

# #theHealthyDose

Issue 2: November/December 2021

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HEALTH  
CONCEPTS  
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## The Spiked Elephant Around Us.

PRESIDENT / CHIEF STRATEGY OFFICER - DR. JACQUI WATSON DO, MBA

The future looks picture bright, or does it? Since the launch of the inaugural issue of #theHealthyDose six months ago, we have certainly come a long way. We now have more than 4.21B people worldwide that have been vaccinated (~55% of the world population received a dose of COVID-19 vaccine) and, in the United States, over 195M people have been fully vaccinated (have received a single dose vaccine J & J or two-dose vaccine of Pfizer-BionTech or Moderna) and more than 36M booster doses administered.

That's all great news, however, in other parts of the world, vaccine doses remain relatively scarce and, despite reports of vaccine hesitancy, the demand for the vaccine still far outweigh the supply. There are stark disparities in access to COVID-19 vaccine doses leading to continued high case rates and death rates, overwhelming fragile health systems and devastating the economies of many of the most vulnerable citizens throughout the world.

### So, what's the solution? Equity - Vaccine Equity

Many health leaders agree that a world without COVID-19 will not be possible until everyone has access to vaccines. Since the beginning of the pandemic, the term 'Equity' has been spreading just as wildly as the virus-but what does it really mean and how can it be achieved?

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## Vision


To disrupt the health status quo, reshape the healthcare landscape, and transform lives.

## Mission

To provide innovative, practical, evidence-based, and cost-effective health, policy, and management solutions.

## Our Core Values

Passion  
Reliability  
Integrity  
Dependability  
Efficiency

  
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**RELAX | REWIND | RECHARGE | RENEW**

mncWell (pronounced minkwell) stands for my next chapterWELL.

The COVID-19 pandemic, and the emergence of the Delta variant this past summer, had us hit the pause button on the launch of HCI's mncWELL Retreats, previously scheduled for fall, October 7-11, 2021, in Negril, Jamaica. We have since released the pause and are happy to announce that our new dates will be in spring - **April 21- 25, 2022** - the season that symbolizes rebirth and renewal.

mncWell retreaters will be blissfully immersed in three full days of health, wellness and mindfulness activities expertly curated to have all participants truly RELAX, REWIND, RECHARGE, RENEW, and wanting to REPEAT.

HCI has partnered with some of the best in the wellness business in Jamaica - from meditation, to nutrition, to fitness - and the experience, though short and sweet, promises to be just what the doctor ordered to give participants that needed boost to reset priorities, reboot their lives and embrace their next chapter, WELL. A peek into the three-day themed program is provided below:

**Prelude: mncWellcome Relaxception**

**Day 1-Mindful FUNdamentals** - Yoga, Meditation, Mindful Practices curated to help you **Rewind** and find calm when you need it most.

**Day 2-Nutritional Excursion** - A mountain farm-to-table culinary journey curated to delight your gastronomical senses and **Recharge** your commitment to healthy eating

**Day 3-Let's Get Physical**- Beach Bootcamp curated to **Renew** your focus on physical exercise and a state of health and well-being

**So, Are You Ready for Your Next Chapter?** To register visit our website [www.healthconceptsintl.com](http://www.healthconceptsintl.com) or contact mncWELL Retreat Coordinator, Lydia Carr, at [lydia.carr@healthconceptsintl.com](mailto:lydia.carr@healthconceptsintl.com).

NB- Space is limited. All mncWell Retreaters must be fully vaccinated to participate.

**PARTNERS IN HEALTH AND WELL-BEING**

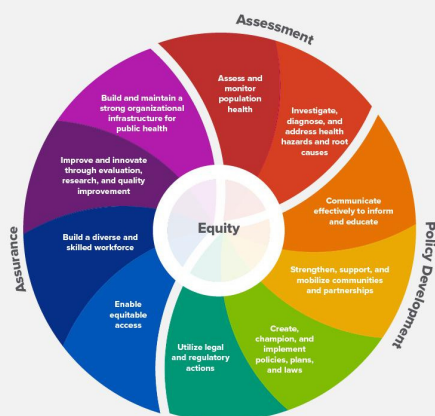
The health and wellness benefits of sound have long been researched, documented and found to elevate mood and boost the brains production of the hormone, dopamine. As explained by well-known Northwestern University neuroscientist, Dr. Nina Kraus, "Sound is an important and profound force in our lives. The more we exercise our sound processing in the brain, the better the brain becomes at making sense of sound and the world around us."

*Sounding off on*

*Sand AND Stones*  
MEDITATION

With that said, HCI is pleased to introduce mncWell Retreats sound partner - Sand and Stone Meditation, the brainchild of Michele Lewis. Sand and Stone Meditation is a Jamaican wellness brand, specializing in sound journeys influenced by the rich heritage and culture of Jamaican music. Sound Journeys combines sounds and music to create an incredibly immersive, hypnotic and meditative journey which helps to clear the mind and deepen your meditation practice.

We look forward to taking this mindful journey together. Learn more about Sand and Stone Meditation and stay connected by following @sandandstonemeditation on Instagram and visiting [www.sandandstonemeditation.com](http://www.sandandstonemeditation.com) for more information.



The role of public health is to promote policies, systems, services, laws and regulations that enable good health. Over the last two years, health departments across the country have been providing strong leadership in the fight against the COVID 19 pandemic. Public health officials have played a critical role in advising and educating policymakers and the general public, in distributing timely and reliable data, in sharing best practices, and in bringing community partners and stakeholders together to mitigate the spread and impact of COVID 19.

Given the important and central role that public health has been playing in ensuring the health and wellbeing of residents, going forward, the era of public health is likely to be divided into pre-and post-pandemic periods.

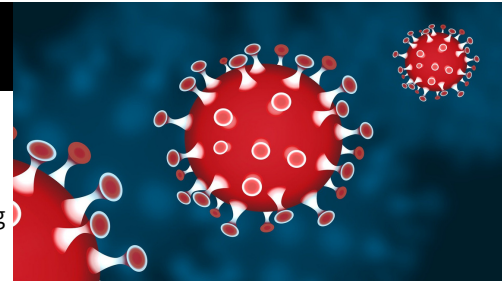
The public health landscape has been dramatically altered and will require a serious rethinking of the ways and means of dealing with the new post-pandemic environment. COVID 19 will have long-lasting consequences that will continue to affect the health and welfare of residents, particularly of vulnerable populations, and is likely to exacerbate inequalities and inequities. Moreover, it has been clearly demonstrated that public health decisions have wide-ranging consequences on the economic, social, political, financial, religious, and educational conditions of individuals, families, and communities.

In order to provide public health with the necessary flexibility and focus on ensuring quality and safety standards, and to have the agility to respond to emergencies while continuing to deliver regular services, it is now the time to update, upgrade, and strengthen the health care infrastructure, through an equity lens.

One area that needs immediate attention is the legal and regulatory framework. Laws and regulations that govern public health will require systemic review and revision to make sure that the necessary tools and powers are in place to meet old and new challenges and responsibilities. It is, therefore, absolutely essential to ensure that appropriate regulatory frameworks are adopted to enhance and maintain viable, efficient, and effective organizational structures that will provide clear and robust authority to undertake the core functions of public health.

## Celebrating the Holidays Safely in 2021

**HAPPY THANKSGIVING!...HANUKKAH!...CHRISTMAS!...KWANZAA!**



The Holiday Season is in full swing and HCI President, Dr. Jacqui Watson, was interviewed by a US medical association magazine and asked to provide some advice on how to stay safe during the upcoming holidays. Below are some of the questions she was asked and her responses.

**Q. Is it safe to celebrate together with family and friends this holiday season?**

Dr. Watson: " Though we are in a much better place this holiday season than the last, there are states experiencing upticks in COVID 19 outbreaks so you want to do your research, follow state and local recommendations and have that help guide your decisions. In general, you can safely gather with fully vaccinated guests, with precautions. We must remember that most of our young children are still only partially vaccinated/unvaccinated, so assess the risk, try to keep gatherings as small as possible, regulate airflow within the space, and wear masks over the nose and mouth when not eating. We all have the duty to be responsible citizens and to keep each other safe - including our little ones."

**Q. What are some precautions you can take to ensure it's as safe as possible?**

Dr. Watson: "If you or any of your guests are experiencing symptoms of Covid, it's best to stay away. All eligible guests should be fully vaccinated-and if eligible for the booster, get that "boost" before gathering. Rapid testing can also provide an additional layer of protection. Practice what I refer to as the A,B,C's, of Covid mitigation - especially since our little ones and the immunocompromised remain vulnerable."

**Q. What if you or a family member you're visiting have recovered from COVID-19 within the last few months? Can you assume that you are at a relatively higher or lower risk?**

Dr. Watson: "The evidence shows that it's a lower risk if they've fully recovered within the past 90 days."

**Q. Is it possible to travel safely via train or plane right now?**

Dr. Watson: "Private car is always safest. However, if you're traveling by train or plane, you'll have to follow the safety protocols, which are pretty much routine now. I wouldn't recommend traveling without being fully vaccinated, and, especially if traveling internationally, get vaccinated as you are at increased risk for getting and spreading the virus and being exposed to variants. Staying safe is all about assessing risk wisely." Happy Holidays!

# The Spiked Elephant Around Us.

Dr. Jacqui Watson DO, MBA - President / Chief Strategy Officer

Data from the pandemic has made it crystal clear that inequities exist throughout the world with certain populations suffering disproportionately more from the pandemic than others. The inequities are not new but there appears to be a renewed sense of urgency to address them. With more than 4.5M deaths since the virus swept through the world back in early 2020, we know that fewer people will die if more people get vaccinated and, if we truly believe all the talk we have been "spreading" about the importance of equity, then vaccine equity should be made a priority.

Simply put, that means we must collectively ensure that ALL people, regardless of where they reside in the world, should have equal access to a vaccine that offers protection against COVID-19 infection.

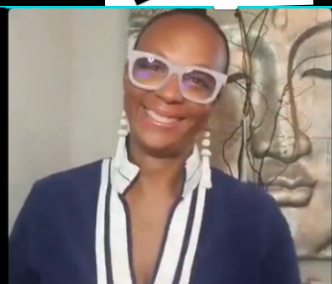
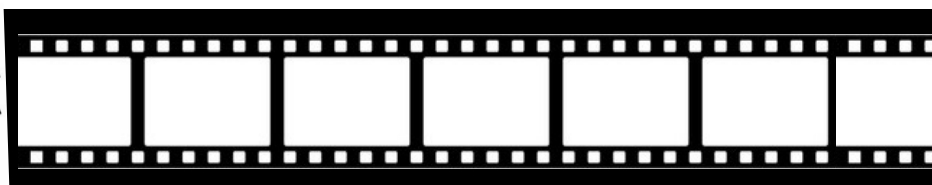


### How can Vaccine Equity be achieved?

Vaccine Equity will be achieved when first-world, high-income countries, with already high vaccination rates and abundant vaccine supply (such as the US), practice smart public health practices and provide financial support, technical assistance and readily distribute vaccines to low-income countries. To not do so, and to prioritize giving already fully vaccinated citizens access to a booster vaccine, rather than getting doses into the arms of unvaccinated people in poor countries, will lead to wider gaps between the rich and the poor, and a devastating and lasting impact on socioeconomic recovery around the globe.

To borrow the words of famous singer/songwriter and human rights activist, Bono, "Unless we defeat the virus everywhere, we will not be safe anywhere."

## the REEL on



Since #TAKE10!, our IGLive series took off earlier this year, HCI President, Dr. Jacqui Watson, has had the opportunity to interview some very notable Jamaicans, from all walks of life, doing BIG THINGS in their respective industries to put Jamaica on the map.

ICYMI (in case you missed it), click on the links below to hear what Mr. Mark Swainbank, Co-owner of Zimbali Retreats; The Honorable Edmund Bartlett, Minister of Tourism in Jamaica; and Mrs. Martha Miller, CEO of National Rums of Jamaica, are up to.

To keep up to date with the series, and to see if you can "guess the guest" before each live show, stay connected and follow us on Instagram [@healthconceptsintl.](#)

[Mark Swainbank](#)

[Hon. Edmund Bartlett](#)

[Martha Miller](#)

[Co-Founder Zimbali Retreats](#)

[Minister of Tourism](#)

[CEO, National Rums of Jamaica](#)

# D.E. I. + PHILANTHROPY

Kim W. Salandy-DeFour, MA, MBA - Vice President/Talent Acquisition



According to Kate Heinz in Built-in Beta, D.E.I. stands for diversity, equity, and inclusion. Diversity is the presence of differences within a given setting. Equity is the process of ensuring that processes and programs are impartial, fair, and provide equal possible outcomes for every individual. Inclusion is the practice of ensuring that people feel a sense of belonging in the workplace.

Diversity, Equity and Inclusion are vital to creating and maintaining a successful workplace; one founded on the principle that all people can thrive personally and professionally in the workplace if they respect each other's differences i.e. diversity.

Catalina Coleman, Director of HR and inclusion at Built-in Beta states that 'Diversity is the presence of differences within a given setting. In the workplace, that can mean differences in race, ethnicity, gender, gender identity, sexual orientation, age, and socioeconomic class. It can also refer to differences in physical ability, veteran status, whether or not you have children'. It is also important to take into account the diversity of thought and the important role it plays.

Equity is the act of ensuring that processes and programs are impartial, fair and provide equal possible outcomes for every individual.

Inclusion is the practice of ensuring that people feel a sense of belonging in the workplace. This means that every employee feels comfortable and supported by the organization when it comes to being their authentic selves.

That said, it is evident that including diversity, equity, and inclusion in philanthropy by incorporating the different perspectives when it comes to social problem-solving may have been a missing piece that is extremely important if one is to meet the needs and wants of different groups and cultures. The American culture continues to evolve and change and as it does, philanthropy must change to meet those needs.

## HCI GIVES BACK-We Know that It's Good for Our Health



### WHAT WE BELIEVE!

- \*We Believe that Giving is Good for Your Health.
- \*We Believe in making investments that make a BIG IMPACT on our communities.
- \*We Believe that making substantial contributions of Time, Resources, or Dollars to worthy causes are effective ways for us to fulfill our vision.
- \*We Believe that Education, like health, is a fundamental human right, not a privilege, and investing in the education of a student is an investment in the future.

This year HCI continued to support two organizations that work to empower young people to achieve academic excellence. JHUAN, [www.jhuan.org](http://www.jhuan.org), in Washington, DC, that provides scholarships to high achieving Jamaican college students on Howard University's campus and S.O.N.E! in Negril, Jamaica, a summer camp that provides a safe space for young kids to thrive.

Meet our camper, Gabriel Byrd, a cutie pie and superstar roving reporter with a bright future career in journalism.

Please consider joining us in contributing to these worthy causes.



**8 yr old Gabriel Byrd  
S.O.N.E.! Summer Camper**

**Jamaica Howard University Affinity Network  
(JHUAN)**

Next #tHD Issue May/June 2022