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OC *Bien Well*

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Inside

Welcome to OC Bien Well!, a monthly newsletter out of the Open Campus Academy of Sport (OCAS). This newsletter is a part of the Open Campus (OC) Wellness Programme for staff and students. The objective of this newsletter is to share information on the interconnected dimensions of wellness and highlight other OC wellness initiatives in the hope that we can be better educated on the full circle of living well and be our best selves.

ENVIRONMENTAL WELLNESS

Dominica's Quest to Be the World's First Climate-Resilient Nation

Dominica is prone to numerous natural disasters and this vulnerability is due to its geography. It has thick rain forests in its mountains and nine active volcanoes, which forces the island's people to settle along the coast. However, this now puts the populace in the direct line of strong winds, high seas, and landslides. Unfortunately, the small-island state is bearing the brunt of global warming in a disproportionate way. It suffers the consequences and adaptation costs even though it has not caused global warming.

None of this will change and is likely to become more frequent and worsen with climate change. The devastating Category 5 Hurricane Maria of 2017 had catastrophic effects and caused a shift in the island. With this knowledge, the government of Dominica embarked on a quest to shore up the island nation against these perils. Denise Edwards, Dominica's financial secretary, is quoted as saying "the task of building back better and becoming a more resilient nation in all aspects became the mantra for the government" (Steven Dorst, 2021). Dominica now has a goal of transforming into the world's first climate-resilient nation.

A fulsome approach to climate change resilience has been adopted through projects and partnerships focused on "data collection, capacity building and the implementation of diverse climate actions based on national adaptive gaps and needs." (Her Excellency Lilian Chatterjee, High Commissioner of Canada to Barbados and the Eastern Caribbean, 2022).

One such project is the Enabling Gender-Responsive Disaster Recovery, Climate and Environmental Resilience in the Caribbean (ENGenDER) Project. It is a United Nations Development Programme (UNDP) project supported by the Governments of Canada and the United Kingdom (UK) since 2020. The UNDP EnGenDER Project is in nine (9) Caribbean countries: Antigua and Barbuda, Belize, Dominica, Grenada, Guyana, Jamaica, Saint Lucia, St. Vincent and the Grenadines and Suriname.

In Dominica, the project places special emphasis on women, girls and key vulnerable populations like the island's indigenous Kalinago communities and persons living with disabilities. The Undp.org (2022) article Women Artisans, Farmers, Fisherfolk Among Those at Forefront of Dominica's Efforts to Become the World's First Climate-resilient Nation outlines some as follows:

"Activities taking place under the project include turning debris from Hurricane Maria into a profitable jewelry-making business, graduating women from needing public assistance to running successful smallholder farms, and improving the earning potential and functionality of the fishing industry. These activities will all enable women in the Nature Isle to increase their resilience to climate impacts. [...] And in February 2022, in partnership with the Ministry of Environment, Rural Modernization and Kalinago Upliftment, the EnGenDER project supported the development of a comprehensive livelihood assessment for Dominica's indigenous population, that aimed to address their specific vulnerabilities to climate impacts and find solutions to improve their resilience and enhance their livelihoods." (paras. 3 & 12)

Sources: <https://bit.ly/3lYZWB6> and <https://bit.ly/3PToTvq>

Dayna Smith, Sports Activity Development Officer, OCAS

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MENTAL WELLNESS

Doing What Matters in Times of Stress

The recurring theme of the past two years and counting seems to be stress, and in all its forms: physical, financial, occupational, economic, political, environmental, you name it. One or a combination of all can create other problems and can wear on one's resolve and mental state.

The month of May is recognised as Mental Health Awareness month. In 2020 the World Health Organization published Doing What Matters in Times of Stress: An Illustrated Guide. An adapted version of the guide was created specifically for the Caribbean audience by the Caribbean Development Bank and the Pan American Health Organization. It provides an in-depth overview and guide into stress management from start to finish. It provides background on what stress looks like and how it can manifest itself and tools and exercises that you can use when you see the signs and need help to cope and work through it. It takes you through the steps of grounding, unhooking, acting on your values, being kind and making room.

Here is a snapshot of the guide but all are encouraged to take some time to go through the full pictorial guide, complete the exercises and listen to the audio files.

Part 1: Grounding

This book is to help you manage STRESS

STRESS MEANS FEELING TROUBLED OR THREATENED BY LIFE. IT CAN BE DUE TO MAJOR THREATS...



Gender-based violence



Violence in your community



No school



Illness



Displaced from home



Economic hardship



OR SMALLER PROBLEMS:

Uncertainty about the future



Argument with your family



The effects of stress

EVERYONE EXPERIENCES STRESS AT TIMES. A LITTLE BIT IS NOT A PROBLEM, BUT VERY HIGH STRESS OFTEN AFFECTS THE BODY.



MANY PEOPLE GET UNPLEASANT FEELINGS.



- Headaches
- Neck and shoulder pain
- Back pain
- Upset stomach
- Not feeling hungry
- Lump in the throat
- Heavy chest
- Tight muscles

OTHER PEOPLE FIND THEIR BODY GETS SICK.



- Skin rashes
- Infections
- Illnesses
- Bowel problems

WHEN THEY ARE STRESSED, MANY PEOPLE ...



have difficulty sleeping



worry



cannot focus



get angry easily



cry



feel very tired



have changes in appetite

and many of us think a lot about bad things from the past or bad things we fear in the future.



PHYSICAL WELLNESS

Protect Our Children's Health Campaign - Octagonal Food Labels

Physical wellness is not just about engaging in regular physical activity as a part of a healthy active lifestyle. To cover the health side we must be knowledgeable and aware of what we are consuming and putting into our bodies. High consumption of ultra-processed foods, those high in salt, sugar and saturated fats, are key contributors to increased risks of hypertension (pressure), obesity, type 2 diabetes (sugar), heart disease and some types of cancer. The rates of childhood obesity and Type 1 diabetes are increasing at alarming rates in the Caribbean. In light of May, Child's month, we zero in on steps that we can take to reduce the non-communicable diseases (NCDs) that plague the Caribbean.

We are aware of the statistics but may not know what is made up of the foods we are eating, especially pre-packaged foods. So, there is a thrust to have octagonal warnings labels placed on the front of packaged foods. According to Healthy Coalition Caribbean (2022), "octagonal warning labels on foods high in fat, sodium and sugar are 9 times more effective at identifying unhealthy foods." Armed with the nutritional information, parents can make better food choices for themselves and their children. Getting kids on the right track of healthy eating earlier on in life can help to combat these rising levels of NCDs in the region.

The Heart Institute of Jamaica launched the Protect Our Children's Health Campaign on May 25, 2022. At the launch, keynote speaker, Ms. Mariko Kagoshima, Unicef Representative, Jamaica presents background and statistics on childhood obesity and reasons to support the octagonal front label campaign. Click here to listen: <https://youtu.be/ngZNIz0M6DY?t=1692>.



#ProtectOurChildren

PROTECT OUR CHILDREN'S HEALTH

We try to send our children to school with a healthy lunch, right?
If we knew what was in some of these foods, that are high in sugar, saturated fats and sodium, would we still give it to them?

An unhealthy diet as a child can lead to obesity, type 2 diabetes, heart disease and even cancer as they get older.

A local study* shows that octagonal warning labels on the front of food packages are more effective at identifying unhealthy foods when compared to other labels.



GIVE US OCTAGONAL WARNING LABELS ON PACKAGED FOODS!

*https://vh.paho.org/bitstream/handle/10665.3/33269/WHO0907210002_eng.pdf?sequence=1&isAllowed=y



Visit: heartfoundationja.org #OCAS



PROTECT OUR CHILDREN'S HEALTH MASS MEDIA CAMPAIGN VIRTUAL LAUNCH

Dayna Smith, Sports Activity Development Officer, OCAS

CREATIVE WELLNESS

Click to listen to ["No Entry"](#) by

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Calypsonian & athletics coach,

Father of reggae artiste, Protoje.

