



THE NEWSLETTER OF THE REPRESENTATIVES OF THE DELTA KAPPA GAMMA SOCIETY INTERNATIONAL TO THE UNITED NATIONS DEPARTMENT OF PUBLIC INFORMATION (DPI) AND THE ECONOMIC AND SOCIAL COUNCIL (ECOSOC)

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2017 REGIONAL CONFERENCE BREAKOUTs: “16 + 1 = 7!”

by Lochie Musso

At the DKG Regional events held in the USA last summer, workshops (“16 + 1 = 7!”) were presented on the 17 UN Sustainable Development Goals. Attendees learned how the goals evolved and then developed actions to promote these concepts in their local chapters, communities, schools and daily living. We would like to share some of these ideas with you here and in future issues. We welcome and encourage you to involve yourself in this global cause of the 17 SDGs and let us know what you are doing. Learn more at support@sdgactioncampaign.org

SDGs	CHAPTER	CLASSROOM	COMMUNITY	DAILY LIFE
1/End Poverty	Assist local shelters and projects; invite speakers to give chapter programs	Provide school supplies and backpacks for needy students	Work with local service groups who provide assistance to those in need	Raise awareness in daily conversations
2/Zero Hunger	Donate to local food pantry; have programs about this issue worldwide	Learn about school lunch policies; organize and promote a food drive at a local school...inform students why	Support school funding to address this issue (breakfasts, weekend meals for students in need); write articles to raise awareness.	Grow more food for personal consumption; watch your own food portions and reduce food wastage on your part
3/Good Health and Wellbeing	Provide chapter programs on aspects of this issue that relate to members	Provide curriculum units and/or assist teachers in covering these units	Work with community agencies promoting good health and wellbeing	Make this issue part of your conversations with friends, church members, local groups

4/Quality Education	Provide financial assistance to HS/College students	Be the exceptional teacher you are!	Mentor students in local community colleges and/or universities	Continue to keep up to date with your professional persona
5/Gender Equality	Tackle the issue of gender classification/ acceptance through discussions and programs	Support school programs that address these issues; be aware of bullying issues	Support women on local boards and governmental agencies; run for office yourself	Be more aware and accepting of ALL
6/Clean Water and Sanitation	Visit water treatment facilities in your area as a group	Teach about hygiene and water use locally and globally	Be aware of how this issue is handled in your community	Practice good sanitation habits and water use

Watch for more conference suggestions in our next issue and send in your ideas, comments and contributions to lochie@optonline.net or any of our DKG@UN representatives listed below.

ECOSOC Chamber - Pathways to Zero Hunger

by Emilie Striss, guest contributor

At the UN General Assembly 71st Session the “Pathways to Zero Hunger” program (SDG #2) was discussed. This side event was organized by the Office of the Secretary-General’s Envoy on Youth. Sponsoring organizations included:

- the Food & Agriculture Organization of the UN [FAO],
- the International Fund for Agricultural Development [IFAD],
- and
- The World Food Program [WFP]



Past Secretary-General Ban Ki-moon said, “As I end my term in office, I am asking FAO, WFP and IFAD to take my challenge forward. I am confident they will not rest until Zero Hunger is a reality.”

Progress toward the vision of a “world free of hunger in our generation” as stated at the UN Rio de Janeiro conference in 2012 was discussed by heads of state from particular countries.

Speakers included representatives from Ghana, Togo, Argentina, Italy, UN Departments and International Organizations who highlighted that about 800 million people today suffer from hunger and about 230 million children go to bed hungry every night.

Solutions discussed included progress in sustainable agriculture, elimination of food waste, food security, government's progress in increasing food production, over-fishing, mechanization of agriculture, new seed distribution and empowering women and children to become change agents in food production. In order to accomplish zero hunger in our generation it was estimated that the cost would be about 5 to 7 trillion dollars.

Special emphasis was focused on the UN Sustainable Development Goals and reaching out to school systems to include this challenge in their curriculum.

The conference ended with Ms. Rita Kimani, UN Young Leader for the SDGs, who co-founded a company which links farmers, especially female farmers, to credit. She believes young people can help to take up the challenge of eliminating hunger in their lifetime by using their creative ideas and their IT knowledge.

Fitness, Mental Health and Preventing Depression

By Ann Grosjean

In recognition of *World Health Day*, the UN Department of Public Information (UNDPI), presented [The Role of Fitness in Promoting Mental Health and Preventing Depression](#). Moderator *Ramu Damodaran*, Deputy Director of Partnership and Public Engagement in the UN DPI Outreach Division and Chief of the UN Academic Impact Initiative, reminded us that in 1994, after the civil war, the UN Peacekeepers in Rwanda requested money to construct a stadium for the youth to play sports for post-traumatic stress disorder therapy. Refugees around the world are now suffering from similar mental health issues so WHO has partnered with UNHCR (United Nations High Commissioner for Refugees) and UNICEF to create programs in the camps.

Wermer Obermeyer [@WHO], the Deputy Executive Director of the World Health Organization office at UN Headquarters in New York, shared that the theme for WHO this year is depression, *Depression: Let's Talk*. Today, 300 million people around the world are living with depression, an increase of more than 18% between 2005 and 2015. Close to 800,000 commit suicide every year and suicide is the second largest cause of death of persons aged fifteen to twenty-nine. Depression is the leading cause of disability worldwide, and is a major contributor to the overall global burden of disease. More women are affected by depression than men. The focus of this program therefore is three groups: adolescents and young adults, women of child-bearing age, and older adults.



Obermeyer defines depression as a mental disorder characterized by persistent sadness or the inability to carry out activities one would normally enjoy. The causes include: poverty, social exclusion, violence, isolation, peer rejection and lack of family cohesion. Educational groups and social services must work to improve their client's skills, address family problems, be adolescent friendly, and utilize sports. WHO has created free multicultural videos and posters within a *Mental Health Global Action Plan Tool Kit*. These are available at the WHO webpage: <http://www.who.int/campaigns/world-health-day/2017/en/> .

Dr. Stephen Josephson, a Diplomat in both Cognitive Behavioral Therapy and Behavioral Psychology and formerly a Clinical Associate Professor at Cornell and Columbia Medical Schools spoke about eating, exercise and depression. Since the large increase in depression can't be explained genetically, he treats his patients with cognitive behavioral therapy. There are two thrusts: *Behavioral Activation*, identifying activities that make the person feel good and accomplished; *Cognitive Restructuring*, challenging negative thoughts including self-criticism, remorse about the past and fear of the future.

Dr. Josephson suggested exercise as a positive treatment for depression and mood. The problem is exercise adherence and compliance - if the factors of accessibility, cost and time are positive, they are likely to exercise. If clients dislike and poorly tolerate exercise, they will not comply.

Dr. Josephson has been partnering with Dr. Oz and his wife, Lisa in *Health Core*, a program with about a million teens in twenty high schools focusing on diet, exercise, and mental resilience. Pre-program studies showed much stress and depression and post data showed improved diet and increased activity.

Dr. Tara Tammy-Young is a Pediatric Neuropsychologist and Pace University Professor. She spoke about how the brain affects behavior and how group exercise affects the brain combatting depression and creating supportive bonds. Researchers worked with mild to moderately depressed individuals, divided into three treatment groups: psychotherapy, medication and exercise; and found that those who experienced aerobic exercise three times a week for twenty minutes exhibited a positive change and fewer relapses. Group exercise creates social bonding and feelings of connectedness. This is especially important for the depressed individual. She had the audience create a wave to experience the feeling of group cooperation and bonding.

Toni-Michelle Rubio [@tonimichelleRub], the founder and president of *Move to Empower*, received the Zumba Fitness Humanitarian of the Year Award for 2016 for her work in Kenya. She suffered from rheumatoid arthritis in 2007 and began teaching Zumba in 2009 to combat the pain. In Kenya, she worked with isolated single mothers to create a safe haven at local schools and to empower them to teach Zumba themselves providing opportunities for employment and support to the community.

Cynthia Zottarelli-Auguste [@healaxing] is a Medical Anthropologist and founder of *Healaxing* and a Capoeirista. Capoeira is an Afro-Brazilian martial art born in Brazil under slavery. It was a coping mechanism for the oppression and depression of forced labor. It was forbidden in Brazil until 1935 and in 1972 was recognized as a sport by the Brazilian Minister of Culture and is now taught in schools. It is also taught in France, other European countries, and in the United States.

The base movements of crossing legs and arms use both hemispheres of the brain. Cynthia teaches in two schools in New York City including working with autistic children using cognitive therapy. She shared a video and led the audience in a chanting activity to experience it.

Luis Pinheiro [@UNCapoeira] is a Multimedia Designer, Web Developer and Instructional Designer for the United Nations Department of Safety and Security and the founder of UNSRC Capoeira Club, where he has instructed for fourteen years. He feels that people avoid exercise for three reasons: it is boring, too difficult or do not have time. Capoeira is not boring because it incorporates music, history, instruments and movement into a language. The level of difficulty of Capoeira depends on the individual's ability, body, and personality. It is flexible and adaptable and is a form of expression involving martial arts, dance, instruments and singing. Time is the key issue and it is important to commit. Capoeira requires at least two people to "play" and it "weaves people together" forming communities. Capoeira is used by UNHCR and UNICEF in the refugee camps to build community.

YOUR UN REPRESENTATIVES

The members of The Delta Kappa Gamma Society International listed below are your official representatives at the United Nations Department of Public Information and the Economic and Social Council. Most of them also work with CTAUN. You can email us for further information.

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