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OC *Bien Well*

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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.

FINANCIAL WELLNESS

Money Does Grow On Trees

The common saying is “Money doesn’t grow on trees.” But is that true? We often discuss tree planting as a means to save the planet, combat climate change and deforestation. Along with food security, these are excellent reasons to do it but you may be able to heal the world and put some money in your pocket. Here’s how:

Healthy, mature trees increase property value, which can increase the selling price.

The University of Washington and the National Gardening Association conducted surveys in 2007 which showed that they increased property value between 7 and 19 percent. According to Pat Vredevoogd Combs (n.d.), immediate past president of the National Association of Realtors, “well-landscaped yards with mature trees and bushes that provide privacy not only fetch higher prices -- they sell more quickly than houses with little or no landscaping.”

Trees improve the aesthetics of properties.

After “location, location, location,” curb appeal may be the next most important consideration in property ownership and value.

Lower energy costs

“In the summer, the shade provided by trees cuts energy use. In the winter, deciduous trees that have lost [their] leaves let sun filter through and warm

buildings and homes. By carefully positioning trees, you can save 25 to 35 percent in energy consumption per year.” (BrightView.com, 2018).

For businesses, well-kept trees increase traffic to your business.

They create an inviting, friendly, welcoming shopping environment that attracts customers. Such an atmosphere encourages consumers to travel further for purchases and spend more when there (Kathleen Wolf, 2003).

A well-fruited yard can put money in your pocket.

The fruit you pick from your fruit trees can help to “stop a gap” and save you some money on groceries. If the harvest is especially fruitful, you can even sell the excess to a local supermarket.



So, you may not be able to pick money off a tree like you would a fruit but money, in fact, may grow on trees if you apply some of these suggestions.

Sources: <https://bit.ly/3LrTO3>
<https://bit.ly/3DgRt3>

Dayna Smith,

Sports Activity Development Officer, OCAS

PHYSICAL WELLNESS

A Look at Obesity in the Caribbean



OC MOVES



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OC STAFF & STUDENTS

Move to a better you!
Join the OC Moves Fit Challenge
Improve Your Fitness
Lose, Gain, Maintain Weight

REGISTRATION PERIOD:

March 16 - 21, 2022

FIT CHALLENGE PERIOD:

March 22, 2022

-
April 14, 2022

LIVE WORKOUT SESSIONS:

Tuesdays & Thursdays at

Belize: 4:30pm

JA: 5:30pm

EC: 6:30pm

WELLNESS TALKS & TIPS

ALL ARE WELCOME!

LET'S BE WELL TOGETHER!

To sign up, email us at:

ocbienwell@open.uwi.edu



March 4 marks World Obesity Day. In previous years the focus has been "to recognise the root causes of obesity, increase knowledge of the disease, tackle weight stigma and foreground the voices of people with lived experience (WorldObesityDay.org, n.d.). With numbers spiraling, this year's thrust is that 'Everybody Needs to Act.'

Many Caribbean entities have taken up the call and are uniting to combat obesity in the Caribbean, namely The Healthy Caribbean Coalition (HCC), The Food and Agriculture Organisation of the United Nations (FAO), The Caribbean Public Health Agency (CARPHA), The Pan American Health Organization (PAHO), The Organisation of Eastern Caribbean States (OECS) Commission, The United Nations Children's Fund (UNICEF), Earth Medic/ Earth Nurse, The Law and Health Research Unit of the University of the West Indies, Cave Hill, and the Rotary District 7030, Rotary International.

On March 4, 2022, the World Obesity Federation published the World Obesity Atlas 2022 with some important statistics for the Caribbean governments, institutions, communities and individuals to take note of. Here they are shared in a joint press release from the nine (9) entities named above:

- Six out of ten of the countries in the Americas with the highest estimated prevalence of obesity amongst women by 2030 are from the Caribbean with Bermuda topping this list at 48% and St Vincent and the Grenadines at number ten with 42%.
- Six Caribbean countries fall into the top ten list when projecting 2030 child obesity rates (5-19 years), with Barbados and Jamaica at 22%, Bahamas at 23% and Bermuda at 24% exceeded only by the US at 25%.
- In terms of preparedness to tackle obesity and NCDs, the projections are equally bleak with six Caribbean countries (St. Vincent and the Grenadines, Suriname, Belize, Grenada, Guyana and Haiti) among the ten least prepared.

The OCAS is supporting the call that everybody needs to act. Take your physical wellness in hand and join our current OC MOVES Bootcamp. It's not too late to join in. See the flyer for details.

Sources: <https://bit.ly/3r4lZZ5>

<https://bit.ly/3qHORqI>

Dayna Smith,

Sports Activity Development Officer, OCAS

INTELLECTUAL WELLNESS

International Women's Day

"The theme for International Women's Day, 8 March, 2022 (IWD 2022) is, "Gender equality today for a sustainable tomorrow", recognizing the contribution of women and girls around the world, who are leading the charge on climate change adaptation, mitigation, and response, to build a more sustainable future for all." (UNWomen.org, 2021).

In light of this year's theme, we are highlighting a young Caribbean environmental academic and activist, Jhanell Tomilinson. Jhanell is a PhD candidate in the Department of Geography and Geology at The University of the West Indies, Mona. Her research weaves together community-based adaptation to climate change, environmental justice, and vulnerable groups. She is also a youth climate activist. Her activism supports sustainability of not just her home of Jamaica but the entire Caribbean region.

Her academic and activist work have garnered her various accomplishments and awards:

- co-founder of GirlsCARE (Climate Action for Resilience and Empowerment)
- co-founder of Young People for Action on Climate Change (YPACC) Jamaica
- Caribbean Advisor for the Next Generation Climate Board
- recipient of the Prime Minister's Youth Award for Environmental Protection in Jamaica (2019)



Source: <https://bit.ly/37VXFML>



Source: <https://bit.ly/3JNKwdf>

- named one of 50Next's Trailblazing Activists
- Youth Innovator who attended the Global Landscapes forum in Paris (2015)
- The Jamaican Youth delegate both for COP24 in Poland and COP25 in Madrid (2018/19).
- Committee member for the United Nations Economic and Social Council (ECOSOC) Youth Forum (2019).

Jhanell notes a major contributor to her climate change work is Ayesha Constable, another woman in the Caribbean space, who is also her co-founder of GirlsCARE and YPACC. Ayesha is the National Coordinator - Japan Caribbean Climate Change Partnership at the UNDP. Her doctoral studies investigate "the role of young women and girls in climate action in the Caribbean." (Healthline.com, 2022). Some of her other roles include:

- advisor for FRIDA (Flexibility Resources Inclusivity Diversity Action) — the Young Feminist Fund
- member of several regional and global youth networks, including:
 - Caribbean Youth Environment Network

- Commonwealth Youth Climate Network
- Sustainable Development Solutions Youth Network
- Global Power Shift of 350.org

Click to listen to [Jhanell on the Traipsin' Global on Wheels](#) podcast sharing her story, thoughts and observations on climate change now and in the future, and how women are disadvantaged in the area.

Sources: <https://bit.ly/31Lr9Ai>; <https://bit.ly/3tUXX5L>; <https://bit.ly/3iJQUGw>

Dayna Smith,

Sports Activity Development Officer, OCAS

ocbienwell@open.uwi.edu



Flute

*My body's a hallowed
stick of bone, a flute
through which you pipe
your melody.*

*I am those parallel
eyes of air
along my spine,
which measure
your heavy rhythms
vibrating in my marrow.*

*play gentle, love
my frail reed's
single stem
can scarcely hold
this rhapsody.*

Mahadai Das

Mahadai Das - Guyanese poet

Source: <https://ruthosman.com/blog/2015/9/22/flute-by-mahadai-das>