



CURRENT NEWS ON ECOLOGICAL WELLNESS AND GLOBAL HEALTH

Volume 6, Number 44 <https://planetaryhealthweekly.com> October 29, 2020

Hi, A few days ago I took my grandson to hockey practice; it was a nice group of about a dozen 5-7 year olds in a beautiful indoor arena. What's great about these little guys, though, is that while they fall down a fair amount, they quickly get back up and get going again with full vigour, having learned something about balance and discipline, and hoping not to take such a fall next time/again. The recovering energy shown by these little guys is impressive. An applied metaphor from this is so apt for today. We are really failing at controlling this disease; it's actually getting horrendously worse as you'll see later. We have fallen down hard. Perhaps it's time for public consultation. But let's get back up, let's put our best foot forward, all society working as a team, and we will pull through. If we don't get back up with energy and zeal we will be left on the ice or the road, or the bed - increasing the global pain if we don't, if we remain divided. But everybody has to participate and feel part of the great effort still needed. It can be done.

In today's **Planetary Health Weekly** (#44 of the year) there are ample examples of our need to get back up, get going with determination and really start solving our current and impending environmental and health problems. They are many, and some stories today illustrate ways forward. In this issue you'll read about:

- The Arctic is on a death spiral AND How a second Trump term would be 'game over' for the climate,
- Coronavirus Updates including:
 - A deep dive into the structure of the virus,
 - Covid-19 is accelerating across the globe as U.S. and Europe head into flu season,
 - Tens of thousands of passengers connect from international to domestic flights before quarantine,
 - Investigating whether blood type is linked to Covid-19 risk,
 - A new calculation that the Coronavirus has claimed 2.5 million years of potential life in the U.S. alone,
 - The link between obesity and Covid-19 risk (two stories),
 - Can we count on herd immunity?
 - The most promising treatments for Covid-19 so far,

- How the Sturgis motorcycle rally may have spread coronavirus across the upper Midwest USA,
- Interest in electric vehicles has grown during the pandemic,
- Caribbean agricultural agency warns of a possible 'hunger pandemic,'
- After Covid-19's first wave largely missed southern Italy, it's striking big-time now,
- Hard-hit Belgium faces second lockdown,
- The Toll of Covid-19 by Harvey Fineberg,
- How Canadian parents can manage lockdown smoking and drinking habits healthily, and
- A Texas teen might just have found the pathway to a Covid-19 cure,
THEN
- Canada's last intact ice shelf just broke off and it took a research station with it,
- UN warns climate change could boost demand for humanitarian aid,
- The 2020 Nobel Peace Prize goes to the World Food Program for its efforts to combat hunger,
- New autonomous pod transport trucks/drones,
- Pope Francis criticizes lack of unity in world's coronavirus response AND urges investments be pulled from companies not committed to the environment,
- NHS becomes the world's first health system to commit to net zero,
- The consequences of neoliberalism in the current pandemic by Vicente Navarro,
- Hotter days and lack of air conditioning brings lowers education scores for Black and Latinx students AND widens the racial gap in schools,
- The land is our 'hanii tohowxt' or table,
- The erosion of CDC's credibility,
- New training manual of Gendered Research in Health,
- How Europe's wood pellet appetite worsens environmental racism,
- Global heating warms up nights faster than days,
- Featured book: "Doing Global Science: A guide to responsible conduct in the global research enterprise,"
- What should you choose, an MPH or MSc? and
- END SHOTS of beautiful dull autumn days amid Covid-19 stats and charts.

I hope you'll take a look and re-energize.

Best, david

David Zakus, Editor and Publisher



The Arctic Is In A Death Spiral. How Much Longer Will It Exist?



Credit: Education Images/Universal Images Group via Getty Images

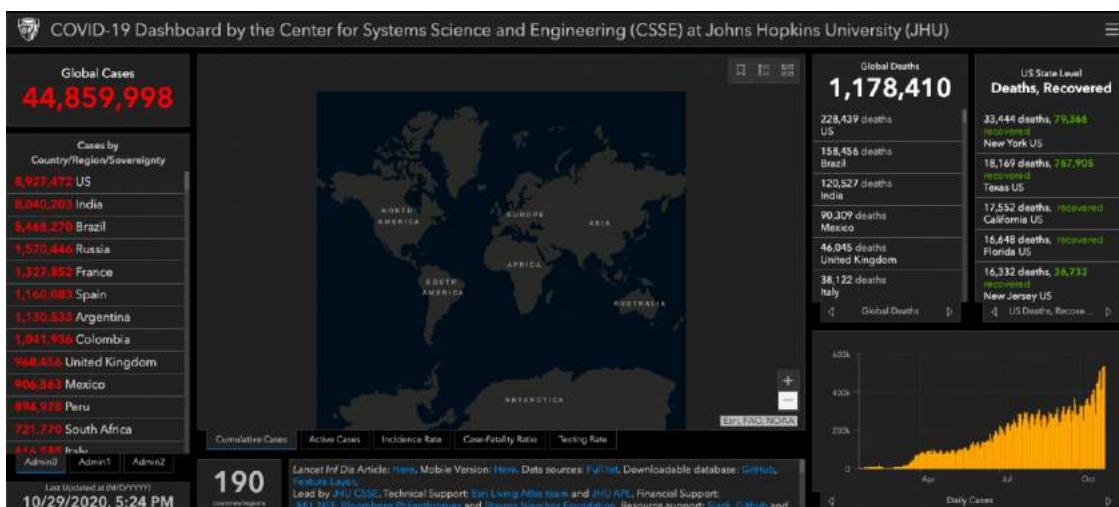
The whole Arctic is unravelling faster than anyone could once have predicted. But there may still be time to act. At the end of July, 40% of the 4,000-year-old Milne Ice Shelf, located on the north-western edge of Ellesmere Island, calved into the sea. [Canada's last fully intact ice shelf was no more](#). On the other side of the island, the most northerly in Canada, the St Patrick's Bay ice caps completely disappeared. The

Arctic is unravelling. And it's happening faster than anyone could have imagined just a few decades ago. Northern Siberia and the Canadian Arctic are now warming three times faster than the rest of the world. To slow this process "It's got to be both a reduction in emissions and carbon capture at this point," explains Julienne Stroeve, a senior research scientist at the US National Snow and Ice Data Center. "We need to take out what we've already put in there." Many experts still believe there's still time to act, to preserve what once was, but the world must come together to prevent further harm and conserve what remains of this unique and fragile ecosystem. [Read More at The Guardian](#)

See also at The Guardian: [**A Second Trump Term Would Be 'Game Over' For The Climate, Says Top Scientist**](#)

Michael Mann, one of the most eminent climate scientists in the world, believes averting climate catastrophe on a global scale would be "essentially impossible" if Donald Trump is re-elected. A professor at Penn State University, Mann, 54, has published hundreds of peer-reviewed scientific papers, testified numerous times before Congress and appeared frequently in the news media. He is also active on Twitter, where earlier this year he declared: "A second Trump term is game over for the climate – really!", a statement he reaffirmed in an interview with the Guardian and Covering Climate Now. "Another four years of what we've seen under Trump, which is to outsource environmental and energy policy to the polluters and dismantle protections put in place by the previous administration ... would make that essentially impossible. The future of this planet is now in the hands of American citizens," he says.

SARS-CoV-2 & COVID-19 UPDATES

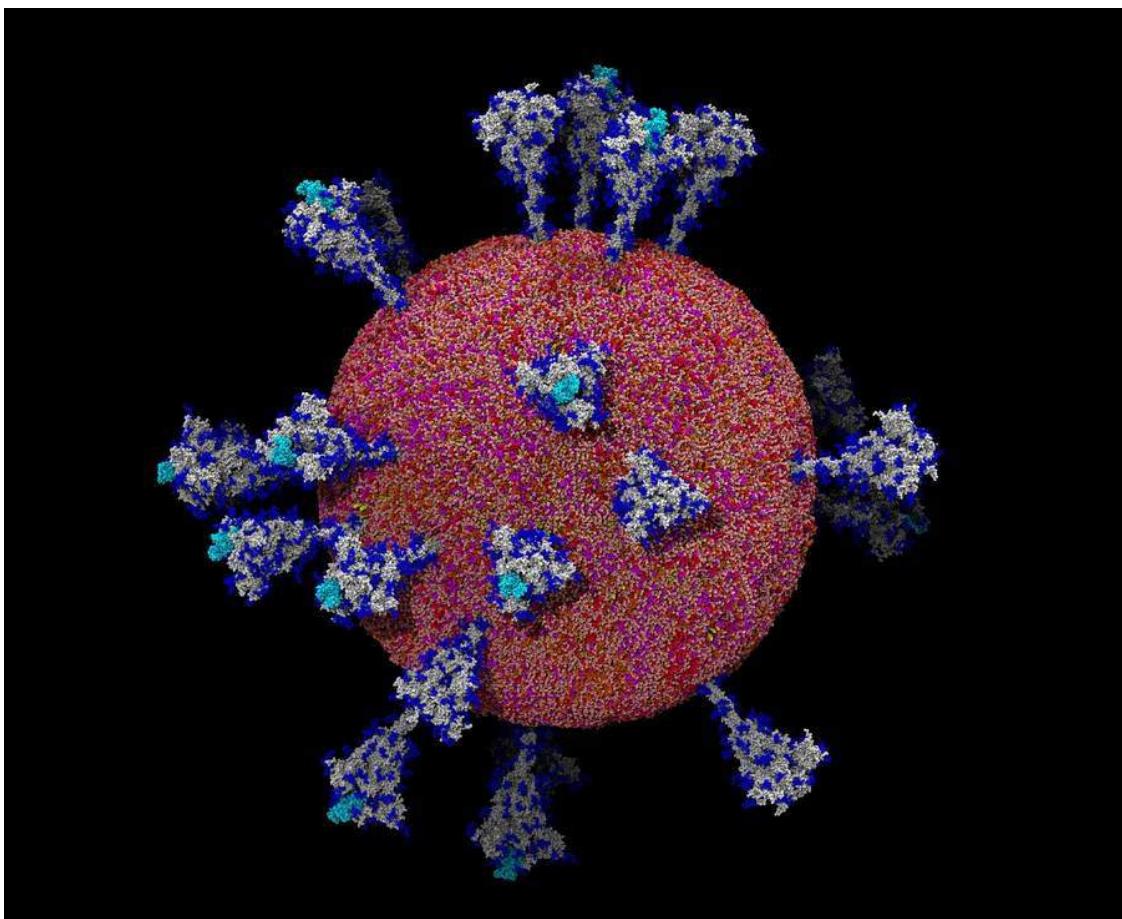


Six days ago, just the day after the last PHW, the world hit a record 506,000 cases in one day and now today it is 530,580, just in one day. While much focus is on the absolute disaster in the USA, because of false information from a so-called leader, the global effort is not working and the whole situation continues to get worse, much worse. The virus just doesn't get any respect. Nor do those trying valiantly to control it. And in the last week a further

demonstration of this surge globally, with about a 20% increase in confirmed COVID-19 cases (about 3.3 million) and a >10% increase in deaths. AND Toronto reports its worse day ever today with 420 new cases. (See more stats and charts in ENDSHOTS at the end of this newsletter.)

"It is the plague in seemingly all sincerity." Bob Woodward

The Coronavirus Unveiled (A Deep Dive Into Its Structure)



Credit: Lorenzo Casalino and Abigail Dommer

In February, as the new coronavirus swept across China and shut down entire cities, a scientist named Sai Li set out to paint its portrait. At the time, the best pictures anyone had managed to take were low-resolution images, in which the virus looked like a barely discernible smudge. Dr. Li, a structural biologist at Tsinghua University in Beijing, joined forces with virologists who were rearing the virus in a biosafety lab in the city of Hangzhou. Those researchers doused the viruses with chemicals to render them harmless and then sent them to Dr. Li. Noam Stern-Ginossar and her colleagues at the Weizmann Institute in Israel, for example, have found evidence that the virus makes proteins that scientists have yet to find. Dr. Stern-Ginossar and her colleagues surveyed the RNA of the virus in infected cells, tallying up all the ribosomes that were reading it. Some ribosomes clustered along known genes. But others were reading genes that had never been

found before. "Each one will require additional work to figure out what they're doing," she said. "Biology takes time." [Read More at The New York Times](#)

MORE COVID-19 STORIES:

At The New York Times: [Covid Is Accelerating Across The Globe As U.S. And Europe Head Into Flu Season](#)

At Global News: [Tens Of Thousands Of Passengers Connect From International To Domestic Flights Before Quarantine](#)

At JAMA Network: [Investigating Whether Blood Type Is Linked to COVID-19 Risk](#)

At The New York Times: [The Coronavirus Has Claimed 2.5 Million Years of Potential Life in the U.S., Study Finds](#)

At NY Times: [White House Blocked C.D.C. Order to Keep Cruise Ships Docked](#)

At Ed Hub: [Digging Into Obesity's COVID-19 Risks \(JAMA 25 min. Podcast\)](#)

At JAMA Network: [Large Meta-analysis Digs Into Obesity's COVID-19 Risks](#)

Barry Popkin, PhD, of the University of North Carolina at Chapel Hill, found surprises in the numbers he and his collaborators crunched: adults with coronavirus disease 2019 who are obese had a 113% higher risk of being hospitalized and a 48% higher risk of dying from the disease than normal-weight or overweight adults. Their recent systematic review and [meta-analysis](#), published in *Obesity Reviews*, includes 75 international studies that examined the association of excess weight across the COVID-19 spectrum—from infection to death. If you contract the novel coronavirus, "You have more than double the likelihood of going into the hospital if you're obese and 50% more likelihood of dying," said Popkin in a recent interview with *JAMA*.

At Ed Hub: [Can We Count on Herd Immunity to Control COVID-19? \(JAMA 16 min. podcast\)](#)

At CBS News: [The Most Promising Treatments For COVID-19 So Far](#)

At The Washington Post: [How the Sturgis Motorcycle Rally may Have Spread Coronavirus Across the Upper Midwest](#)

At Green Car Report: [Americans Interest in EVs Has Grown During the Pandemic](#)

At NY Carib News: [Caribbean Agricultural Research and Development Institute \(CARDI\) Warns of Possible 'Hunger Pandemic'](#)

At The Washington Post: [Covid-19's First Wave Largely Missed Southern Italy. The Second Wave is Hitting It Hard.](#)

At Daily Maverick: [Hard-hit Belgium Faces Second COVID-19 Lockdown](#)

At JAMA Network: [The Toll of COVID-19 \(by Harvey Fineberg\)](#)

At Huffington Post: [How Canadian Parents Can Manage Smoking and Drinking Habits Healthily](#)

At Daily Kos: [A Texas Teen Might Just Have Found the Pathway to a COVID-19 Cure](#)

See further down for the Pope's thinking..



COPING WITH STRESS, ANXIETY, AND SUBSTANCE USE DURING **COVID-19**

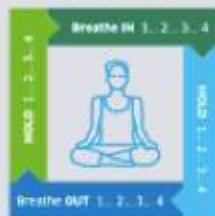
The COVID-19 pandemic has created disruptions in our lives that can cause feelings of stress and anxiety. **These feelings are normal.**

What you'll experience if you're feeling stressed or anxious

- ➊ Fear or constant worry
- ➋ Anger or being easily irritated
- ➌ Difficulty sleeping
- ➍ Difficulty concentrating
- ➎ Struggling with decisions
- ➏ Consuming alcohol, cannabis, or other substances more than usual

Square breathing

This simple exercise can help calm your nervous system and alleviate feelings of anxiety when you're getting overwhelmed.



When you use alcohol, cannabis, or other substances to cope or temporarily relieve stress and anxiety, it may make those feelings worse and increase the risk of developing a substance use disorder.

What you can do to cope

- ➊ Stay active and keep yourself busy with activities you enjoy
- ➋ Stay connected with friends and family while still practising physical distancing
- ➌ Find balance by staying informed but know when to take a break from COVID-19 news and topics
- ➍ Be kind to yourself, this is a difficult time, and you're doing your best to manage a challenging situation
- ➎ Take care of your body by eating and sleeping well, exercising, and meditating
- ➏ Reach out for help! Talk to a family member or friend, and seek professional support if needed

If you use substances

- ➊ Monitor your use, pay attention to its frequency and context
- ➋ Follow Canada's Low-Risk Alcohol Drinking Guidelines
- ➌ Follow Canada's Lower Risk Cannabis Use Guidelines
- ➍ Avoid stockpiling alcohol, cannabis, and other substances
- ➎ Reach out for help if you feel your use is becoming a problem

For more information, visit www.csa.ca or www.mentalhealthcommission.ca/English/covid19



Mental Health
Commission
of Canada
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la santé mentale
du Canada

A special contribution from
Health Canada
Santé Canada



Canada's Last Intact Ice Shelf Broke Off. It Took Our Research Station With It



Credit: Adrienne White

Researchers studying the area in the Arctic for years describe the day of the calving event – and where they go from here. In August, Adrienne White – an ice analyst at the Canadian Ice Service who monitors the Canadian Arctic for changes in sea ice – was reviewing satellite imagery when she spotted something remarkable. The enormous Milne ice shelf, which was the last intact ice shelf in Canada and which White had studied closely before as a PhD student, was dissolving. “It is lucky that we were not on the ice shelf when this happened,” said colleague, Derek Mueller. “Our camp area and instruments were all destroyed in this event.” Mueller is one of Canada’s leading ice shelf experts who, along with Luke Copland, supervised White’s PhD. Together and separately, the three have been studying the [Arctic](#) for years. Copland believes ice shelves are “a canary in the coal mine” in the climate crisis, given that they are especially susceptible to atmospheric changes. We spoke to them about what that day was like, and where they go from here. [Read More at The Guardian](#)

UN Report Warns Climate Change Could Boost Demand for Humanitarian Aid



Credit: AP

The United Nations is warning that climate change is threatening the lives of millions of people throughout the world, and that demand for humanitarian aid could rise 50% by 2030. The U.N.’s World Meteorological Organization (WMO) released a report Tuesday that found more weather-related disasters such as heat waves, storms and droughts are occurring each year. “While COVID-19 generated a large international health and economic crisis from which it will take years to recover, it is crucial to remember that climate change will continue to pose an ongoing and increasing threat to human lives, ecosystems, economies and societies for centuries to come,” said WMO Secretary-General Petteri Taalas. In addition to the U.N., the report was prepared by 15 other international agencies and financial institutions. They urge governments to invest more in early-warning systems that can help countries more effectively respond and mitigate the impact of natural disasters. [Read More at VOA News](#)

2010 Nobel Peace Prize To The UN World Food Programme For Its Efforts To Combat Hunger



Credit: Reuters

The 2020 Nobel Peace Prize has been awarded to the United Nations World Food Programme (WFP). The agency was given the prize for its efforts to combat hunger and improve conditions for peace. The WFP, the 101st winner of a prize now worth 10m Swedish krona (US\$1.1m; £875,000), said it was "deeply humbled" to have won. WFP head David Beasley told the BBC's Newshour he was in shock following the announcement. "I was literally for the first time in my life without words," he said. "To receive this award is a recognition to the men and women at the World Food Programme who put their lives on the line every day for the struggling, suffering people around the world. So I hope this is a signal and a message that the World Food Programme is a role model and that we all have got to do more." Noble Committee Chairwoman Berit Reiss-Andersen said that with this year's award the committee wanted to "turn the eyes of the world to the millions of people who suffer from or face the threat of hunger. The World Food Programme plays a key role in multilateral co-operation in making food security an instrument of peace." [Read More at BBC](#)

Einride Autonomous Pod Trucks



Credit: Cool Material

Autonomous cargo transport isn't a dream, as evidenced by Swedish company, Einride, who just launched their self-driving and electric pod trucks. Lest you giggle and say there's no way, keep in mind that Einride was actually the first one to test a fully autonomous and electric heavy transport vehicle on a public road. The goal is a fully automated fleet that's available worldwide, and the pod can actually go from assistive to fully autonomous and various levels in between. Remote operators can also monitor and control the Einride pod without any onboard driver required. The black-and-white pod is aerodynamic, attractive and practical in terms of both mobility and capacity. It also gets high-performance LED headlights and full-height taillights for maximum visibility by other drivers. Not only should the pods be able to network seamlessly, but they will also drastically reduce carbon footprints normally left by conventional gas and diesel fleets. [Read more at Cool Material](#)

See also at The Verge: [Drone truck startup Einride unveils new driverless vehicles for autonomous freight hauling](#)

GOOD NEWS

Pope Criticizes Lack of Unity In World's Response To Coronavirus



Credit: Vatican

Media/ Shutterstock

In an encyclical, the most authoritative form of papal teaching, Francis lamented poor cooperation among countries and warned the forces of “myopic, extremist, resentful and aggressive nationalism are on the rise.” Pope Francis criticized the failures of global cooperation in response to the coronavirus pandemic in a document released on October 4 that underscores the priorities of his pontificate. “As I was writing this letter, the Covid-19 pandemic unexpectedly erupted, exposing our false securities,” Francis said in the encyclical, the most authoritative form of papal teaching. “Aside from the different ways that various countries responded to the crisis, their inability to work together became quite evident. For all our hyper-connectivity, we witnessed a fragmentation that made it more difficult to resolve problems that affect us all,” he added. He argued that disregard for the vulnerable “can hide behind a populism that exploits them demagogically for its own purposes.” And the pope made clear that he did not like the permanent campaign tenor of modern politics. “Today, in many countries, hyperbole, extremism and polarization have become political tools,” he wrote, without mentioning any specific country. Nevertheless, Francis sought to strike a hopeful note, expressing optimism that the “recent pandemic enabled us to recognize and appreciate once more all those around us who, in the midst of fear, responded by putting their lives on the line.” But, perhaps less optimistically, he noted, “once this health crisis passes, our worst response would be to plunge even more deeply into feverish consumerism and new forms of egotistic self-preservation.” [Read More at NY Times](#)

See Also: [**Pull investments from companies not committed to environment, pope says**](#)

MORE GOOD NEWS

NHS Becomes World's First Health System To Commit To Net Zero



Credit: NHS

The U.K.'s National Health Service (NHS) took a major step into the decarbonized future, announcing a multi-year plan to become the world's first net zero national health system. The move aligns with recommendations by an expert group, the NHS Net Zero Expert Panel, which convened in January to analyze evidence on how the health service can help slash UK emissions. Based on its findings, the NHS has adopted two targets: for emissions under its direct control to reach net zero by 2040, with an interim reduction target of 80% by 2028-32; and for its wider supply chain footprint to reach net zero by 2045, with an 80% reduction target set between 2036 and 2039. The move was welcomed by international body the World Health Organization, whose director, Dr Tedros Adhanom Ghebreyesus, stressed that cutting carbon emissions was "essential to protect health, everywhere in the world." "I welcome the leadership of the largest single health system in the world, the National Health Service in England, in committing to be carbon neutral in its own operations by 2040, and to drive emissions reductions in its suppliers and partners. Health is leading the way to a greener, safer planet," Ghebreyesus added. [Read More at Business Green](#)

OPINION

The Consequences Of Neoliberalism In The Current Pandemic by Vicente Navarro



Credit: The Bullet

This article analyzes how the neoliberal policies, such as the politics of austerity (with considerable cuts to social policy expenditures including education, medical care and public health services) and the privatization of health services, imposed by many governments on both sides of the North Atlantic, considerably weakened the capacity of the response to the coronavirus pandemic in Italy, Spain and the United States. [Read More at Sage Journals](#)

SPOTLIGHT ON POLICY

Hotter Days, No A/C Brings Lower Test Scores For Black & Latinx Students



A new study has correlated warmer air temperatures with lower test scores among Black and Latinx students in the United States, likely because they're less likely than their white peers to have air conditioning in their homes or—most notably—their schools. “Being exposed to higher temperatures throughout the school year appears to take a gradual and cumulative toll on those students’ ability to absorb their lessons,” lead author R. Jisung Park, assistant professor of public policy at the University of California, Los Angeles, [told](#) the New York Times. The study, just published in the journal *Nature Human Behaviour*, found that students who experienced more school days reaching 27°C or warmer over a year got poorer test scores than those at schools in the same districts who faced fewer hot days. “The growing body of research showing those disproportionate effects has changed the public conversation around climate change, directing more attention to racial equity,” said Nsedu Obot Witherspoon, executive director for the Children’s Environmental Health Network. However, she told the *Times* she is not hopeful that the data will translate into policy changes. “We’ve been discussing a lot of this for a very long time,” she said. [Read More at The Energy Mix](#)

See Also at NY Times: [Hotter Days Widen Racial Gap in U.S. Schools, Data Shows](#)

SPOTLIGHT ON INDIGENOUS WELLNESS

The Land Is Our Hanii Tohowxt



Credit: Farhan Umedaly (VoVo Productions)

“The land is our dinner table,” Malii’s grandfather Lelt (the late Fred Johnson) and a Gitxsan hereditary chief, said one evening while the family was eating dinner. He didn’t say it in English — he spoke fluently in his Sm’algyax language, and though Malii was blessed to grow up around fluent speakers, he didn’t quite know what his grandfather meant at the time. “I didn’t want to be rude to ask, ‘Our dinner table?’” Chief Malii, also known as Glen Williams, told me during a Zoom call in March. The Gitxsan and Gitanyow social structure is intact today, despite the Canadian government’s best efforts to exterminate them with laws like the potlatch ban that made it illegal to feast and conduct business, and which wasn’t lifted until

the 1950s. "The thing to do with Indigenous peoples is exercise your right, just do it," Chief Malii said, echoing words I heard through many First Nations Forward interviews over the past months.

"It's about implementation — you just gotta do it. Occupy, that's our future," Chief Malii stressed. "We have talented young people who have gone to school to be lawyers, doctors, biologists, writers. Our future is the young Indigenous people within our nations." [Read more at National Observer](#)



Credit: National Oceanic and Atmospheric Administration (NOAA)

Quote Of The Week

CDC's credibility is eroded by internal blunders and external attacks as coronavirus vaccine campaigns loom

The conflicting messages from Washington and Atlanta break every rule in the [CDC's 450-page manual](#) about communicating in a crisis.

People start to ask, "Can we trust the experts, can we trust what they tell us, should we follow their recommendations about what to do?" said Jason Schwartz, an assistant professor of health policy at the Yale School of Public Health.

"Even in normal times, NIH can promise research breakthroughs, FDA can bring products to market to cure disease, but CDC is a public health agency and when public health is working, it's invisible," Yale's Schwartz said. "We don't see the individual victims; we don't know whose lives are being saved."

Read More at Washington Post

Upcoming Events

- November 9th-19th: [2020 UN Climate Change Conference](#) (UNFCCC COP26 - Glasgow, Scotland) - **Postponed until latter 2021**
- November 13th-14th: [Global Impact in the Age of Dual Pandemic: Re-imagining the Global Black Community in the Face of a Sweeping Pandemic](#) (Virtual)
- November 14th - 15th: [Results Canada's National Conference \(Virtual\)](#)
- March 12th-14th: [Consortium of Universities for Global Health Virtual Conference](#)
- June 7th-9th 2021: [Executive Course: Global Health Diplomacy](#) (University of Toronto, Canada)

FYI#1 SPOTLIGHT ON MEDIA

**Newly Revised Training Manual
on Gendered Research In Health
from the Society Of Health
Alternatives, India (SAHAJ)**

GENDERED RESEARCH IN HEALTH

A TRAINING MANUAL

RENU KHANNA

SAHAJ- Society for Health Alternatives, Vadodara, Gujarat

and

Women's Health Training, Research and Advocacy Centre (WOHTRAC)

Women's Studies Research Centre (WSRC)

The Maharaja Sayajirao University of Baroda

Vadodara, Gujarat

Sahaj

towards alternatives in health and development

Credit: Sahaj

Most health-related research continues to be carried out within the biomedical tradition. Although social factors affecting health are beginning to be considered seriously, a large proportion of resources are still spent on projects falling under the domain of biomedicine. Most medical research continues to state that men and women are physiologically similar in all respects except their reproductive systems. Traditional frameworks for analyzing women's health have often concentrated only on their childbearing years. The problems related to pregnancy and childbearing were considered important domains in women's health. Other biological differences and social differences affecting women's health are ignored. As a result, both preventive and curative strategies are often applied to women when they have only been tested on men. There is growing evidence that sex and

gender differences may be important in a range of infectious and parasitic diseases including tuberculosis and malaria (and COVID-19 too). To change the inequalities in medical research, women's needs and desires must have a more prominent place in the research process. A formal set of policies will be needed to ensure that their interests are represented.

[Read More at Sahaj](#)

FYI #2

How Europe's Wood Pellet Appetite Worsens Environmental Racism In The U.S. South



Credit: Dogwood
Alliance

An expanding wood pellet market in the Southeast USA has fallen short of climate and job goals — instead bringing air pollution, noise and reduced biodiversity in majority Black communities. In 2013, when Enviva Biomass opened a new plant near Belinda Joyner's community in Northampton County, North Carolina, she already knew what to expect. As the Northeast Organizer for Clean Water for North Carolina, she'd met with residents of a small, majority Black town called Ahoskie, 40

miles from her home. Enviva had built its first North Carolina plant there two years before. The county is also majority Black (57%), with 21% of residents living in poverty compared to 14% statewide. The county's median household income is 38% lower than the state as a whole; it is classified by North Carolina as a "Tier 1" county, meaning that it is among the 40 most economically distressed of the state's 100 counties.

Enviva is the world's largest producer of industrial wood pellets and is part of a rapidly growing industry in the U.S. South, where companies find ample forests, lax business regulations, and ports along the Atlantic coast. Though there is some domestic demand for wood pellets for electric utilities—particularly in the Northeast—the majority of wood pellets manufactured in the region are [exported to the European Union](#) (EU) and the United Kingdom (UK), to fulfill global commitments to mitigate climate change by reducing reliance on fossil fuels.

Read More at Southerly

FYI #3

Sexual Orientation And Gender Identity Nursing Website

SAY HELLO TO THE NEW SOGI WEBSITE

soginursing.ca

Sexual Orientation and Gender Identity Nursing Website

- Virtual Simulation Games
- Educational Resources
- Self Assessments

Helping nurses, nursing students, and healthcare professionals to use cultural humility to meet the unique healthcare needs of LGBTQI2S people.



Credit: SOGI

The SOGI Nursing Website is a Toolkit for Nurses and Nursing Educators committed to providing resources and education around 2SLGBTQ+ issues in health care. This course is a key component of an educational toolbox which includes a database of resources available at www.soginursing.ca. This program consists of four Virtual Simulation Games (VSG), of varying lengths, in a variety of settings (i.e. emergency department to community care), and across a range of professional expertise (senior nursing students to nurse practitioners). The toolbox also includes curated educational and research-based resources. CAN-SIM is the host of this program however they are not LGBTQI2S content experts, but have relied heavily on representation from LGBTQI2S researchers and community to define the priorities to be addressed in each VSG and in the final toolbox. Each VSG has embedded self-assessments, learning outcomes and curated resources. This course is available to anyone – there is no need to enrol, simply click on [curriculum](#) to get started. To save your progress, you will need to create an account and enrol in the course.

Read More at SOGI Nursing

Global Heating Warming Up 'Nights Faster Than Days'



Credit:

NiseriN/Getty/iStockPhoto

The climate crisis is heating up nights faster than days in many parts of the world, according to the [first](#) worldwide assessment of how global heating is differently affecting days and nights. The findings have “profound consequences” for wildlife and their ability to adapt to the climate emergency, the researchers said, and for the ability of people to cool off at night during dangerous heatwaves. Daniel Cox, a research fellow at the University of Exeter and leader of the study, said: “We demonstrated that greater night-time warming is associated with the climate becoming wetter, and this has been shown to have important consequences for plant growth and how species, such as insects and mammals, interact. Species that are only active at night or during the day will be particularly affected.” Mark Wright, the director of science at WWF-UK, said: “While it’s too early to determine the impact on any individual species, this potentially significant finding provides further evidence of the imbalances being forced on nature by humankind.

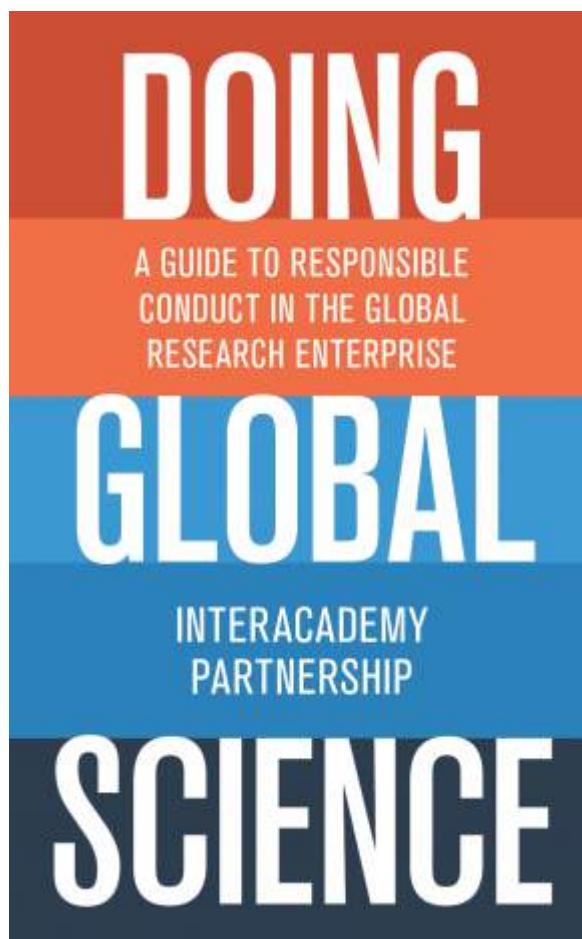
“We know we need to take urgent action to halt and reverse humanity’s impact on nature, including rapid and deep cuts to greenhouse gas emissions.”

Overviews of the climate crisis often focus on average global temperature rises, but the impacts vary widely around the world. Previous climate studies have shown that some areas, such as [the Arctic](#) and Himalayan plateau, are heating up much faster than elsewhere and that [spring is coming earlier](#) and [frosts and snow are becoming less common](#).

Read More at The Guardian

FYI #5: AUTUMN READING

Doing Global Science: A Guide to Responsible Conduct In The Global Research Enterprise



Credit: Book Cover

This concise introductory guide explains the values that should inform the responsible conduct of scientific research in today's global setting. Featuring accessible discussions and ample real-world scenarios, *Doing Global Science* covers proper conduct, fraud and bias, the researcher's responsibilities to society, communication with the public, and much more. The book places special emphasis on the international and highly networked environment in which modern research

is done, presenting science as an enterprise that is being transformed by globalization, interdisciplinary research projects, team science and information technologies.

[Read More at Inter Academics](#)

FYI#6: SPOTLIGHT ON EDUCATION

I Want To Do A Graduate Public Health Degree! Should I Do An MPH Or An MSc?



Credit: Unsplash

This question is by far one of the top questions from prospective master's students. And, it's a really good question! However, there is no single degree that comes out THE BEST! **The best choice is the one that is right for YOU.** Both degrees are prevalent, and both degrees are valuable. However, they each serve a different purpose. And we know what you are thinking. You've already heard this

advice in many places, but you are still stuck with your decision! We knew that we needed to give you something more tangible to help you make your decision, so we took this question to the experts....our community!

The advice is presented as they were written by the community members, with minor typo corrections. Like any advice, take what you need, factor in your unique situation, and make the decision that's right for you. Good luck!

[Read More at PH Spot](#)

ENDSHOTS

ALONG HAWKRIGG LANE, WHITEFISH LAKE AND HIGHWAY 141, ONTARIO AMID THE CORONAVIRUS PANDEMIC

OCTOBER 27, 2020



EVEN DULL DAYS CAN BE BEAUTIFUL

Coronavirus Cases:

44,969,571[view by country](#)

Deaths:

1,181,727

Recovered:

32,833,245

ACTIVE CASES

10,952,726

Currently Infected Patients

10,870,953 (99%)
in Mild Condition**81,773** (1%)
Serious or Critical[Show Graph](#)

CLOSED CASES

34,014,972

Cases which had an outcome:

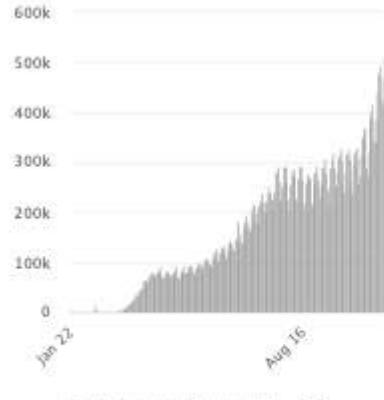
32,833,245 (97%)
Recovered / Discharged**1,181,727** (3%)
Deaths[Show Graph](#)

daily

linear

logarithmic

Daily New Cases

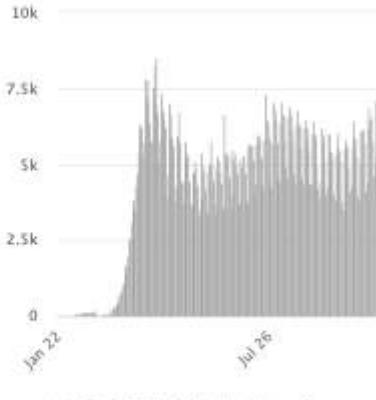
Cases per Day
Data as of 0:00 GMT+0

daily

linear

logarithmic

Daily Deaths

Deaths per Day
Data as of 0:00 GMT+0Source: <https://www.worldometers.info/coronavirus/>



**COUNTRIES RANKED BY RATE OF NEW COVID-19 CASES AND
DEATHS/CAPITA (OCTOBER 22-29, 2020) Source:**

[https://www.washingtonpost.com/graphics/2020/world/mapping-
spread-new-coronavirus/?itid=sf_coronavirus](https://www.washingtonpost.com/graphics/2020/world/mapping-spread-new-coronavirus/?itid=sf_coronavirus)

Case and death counts by country

Deaths	Cases	Adj. for population	Totals
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Jump to a country:

Canada

Change in daily cases in last 7 days

Country	Reported cases per 100k	New cases in last 7 days per 100k	Change in daily cases in last 7 days
Andorra	5,855	915	▲ 14%
Qatar	4,666	60	▲ 4%
Israel	3,455	50	▼ -35%
Belgium	3,207	855	▲ 20%
Panama	3,091	95	▲ 11%
Kuwait	2,963	125	▼ -1%
Armenia	2,875	480	▲ 30%
Montenegro	2,796	182	▼ -17%
Czech Republic	2,784	693	▲ 19%
Moldova	2,759	141	▲ 1%
Peru	2,753	46	▼ -20%
U.S.	2,697	146	▲ 22%
Chile	2,667	44	▼ -7%
Brazil	2,591	69	▲ 10%
Luxembourg	2,526	537	▲ 91%
Argentina	2,516	171	▼ -11%
Spain	2,414	234	▲ 25%
Oman	2,300	52	▼ -17%
Costa Rica	2,111	118	▼ -5%
Colombia	2,070	102	▲ 13%
Netherlands	1,942	393	▲ 14%
France	1,909	355	▲ 47%
Switzerland	1,692	560	▲ 71%
The Bahamas	1,681	106	▼ -34%
Slovenia	1,471	625	▲ 76%
Britain	1,415	197	▲ 12%
Bosnia	1,413	282	▲ 65%
North Macedonia	1,377	155	▲ 17%
UAE	1,334	99	▲ 7%

Canada is in 69th place in this ranking above.

Case and death counts by country

Deaths	Cases	Adj. for population	Totals
--------	-------	---------------------	--------

Jump to a country:

Country	Reported deaths per 100k	New deaths in last 7 days per 100k	Change in daily deaths in last 7 days	
			days	%
Peru	106	1	-	-19%
Belgium	97	5.1	▲	91%
Andorra	93	11.7	-	-
Bolivia	78	1	-	-23%
Spain	75	2	▲	14%
Brazil	75	1.2	-	-11%
Chile	74	1.3	-	-13%
Ecuador	73	0.6	-	-20%
Mexico	71	2.3	▲	36%
U.S.	69	1.5	▲	2%
Britain	68	2	▲	44%
Argentina	67	4.7	-	-2%
Moldova	65	3.3	-	-11%
Italy	63	1.6	▲	80%
Panama	63	1.2	-	-20%
Colombia	61	2.2	▲	9%
Sweden	58	0	-	-
France	53	2.4	▲	60%
North Macedonia	46	4.3	▲	71%
Montenegro	45	4.7	-	0%
Armenia	43	4.8	▲	44%
Netherlands	42	2	▲	43%
Iran	41	3	▲	16%
Ireland	38	0.5	-	0%
Bosnia	36	4	▲	65%
Romania	35	3.1	▲	26%
The Bahamas	35	1.5	-	-
South Africa	33	0.5	-	-31%
Israel	28	1.9	▲	6%
Iraq	28	0.9	-	-7%
Honduras	27	0.5	-	-17%
Canada	27	0.4	▲	26%
Costa Rica	27	1.8	▲	13%





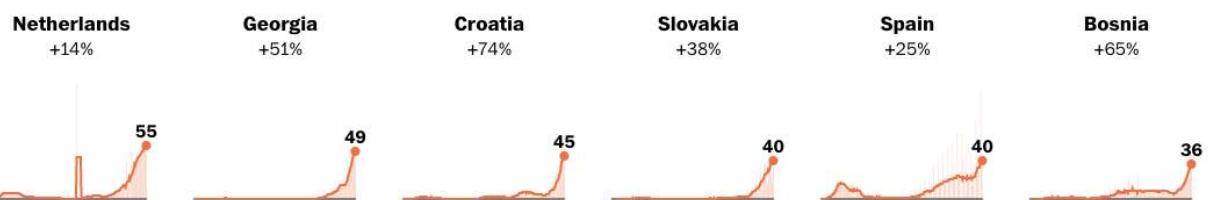
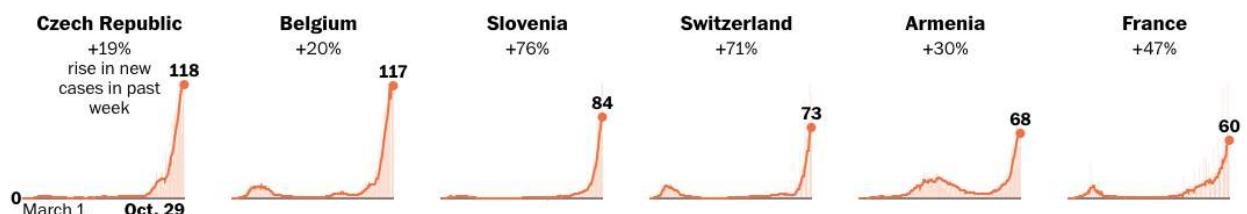
WHERE THE CASES AND DEATHS ARE SURGING (OCTOBER 22-29, 2020) Source:

[https://www.washingtonpost.com/graphics/2020/world/mapping-
spread-new-coronavirus/?itid=sf_coronavirus](https://www.washingtonpost.com/graphics/2020/world/mapping-spread-new-coronavirus/?itid=sf_coronavirus)

Global hot spots for reported cases per capita

— 7-day rolling average of daily new reported cases per 100,000 residents

Deaths	Cases	Adj. for population	Totals
--------	-------	---------------------	--------

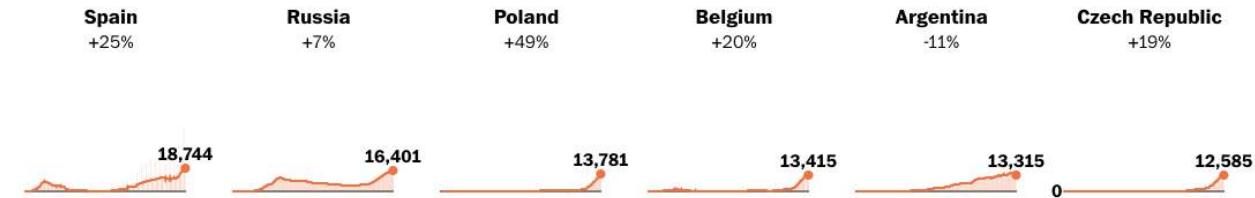
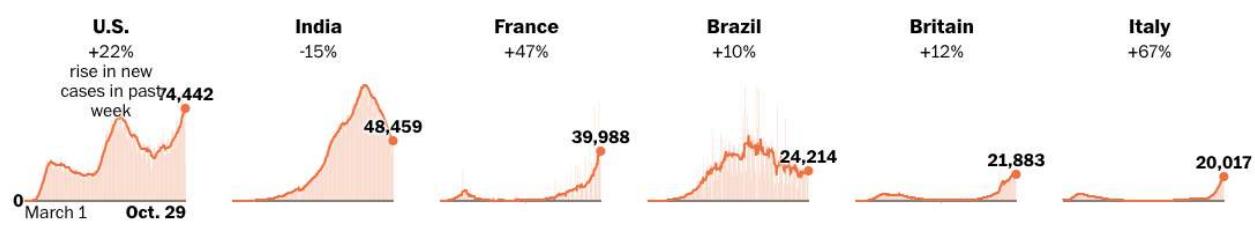


Note: Only countries with a population of more than 1 million are shown.

Global hot spots for reported cases

— 7-day rolling average of daily new reported cases

Deaths	Cases	Adj. for population	Totals
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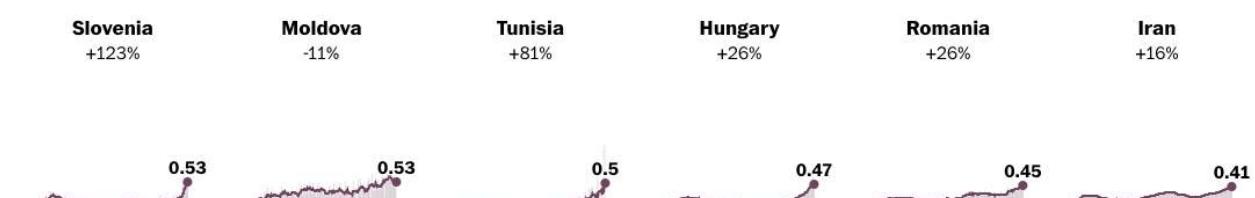
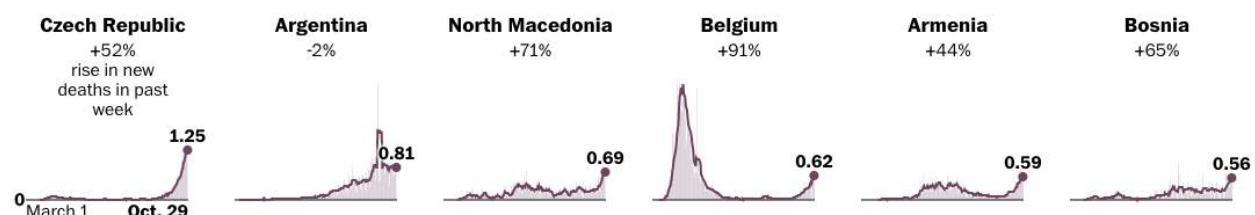


Note: Only countries with a population of more than 1 million are shown.

Global hot spots for reported deaths per capita

— 7-day rolling average of daily new deaths per 100,000 residents

Deaths	Cases	Adj. for population	Totals
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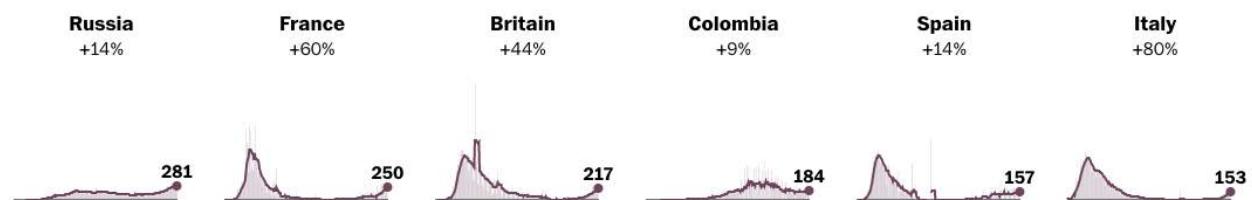
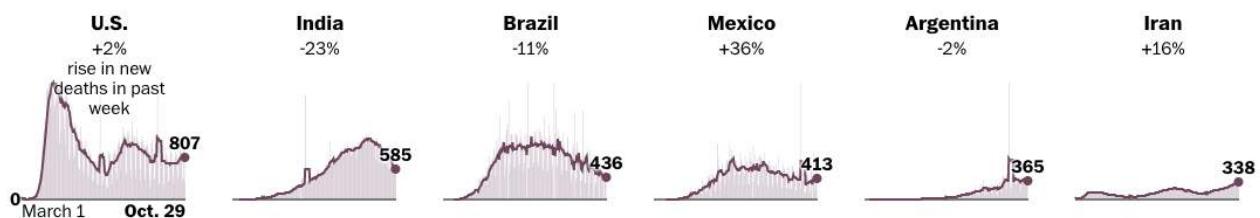


Note: Only countries with a population of more than 1 million are shown.

Global hot spots for reported deaths

— 7-day rolling average of daily new deaths

Deaths Cases Adj. for population Totals

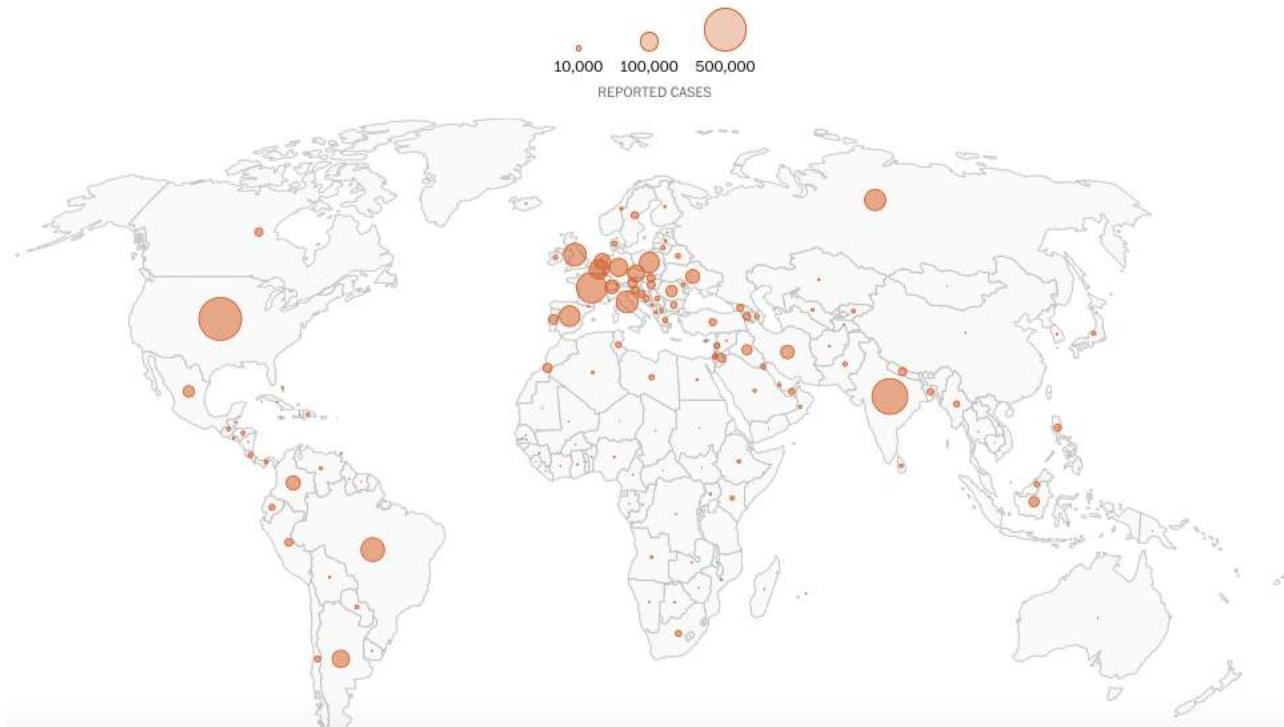


Note: Only countries with a population of more than 1 million are shown.



Where the virus is surging

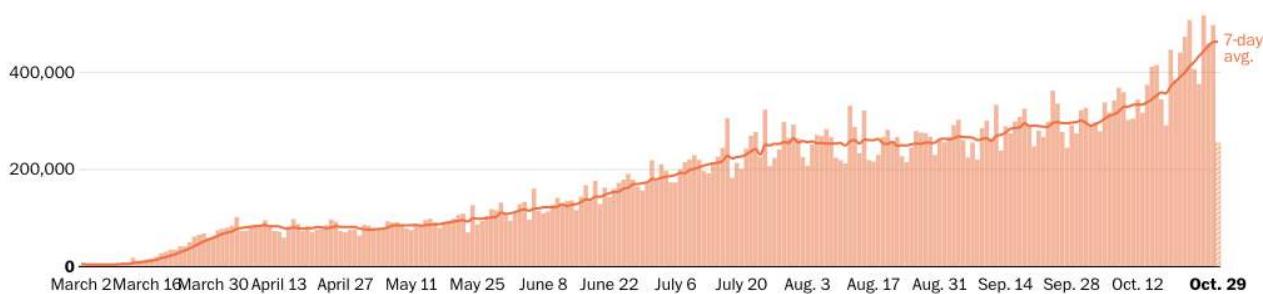
Deaths Cases Adj. for population Totals Since last week Cumulative



New daily reported cases across the world

Deaths Cases

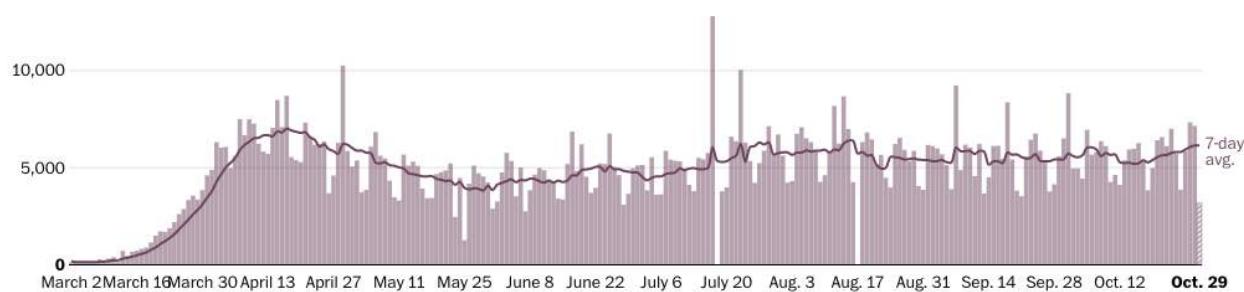
At least 44,622,210 have been reported since Feb. 29.



New daily deaths reported across the world

Deaths Cases

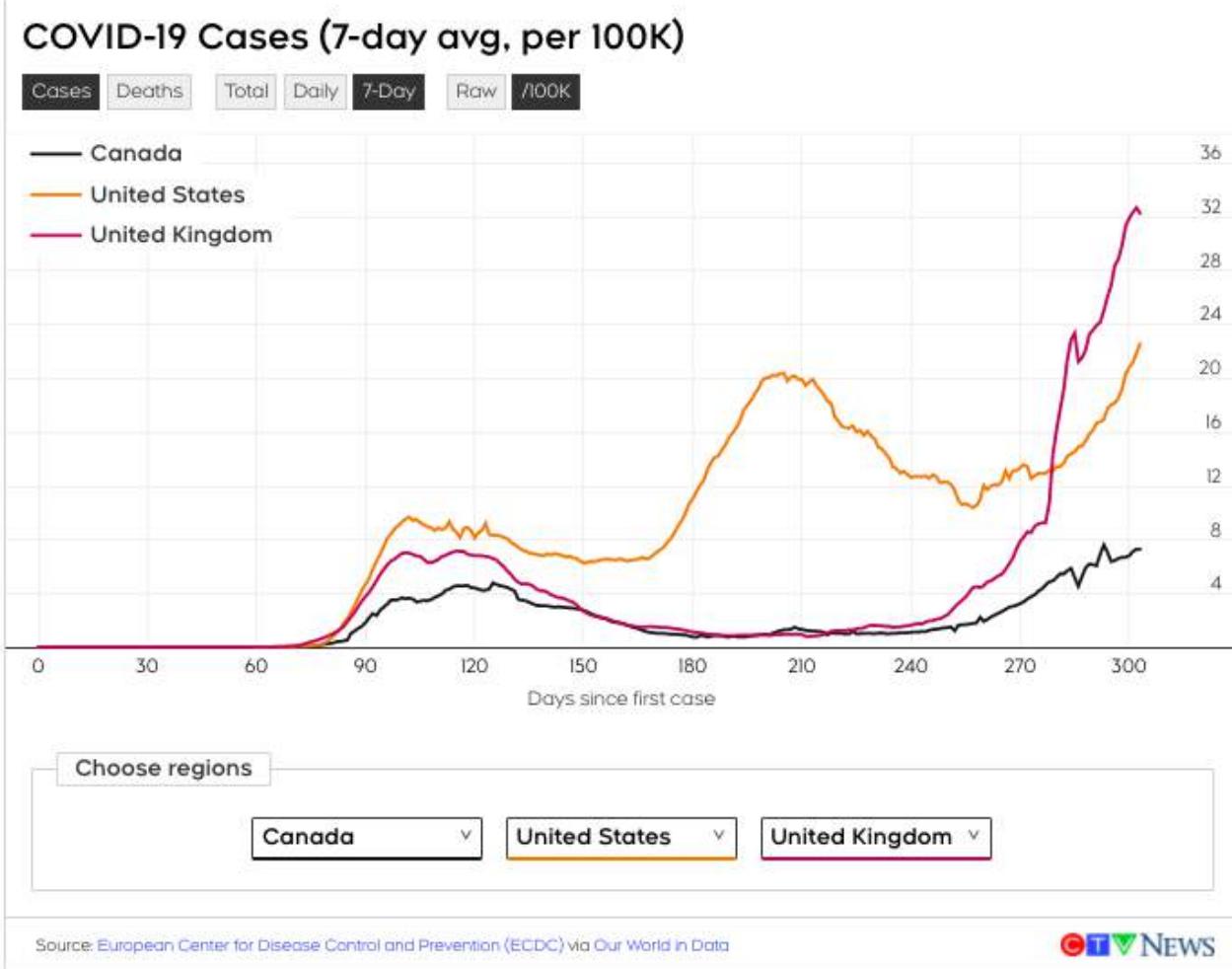
At least 1,175,875 have been reported since Feb. 29.





Source of data below on October 29, 2020:

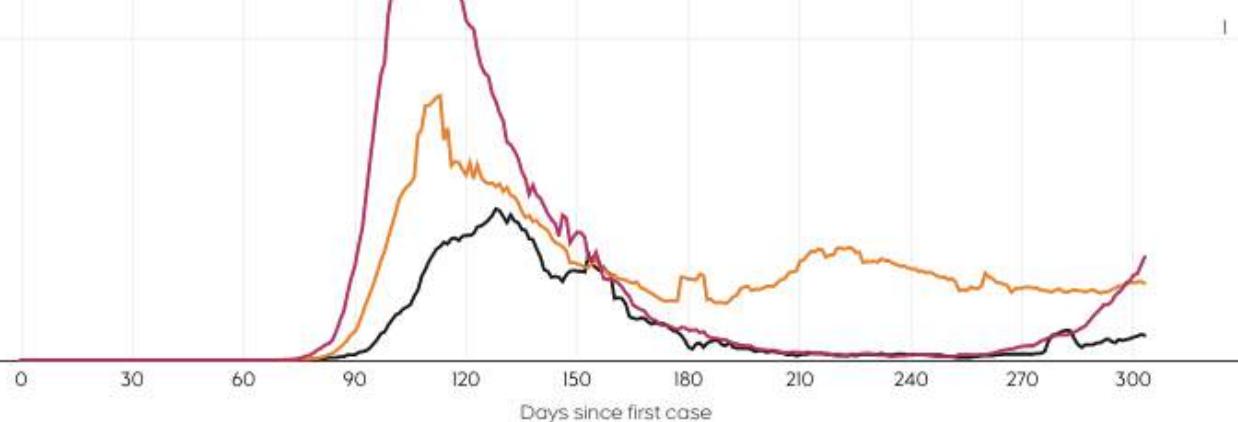
<https://www.ctvnews.ca/health/coronavirus/covid-19-curves-compare-canada-and-other-key-nations-1.4881500>



COVID-19 Deaths (7-day avg, per 100K)

Cases Deaths Total Daily 7-Day Raw /100K

— Canada
— United States
— United Kingdom



Choose regions

Canada

United States

United Kingdom

Source: European Center for Disease Control and Prevention (ECDC) via Our World in Data

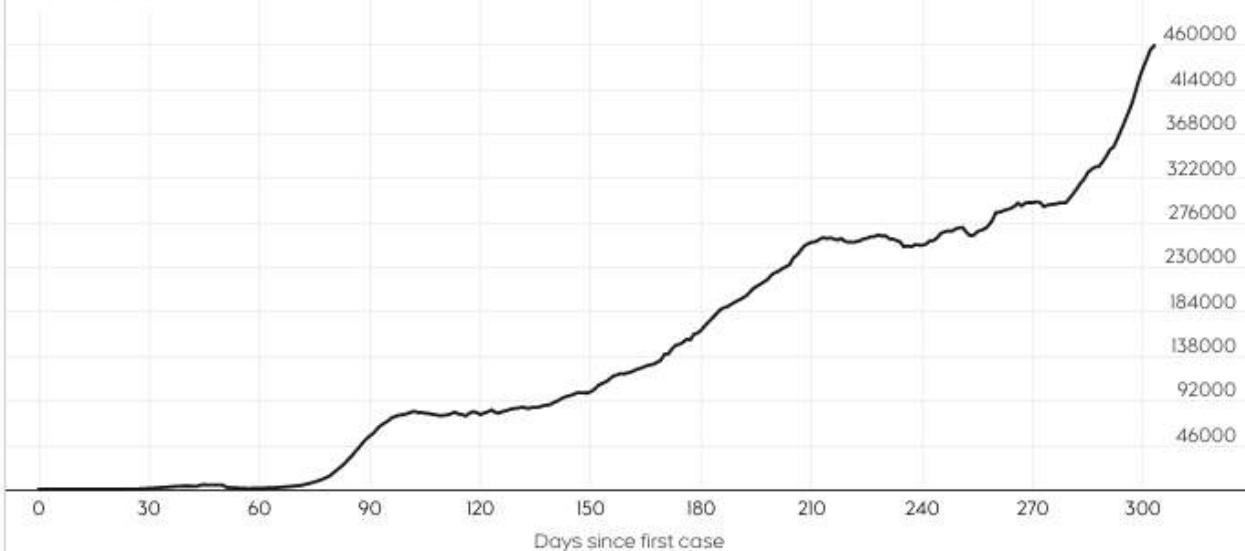
CTV NEWS



COVID-19 Cases (7-day avg)

Cases Deaths Total Daily 7-Day Raw /100K

— World



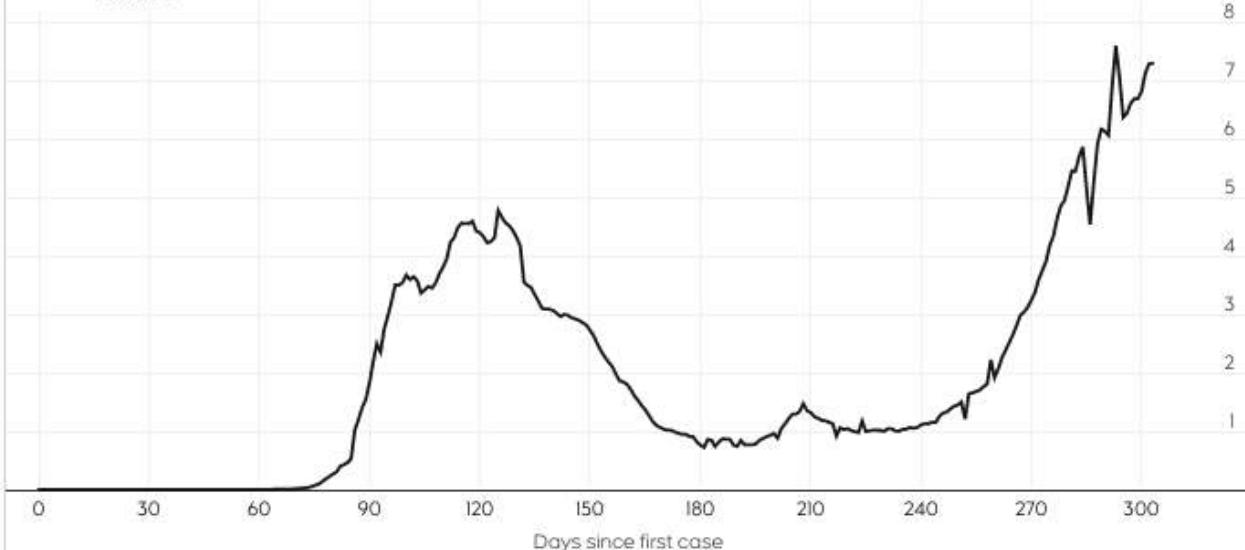
Source: European Center for Disease Control and Prevention (ECDC) via Our World in Data

CTV NEWS

COVID-19 Cases (7-day avg, per 100K)

Cases Deaths Total Daily 7-Day Raw /100K

— Canada



Source: European Center for Disease Control and Prevention (ECDC) via Our World in Data

CTV NEWS



Source of Canadian data below (October 29, 2020):

<https://www.macleans.ca/society/health/coronavirus-in-canada-these-charts-show-how-our-fight-to-flatten-the-curve-is-going/>

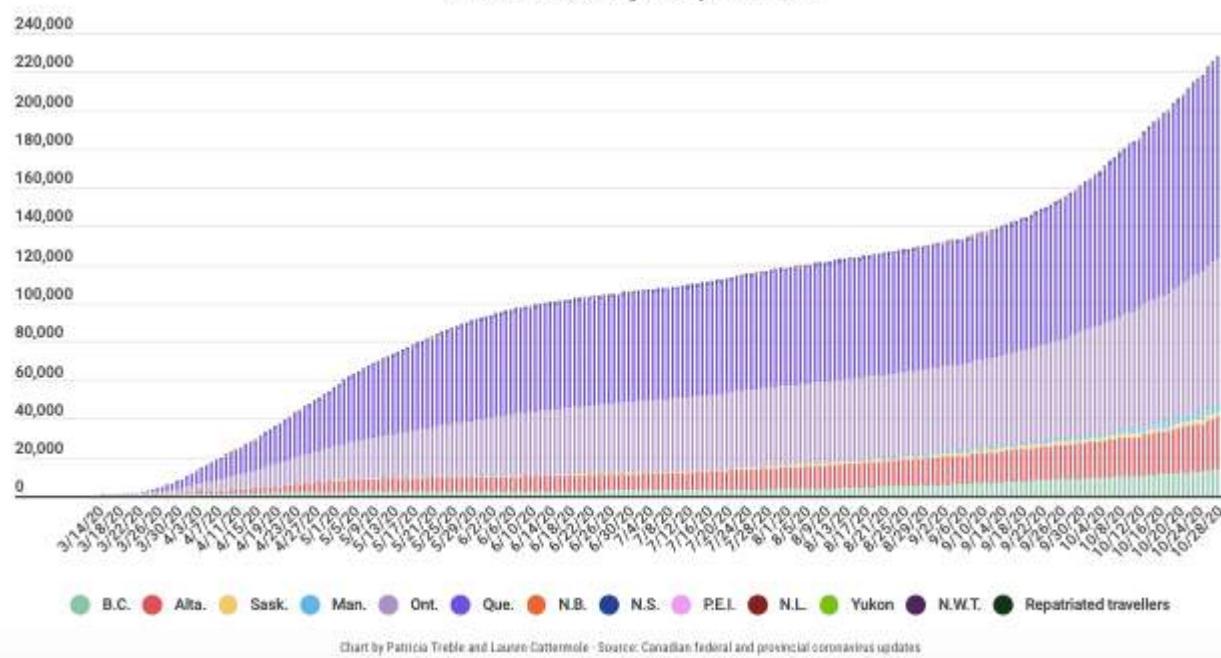
COVID-19 in Canada: Here's how our battle against the second wave is going

The situation in Manitoba—where the rate of new infections is 275 per cent higher today than it was on Oct. 1—may be a warning of what is about to hit the rest of the country if case counts continue to rise

By Patricia Treble
October 28, 2020

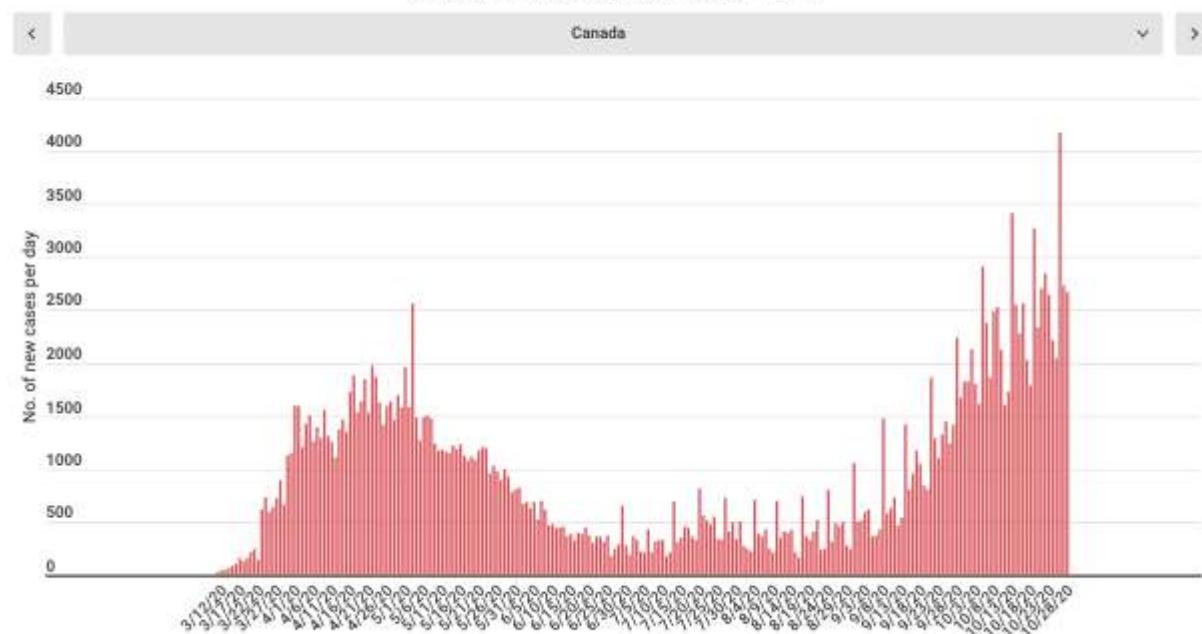
COVID-19 cases in Canada

Cumulative total, starting with day of 100th case



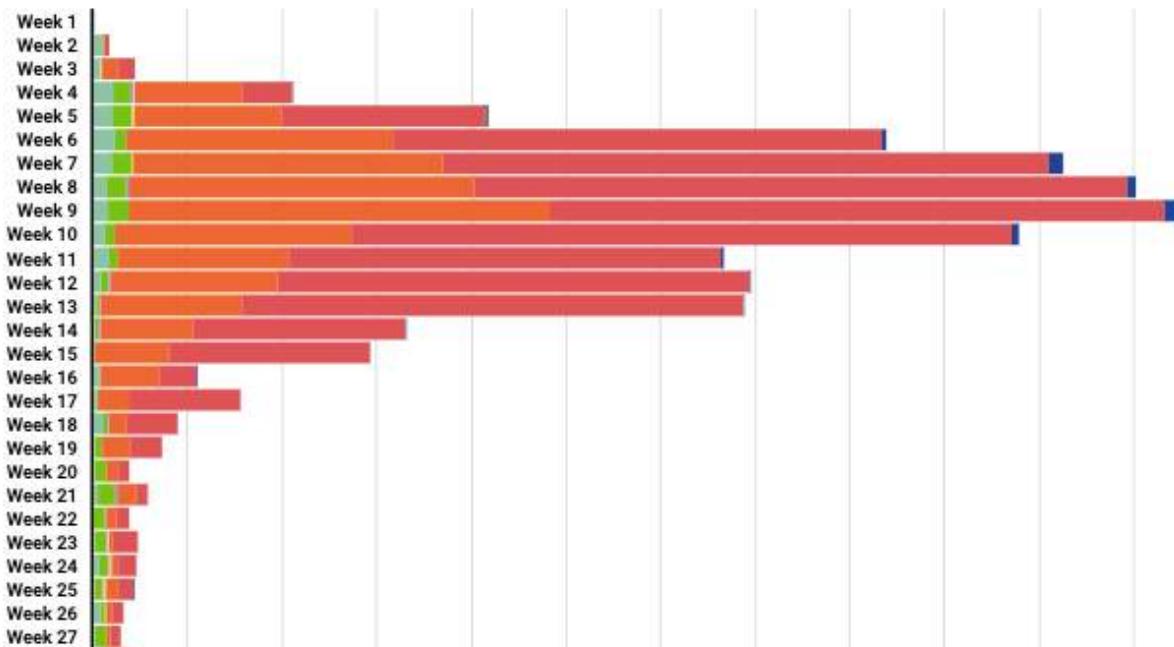
No. of daily COVID-19 cases

Daily, starting on day Canada reported its 100th case

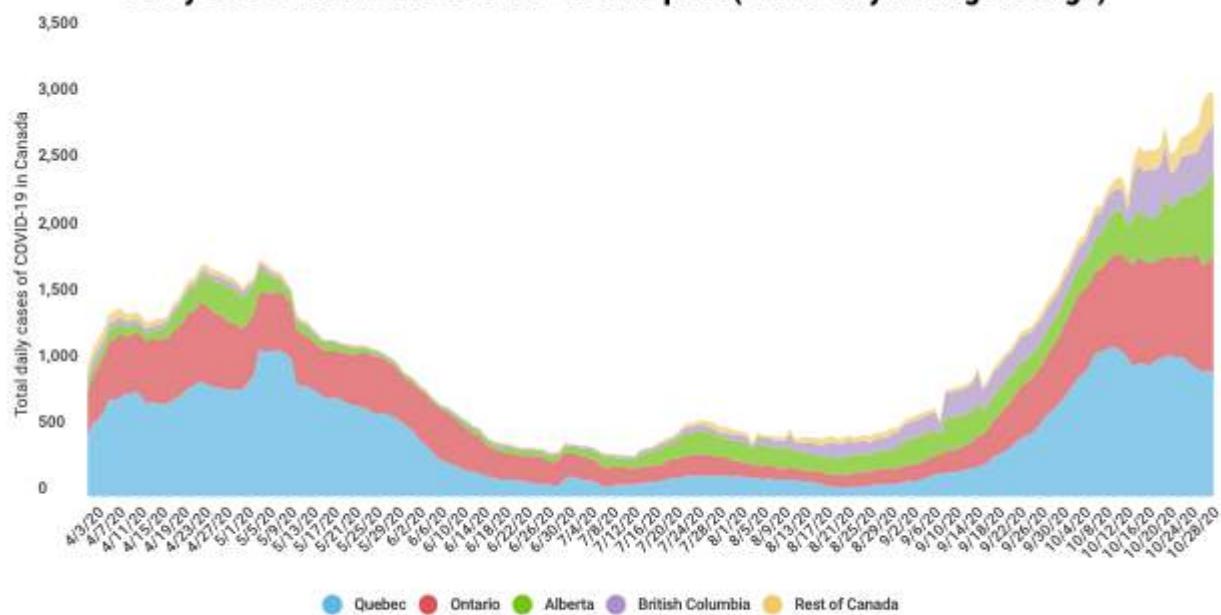


COVID-19 deaths in Canada

(starting the week of the first death on March 8)



Daily cases in Canada's COVID-19 hotspots (seven-day rolling average)



Note: Some provinces include their weekend numbers in Monday's data announcement.

Source: COVID-19 Canada Open Data Working Group, Maclean's calculations



Photo Credits: David Zokus



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