
Behavior Driven Disease: A Global Epidemic

JAMAICA

Winter Session 2018



Study Abroad Program Guide

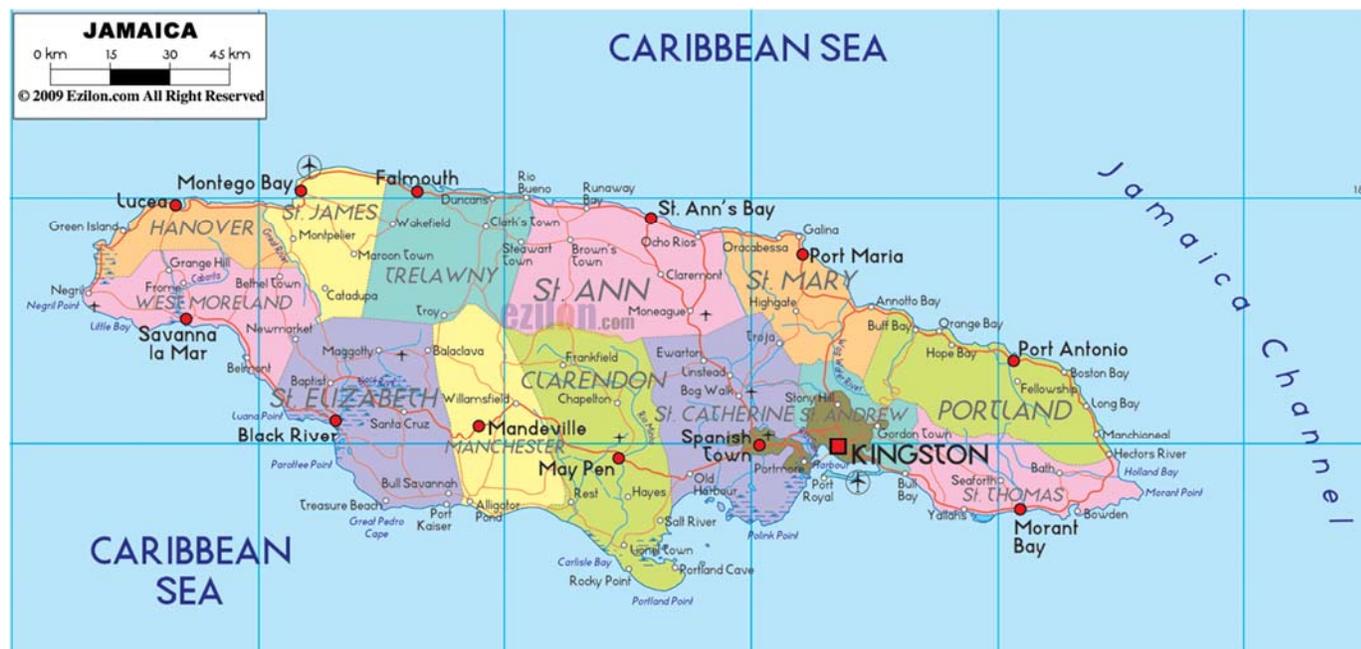
Office of Study Abroad Programs
University at Buffalo
201 Talbert Hall
Buffalo, New York 14260
Tel: 716 645-3912
Fax: 716 645 6197

studyabroad@buffalo.edu www.buffalo.edu/studyabroad

UB **University at Buffalo** *The State University of New York*

DESTINATION: JAMAICA

Jamaica, a Caribbean island nation, has a lush topography of mountains, rainforests and reef-lined beaches. A former British colony, Jamaica's history is rich and vibrant and is influenced greatly by a mix of different cultures – West African, British, Asian, and East Indian. This led to the creation of the national motto; “Out of many people we are one.” Jamaica still reflects its British heritage – the official language is English, although a local dialect called patois (a combination of many different languages) is quite common. The University of the West Indies, (where students will spend much of their time) is located in the northern suburbs of Kingston, and was built on the grounds of two 300 year-old sugar plantations. Many remnants of stone buildings, aqueducts and other artifacts from this time period still exist!



Geography, History, Economy

Full Name: Jamaica

Capital City: Kingston

Area: 10,991 km² (4,244 sq mi)

Population: 2,970,340 (July 2016 estimate)

Official Language: English

National Language: Jamaican Patois

Government: Unitary parliamentary constitutional monarchy

Heads of State: Monarch Elizabeth II, Governor-General Patrick Allen, Prime Minister Andrew Holmes

SPECIAL NOTES REGARDING OUR DESTINATION

Climate

Although the climate in Jamaica is tropical with hot and humid weather during most of the year, January is the coolest month and has the least amount of rainfall. January's high temperature in Kingston is in the mid-80's (with low-moderate humidity) and lows average around 70. Students will be traveling to different sites around the island, including a day trip to the Blue Mountain region (elevation approximately 4,000 ft). Temperatures at this altitude are much lower, with daytime highs averaging in the mid 60's.

The island receives refreshing onshore breezes during the day and cooling offshore breezes at night. These are known on Jamaica as the "Doctor Breeze" and the "Undertaker's Breeze," respectively.

Food

Jamaican cuisine includes a mixture of cooking techniques, flavors, spices and influences from the indigenous people on the island of Jamaica, and the Spanish, Irish, British, Africans, East Indian and Chinese who have inhabited the island. It is also influenced by the crops introduced into the island from tropical Southeast Asia. Jamaican cuisine includes various dishes from the different cultures brought to the island with the arrival of people from elsewhere. Other dishes are novel or a fusion of techniques and traditions. In addition to ingredients that are native to Jamaica, many foods have been introduced and are now grown locally. A wide variety of seafood, tropical fruits and meats are available.

Alcohol

All participants in the program will be of legal drinking age while in Jamaica. It is absolutely mandatory that every participant **behave responsibly** in choices involving alcohol, as the abuse of alcohol endangers not only the individual, but the other participants as well. Alcohol abuse is grounds for immediate dismissal from the program, at the discretion of the Program Director.

THE PROGRAM DIRECTOR

Harold Burton, Ph.D., is an Associate Professor Emeritus in the School of Public Health and Health Professions at the University at Buffalo. Dr. Burton began his career at UB in 1987 as an Assistant Professor in the Dept. of Exercise and Nutrition Sciences and has been promoting regular physical activity and good nutrition as simple and effective ways to prevent and manage chronic behavior-driven diseases such as Type 2 diabetes and heart disease. This study abroad program evolved from a freshman seminar taught by Dr. Burton that involves exploring the lifestyle-obesity-chronic disease connections in other cultures around the world. The World Health Organization has identified obesity and related diseases as a major worldwide health concern.

In 1995, Dr. Burton assumed the directorship of the undergraduate Exercise Science Program and held that position until 2006. During that time the program underwent an expansion in the number of course offerings as well as an increase in the number of tracks and a change in focus from pedagogy to life sciences. As a result the program was able to attract students with varied interests in the Health Sciences and program enrollment increased each year under his direction. From 2007 until his retirement in 2014, he turned his attention to lifestyle and behavior modification as simple tools to improve quality of life in and improve longevity. After he retired as a full-time faculty member he stayed on as a part-time teacher in the school.

Dr. Burton is the recipient of several teaching and service awards including the School's teacher of the year, the Milton Plesur award for excellence in undergraduate teaching, UB's distinguished service award and appointment as a member of UB's Mortar Board Honor Society.

Contact information:

School of Public Health and Health Professions

Exercise and Nutrition Sciences

207A Kimball Tower

University at Buffalo

716-829-6784

hburton@buffalo.edu

mobile phone (716 812-3649)

PROGRAM TEACHING ASSISTANT

A Teaching Assistant has been assigned to this program and will contribute to lectures and discussion of course content during the first 3-day session at UB, then accompany the group to Jamaica. In Jamaica the TA will live in the Dorms with the students and act a Resident Advisor. She will also participate in all phases of the program including logistics and supervision during visits to the various sites, she will oversee collection and collating of data, provide guidance for projects and assist with grading.

The TA For the winter 2018 Program is Erin O'Brien. Erin is a Clarence, NY native and a senior in the Exercise Science Program. She is a member of UB's Honors College, former president of the Exercise Science Club and currently holds a position with the Student Association as the Academic Council Coordinator. She has worked as a Floor Trainer, Medical Scribe, and intern at various local health agencies. Erin became involved in research during her freshman year, completed an independent study in Dr. Peter Horvath's laboratory, presented her research findings at the SURC conference, and was a research assistant for a study at Roswell Park Cancer Institute. Erin has accumulated many life experiences that will provide useful during this trip including a semester long study abroad program in Florence, Italy, an alternative spring break trip to the Dominican Republic, and a cultural immersion experience in Morocco. She has already made a tremendous contribution to this program, helping develop many of the learning outcomes and helping plan logistics, course content and travel plans to different sites in Jamaica.

Contact Information:e-mail: eobrien4@buffalo.edu

phone: (716) 225-2891

ACADEMIC PROGRAM

Global Pathways

This course fulfills the Civilization and History area of the Global Pathway curriculum.

Course Rationale

The World Health Organization has identified overweight and obesity as major global health concerns that afflict almost 2 billion adults worldwide. These conditions result largely from poor lifestyle choices and greatly increase the risk of developing heart disease and type II diabetes – two leading causes of death around the world. Treating and managing these diseases costs billions of dollars each year, creating a huge financial burden on a country's health-care system. But, if we can find a way to get the majority of our world population to make healthier lifestyle choices, a simple and effective way to reduce risk and help manage existing disease, much of this burden can be eliminated. Two behaviors in particular that increase the risk of obesity and overweight are sedentary lifestyles and poor nutrition. Obesity (and related behavior driven diseases) is not only a global health concern, it is the number 1 public health problem in the U.S. This experiential learning program will enable students in health related fields to compare lifestyle choices related to food intake and physical activity levels between a culture they would typically not know (Jamaica) and our culture in the U.S. and to transfer these lessons and experience to UB and to their own communities and professions upon their return. The course aligns with the objectives of UB's Global Pathways in that it provides an international experience for participating students. Finally, this program fits into the mission of the School of Public Health and Health Professions which is to *"promote the understanding, prevention and treatment of disease and disability, thereby improving the health of populations, communities and individuals from regionally to globally."*

Program Description

This experiential learning program will enable students to compare obesity prevalence (and accompanying behavior-driven disease) between Jamaica and the United States. **Students from the Buffalo area will attend classroom sessions at UB on Jan 4, 5 and 6, discussing background material for the course. Students who live outside the area and cannot travel to UB to attend these sessions can participate via Skype.** Please refer to the Syllabus for more detail.

Topics covered during these three days include:

1. How cultural evolution in the U.S. (as distinct from biologic evolution) has created an environment of abundance and comfort, leading to widespread overconsumption of food and physical inactivity.

2. Jamaican history, culture and lifestyle.
3. Nutritional assessment; how to collect and analyze 3-day food records, and how to administer a Physical Activity Questionnaire.
4. Introductory pathophysiology of Type 2 diabetes and Heart disease.

The group will then travel to The University of the West Indies in Mona, Jamaica and spend 13 days traveling to different sites around the island, observing and interacting with the population. Participants will also meet with faculty and students in health related disciplines at the University of the West Indies in Kingston, will explore markets and farms in the area to determine the availability and cost of fresh food and will visit various restaurants and other food outlets to assess nutritional value of prepared food. Through observation, immersion, and survey, students will also explore daily physical activity patterns among individuals in different settings – city, village/town, and rural – to make comparisons and analyze data. Students will also engage and interact with obesity practitioners and patients during visits to community health centers and clinics.

A secondary objective is to have students use information they gather to explore mechanisms through which physical inactivity and poor nutrition are linked to high risk for contracting heart disease and diabetes and how adopting an active lifestyle and better eating habits can reduce risk, increase quality of life and delay the onset of debilitating illness later in life.

Safety

UWI Campus: The entire campus is surrounded by fences and entry into the campus is controlled by gates. Entry into the Gerald Lalor Dormitories is strictly controlled and has 3 levels of security. Entrance into the complex itself is controlled by gates, there are security guards stationed within each complex and there is a security officer at the entrance to each dorm to check id's. I have visited the campus on two occasions and noticed that students, faculty and staff travel freely around the campus at all times during the daytime and after dark. Always travel in a group. It is not recommended to leave the campus at night.

Phone #'s: Campus Security 876 784-8881: Local Police 876 927-2298

Kingston and Surrounding Area: Just like any large international city, Kingston has areas that should be avoided. We will always be traveling as a group and going into the city on only one occasion – to visit an obesity/diabetes clinic at the Kingston Public Hospital. On two other occasions we will be visiting community health clinics in a rural and in a town setting. I have met with physicians and other staff at all of these facilities and observed that security is not an issue. Security is not a problem at all other sites we plan to visit during our stay.

Protecting your valuables: Leave your lap top in your dorm room during trips away from the campus. Carry all important documents in a wallet underneath your clothes – either around your neck or strapped to your waist.

Assignments

Quizzes: (*each quiz is worth 10% of the final grade*) Two short quizzes will be administered – one pre-trip, based on readings and on-line material and in-class discussions. Another will be administered while in Jamaica and will cover material related to obesity, accompanying behavior driven disease and how exercise and nutrition can be effective in prevention and management. **Small group projects:** Students will be randomly divided into groups of 4 on the first day of class. During the course 2 small group projects will be assigned and graded. In addition to working on group projects, you will be residing with the other 3 members of your group in 4 in the UWI dormitories. (*each project is worth 10 % of the final grade*).

Positive In-country Participation: (*worth 30% of the final grade*)

Final Presentation: (30% of final grade). Each group will be assigned a different topic, all related to the major themes of the course.

Primary Theme: lifestyle factors that underlie increasing prevalence of obesity and the link to behavior driven disease.

Secondary Theme: Prevention and management through exercise and diet.

Peer Evaluation: Each individual will anonymously rate all of the other members of their groups at the end of the course. Individual peer evaluation scores will be the average of the points they receive from the members of their group. A peer evaluation factor will be calculated from the scores and used to determine the final grade for each individual for **group work** only (in-class group projects; final group presentations).

Grading

Students will receive a grade letter for the course.

A +/- grading system will be used. The course grade is based on the grading scheme outlined below.

Final Grades:

Grade	Quality Points	Percentage
A	4.0	91.5 -100
A-	3.67	87.5 – 91.4
B+	3.33	83.5 – 87.4
B	3.00	80.5 – 83.4
B-	2.67	77.5 – 80.4
C+	2.33	74.5 – 77.4
C	2.00	71.5 – 74.4
C-	1.67	68.5 – 71.4
D+	1.33	64.5 – 68.4
D	1.00	60.5 – 64.4
F	0	< 60.5

STUDENT EXPECTATIONS

Students are expected to attend all classes prior to travel, review on-line material before in-class sessions and complete all course requirements as outlined above. All students are expected to read the syllabus and comply with codes of conduct as described. Students should realize that while in Jamaica they will be acting as ambassadors for the University at Buffalo. We will visit many sites around the country including community health clinics. As such, a dress code will be in effect – khakis or slacks and collared shirt or polo for both men and women. Optional for women - skirt with blouse. No yoga pants/leggings or shorts. When interacting with faculty, staff and students at UWI, with clinicians in the field and with the general population, students are expected to be polite, courteous and respectful and demonstrate cultural sensitivity.

FLIGHT INFORMATION

Buffalo to Kingston: Recall that 11 students who reside in the **Buffalo area** will spend three days in classroom sessions at UB (Jan 4-6) and 5 students will participate through Skype. On Jan 7, eleven students plus myself and the TA, Erin O'Brien will travel in 2 vans from the North campus to the Toronto International Airport to catch the WestJet flight to Kingston (departure 9:50 a.m.; arrival 2:07). The vans will depart at approximately 6:15 a.m. A bus will meet us at the Kingston airport at approximately 3:15

p.m. and transport us to the UWI campus. There are 4 students flying from NYC through Miami and arrive in Kingston at 1:54 and 1 from Houston arriving at 12:44. This means that everyone will be able catch the bus to campus. **Let me know if any of this information is incorrect.**

Kingston to Buffalo: Date of departure is Sat Jan 20. For students returning to Buffalo, time of departure is 9:25 a.m. The bus will leave the UWI campus at approximately 7:00 a.m. Kingston is a small airport and passing through security usually takes only a few minutes. Another bus will transport the other five students to the airport, leaving at approximately 11:00 a.m.

ACCOMMODATIONS

For most of the program, students will reside in the Gerald Laylor Dormitories at the University of the West Indies. Each unit of has a common space (equipped with a full kitchen, living room, TV and WIFI) and 4 bedrooms, each with their own bathroom. Each of these bedrooms has its own lock. There will also be a single overnight stay away from the campus in a coastal area. (location TBD).

Meals: With such a large group, meals in Jamaica will be difficult to plan. As such, the recommendation is for each unit of 4 to have a meal plan for breakfast to eat in your dormitory rooms. We plan to stop at a supermarket on the way to the campus from the airport to stock up on supplies. Also, there is a fruit and vegetable market just off campus and a small grocery store on campus, which should provide enough variety to plan your breakfasts. Students will **receive a daily stipend** to purchase breakfast supplies and eat lunch and dinner.

PROJECTED PROGRAM ITINERARY (Subject to Change)

Date	Location	Activities	Assignments/Expectations
Thurs Jan 4 (1-3 p.m.)	For students in the Buffalo area: Room 17 Norton Hall, North Campus. For other students - SKYPE	Intro to Evolutionary Discordance, lifestyle and obesity, behavior driven disease	Assigned readings, class discussion
Fri Jan 5 (10:00 a.m. – 12:00 AND (1-3)	Ditto: Lunch provided	Morning: Intro to Dietary Assessment and how to administer a survey Afternoon: Jamaican Culture and Customs	Assigned readings, class discussion
Sat Jan 6 (10:00 – 12:00)	Ditto: Lunch provided	Introductory Pathophysiology of Type 2 Diabetes and heart disease	Group Project
Sun Jan 7	Depart	Arrive at Kingston Airport – transport to UWI campus. Stop and get some food supplies. Get settled in dorm rooms.	Make a meal plan for breakfasts
Mon Jan 8	UWI Campus	Heritage Tour – campus and surrounding area; Interact with faculty and students at UWI.	Start to gather data about lifestyle, culture.
Tues Jan 9	On-campus community health clinic, Kingston Public Hospital diabetes clinic	Shadow, observe and interact with clinic staff and patients. Short tour of Kingston.	Gather data and start to form opinions about lifestyle, diet and physical activity (PA)
Wed Jan 10 /Thurs Jan 11	Jan 10 Travel to Mandeville Community Health Clinic. Then travel to Treasure Beach for an overnight stay	Shadow, observe and interact with clinic staff and patients. At Treasure Beach, enjoy ocean-side/beach activities! Return to campus on Jan 11.	Same
Fri Jan 12	Travel to Port Royal and Lyme Key	Boat Tour. Gather information about the decline in fish/seafood population related to overfishing and pollution. Snorkeling on a reef! Dinner at a restaurant famous for Seafood.	Does the decline in availability of seafood affect diet/nutrition? Group project.
Sat Jan 13	Travel to a coffee plantation in the Blue Mountains	Observe and interact with staff and workers regarding lifestyle (diet, PA). Visit a Community Health Clinic	Continue to gather data and form opinions about lifestyle, diet and PA. Rural vs city
Sun Jan 14	UWI Campus	Day off	
Mon Jan 15	UWI Campus	Let's prepare a Jamaican Meal!	Each unit will provide a dish or 2 for dinner

Tues Jan 16	Travel to sustainable organic farm in St Mary Parish.	Tour the farm; learn about the Rastafarian culture and history; enjoy a vegetarian meal.	Continue to gather data and form opinions about lifestyle. Rural vs city
Wed Jan 17	Travel to a rural health clinic	Shadow, observe and interact with clinic staff and patients.	
Thurs Jan 18	UWI	Work on Presentations	
Fri Jan 19	UWI	Final Presentations	
Sat Jan 20	Return to Buffalo		

PASSPORTS AND VISAS

Program participants must have a valid passport and are responsible for checking the expiration date to ensure that it is no less than six months after the end of the program or travel dates, whichever is later.

US citizens will NOT be required to apply for a visa to participate in this program. The Office of Study Abroad Programs will provide instructions for students from other countries if they are required to apply for a visa in order to travel to Jamaica and participate on this program.

KEEP YOUR IMPORTANT DOCUMENTS AND ITEMS SAFE

Carry all important documents such as money, credit cards, passport, and plane tickets with you in your carry-on bag. One of the best ways to keep these items safe from harm is to purchase a holder that you wear under your clothes. These are available from most luggage stores, AAA, etc. and usually in two styles: with a string to wear around neck or with a strap to wear around your waist.

Make two photocopies of your passport and leave one at home with someone you can easily contact should you lose your passport. Hide the other copy in your luggage, separate from your passport. In addition scan and/or copy all bank/credit cards you carry and leave a copy at home with someone and also upload a pdf that you could easily retrieve online if needed. In the unfortunate event you were to lose your passport and/or bank/credit cards, you will be then able to retrieve the information and contact the appropriate companies.

SUGGESTED PACKING LIST

Guiding Principles:

- Only pack what you can carry without outside help! Travel light, only bring what is necessary. There is a laundry facility in the Dorms at UWI so you don't need too many different outfits.
- Recall that there is a dress code for activities when interacting with faculty, staff and students at UWI, with clinicians in the field and with the general population (khakis or slacks and collared shirt or polo for both men and women). Optional for women - skirt with blouse. No yoga pants/leggings or shorts. Of course, during leisure time (beaches, dorms etc), casual and beach attire is appropriate. Daytime highs are in the mid-80's; water temperature is around 81^o F.
- We will be spending one day in the Blue Mountain region, where day time temperatures average in the mid-60's. A light jacket or sweater should suffice.
- Close-toed shoes (or all-purpose shoes) for walking/hiking; shorts and swim attire for beach outings, a pair of sandals or flip flops. A hat if you need protection from the sun.
- Sunglasses!
- Plan on carrying the luggage with you on board to ensure you and your luggage arrive together.
- A daypack to carry stuff during our daily trips to different sites around the island.

- Check with your airline for baggage allowances and carry on regulations (particularly in terms of fluids, etc.)
- Laptop.
- Plan on bringing something that says UB! A shirt, a hat, etc., so you can take photos for the UB Study Abroad Annual Photo Contest proudly displaying our colors and logo.

Personal Care:

- Travel size toiletries (shampoo, conditioner, moisturizer and other creams, etc.)
- Antiperspirant
- Make-up, shaving needs, if needed
- Vitamins, and other medical needs
- If you wear prescription glasses, bring a 2nd pair in case you lose or break your 1st pair.
- Contact lenses and contact solution, and your glasses for when you are not using contacts. Actually it is best not to travel on a plane with contact lenses on because eyes dry out very much. Use your glasses for the flight instead.
- Sunscreen! January has the most sunlight (and least amount of rain) of any month.
- Water Bottle

Other Necessities:

- Your UB student ID
- Wallet that hangs inside your shirt or strapped around your waist to hold important documents and money.
- Important addresses and phone numbers for contacting friend and relatives
- Prescription medication in original container carried on plane with you.

ADVICE ON MONEY, COMPUTERS, PHONE, ETC.***Money for personal expenses/incidentals***

Most places in Jamaica will accept American credit cards. Your credit card is a good alternative to carrying cash and it will automatically convert the local charges into dollars on your statement, often with a service fee in most cases, unless you own a credit card that has “no foreign transaction fees”. However, despite the convenience you should carry at least some cash and be disciplined about purchases. You are not required to acquire Jamaican currency until you get there. There is a bank on the UWI campus where money can be exchanged. To summarize: Use cash whenever possible and keep very close track of debit and credit card usage and fees.

Computers and Personal Electronics

Voltage in Jamaica is the same as it is in the US, 110-120 Volts, so a converter will not be necessary. Electrical sockets (outlets) in Jamaica are very similar to the electrical outlets found in the United States, and if your appliance has a North American plug, it's possible that you won't need any adapter at all in order to plug in there. However, there are two potentially very important physical differences that may need to be addressed with an adapter: **grounding** and/or **polarization**. If your plug has one or both, and the socket doesn't, then the plug may not physically be able to fit into the socket without an adapter. Outlet adapters are available at AAA, Wal-Mart, Target and most electronics stores for less than \$10.

Phones

Check with your cell/mobile phone carrier to find out your international coverage, while in Jamaica. Usually a package can be purchased for reasonable cost. Skype, WhatsApp, and Facetime are convenient ways to check in with home. Jamaica country code: 1 and area code for all of Jamaica is 876.

Water

Tap water in Jamaica is clean and safe to drink. Save money by using a refillable water bottle, instead of purchasing water or other drinks.

IMPORTANT CONTACT INFORMATION

UB Study Abroad Programs:

Mary Odrzywolski
Director, Office of Study Abroad Programs

University at Buffalo
201 Talbert Hall
Buffalo, New York 14260

Office Phone: +1 716 645-3912 (business hours: Mon-Fri 8:30am-5:00pm)
Emergency Phone: +1 716 645-2227 (UB Police – 24 hours)
Fax: +1 716 645-6197
E-mail: maryodrz@buffalo.edu or studyabroad@buffalo.edu

Program Director:

Harold Burton hburton@buffalo.edu mobile phone (US & Jamaica): 716 812-3649

In Jamaica:

Police/Fire/Ambulance emergencies:

Police	Tel. 119
Fire Service	Tel. 110
Ambulance	Tel. 110

Embassy:

United States Embassy Kingston
142 Old Hope Road
Kingston 6
Jamaica, West Indies
Tel. 876-702-6000
<https://gh.usembassy.gov/>