



CURRENT NEWS ON ECOLOGICAL WELLNESS AND GLOBAL HEALTH

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October 28,

Hi,

A few days ago I learned about what's called the 'Autumn Harvest' metaphor meaning we reap what we sow. It was explained as a kind of slam-dunk fact. But, for me, after a career in global health and environmental education, I have learned that so much happens to a person regardless of what they do, though I still believe strongly in personal agency. But how is it that I am so much richer and healthier than many billions for whom such wealth and health is but a dream? From the social determinants of health exposé some 15 years ago and continuing, we know that various life experiences and situations (such as wealth and education, employment and where you live) are predictive of many health outcomes. Many years ago too I learned about this from a close colleague at Toronto's St. Michael's Hospital who did population health research using Toronto postal codes and found so many correlations between them and health. It mattered where you live and what you were born into in determining what you reap, not what you sowed. Further, I have a hard time reconciling that adage with the millions of people going to bed hungry every night around the world who did absolutely nothing to get into their predicament. And what about all those children getting malaria and a host of other diseases on a regular basis? And what about all those getting Covid who have done their best to avoid and prevent it, or the thousands of Canadian residential school survivors still dealing with their experience, and those suffering many other life events that affect their health and well-being that they had no control over whatsoever?

I also learned, along the way, to never blame the patient, something I find myself being tested on these days when I hear of anti-vaxxers getting sick with Covid-19, even dying, and taking medical resources away from people who are also in dire need. (Apparently one covid patient prevents 15 others from getting elective surgery - as I heard recently on the radio from a doctor in Saskatchewan).

That so many in our society can be convinced by pseudo-science and outright lies spread by social media and anti-covid zealots is truly one of the most worrying and

troubling signs of our times. Our societies, in part, are being ruined by all this and being held back and hostage by them.

As for more on all this and other crucial signs of our times, keep on reading today's *Planetary Health Weekly* (#43 of 2021), including more coverage of the upcoming COP26. Today's stories include:

- 'Case closed'" 99.9% of scientists agree climate emergency is caused by humans,
- Which countries are historically responsible for climate change (1850-2021)?
- The host of COP26 needs to be a master of diplomacy – unfortunately it's Boris Johnson,
- COP26 and climate science communication,
- Leaked documents show countries tried to water down UN climate report,
- Document leak reveals nations lobbying to change key climate report,
- 'We will never forget what you have done': climate activist slams Shell CEO as TED panel unravels,
- What is COP26, the upcoming climate summit?
- Canadian group satirizes Saskatchewan's dumb EV tax by suggesting a sidewalk tax,
- WHO unveils new 26-member panel to restart study of the pandemic's origins
- CORONAVIRUS UPDATES:
 - Getting flu with Covid doubles risk of death, says UK health chief,
 - Food insecurity arises the likelihood of hospitalization in patients with Covid-19,
 - Covid-19 vaccine boosters are 'immoral' and 'unfair' says WHO chief,
 - In Nigeria, stillbirths and newborn deaths increased during the Covid-19 pandemic,
 - Clark County, Las Vegas declares Covid misinformation a 'public health crisis',
 - The danger of Covid-19 misinformation is mind boggling says Dr. Anthony Fauci,
 - WHO unveils new 26-member panel to restart study of the pandemic's origins, THEN
- Massive road project threatens New Guinea's biodiversity,
- Another global pandemic is spreading – among pigs,
- RBC supports expansion of tar sands pipelines with 'sustainability' loan,
- A warning that Africa's last glaciers will soon vanish,
- Scientists race to preserve crucial climate records in glacier ice before they melt away,
- End of an era: Ireland says good bye to peat to restore its biodiverse bogs,
- Kenya is the third African country to rule out new malaria vaccine,
- Is COP26 the answer we've been waiting for or a dangerous fantasy?
- UN Human Rights Council adopts historic resolution on the right to a safe environment, climate change and the rights of Indigenous peoples,
- How Indigenous communities are working to boost Covid-19 vaccine rates,

- Quote by Pope Francis on capitalism, pharma, food corporations, arms dealers, disinformation and aggressive countries,
- New posting of the 2022 Executive Course on Global Health Diplomacy at University of Toronto,
- Covid conspiracy theories are driving people to anti-Semitism online,
- Graphics on the world's top 10 most spoken languages; second primary languages; and all world languages in one visualization,
- Are fatty nuts a weighty concern? A systematic review and meta-analysis,
- A view of all the metals we mine,
- New book "World War C – Lessons from the Covid-19 Pandemic and How to Prepare for the Next One" by Sanjay Gupta with Kristin Loberg,
- Tips for applying to a public health PhD program, and lastly
- ENDSHOTS of a still beautiful lingering Autumn in Humphrey, Ontario amid the latest Covid-19 stats and charts from Canada and around the World.

Please keep scrolling. Until next week. Best, david

David Zakus, Editor and Publisher



Sunrise at Whitefish Lake, Seguin, Ontario
October 23, 2021

ON THE ROAD TO COP26 IN GLASGOW

'Case Closed': 99.9% Of Scientists Agree
Climate Emergency Caused By Humans



Credit: Allison Bailey/NurPhoto/Rex/Shutterstock

The scientific consensus that humans are altering the climate has passed 99.9%, according to research that strengthens the case for global action at the Cop26 summit in Glasgow.

The degree of scientific certainty about the impact of greenhouse gases is now similar to the level of agreement on evolution and plate tectonics, the authors say, based on a survey of nearly 90,000 climate-related studies. This means there is practically no doubt among experts that burning fossil fuels, such as oil, gas, coal, peat and trees, is heating the planet and causing more extreme weather.

A previous survey in 2013 showed 97% of studies published between 1991 and 2012 supported the idea that human activities are altering Earth's climate.

Read more at [the Guardian](#)

At Carbon Brief: [Which Countries Are Historically Responsible For Climate Change \(1850-2021\)](#).

See graphs below.

At The Guardian: [The Host Of COP26 Needs To Be A Master Of Diplomacy. Unfortunately, It's Boris Johnson](#)

At Yahoo: [COP26 And Climate Science Communication](#)

At CBC: [Leaked Documents Show Countries Tried To Water Down UN Climate Report, Greenpeace Says](#)

At BBC: [COP26: Document Leak Reveals Nations Lobbying To Change Key Climate Report](#)

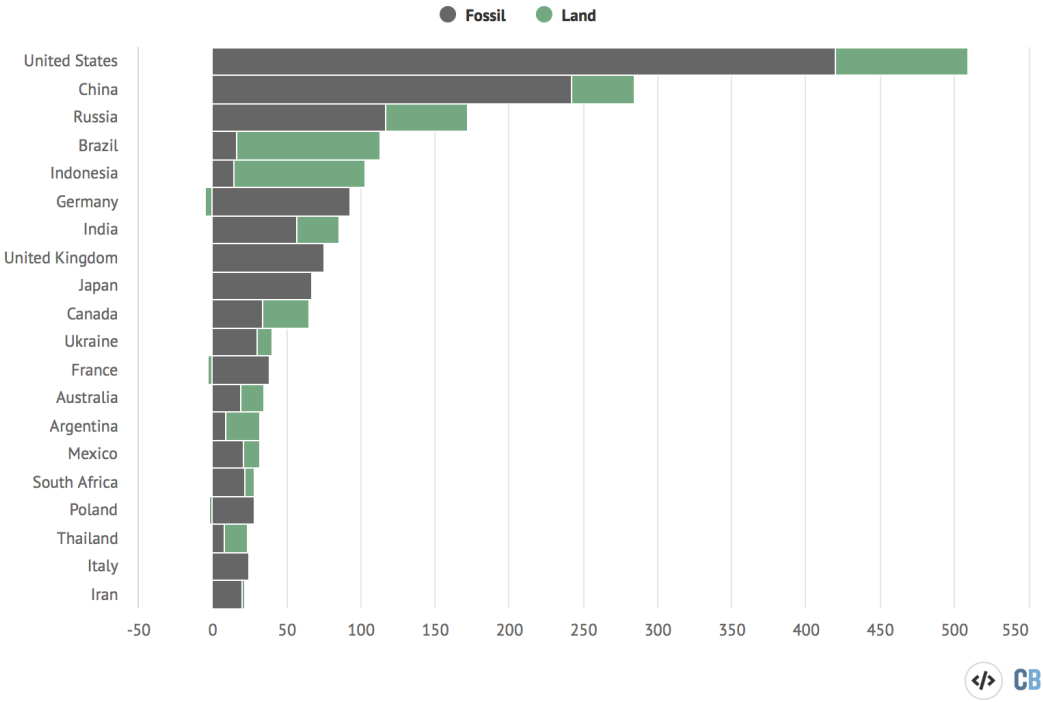
At National Observer: [‘We Will Never Forget What You Have Done’: Climate Activist Slams Shell CEO As TED Panel Unravels](#)

At Electrek: [Canadian Group Satirizes Saskatchewan's Dumb EV Tax By Suggesting A Sidewalk Tax](#)

At National Observer: [What Is COP26, The Upcoming UN Climate Summit?](#)

The countries with the largest cumulative emissions 1850-2021

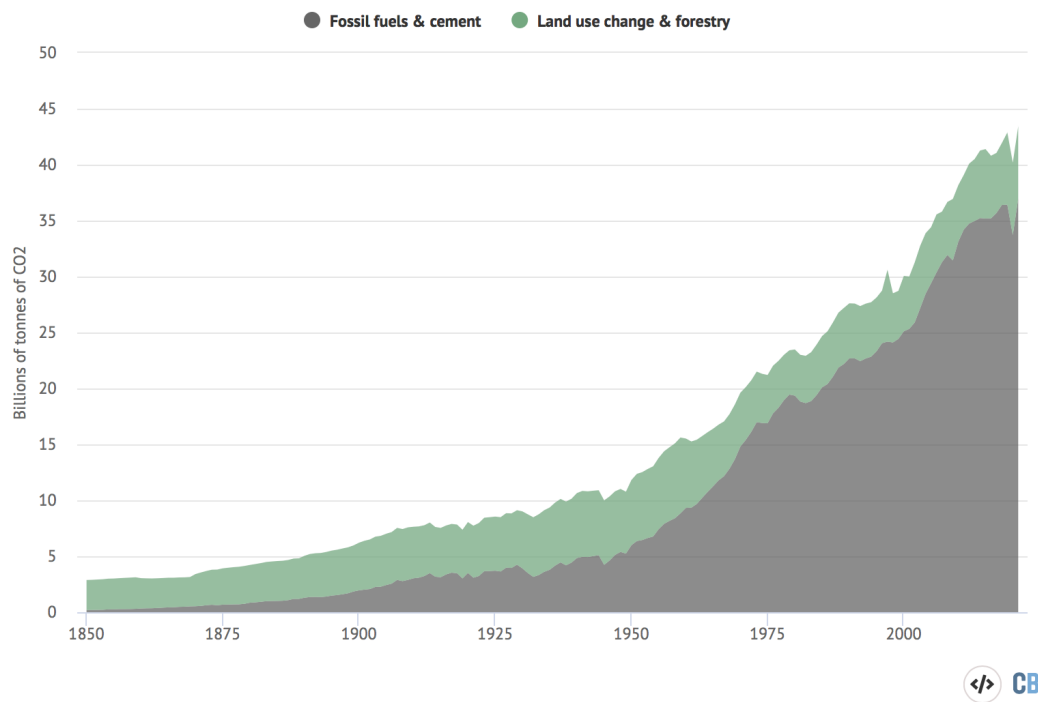
Billions of tonnes of CO2 from fossil fuels, cement, land use and forestry



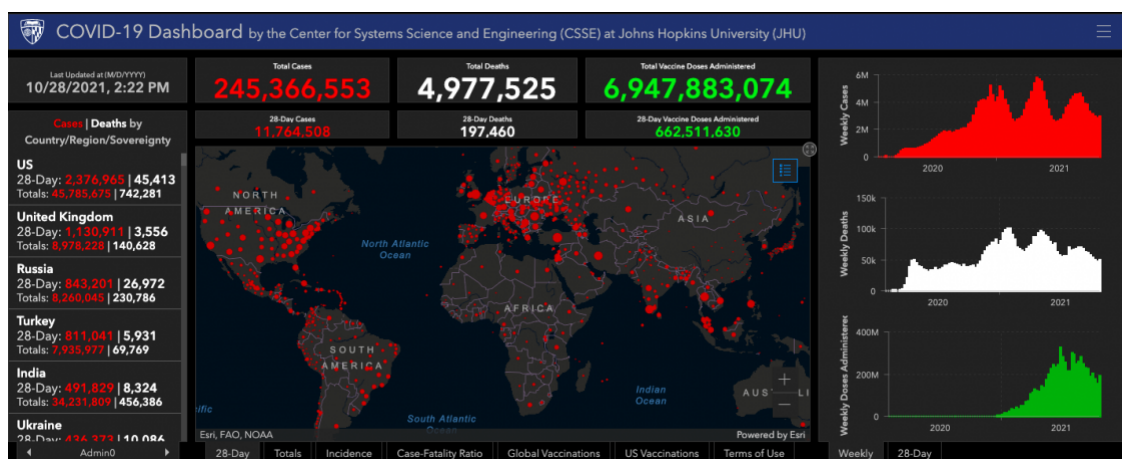
Rank	Country	Cumulative emissions per population in 2021, tCO2	Rank	Country	Cumulative per capita emissions, tCO2
1	Canada	1,751	1	New Zealand	5,764
2	United States	1,547	2	Canada	4,772
3	Estonia	1,394	3	Australia	4,013
4	Australia	1,388	4	United States	3,820
5	Trinidad and Tobago	1,187	5	Argentina	3,382
6	Russia	1,181	6	Qatar	3,340
7	Kazakhstan	1,121	7	Gabon	2,764
8	United Kingdom	1,100	8	Malaysia	2,342
9	Germany	1,059	9	Republic of Congo	2,276
10	Belgium	1,053	10	Nicaragua	2,187

Fossil fuel CO2 emissions have risen dramatically since 1950

Until then, the largest source of CO2 was land use and forestry



SARS-CoV-2 & COVID-19 UPDATES



Source: Johns Hopkins University <https://coronavirus.jhu.edu/ma...>

Globally, as almost since the very beginning, the situation continues very serious in many countries and any recent improvement is sliding back. Especially it's bad in central European countries in general, but somewhat better in Canada.

Over the last week there were about 3 million new cases and 50,000 deaths (both up slightly). About 205 million people received a vaccine (up ~25%), or an average of some 30 million doses per day - impressive. Even in the USA about 750,000 are getting vaccinated each day. At this rate the world will need another 5 months to achieve 75% coverage, though distribution continues to be grossly distorted, favouring the rich countries.

(See ENDSHOTS at the end of this newsletter for various COVID-19 charts and stats from Canada and around the world.)

Getting Flu With Covid Doubles Risk Of Death, Says UK Health Chief



Credit: NurPhoto/Getty Images

People who catch flu and Covid at the same time this winter are twice as likely to die than those who only have coronavirus, according to the UK [Health](#) Security Agency chief executive, Dr Jenny Harries.

The former deputy chief medical officer for England warned that the UK faces an "uncertain" winter – with both flu and Covid-19 circulating for the first time – and urged people to take up both the coronavirus and flu jabs if eligible. Asked how worried the public should be about flu this winter, she told Sky's Trevor Phillips On Sunday: "We should be worried about flu each winter. I think people still don't realise it can be a fatal disease.

"But I think the important thing about this winter is, we are likely to see flu, for the first time in any real numbers, co-circulating with Covid. So the risks of catching both together still remain. And if you do that, then early evidence suggests that you are twice as likely to die from having two together than just having Covid alone. Read more at [the Guardian](#)

READ MORE COVID-19 STORIES:

At Nature: [Food Insecurity Arises The Likelihood Of Hospitalization In Patients With COVID-19](#)

After adjusting for all confounding variables, people with food insecurity were 3.9 times more likely to be hospitalized than those with food security. Overall, we observed that food-insecure people were significantly more likely to be hospitalized than the secure group.

At CNN: [Covid-19 Vaccine Boosters Are 'Immoral' And 'Unfair', Says WHO Chief](#)

At Health Affairs: [In Nigeria, Stillbirths And Newborn Deaths Increased During The COVID-19 Pandemic](#)

At 8 News Now: [Clark County \(Las Vegas, NV\) Declares Covid Misinformation A 'Public Health Crisis'](#)

At CBC: [The Danger Of Covid-19 Misinformation Is Mind Boggling Says Dr. Anthony Fauci](#)

At Science: [WHO Unveils New 26-member Panel To Restart Study Of The Pandemic's Origins](#)

Massive Road Project Threatens New Guinea's Biodiversity



Credit: ULET IFANSASTI/GREENPEACE

Seventeen years ago, botanist Miriam van Heist of Wageningen University and a team of local collaborators set out to explore plant diversity in the Foja Mountains in Western New Guinea. It was an uncharted realm: Of the 487 species they found, nearly one-third had never been described anywhere. “The results illustrate how much remains unknown about New Guinea’s vegetation,” the authors wrote in a 2010 paper. More such studies were needed, they concluded, “so that conservation can be planned in advance of impending threats—otherwise we may lose species and never know what we have lost.”

Those threats have now arrived, according to a study based on satellite imagery and maps from local governments that was published last month in *Biological Conservation*. Between 2001 and 2019, it found, 2% of Western New Guinea’s old-growth forests were cleared to make room for palm oil plantations, roads, mines, and towns and cities. And the pace of development is set to accelerate, the researchers concluded. The Trans-Papua Highway, a road system under

construction that connects major urban areas, could speed up development dramatically. Read more at [Science](#)

SEE ALSO:

At World Highways: [Planned Papua New Guinea Highway Project](#)

Another Global Pandemic Is Spreading — Among Pigs



Credit: MATTHIAS BEIN/GETTY IMAGES

A disease outbreak blossoms in China. Exactly how it emerges, far from the eyes of any surveilling scientist, no one can quite explain. It spreads with incredible speed, killing in wide swaths, freezing transport and trade, and causing vast economic disruption. Hitchhiking on global travel, it circles the world. There is no cure, and no vaccine. Inevitably, it arrives in the Americas, in July 2021.

Yup, 2021. The year is not a typo. This outbreak isn't Covid; it is a parallel, hidden pandemic, a deadly animal disease called African swine fever that was detected [in the Dominican Republic in July](#). African swine fever poses no risk to humans, but it is incredibly destructive to livestock: Those deaths in China were millions of pigs, at least one-quarter—and [possibly one-half](#)—of the entire herd of the world's largest pork producer.

In the United States, animal health authorities are now on high alert. The US Department of Agriculture has pledged an [emergency appropriation](#) of \$500 million to ramp up surveillance and keep the disease from crossing borders. African swine fever is so feared internationally that, if it were found in the US, pork exports—worth [more than \\$7 billion](#) a year—would immediately shut down. Read more at [Wired](#)

RBC Supports Expansion of Tar Sands Pipelines With “Sustainability” Loan



Credit: Stand.earth

Despite recent claims to be taking climate change seriously and advancing numerous climate related announcements, RBC remains Canada's largest financier of coal, oil and gas companies. This record, in the face of extreme weather in Canada, is being highlighted in a [national advertising campaign](#), run by Stand.earth. According to a [report by Rainforest Action Network](#), RBC has poured more than CAD [\\$200 billion](#) into the fossil fuel sector in the five years since the Paris Climate Agreement was adopted in 2015.

In February, RBC pledged to reach net zero in financed emissions by 2050 and to raise its target for “sustainable finance.” But it set no short or medium-term targets that would reduce its fossil fuel financing on a meaningful timeline and defines “sustainable finance” to include fossil fuel companies facilitating the increase of greenhouse gas emissions like Enbridge. Read more at [Below 2C](#)

A Warning That Africa's Last Glaciers Will Soon Vanish



A glacier on Mount Kilimanjaro, Tanzania, in 2010. The report paints a disturbing picture of both the impacts to date and the consequences to come if urgent action on climate change is not taken. Credit: Chris Jackson/Getty Images

The last three mountain glaciers in Africa are receding at such a rapid pace that they could disappear within two decades, a symbol of the broader devastation being wrought by [climate change](#) on the continent, according to [a new U.N. report](#).

While African nations contribute less than 4% of global greenhouse gas emissions, [the report by the World Meteorological Organization and other agencies](#) underscored the outsize impact that changes in the climate are having on the continent's 1.3 billion people as floods grow worse, droughts last longer and temperatures continue to rise.

"The rapid shrinking of the last remaining glaciers in eastern Africa, which are expected to melt entirely in the near future, signals the threat of imminent and irreversible change to the Earth system," the World Meteorological Organization's secretary general, Petteri Taalas, said in a foreword to the report.

The climate in Africa in 2020 was characterized by "continued warming temperatures, accelerating sea-level rise, extreme weather and climate events, such as floods, landslides and droughts, and associated devastating impacts," he added in the report presented in advance of [the U.N. climate conference in Scotland](#) starting on Oct. 31. Read more at [NY Times](#)

[See also at CBC: Scientists Race To Preserve Crucial Climate Records In Glacier Ice Before They Melt Away.](#)

GOOD NEWS

End Of An Era: Ireland Says Goodbye To Peat To Restore Its Biodiverse Bogs



Credit: David Ehl/DW

Ireland's letting go of peat as an energy source and restoring many of its CO₂-storing bogland ecosystems. That's good news for the climate and, against the backdrop of the UN biodiversity conference, for wildlife.

The moss-covered ground yields with each step. It's springy — almost like a trampoline. Evelyn Slevin, who works for the state-run project "The Living Bog," demonstrates why: As she walks ahead, water squirts from the soil underneath her hiking boots. The bog is a [wetland](#) that fills up like a sponge with each downpour.

The Carrowmagappul Bog in County Galway, on Ireland's west coast, is one of around 900 wetlands on the island regarded as particularly worthy of protection. It's a "raised bog," so called because since the last Ice Age around 10,000 years ago, it has grown into a dome-like structure and is higher than the surrounding land. Read more at [DW](#)

MORE GOOD NEWS

Kenya Is The Third African Country To Roll Out New Malaria Vaccine



Credit: PATH Global Health/Flickr

Kenya has become the third African country to roll out the world's first malaria vaccine. Young children in eight western Kenyan counties will receive the RTS,S malaria vaccine, developed by British pharmaceutical giant GlaxoSmithKline.

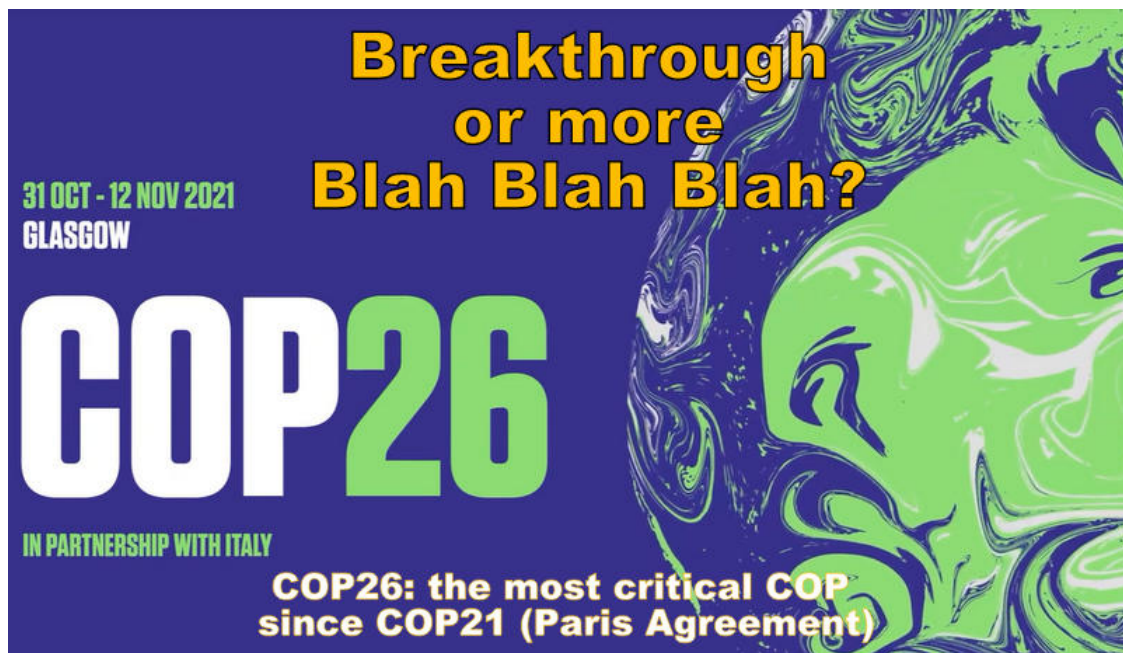
Africa continues to bear the greatest brunt of malaria globally and the introduction of the vaccine in parts of Africa is seen as a possible game changer in the fight

against the killer disease.

Mothers and children lined up at a health center in Ndhiwa, Homa Bay County, on Friday to receive their first injection of the RTS,S malaria vaccine. The vaccine will be administered in four doses to children between 6 months and 2 years old. The program is being facilitated by Kenya's Ministry of Health in collaboration with the World Health Organization, the global nonprofit PATH and other partners. Read more at [Global Citizen](#)

OPINION

Is COP26 The Answer We've Been Waiting For Or A Dangerous Fantasy?



Credit: UN/COP26 website

COP26 has been described as “the” critical climate summit to have a chance at limiting the warming of the planet to well below 2°C, preferably 1.5°C. Will COP26 keep 1.5 degrees alive? Will it be the answer we’re looking for or yet another dangerous fantasy? Brad Zarnett reflects on the prospects of COP26

Is this the year when things finally change? Will our so-called ‘leaders’ come to their senses and set us on the path to a stable climate? Will they admit that predatory capitalism is the source of environmental and social harm and that it needs to be reigned in? Will they hold corporations accountable for the harm that they unleash onto the world? Don’t bet on it. And that’s not cynicism — it’s observation.

The Ultra Rich See it Differently

Our business model is no accident — it’s been sculpted and tweaked by the corporate elite and billionaires for over 40 years. The goal was always simple: capture as much wealth as possible while sharing as little as possible. In large part that meant shifting responsibility for the environmental and social harm that corporations unleash onto society away from themselves and onto governments and thus taxpayers...and for the most part, it worked. The [richest .0001%](#) are truly the kings of our time...and COVID-19 has made it even worse. Read more at [Below 2C](#)

SPOTLIGHT ON POLICY

UN Human Rights Council Adopts Historic Resolutions On The Right To A Safe Environment, Climate Change And The Rights Of Indigenous Peoples



Fort McMurray, Alberta, Canada. Credit: Keepers of the
Athabasca

At the close of the UN Human Rights Council's forty-eighth session on October 8, three resolutions in which the International Indian Treaty Council (IITC) had actively engaged were adopted. The *right to a clean, healthy and sustainable environment* is now formally recognized at the global level through a resolution endorsed by over 1000 Indigenous Peoples, civil society organizations and UN Experts. This resolution affirms the right already recognized in Article 29 of the UN Declaration on the Rights of Indigenous Peoples. The unbreakable link between human rights and a safe environment was further underscored by the UN Committee on the Rights of the Child (CRC) in its recommendations from 2015. The CRC asserted at that time that "Environmental Health" is a protected right under Article 24 of the Convention on the Rights of the Child in response to IITC's submission addressing the devastating and deadly health impacts of toxic and banned pesticides on Yaqui Indigenous children in Mexico. As a result of the Human Rights Council's landmark resolution, this is now recognized as a universal right. Read more at [IITC](#)

SPOTLIGHT ON INDIGENOUS WELLNESS

How Indigenous Communities Are Working To Boost COVID-19 Vaccine Rates



Dr. James Makokis uses western and Indigenous medicines to treat his patients. Credit: Dr. James Makoki)

Dr. James Makokis, an Indigenous family physician from Saddle Lake First Nation, Alberta., said vaccine mistrust in Indigenous communities has its roots in colonization and residential schools.

"They have a profound mistrust of the medical system because of things that have been imposed on them for decades to over 100 years," he said. "What's really important to differentiate [is that] Indigenous peoples who are mistrusting of the health system because of systemic racism, oppression and genocide are a very different population than those that are protesting outside of hospitals for their perceived infringement on their individual human rights."

Makokis said Indigenous health-care workers are best positioned to help increase vaccination rates. "You address trauma by building trust, by having health professionals that are Indigenous or from the same group." Indigenous Services Canada says 64% of the eligible population are fully vaccinated in First Nations in Saskatchewan. Read more at [CBC](#)

Quote Of The Week



Credit: AP

“I ask all the great pharmaceutical laboratories to release the patents. Make a gesture of humanity and allow every country, every people, every human being, to have access to the vaccines. There are countries where only three or four per cent of the inhabitants have been vaccinated. In the name of God, I ask financial groups and international credit institutions to allow poor countries to assure “the basic needs of their people” and to cancel those debts that so often are contracted against the interests of those same peoples.

In the name of God, I ask the great extractive industries -- mining, oil, forestry, real estate, agribusiness -- to stop destroying forests, wetlands and mountains, to stop polluting rivers and seas, to stop poisoning food and people.

In the name of God, I ask the great food corporations to stop imposing monopolistic systems of production and distribution that inflate prices and end up withholding bread from the hungry.

In the name of God, I ask arms manufacturers and dealers to completely stop their activity, because it foments violence and war, it contributes to those awful geopolitical games which cost millions of lives displaced and millions dead.

In the name of God, I ask the technology giants to stop exploiting human weakness, people’s vulnerability, for the sake of profits without caring about the spread of hate speech, grooming, fake news, conspiracy theories, and political manipulation.

In the name of God, I ask the telecommunications giants to ease access to educational material and connectivity for teachers via the internet so that poor children can be educated even under quarantine.

In the name of God, I ask the media to stop the logic of post-truth, disinformation, defamation, slander and the unhealthy attraction to dirt and scandal, and to contribute to human fraternity and empathy with those who are most deeply damaged.

In the name of God, I call on powerful countries to stop aggression, blockades and unilateral sanctions against any country anywhere on earth. No to neo-colonialism. Conflicts must be resolved in multilateral fora such as the United Nations. We have already seen how unilateral interventions, invasions and occupations end up; even if they are justified by noble motives and fine words."

Pope Francis on October 16, 2021 on the occasion of the Fourth World Meeting of Popular Movements

[Read more at the Vatican.va](#)

Upcoming Events

- October 31 - November 12, 2021: [2020/2021 UN Climate Change Conference](#) UNFCCC COP26 - Postponed in 2020 and soon to be held (Glasgow, Scotland).
- November 11, 2021: [Evidenced Based Research Being Carried Out in Low and Middle Income Countries](#) ADAPT will host their second online conference for Physios in Global Health.
- Registration closes Nov 19, 2021: [Executive Course on Global Health Diplomacy, 2022. Dalla Lana School of Public Health, University of Toronto](#)
- March 28th-April 1st, 2022: Healthy People, Healthy Planet, Social Justice. (Virtual Satellite Sessions: March 21st-25th, 2022)
- April 1-3, 2022: CUGH 2022 Global Health Conference- Hybrid: [Healthy People, Healthy Planet, Social Justice](#) (Los Angeles, California). Virtual Satellite Sessions: March 21-25, 2022; In-person Satellite Sessions: March 31, 2022
- April 23 - 25, 2022: 8th International Conference on Information and Communication Technologies for Ageing Well and e-Health
- October 31 - November 4, 2022: [7th Global Symposium on Health Systems Research \(Bogotá, Colombia\)](#)

FYI#1 SPOTLIGHT ON MEDIA

Covid Conspiracy Theories Are Driving People To Anti-Semitism Online



Credit: Associated Press

A warning: Conspiracy theories about covid are helping disseminate anti-Semitic beliefs to a wider audience, warns a new [report](#) by the antiracist advocacy group Hope not Hate. The report says that not only has the pandemic revived interest in the “New World Order” conspiracy theory of a secret Jewish-run elite that aims to run the world, but far-right activists have also worked to convert people’s anti-lockdown and anti-vaccine beliefs into active anti-Semitism.

Worst offenders: The authors easily managed to find anti-Semitism on all nine platforms they investigated, including TikTok, Instagram, Twitter and YouTube. Some of it uses coded language to avoid detection and moderation by algorithms, but much of it is overt and easily discoverable. Unsurprisingly, the authors found a close link between the amount of anti-Semitism on a platform and how lightly or loosely it is moderated: the laxer the moderation, the bigger the problem.

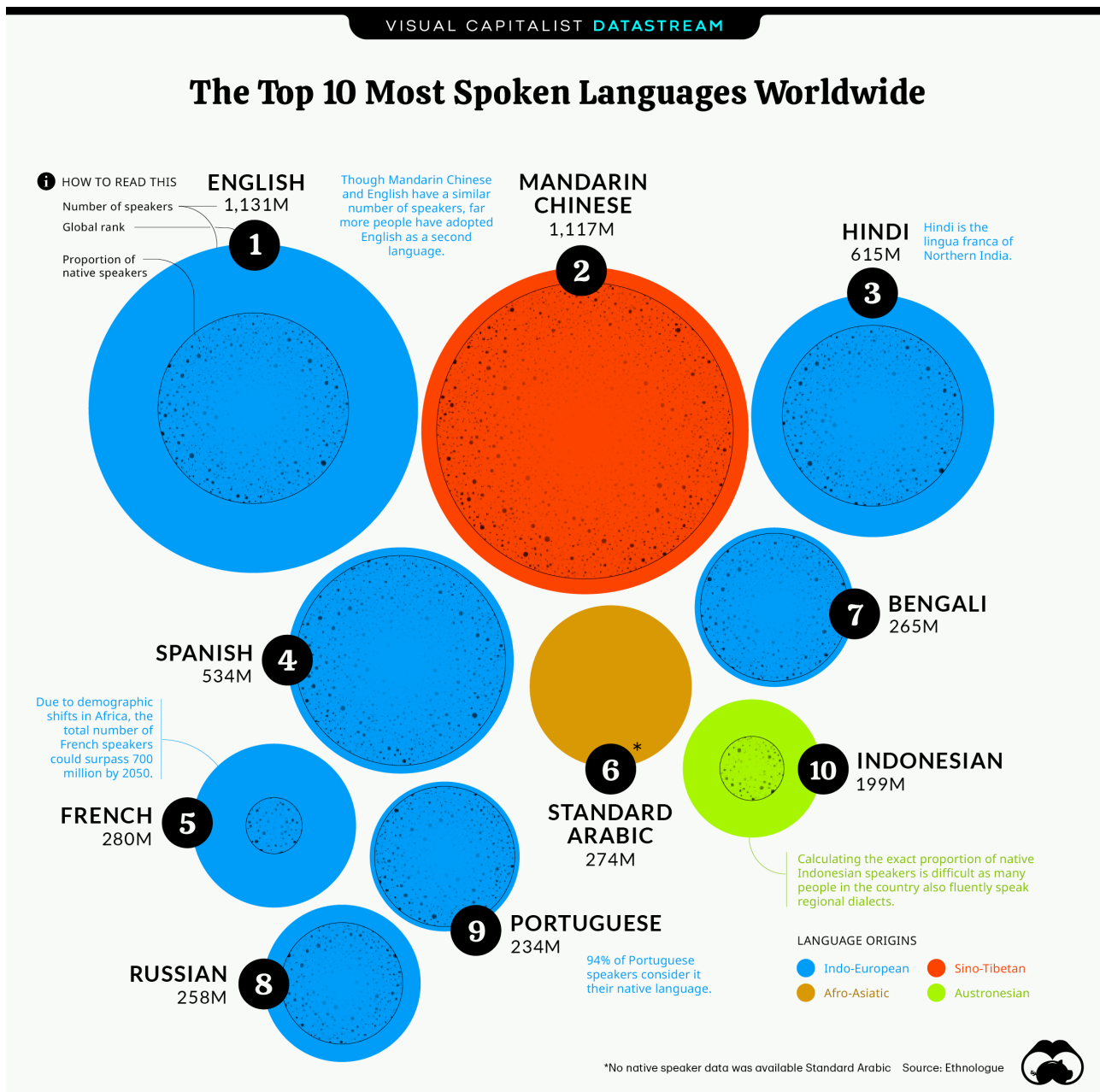
Some specifics: The report warns that the messaging app Telegram has rapidly become one of the worst offenders, playing host to many channels that disseminate anti-Semitic content, some of them boasting tens of thousands of members. One channel that promotes the New World Order conspiracy theory has

gained 90,000 followers since its inception in February 2021. However it's a problem on every platform. Jewish creators on TikTok have [complained](#) that they face a deluge of anti-Semitism on the platform, and they are often targeted by groups who mass-report their accounts in order to get them temporarily banned.

[Read more at MIT Technology Review](#)

FYI #2

The World's Top 10 Most Spoken Languages



Top 10 Languages By Native Speakers

Things look slightly different when looking at total native speakers, or people who consider a language their first/primary one.

In this instance, Mandarin Chinese and Spanish outrank English:

Rank	Language	Native Speakers
1	Mandarin Chinese	918 million
2	Spanish	460 million
3	English	379 million
4	Hindi	341 million
5	Bengali	228 million
6	Portuguese	221 million
7	Russian	154 million
8	Japanese	128 million
9	Western Punjabi	93 million
10	Marathi	83 million

Credit: Visual Capitalist

In today's increasingly globalized world, having a shared means of communication—or an international language, rather—is more important than ever.

With over 1.1 billion speakers worldwide, English is currently the closest we've come to a lingua franca, a common language that connects people from different backgrounds.

However, Mandarin Chinese may one day catch up. Here's a look at the top 10 most spoken languages across the globe:

SEE ALSO:

At Visual Capitalist: [Mapped: Second Primary Languages Around the World](#)

At Visual Capitalist: [All World Languages in One Visualization](#)

Read more at Visual Capitalist

FYI #3

Are Fatty Nuts A Weighty
Concern? A Systematic Review

And Meta-Analysis

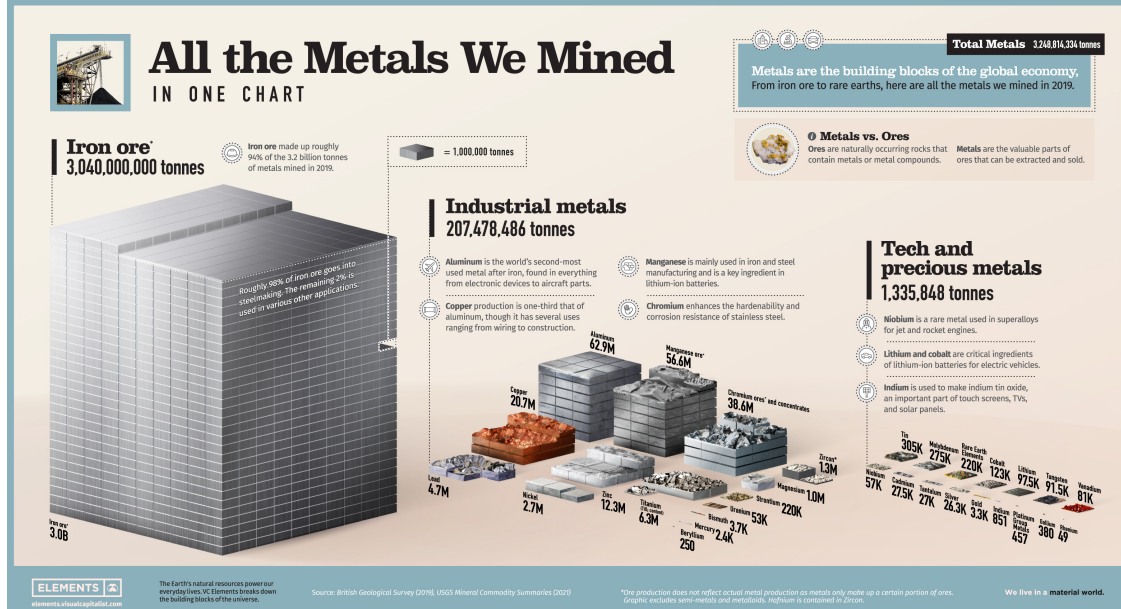


Nuts are recommended for cardiovascular health, yet concerns remain that nuts may contribute to weight gain due to their high energy density. A systematic review and meta-analysis of prospective cohorts and randomized controlled trials (RCTs) was conducted to update the evidence, provide a dose-response analysis, and assess differences in nut type, comparator and more in subgroup analyses. MEDLINE, EMBASE, and Cochrane were searched, along with manual searches. Data from eligible studies were pooled using meta-analysis methods. Nuts were found to be associated with lower incidence of overweight/obesity (RR 0.93 [95% CI 0.88 to 0.98] $P < 0.001$, “moderate” certainty of evidence) in prospective cohorts. RCTs presented no adverse effect of nuts on body weight (MD 0.09 kg, [95% CI -0.09 to 0.27 kg] $P < 0.001$, “high” certainty of evidence). Meta-regression showed that higher nut intake was associated with reductions in body weight and body fat. Current evidence demonstrates the concern that nut consumption contributes to increased adiposity appears unwarranted.

[Read more at Wiley](#)

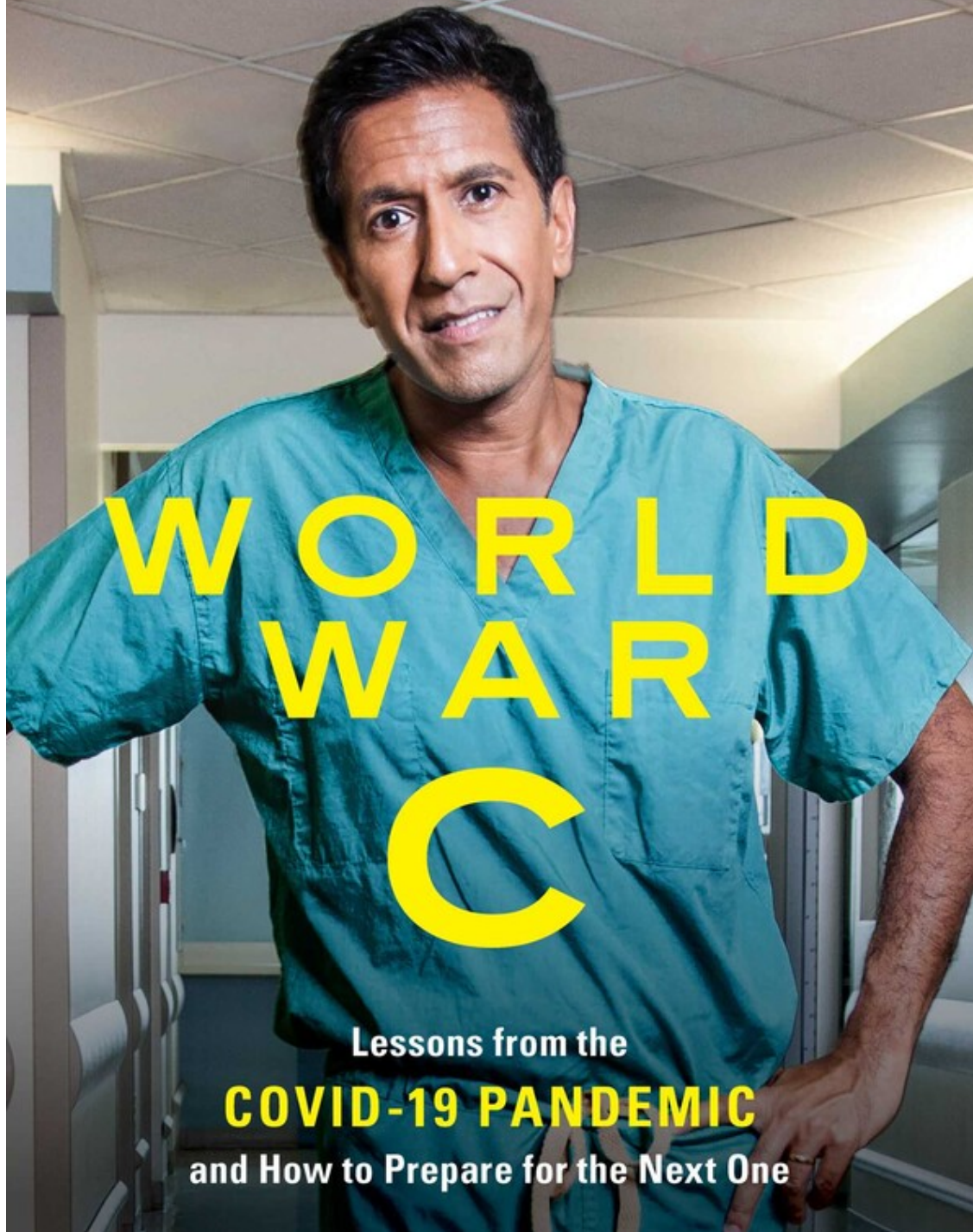
FYI #4

All The Metals We Mined In One
Visualization



NEW YORK TIMES BESTSELLING AUTHOR of *KEEP SHARP*

SANJAY GUPTA, MD



Credit: Book Cover

CNN chief medical correspondent Sanjay Gupta, MD, offers an accessible, data-packed answer to our biggest questions about Covid-19: What have we learned about this pandemic and how can we prepare for—or prevent—the next one?

As America's favorite frontline Covid-19 health journalist, Dr. Sanjay Gupta has barely left his primetime seat in his makeshift studio basement since the pandemic began (other than to perform brain surgery). He's had the insider of insider access to the drama's unfolding, including exclusive conversations with the world's top public health experts and behind-the-scenes scientists racing to find

treatments and cures. And now he's sharing what he's learned in a book that will answer not only all our questions about what happened, but also about how our world will change in the years ahead, even once we're back to "normal."

Gupta argues that we need to prepare for a new era where pandemics will be more frequent, and possibly even more deadly. As the doctor who's been holding America's hand through the crisis with compassion, clarity, and well-earned wisdom, he gives you the unvarnished story behind the pandemic, including insights about the novel virus's behavior, and offers practical tools to ready ourselves for what lies ahead. He answers critical questions: Can we stamp out the virus for good (and if not, how do we live with it)? Should we put our parents in a nursing home? Where should we live? What should we stockpile? What should we know before taking a trip? Does it make sense to spend more on health insurance to deal with any long-term effects? How do you decide when it's safe to go to a public pool or schedule elective surgery? What should Covid survivors know about protecting their future health? What if you become a long-hauler with chronic health challenges stemming?

[Read more at Simon and Schuster](#)

FYI#6: SPOTLIGHT ON EDUCATION

Tips For Applying To A Public Health PhD Program



Credit: PH Spot

So, you're thinking of applying to a PhD program? While this is an exciting time in your life, we know firsthand that it can also be overwhelming to think about all the pieces that go into a successful application. This blog post will provide some practical advice – based on our experiences either preparing our own PhD applications or reviewing applications from prospective students – on how to put forward your best possible application. Of course, these are just our suggestions, and you should always follow the requirements outlined by each school, as well as get advice from mentors and trusted colleagues.

To start, we will focus on some of the key factors common to most PhD applications: letters of recommendation, letter of intent, and a CV. After that, we'll touch on a couple other pieces you may be wondering about: choosing which schools to apply to and how to network with faculty members with whom you are interested in working. Let's dive in!

[Read More at PH Spot](#)

ENDSHOTS

A STILL BEAUTIFUL AUTUMN
HAWKRIGG LANE, HUMPHREY, ONTARIO

OCTOBER 26, 2021

Amid Latest World and Canadian COVID-19 Stats & Charts



COVID-19 CORONAVIRUS PANDEMIC

Last updated: October 28, 2021, 17:42 GMT

[Weekly Trends](#) - [Graphs](#) - [Countries](#) - [News](#)

Coronavirus Cases:

246,070,236

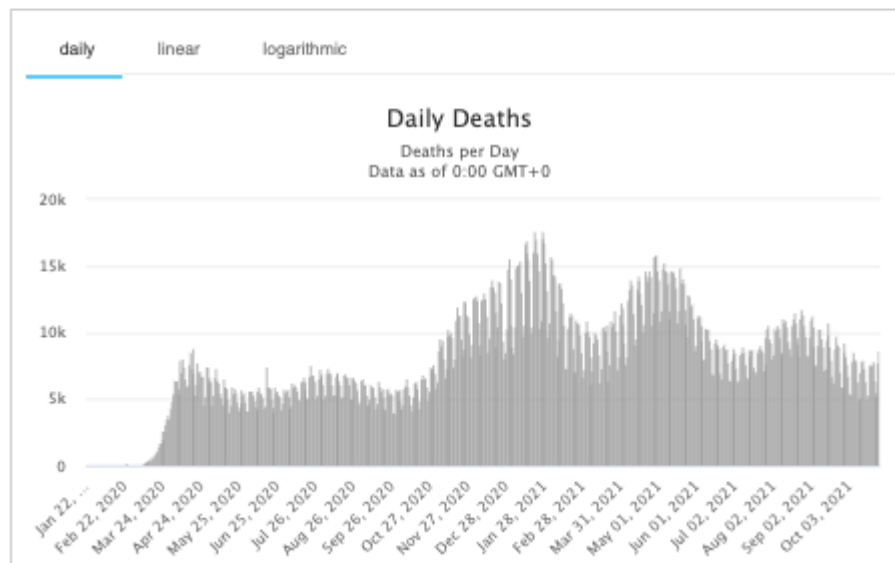
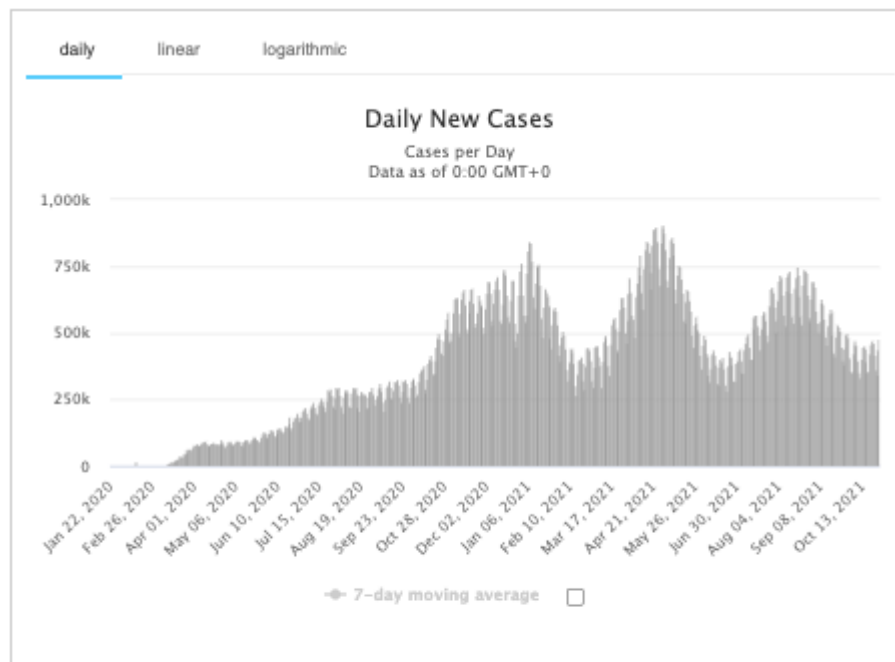
[view by country](#)

Deaths:

4,992,552

Recovered:

222,965,370



Source above: <https://www.worldometers.info/coronavirus/>



COVID-19 CASES, DEATHS & VACCINATIONS (October 28, 2021) below:
Source:https://www.washingtonpost.com/graphics/2020/world/mapping-spread-new-coronavirus/?itid=sf_coronavirus

World

**More than
4,975,000
people have died from
the coronavirus worldwide**

More than **245 million** cases have been reported.

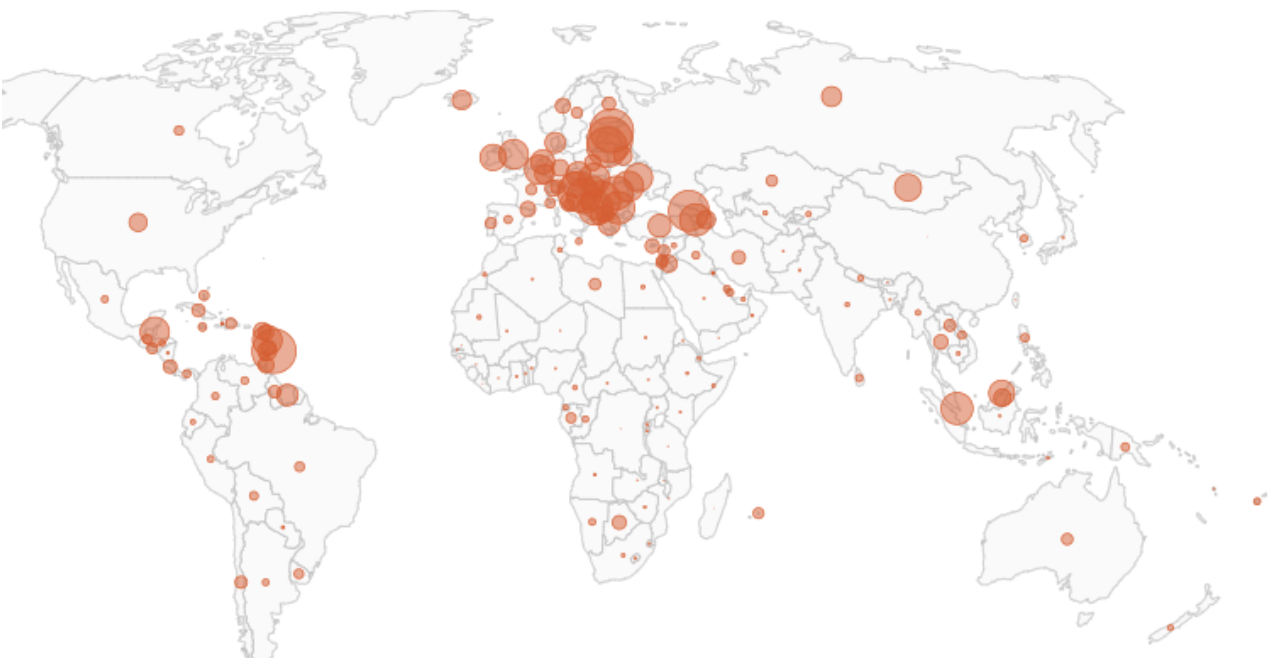


Where the virus is surging

Deaths	Cases	Adj. for population	Totals	Since last week	Cumulative
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5 25 100

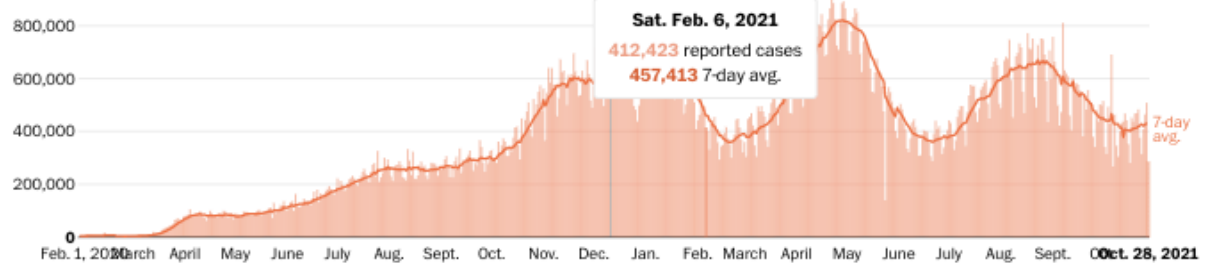
REPORTED CASES PER 100K



New daily reported cases across the world

Deaths Cases

At least 245,121,983 have been reported since Feb. 29, 2020.



Where the virus is surging

Deaths

Cases

Adj. for population

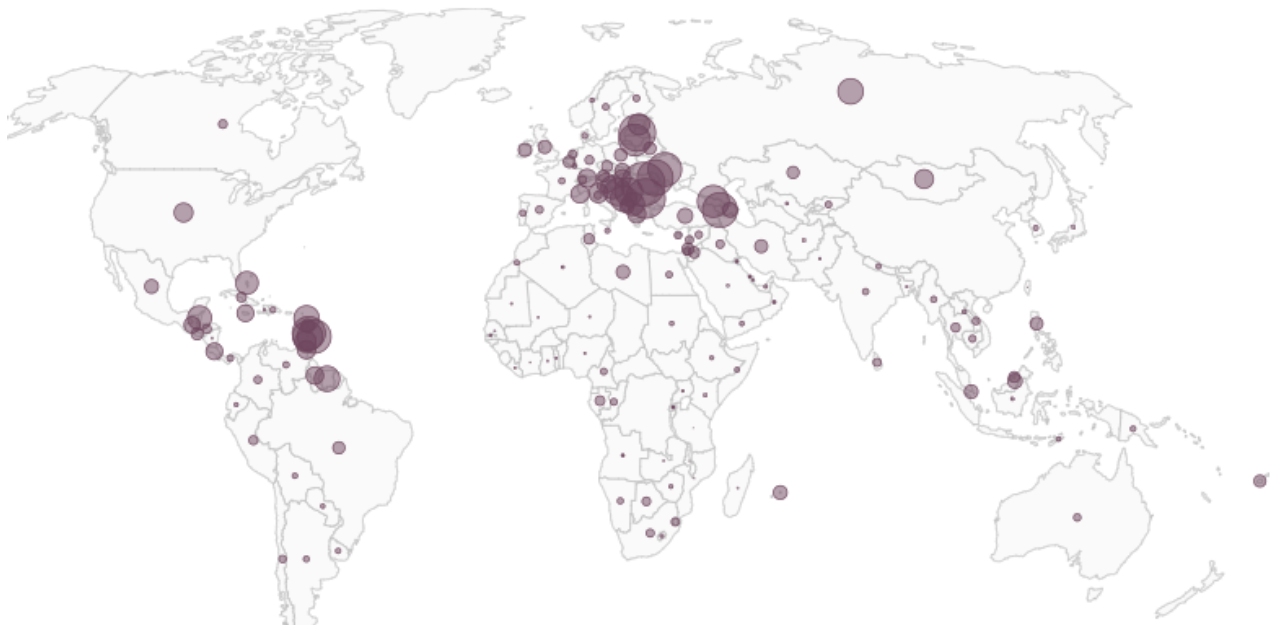
Totals

Since last week

Cumulative

0.1 1 2

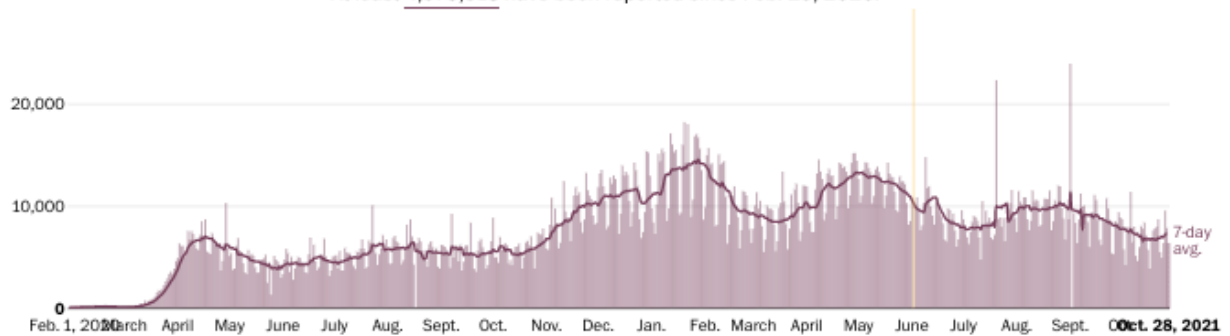
REPORTED DEATHS PER 100K



New daily deaths reported across the world

Deaths Cases

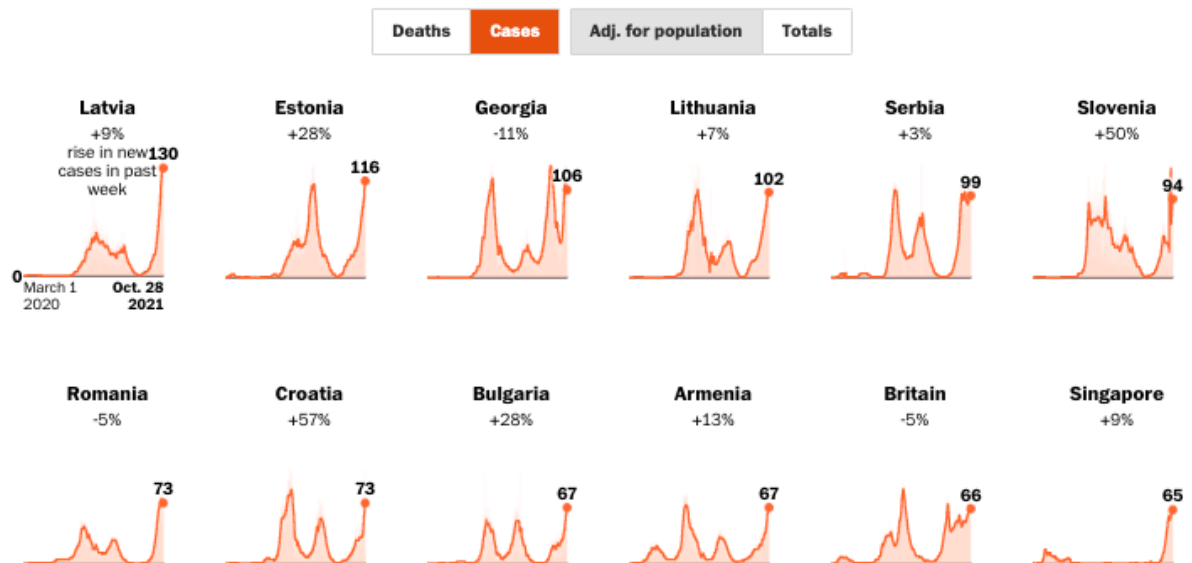
At least 4,975,918 have been reported since Feb. 29, 2020.





Global hot spots for reported cases per capita

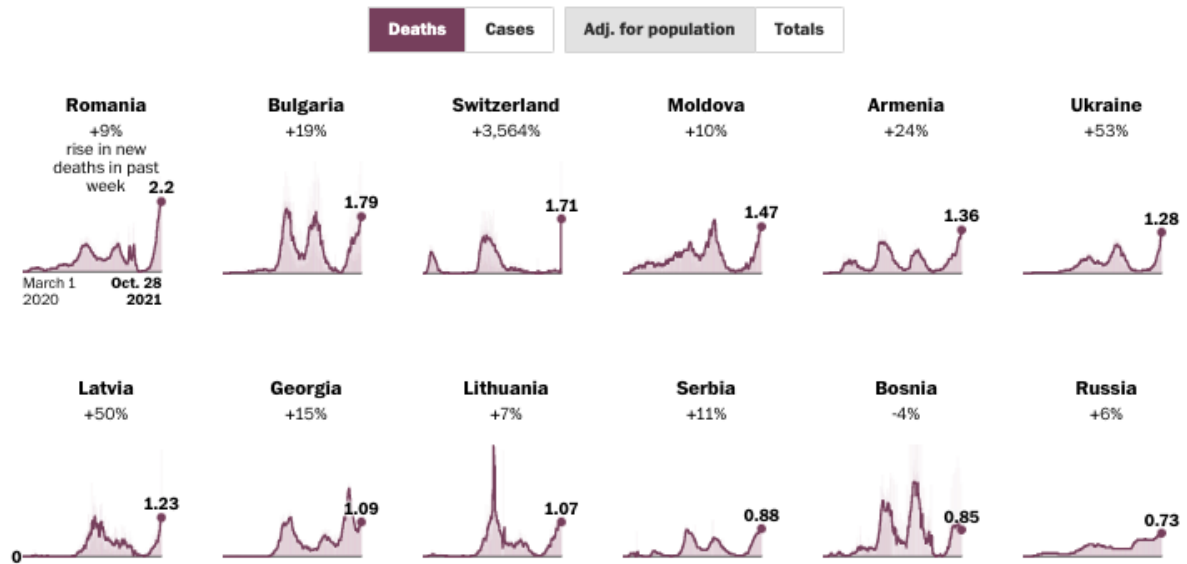
— 7-day rolling average of daily new reported cases per 100,000 residents



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



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



Global Vaccination Rates

Country	Total doses given per 100k	Pct. of pop. partially vaccinated	Pct. of pop. completed vaccination
Malta	197,399	97.1%	96.7%
UAE	214,665	98.5%	88.2%
Portugal	157,864	87.8%	86.3%
Singapore	172,177	81.3%	80.4%
Spain	151,654	80.7%	79.2%
Cambodia	165,934	82.9%	78.9%
Chile	187,997	85.9%	77.5%
Seychelles	167,995	82.4%	77.5%
Iceland	157,146	78.2%	77.0%
Ireland	148,014	77.0%	75.8%
Denmark	151,867	76.9%	75.8%
Malaysia	155,187	79.6%	75.6%
Uruguay	190,239	79.7%	75.6%
Canada	155,439	79.2%	74.9%
Belgium	146,544	75.6%	74.4%
South Korea	147,982	79.2%	71.5%
Italy	148,056	77.2%	71.2%
Japan	147,897	77.1%	70.8%
Norway	148,258	78.5%	69.7%
Finland	145,449	76.3%	69.1%
France	146,904	76.2%	68.3%
Britain	152,775	74.5%	68.2%
Bhutan	144,610	76.8%	67.8%
Bahrain	161,893	69.0%	66.9%
Sweden	140,425	70.4%	66.8%
Germany	133,998	69.3%	66.5%

Mongolia	136,221	69.9%	66.3%
Mauritius	136,342	70.4%	65.9%
Greenland	137,051	71.3%	65.7%
Maldives	138,538	72.9%	65.6%
Liechtenstein	127,634	65.6%	64.0%
Switzerland	128,424	66.5%	63.9%
Australia	138,185	74.9%	63.3%
Israel	175,428	68.8%	63.2%
Austria	128,803	66.1%	63.1%
Cuba	224,433	86.6%	62.4%
Saudi Arabia	132,768	70.5%	62.3%
New Zealand	136,602	74.6%	62.0%
Andorra	132,265	70.4%	61.9%
Fiji	131,024	70.2%	60.9%
Sri Lanka	130,317	69.5%	60.8%
Monaco	128,272	68.5%	59.8%
Greece	117,858	61.8%	59.3%
Lithuania	121,044	64.7%	58.9%
Morocco	126,383	64.9%	58.8%
Hungary	—	60.9%	58.6%
Ecuador	123,708	67.9%	58.1%
Turkey	138,874	66.3%	58.0%
El Salvador	130,342	66.4%	57.9%
U.S.	125,349	66.5%	57.5%
Czechia	114,218	58.1%	56.9%
Argentina	131,035	74.4%	56.9%
Estonia	107,123	59.3%	56.9%
Brunei	136,772	80.5%	56.3%

Brazil	129,199	75.4%	56.0%
Panama	127,709	70.0%	55.7%
Turkmenistan	127,581	73.6%	54.0%
Slovenia	110,130	56.8%	53.4%
Oman	114,171	61.6%	52.6%
Poland	102,189	53.1%	52.4%
Latvia	99,456	58.9%	51.8%
Costa Rica	121,335	71.3%	50.1%
Antigua and Barbuda	106,711	56.9%	49.8%
Dominican Republic	122,555	62.2%	49.2%
Cyprus	100,903	50.4%	47.4%
Peru	104,062	57.2%	46.3%
Saint Kitts and Nevis	93,655	48.4%	45.2%
Croatia	87,903	46.6%	43.8%
Azerbaijan	94,476	51.1%	43.4%
Serbia	100,898	45.1%	43.1%
Mexico	91,899	55.7%	42.9%
Trinidad and Tobago	86,927	44.5%	42.5%
Barbados	93,588	51.2%	42.4%
Slovakia	87,859	45.7%	42.1%
Thailand	103,481	58.5%	41.8%
Colombia	91,822	58.6%	41.2%
Kazakhstan	84,290	44.4%	39.9%
Montenegro	79,882	41.2%	38.7%
Laos	—	44.3%	37.6%
Tunisia	76,587	47.1%	37.6%
Belize	88,244	51.2%	37.0%
North Macedonia	76,326	39.4%	36.9%

Canada is in 14th place globally for doses of vaccines given per 100,000 population in the last week; Britain in 23th; U.S. up at 50th; Cambodia is in 9th place

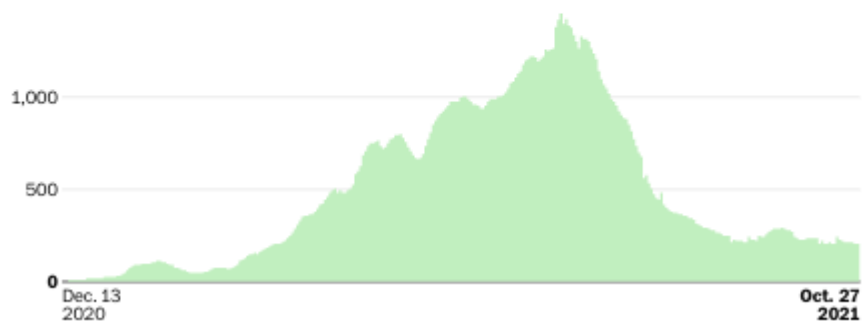


Doses of covid-19 vaccines administered per 100,000 residents

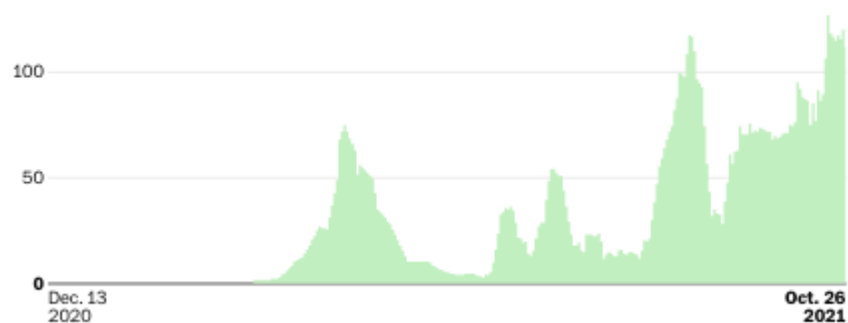
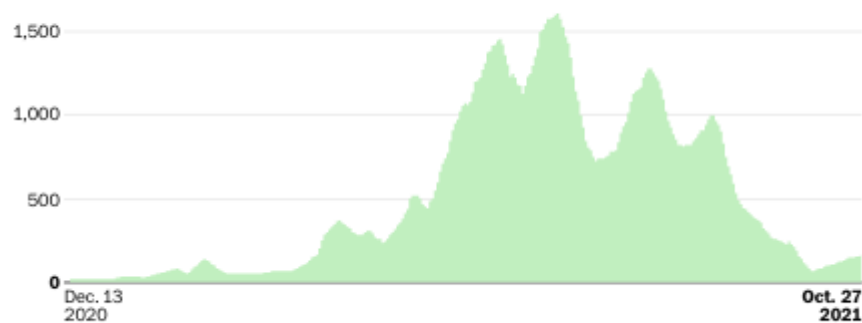
Totals

■ Reported doses administered per day

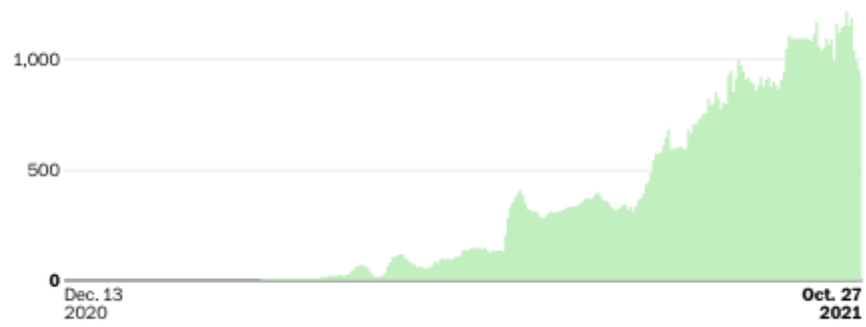
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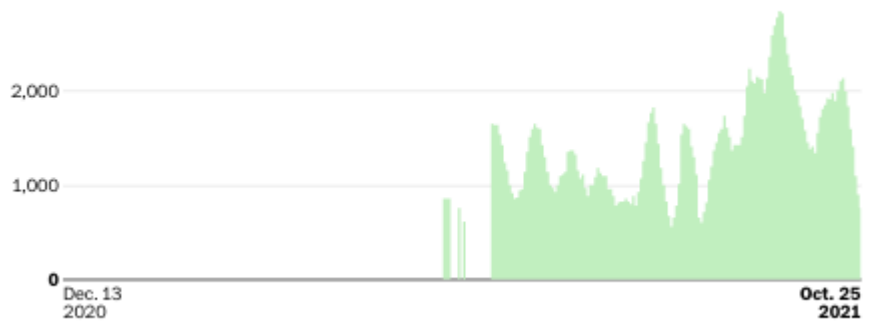
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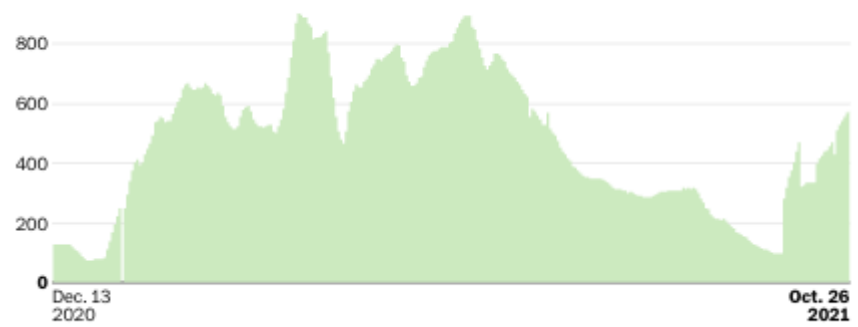
Show by **Thailand** ▼



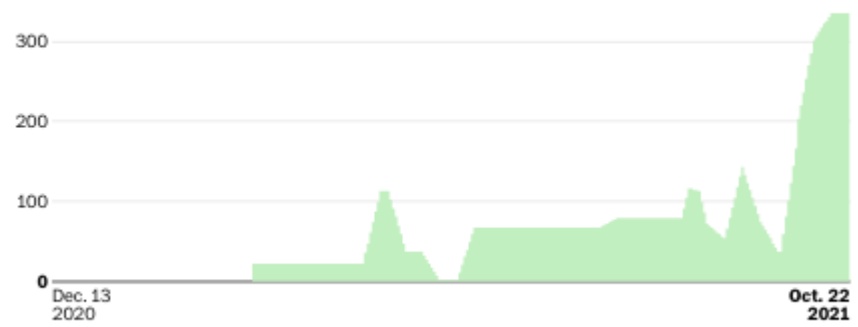
Show by **Cuba** ▼

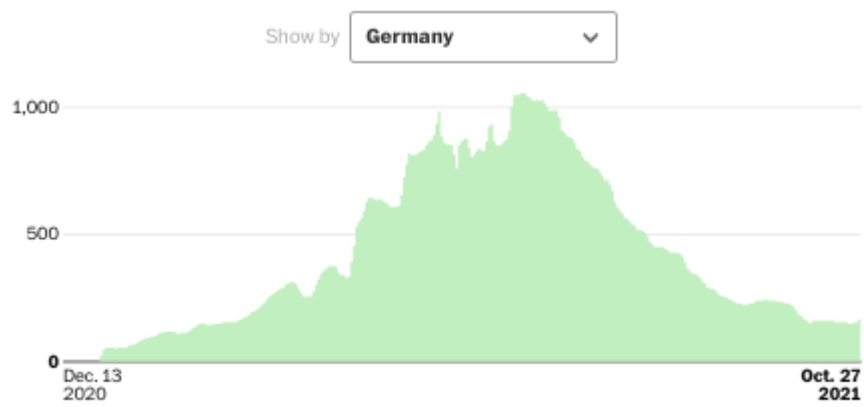


Show by **Britain** ▼



Show by **Nicaragua** ▼





Source of Canadian Data Below (October 27, 2021):
<https://newsinteractives.cbc.ca/coronavirustracker/>

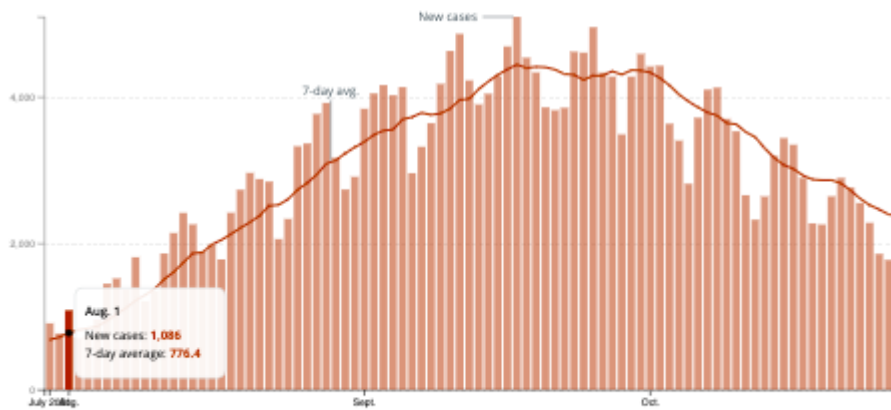
Canada

Cases Deaths Hospitalizations ICU

In Canada 1,706,884 cases have been reported.

90 DAYS

ALL TIME



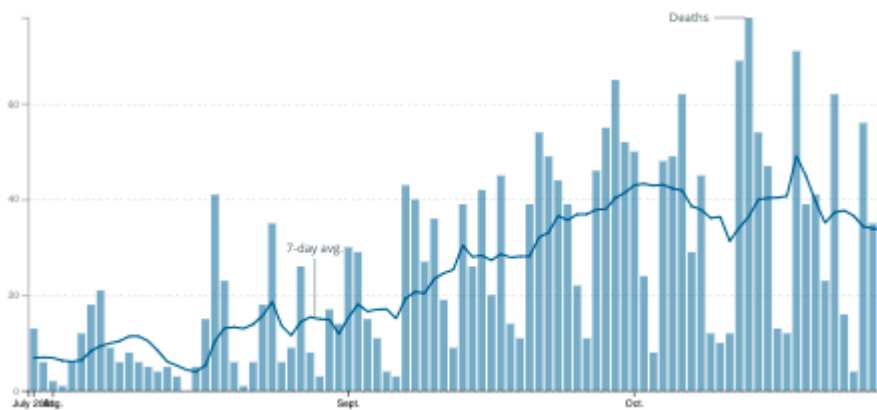
Source: Public Health Agency of Canada.

Cases Deaths Hospitalizations ICU

In Canada 28,881 deaths have been reported.

90 DAYS

ALL TIME

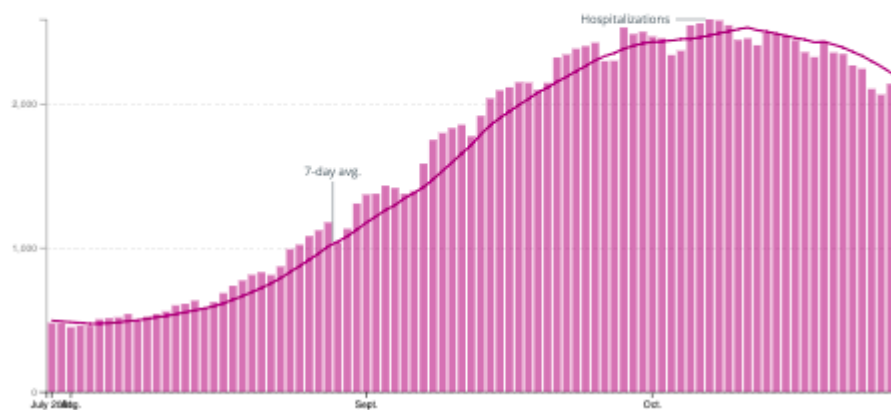


Cases Deaths Hospitalizations ICU

In Canada there are currently 2,131 people hospitalized.

90 DAYS

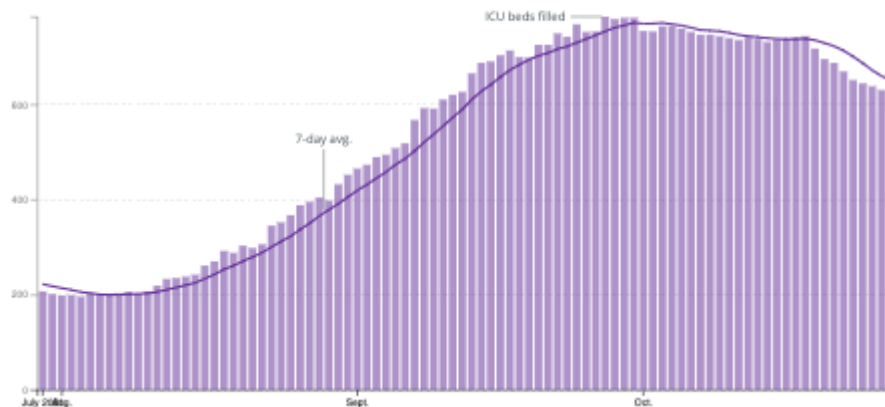
ALL TIME



In Canada there are currently 636 ICU beds filled.

90 DAYS

ALL TIME



In the past week in Canada...

New cases



There were 16,626 new cases, a decrease of 17 per cent. That's 43.7 cases per 100,000 people.

Active cases



The number of active cases declined 15 per cent.

Deaths



There were 237 deaths, or 0.6 per 100,000 people, a decrease of 14 per cent.

Hospitalizations



Hospitalizations declined 9 per cent and ICU beds filled declined 7 per cent.



Vaccines

The Pfizer-BioNTech, Moderna, AstraZeneca-Oxford and Johnson & Johnson vaccines have been approved for use in Canada. Johnson & Johnson's is the first single-dose vaccine Health Canada has approved. The others require two doses for someone to be fully vaccinated.

Vaccinations		Doses distributed	
Region	Total doses given	Percentage of people given at least one dose	Percentage of people fully vaccinated
Canada	58,196,070	77.52%	73.38% <div></div>
Alberta	6,497,809	73.46%	67.21% <div></div>
British Columbia	8,186,611	79.82%	75.34% <div></div>
Manitoba	2,076,336	75.51%	72.30% <div></div>
New Brunswick	1,229,346	81.44%	74.33% <div></div>
Newfoundland and Labrador	865,586	86.44%	80.07% <div></div>
Nova Scotia	1,569,889	81.45%	76.59% <div></div>
Ontario	22,455,484	77.42%	74.04% <div></div>
Prince Edward Island	264,696	82.69%	77.75% <div></div>
Quebec	13,209,715	77.84%	74.42% <div></div>
Saskatchewan	1,652,625	73.51%	66.56% <div></div>
Northwest Territories	71,531	80.75%	76.45% <div></div>
Nunavut	48,763	66.01%	57.74% <div></div>
Yukon	67,679	79.50%	76.87% <div></div>

Source: CBC News.



Source of World Covid-19 Vaccination Data Below, (October 28, 2021):
<https://www.bloomberg.com/graphics/covid-vaccine-tracker-global-distribution/>

More Than 6.96 Billion Shots Given: Covid-19 Tracker

In the U.S., 416 million doses have been administered

Updated: October 28, 2021, 12:34 PM EDT



Vaccine Tracker

[Global ↗](#)

[U.S. ↗](#)

[U.S. Vaccine Demographics ↗](#)

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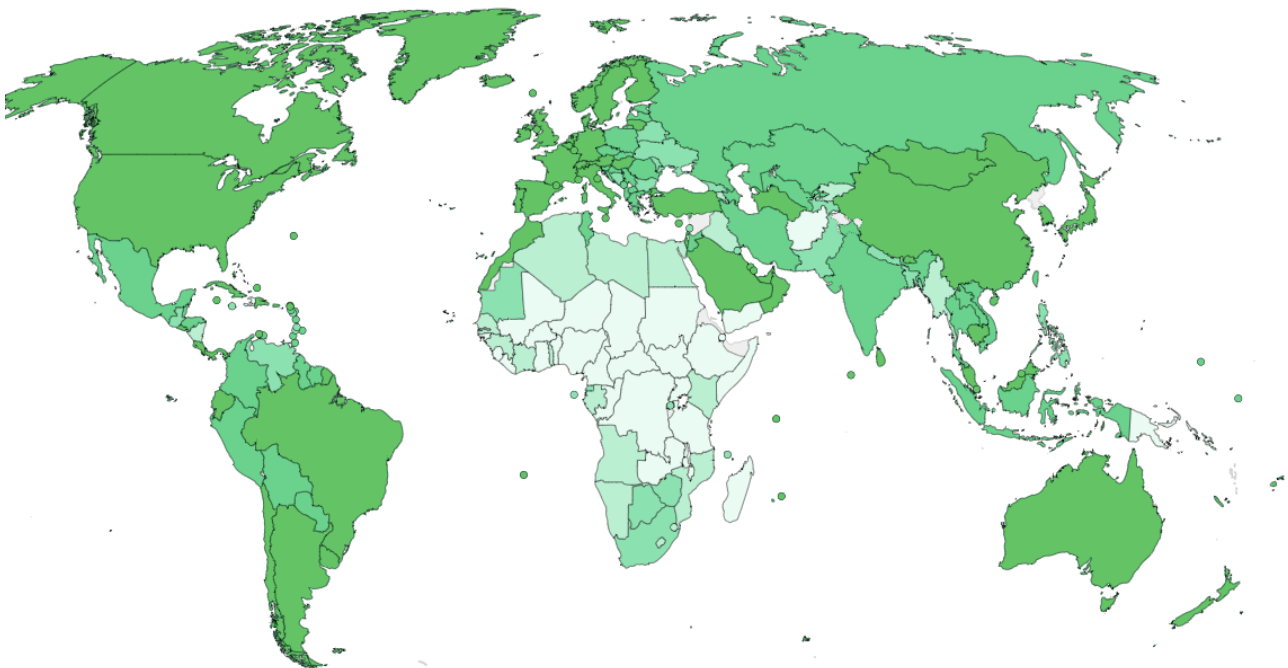
The biggest vaccination campaign in history is underway. More than **6.96 billion doses** have been administered across 184 countries, according to data collected by Bloomberg. The latest rate was roughly **29.2 million doses a day**.

In the U.S., **416 million doses** have been given so far. In the last week, an average of **756,219 doses per day** were administered.

World Map of Vaccinations

More than 6.96 billion doses have been administered—enough to fully vaccinate 45.3% of the global population

no data 5 15 30 60% of population covered



Enough doses have now been administered to fully vaccinate 45.3% of the global population—but the distribution has been lopsided. Countries and regions with the highest incomes are getting vaccinated more than 20 times faster than those with the lowest.

Uneven Access to Vaccines

Least wealthy Most wealthy

The least wealthy 52 places have **4.3%** of the vaccinations...

Vaccines

India

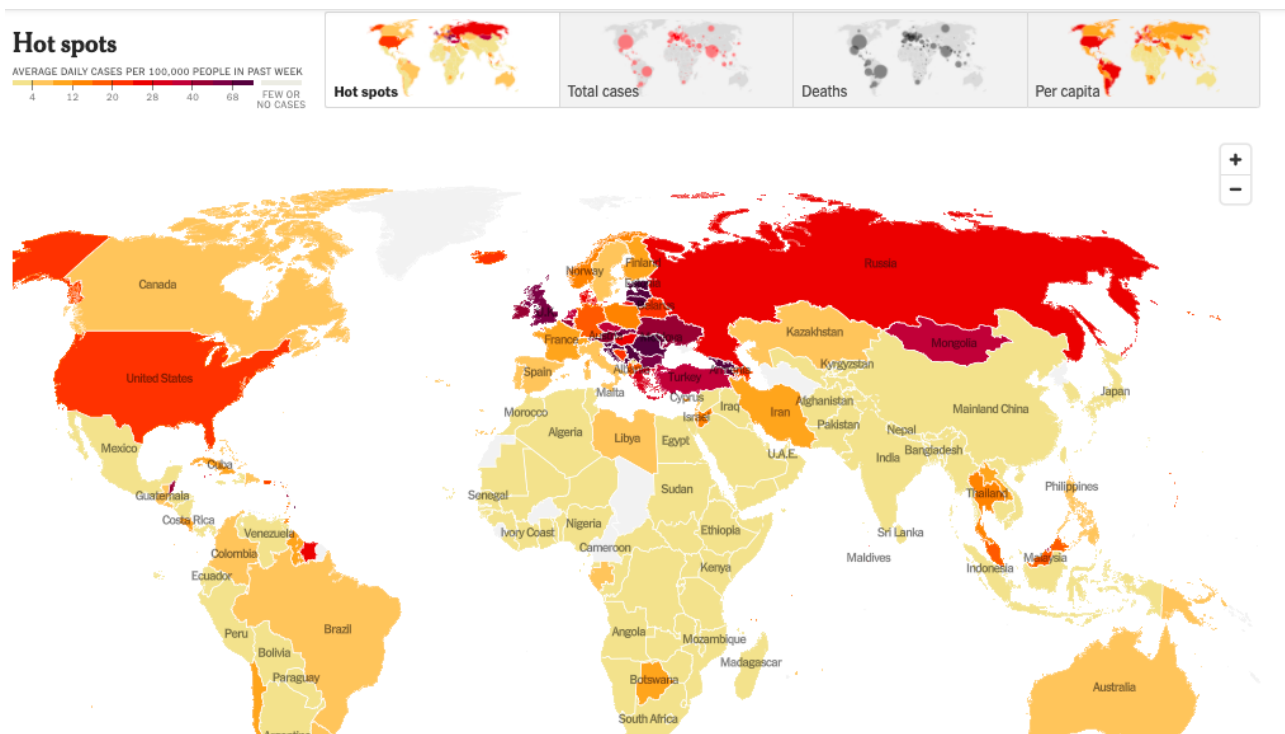
Mainland China

U.S.



Source of World Data Below (October 28, 2021):

<https://www.nytimes.com/interactive/2021/world/covid-cases.html>



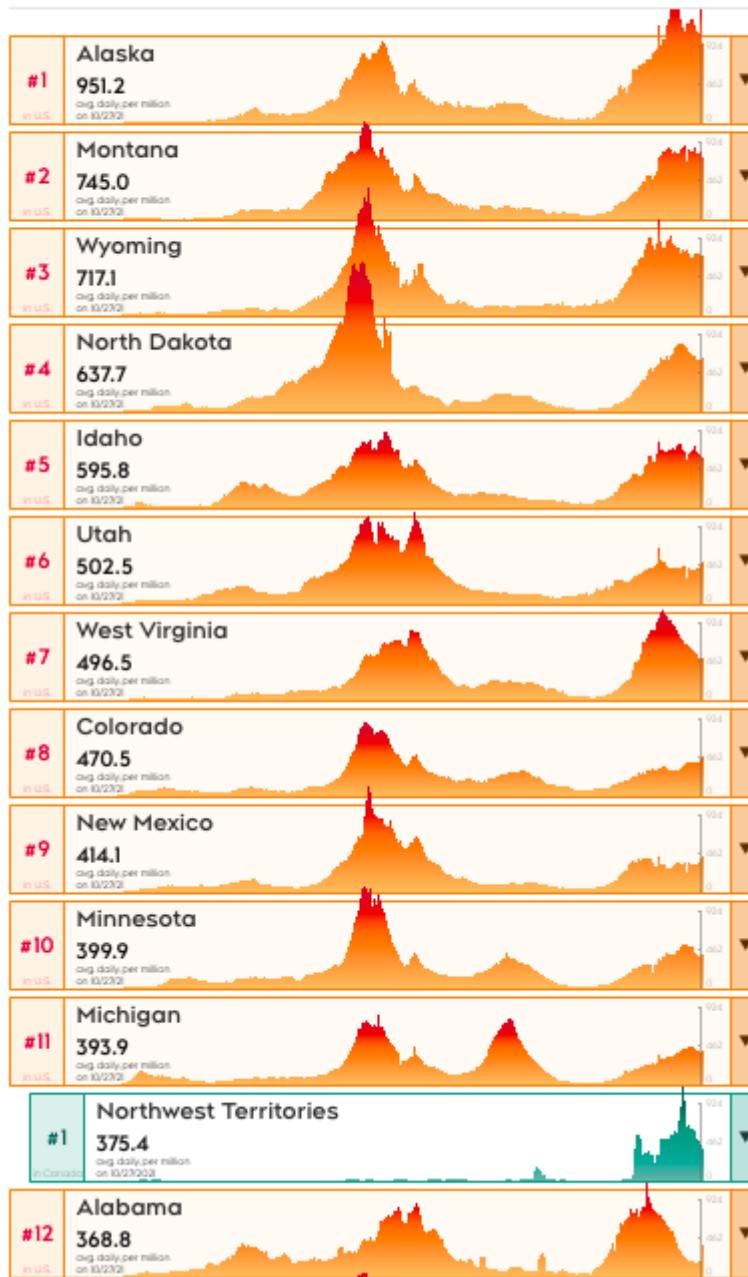


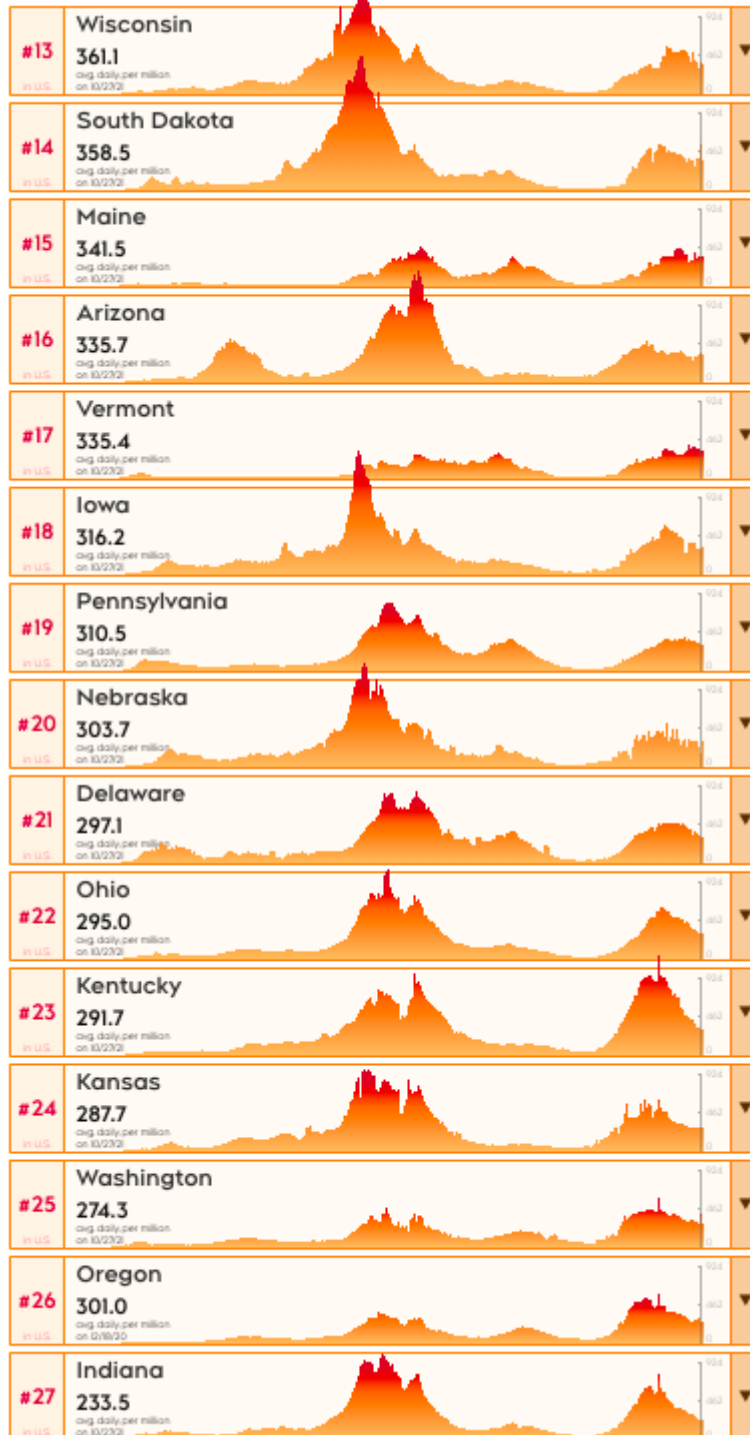
Source of Canadian and U.S. Comparative Data Below (Oct. 28, 2021):
<https://www.ctvnews.ca/health/coronavirus/covid-19-in-the-u-s-how-do-canada-s-provinces-rank-against-american-states-1.5051033>

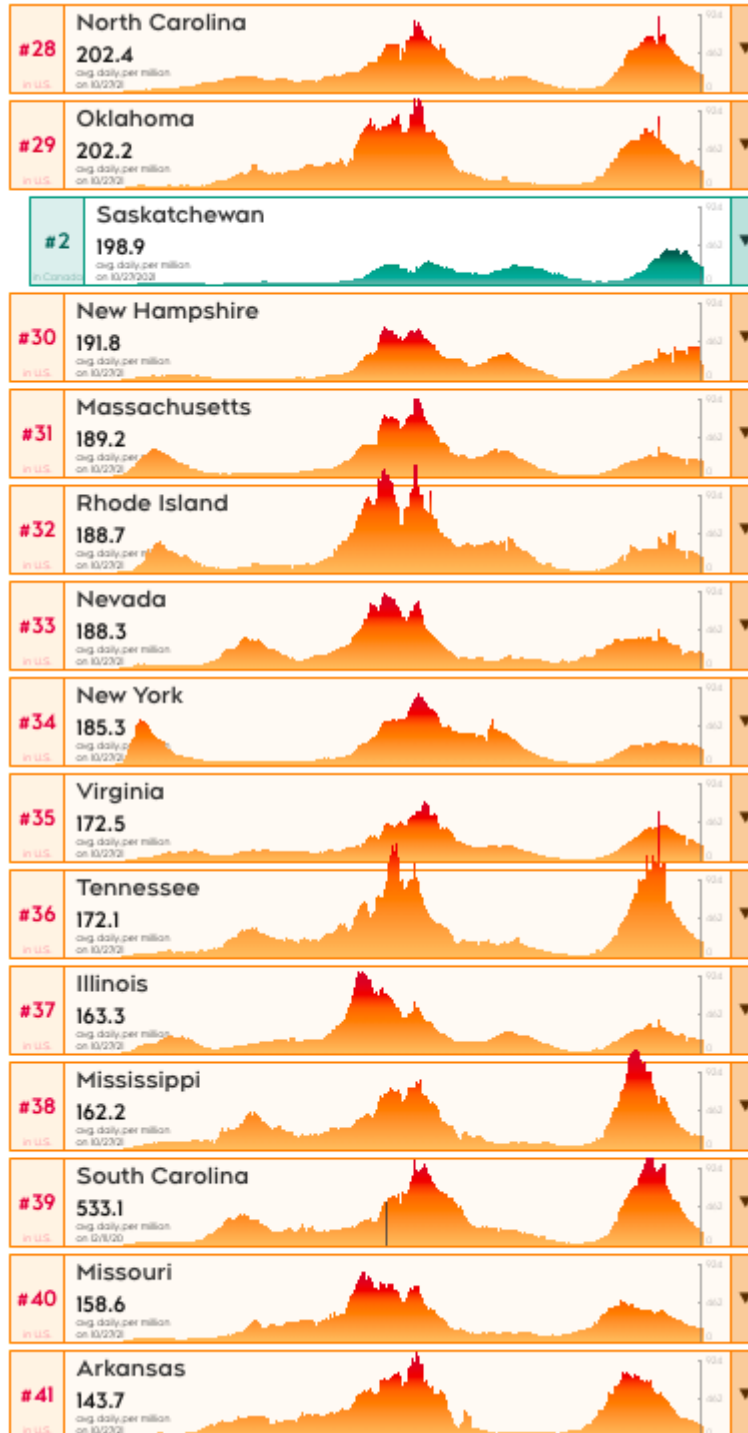
Comparing COVID-19 in states and provinces

Showing 7-day avg. cases, per million

Ranked by highest current cases Scale: all same







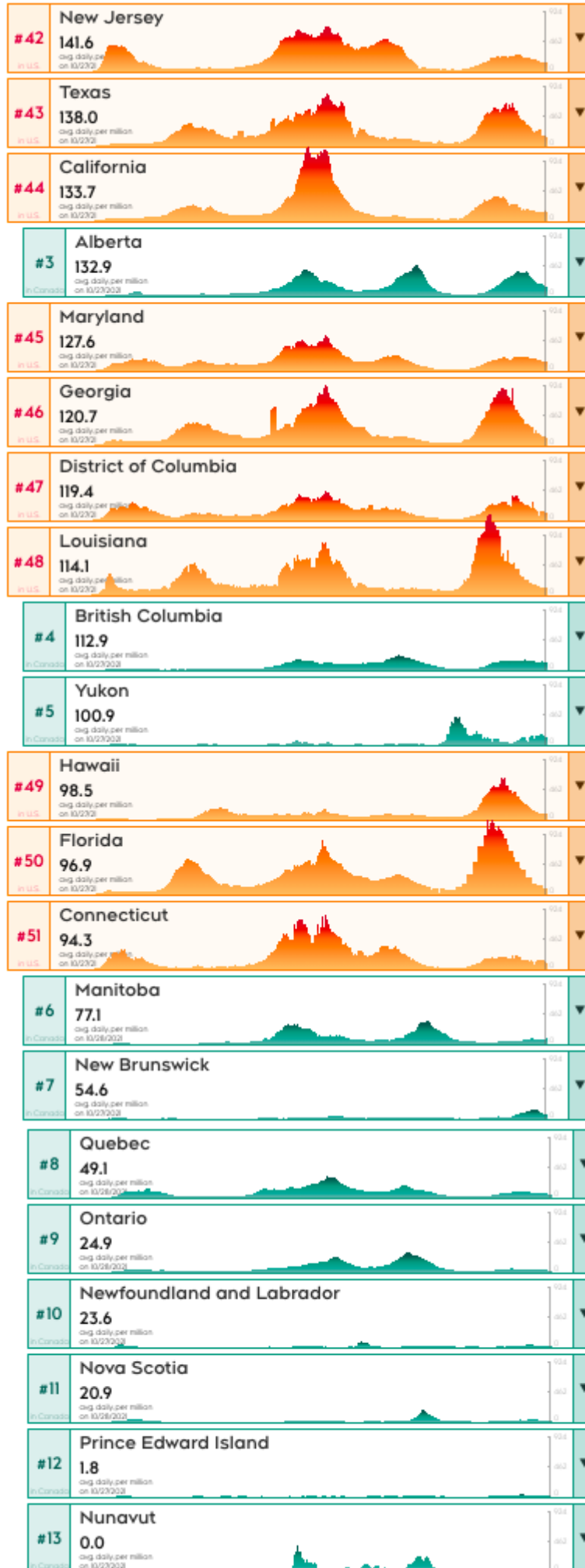




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CONTACT US TO COMMENT OR SUBSCRIBE AT:
planetaryhealthweekly@gmail.com
david.zakus@utoronto.ca

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