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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.

In this edition, we focus on some dimensions of wellness that intersect with globally or nationally recognized days in the month of November, with special emphasis on International Men's Day. Please see the directory to the left for the wellness dimensions included in this edition.

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INTERNATIONAL MEN'S DAY

INTERNATIONAL MENS DAY
November 19

International Men's Day is celebrated annually on November 19. It is a day of recognition of the positive contribution men bring to their families, communities and the world.



Dr. Jerome Teelucksingh

The roots of the November 19 celebration can be traced back to the University of the West Indies, St. Augustine led by Dr. Jerome Teelucksingh, lecturer in the history department. It has now been adopted by over seventy (70) countries worldwide.

A day such as this highlights those men who are doing their part to uplift and build their families and communities as positive role models. It is also a day to shed light on issues that affect men's well-being. These are some of the six (6) pillars of International Men's Day. According to the internationalmensday.com, the full list of objectives for the day is as follows:

1. To promote positive male role models; not just movie stars and sports men but every day, working class men who are living decent, honest lives.
2. To celebrate men's positive contributions to society, community, family, marriage, child care, and to the environment.
3. To focus on men's health and wellbeing; social, emotional, physical and spiritual.
4. To highlight discrimination against men; in areas of social services, social attitudes and expectations, and law
5. To improve gender relations and promote gender equality
6. To create a safer, better world; where people can be safe and grow to reach their full potential..

The 2021 theme for the day is “Better relations between men and women,” an ode to pillar #5. This day is a reminder to be allies to both genders, be aware of the contributions that each make and the roles that they play in families and society at large. Look at the ways the strengths of men and women complement each other. “We can work together for a better world with men and women of goodwill.” - Wangari Maathai, 2004 Nobel Peace Prize Winner.

Did you know that Trinidad and Tobago citizens were the first to celebrate International Men’s Day on November 19?

Generally, men in society get a bad rap. Continue to hold those who need to be held accountable for their bad ways. However, be equally intentional about praising and rewarding the men that go against the stereotypes and are exemplars. Show appreciation for their positive actions and encourage the groups of which you are a part to do the same. Teach the boys and teenagers in your lives values, characteristics and responsibilities of being a good human being, so that they can grow into men that can contribute positively to society. Speak greatness over our men and create spaces where they can feel comfortable, appreciated, valued and heard.

Dayna Smith,

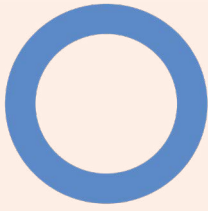
Sports Activity Development Officer, OCAS

“I’m a good man, and I’m gonna become a better man.”
Chance The Rapper



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

PHYSICAL WELLNESS



world diabetes day

14 November

Another day of note in November is World Diabetes Day, annually recognised on November 14 since 1991. A successful campaign by the International Diabetes Federation (IDF) and World Health Organization resulted in it becoming an official United Nations Day in 2006. November 14 was chosen as it is the birthday of Sir Frederick Banting, who, along with Charles Best, discovered insulin in 1922. The United States of America has the entire month of November slated as National Diabetes Awareness month.

Diabetes, commonly called “sugar,” is a non-communicable disease that affects the way one’s body turns food into energy. A person suffering from diabetes is classified as diabetic because their body either doesn’t make enough insulin or doesn’t efficiently use the insulin produced. There are three (3) main types of diabetes: Type 1, Type 2 and Gestational.

There is also prediabetes, when your blood sugar level is higher than normal ranges, but not high enough to be considered type 2 diabetes. A change in lifestyle can help reverse prediabetes.

Below are facts and figures on diabetes from the IDF:

- 463 million adults (1-in-11) were living with diabetes in 2019. The number of people living with diabetes is expected to rise to 578 million by 2030.
- 1 in 2 adults with diabetes remain undiagnosed (232 million). The majority have type 2 diabetes.
- More than 3 in 4 people with diabetes live in low and middle-income countries.
- 1 in 6 live births (20 million) are affected by high blood glucose (hyperglycaemia) in pregnancy.
- Two-thirds of people with diabetes live in urban areas and three-quarters are of working age.
- 1 in 5 people with diabetes (136 million) are above 65 years old.
- Diabetes caused 4.2 million deaths in 2019.
- Diabetes was responsible for at least \$760 billion in health expenditure in 2019 – 10% of the global total spent on healthcare.

What are the 3 types of diabetes?



Type 1

In type 1 diabetes, the body does not produce any insulin. Normally the body breaks down the carbohydrates you eat into blood sugar, which it uses for energy. Insulin is a hormone that the body needs to get sugar from the bloodstream into the cells of the body. In the absence of insulin, blood sugars can become very high, resulting in vomiting, dehydration and acidotic blood. The treatment for this type of diabetes is insulin.



Type 2

Type 2: In type 2 diabetes, the body makes insulin but is unable to use it properly due to insulin resistance in the cells. Type 2 is typically treated through lifestyle changes, medications and sometimes insulins as the disease progresses.



Gestational

Gestational diabetes starts when the body is not able to make and use all the insulin it needs for pregnancy. Without enough insulin, sugar cannot leave the blood and be used by cells as a source of energy. If not properly treated gestational diabetes can cause complications in both the mother and the infant.

Source: American Diabetes Association (ADA)

ACCESS TO DIABETES CARE: IF NOT NOW, WHEN?

1 in 10

people around the globe have diabetes

A century after its discovery, **insulin and other fundamental components of diabetes care remain beyond the reach of millions who need them.** Without treatment or sufficient support, people with diabetes are at risk of serious and life-threatening complications:



Heart Attack

Stroke

Kidney Failure

Blindness

Lower-limb amputation

Over 700 million people are expected to be living with diabetes by 2045

3 in 4 people with diabetes live in low and middle-income countries

Half of all people living with diabetes are undiagnosed

1 in 2 people who need insulin cannot access or afford it



The World Health Organization Global Diabetes Compact and 2021 Resolution call for **urgent coordinated global action** to tackle diabetes. These are significant milestones, but **words must now be turned into action.**

The IDF Diabetes Atlas Diabetes report 2000-2045 highlights that twenty (20) Caribbean countries and territories fall within the IDF North America and Caribbean (NAC) region. The NAC Region accounts for:

- The 2nd highest diabetes prevalence among IDF Regions at 14%. This is projected to increase to 24% by 2045.
- The 2nd highest number of children and adolescents with type 1 diabetes - 193,000 in total.
- The 2nd highest mortality due to diabetes (931,000) and
- The 2nd highest percentage (18,4%) of diabetes-related deaths in people of working age among IDF Regions.
- The highest diabetes-related expenditure (USD 415 billion) associated with diabetes, 43% of global expenditure.
- The highest average cost per person with diabetes (20-79y) - USD 8,208.

This disease presents a grave challenge across the globe. The health and wellbeing of individuals, families and countries are at risk. We must actively seek to practice healthy eating habits and engage in regular physical activity. However, for some, that alone is not enough. Access is key. Access to affordable healthy food, affordable care and safe places to exercise is the difference between living with, managing and controlling diabetes, and death.

Source:

<https://docs.google.com/forms/d/1dJ8QRiAL60q3ibYs-4L3iCL6rmTiik9BhcM-EmnBXEo/edit>

Dayna Smith,

Sports Activity Development Officer, OCAS

IDF calls on **NATIONAL GOVERNMENTS AND POLICYMAKERS** to:

- Ensure **affordable access to fundamental care** for people living with diabetes
- Develop policies to **improve the prevention of type 2 diabetes**
- Improve screening to **ensure timely diagnosis** and prevent diabetes-related complications
- Implement mechanisms to **engage people with diabetes meaningfully in the development of policies to tackle diabetes**

United, the global diabetes community has the numbers, the influence and the determination to bring about meaningful change.



We need to take on the challenge

Join our campaign at:
www.worlddiabetesday.org
#IfNotNowWhen



Sources: <https://bit.ly/3CGIt7z>

SOCIAL WELLNESS

World Kindness Day

November 13



World Kindness Day is celebrated every year on November 13. It was created in 1998 by the World Kindness Movement with the purpose to "highlight good deeds in the community focusing on the positive power and the common thread of kindness which binds us."

"THREE THINGS IN HUMAN LIFE ARE IMPORTANT: THE FIRST IS TO BE KIND; THE SECOND IS TO BE KIND, AND THE THIRD IS TO BE KIND." – Henry James

Why?

"A SINGLE ACT OF KINDNESS THROWS OUT ROOTS IN ALL DIRECTIONS, AND THE ROOTS SPRING UP AND MAKE NEW TREES." – Amelia Earhart

"KINDNESS IN WORDS CREATES CONFIDENCE. KINDNESS IN THINKING CREATES PROFOUNDNESS. KINDNESS IN GIVING CREATES LOVE." – Lao Tzu

In bad times...

"KINDNESS HAS A BEAUTIFUL WAY OF REACHING DOWN INTO A WEARY HEART AND MAKING IT SHINE LIKE THE RISING SUN." – Unknown

"SOMETIMES IT TAKES ONLY ONE ACT OF KINDNESS AND CARING TO CHANGE A PERSON'S LIFE." – Jackie Chan

When you have it all...

"A LITTLE THOUGHT AND A LITTLE KINDNESS ARE OFTEN WORTH MORE THAN A GREAT DEAL OF MONEY." – John Ruskin

"A KIND AND COMPASSIONATE ACT IS OFTEN ITS OWN REWARD." – William John Bennett

When you have nothing...

"KIND WORDS DO NOT COST MUCH. YET THEY ACCOMPLISH MUCH." – Blaise Pascal

"NO ACT OF KINDNESS, NO MATTER HOW SMALL, IS EVER WASTED." – Aesop

So...

"IN A WORLD WHERE YOU CAN BE ANYTHING, BE KIND." – Unknown

Dayna Smith,

Sports Activity Development Officer, OCAS

"HUMAN KINDNESS HAS NEVER WEAKENED THE STAMINA OR SOFTENED THE FIBER OF A FREE PEOPLE. A NATION DOES NOT HAVE TO BE CRUEL TO BE TOUGH."

- FRANKLIN D. ROOSEVELT



RANDOM ACTS OF KINDNESS
FOUNDATION
www.randomactsofkindness.org

7 WAYS TO START MAKING KINDNESS THE NORM IN YOUR DAILY LIFE:

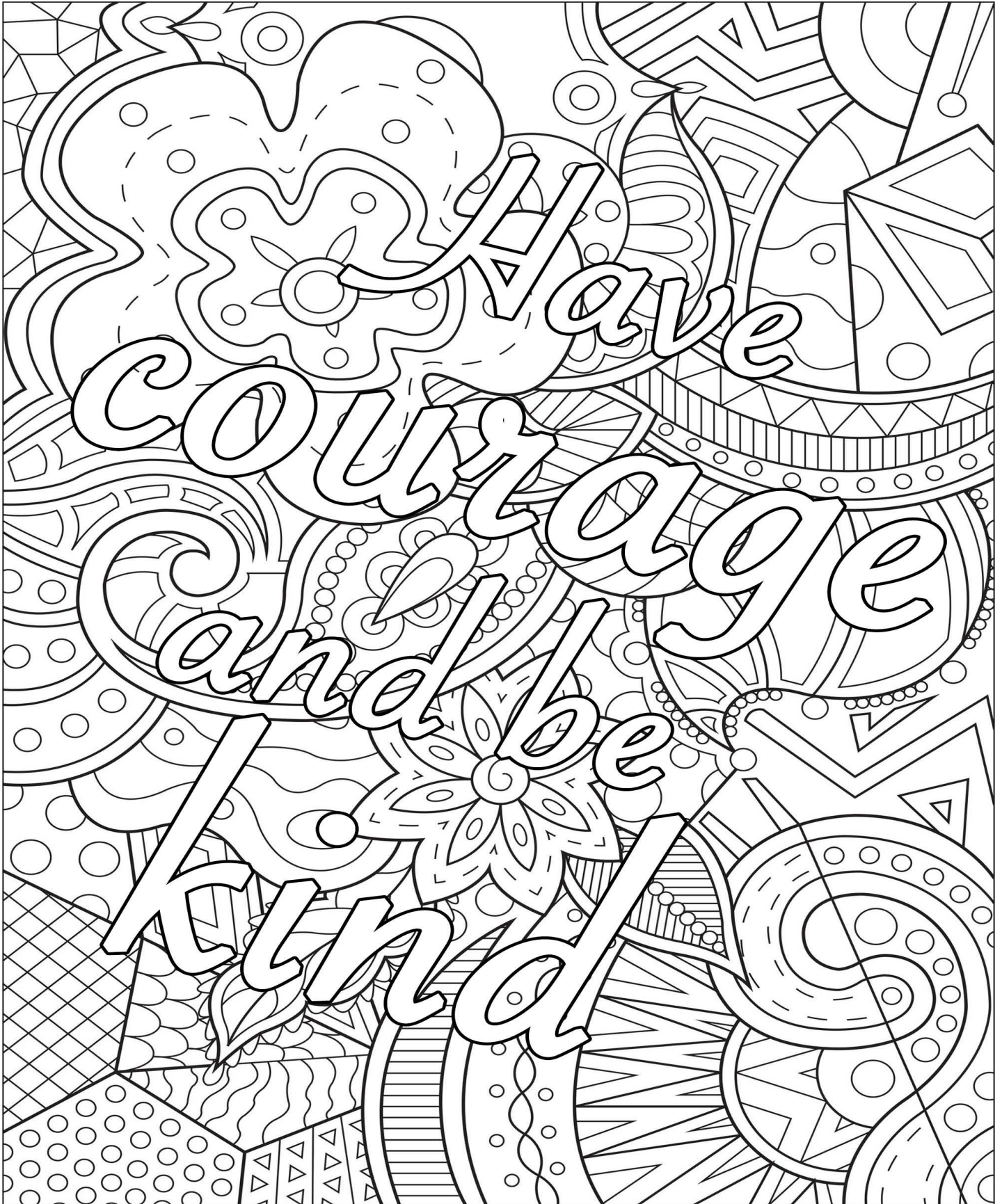
- 1 Send an uplifting text to a friend or family member.
- 2 Let that guy merge into traffic with a wave and a smile.
- 3 Include intentional moments of kindness, laughter and delight in your daily routine.
- 4 Go *slightly* outside of your comfort zone at least once a day to make someone smile.
- 5 Share a compliment with a co-worker or friend.
- 6 Reach out to a family member you haven't spoken to in awhile.
- 7 Treat someone to a cup of coffee (a friend, stranger, or even yourself).

**make
kindness
the norm.**

#WorldKindnessDay
#MakeKindnessTheNorm
www.randomactsofkindness.org

CREATIVE WELLNESS

In keeping with November 14 being celebrated as World Kindness Day and November 19, International Men's Day, take a breather and tap into your creative side. Click the pictures to print one or both of these themed templates and colour the stress away.



Have courage and be kind, from Cinderella

Sources: <https://bit.ly/2Zbmiw0>



An ode to the original piece Les Trois musiciens (1930) by Fernand Léger (1881,1955)

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