen and parent. His work has made vital contributions to a greater understanding of the biological, sociological, and psychological factors surrounding childhood obesity. Early in 2008, he was appointed by the Government of Aruba to head the Obesity Task Force, and a year later, he began his four- year term as Aruba's Minister of Health, and Sport. Today Dr. Visser continues his innovative approach to healthcare by converging technological development with global connectivity.

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Received: September 05, 2018; **Accepted:** September 18, 2018; **Published:** September 21, 2018.