

# newSpecial



## #ProudToBeWHO

**STAYING AT HOME AND STAYING FIT**  
Blitz interviews  
- p. 8

**TOWARDS A TOBACCO FREE WORLD**  
The Head of the FCTC - p. 5

800 -  
JUNE 2020

Suivez-nous sur:



[www.newspecial](http://www.newspecial)

[www.newspecial.org](http://www.newspecial.org)

**GENÈVE INTERNATIONALE -**  
Entretien avec  
Guy Mettan - p. 10

**LINGUISTIC PLURALITY**  
The case of the  
Brazilian Report  
- p. 26



**EDITORIAL / ÉDITORIAL** 3

- FEATURED / À LA UNE**
- WHO framework convention on tobacco control 5
  - Lessons learned from the World War II in the face of the new global threat 14
  - “There’s now an app for that” 18
  - How did a medical university become the largest state employer and make a country resilient to global health threats? 20

- INTERNATIONAL GENEVA / GENÈVE INTERNATIONALE**
- Entretien avec Guy Mettan 10
  - SwissYou: an App for expatriates and locals in Geneva 22
  - The case of the Brazilian Report 26
  - Les professionnels de la santé publique étaient-ils prêts, et comment l’UNIGE les prépare-t-elle? 28
  - Fortifying our mental health in the time of COVID-19 30
  - En temps de covid, les émotions avancent masquées! 36
  - What is Parkinson’s disease? 38

- UNITED NATIONS AGENCIES / AGENCES DES NATIONS UNIES**
- Staying at home and staying fit! 8
  - Love differently 37

- WHO / OMS**
- 73rd World Health Assembly 24
  - Portugal brings down obesity by taxing sugary drinks 32
  - COVID-19 and tobacco industry interference: exploitation of a global pandemic 34

- ART & CULTURE**
- Jacques Rannou: derrière l’uniforme 39
  - A visit to the World Nature Forum in Naters 40
  - Looking back and looking forward 42
  - Joyau d’Afrique australe 44
  - Sa caméra prolonge son âme 46

**INTERIM EDITORIAL COMMITTEE**

**UN75 and WHO**

It’s time to celebrate a thing or two... UN75 comes at a time when its agencies, such as WHO, have direct meaning as we seek ways to fight the pandemic. Its also our issue number 800, as we were *UN Special* in the past. Although the name has changed, newSpecial remains “special”: we hear you and know that our readers like the fact that we are not a mouthpiece of any group or association. We don’t serve or try to please any administration or other powers that be. We allow staff of international organizations to write what they want and what they care about. Like that, we serve the widest possible audience – the staff of international organizations in Geneva.

Our organization has a legitimacy which its history and the presence of member states confer on it. WHO advocates for a global health partnership. Partnership: the word is launched, and its synonym is multilateralism. During this crisis, most states have chosen to deal with it unilaterally. WHO has the expertise it has acquired during previous crises, which could favour cooperation for the benefit of humanity and not for the benefit of particular interests.

Indeed, megalopolises in the most remote places of the planet, decisiveness and initiative can reassure us on human genius and cause perception of our future world to evolve. The young generation in particular is leading us towards a new redefinition of perspectives, with heightened awareness of the danger and selfishness of a world that is sometimes lost.

Ultimately, it is up to us to make sure we continue, whatever the cost of this effort, by injecting it with a little of our energy and by listening to the new breath of a future to build. This is the least we can do whilst fully aware that it may not be enough. ■

---

***Serving the people of international organizations in Geneva since 1949***

**COMITÉ DE RÉDACTION INTÉIMAIRE**

**UN75 et l’OMS**

Célébrons: L’UN 75 dans un moment particulier où ses agences, telles que l’OMS utilise son savoir-faire pour lutter contre la pandémie. C’est également le numéro 800, bien que le nom ait changé, nous demeurons «spécial». Nous savons que vous lecteurs appréciez notre indépendance. Notre magazine n’est pas le faire-valoir d’un groupe ou d’une association. Nous n’essayons ni de plaire à une administration, ni ne dépendons d’aucun pouvoir. Notre crédo reste d’ouvrir nos colonnes à tout le personnel des organisations internationales, afin qu’il puisse s’exprimer sur ses préoccupations profondes. Nos lecteurs, notre public, le savent.

Notre organisation dispose de cette légitimité que lui confèrent son histoire et la présence des États membres. L’OMS prône pour un partenariat sanitaire mondial. Partenariat, le mot est lancé, son synonyme est multilatéralisme. Pendant cette crise, la plupart des états ont choisi de la gérer de façon unilatérale. L’OMS, dispose de cette expertise acquise lors de crises précédentes qui pourrait favoriser la coopération au profit de l’humanité et non pas d’intérêts particuliers.

Pourtant, des mégaloilles aux endroits les plus reculés de la planète, des volontés, des initiatives peuvent nous rassurer sur le génie humain et nous faire évoluer sur la perception de notre monde futur. La jeune génération notamment nous entraîne vers une nouvelle redéfinition des perspectives où sont mieux envisagés le danger et l’égoïsme d’un monde qui se perd parfois. Alors, finalement c’est à nous de faire en sorte de l’aider à poursuivre, coûte que coûte cet effort en lui insufflant un peu de notre énergie et en restant à l’écoute du souffle nouveau d’un futur à construire, c’est le moins que nous puissions faire en sachant que ce ne sera peut-être pas suffisant. ■

---

***Au service du personnel des organisations internationales de Genève depuis 1949***

# Fortifying our mental health in the time of COVID-19

SHEVA CARR<sup>1</sup>, ROBERT BROWNING<sup>2</sup>,  
GEMMA VESTAL<sup>3</sup> AND SANDRA  
SOLANO-MCGUIRE<sup>4</sup>

The COVID-19 pandemic is giving many of us challenges, adversity and stress. We cannot prepare for all stressors but we can recover from and adapt in the face of them with enhanced resilience<sup>5</sup> – when we learn to self-regulate our physiological stress response.

One major stressor during the pandemic is the impact of quarantine on mental and physical health. For some, who are sheltering in place alone, this strain can result from social isolation which is shown to be as strong a risk factor for all cause mortality as other clinical risks.<sup>6</sup>

For others, the strain comes from being quarantined with family members 24 hours a day, which sadly led to an increase in the burden of domestic disputes, domestic violence,<sup>7</sup> and increasing divorce inquiries.<sup>8</sup>

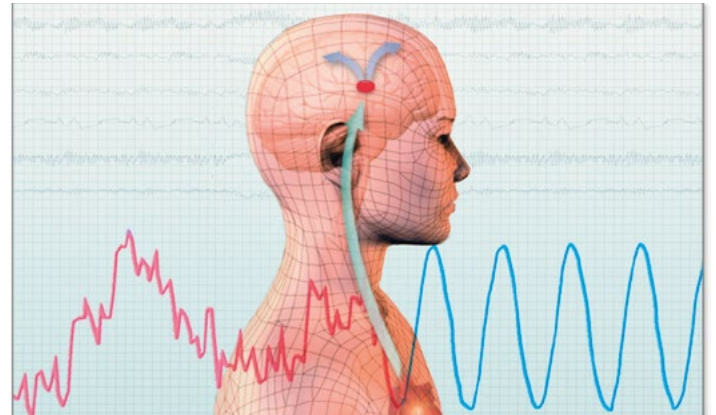
Even prior to the pandemic, while part time telecommuting has mental health benefits,<sup>9</sup> full time telecommuting was demonstrated to “increase stress secondary to overlapping family responsibilities, blurred work-homelife boundary, family conflict, overwork, long working hours and the inability to switch between work and rest.”<sup>10</sup> The benefits of part-time telecommuting appeared due to increases in personal freedom and flexibility, neither of which are enhanced in our current lock-down. Full time telecommuters were also more likely to experience obesity and addictive behaviors.

So how do we protect our mental and physical health in a mandatory work-from-home order?

Self-care tips for quarantine in an online search produces a range of advice from making sure to exercise every day, eat a balanced diet, get 7-8 hours of sleep per night (which is hard to do in a physiological stress reaction!), avoid alcohol and drugs, work in one location only, delineate work hours from “home” time, and so on.

What we’d like to focus on in this article, however, is how accessing applied heart intelligence can give individuals and families a source of self-care through self-regulation from the inside out. HeartMath<sup>11</sup> researchers uncovered simple tools that anyone of almost any age can use to facilitate these internal communication pathways for better physical and emotional health and resilience.

Phrases like “listen to your heart”, or “follow your heart” turn out to be more than a poetic song lyric. Dr Drew Armour discovered what he called a “little brain” in the heart. The heart has its own proteins, neurotransmitters, support cells, and an intrinsic cardiac nervous system. The quality of signals being sent from the heart to the brain via the vagus nerve facilitate or inhibit cortical function. We can self-regulate those patterns to be more harmonious or coherent which can help us respond to life’s events with more clarity.



“Changing Heart Rhythms” – These heart rate variability traces illustrate how emotions impact the autonomic nervous system.

© 2020 HeartMath Institute

Renewing emotions such as appreciation, compassion and courage create harmonious patterns, whereas depleting emotions such as fear, anger or irritation create incoherent patterns. We can leverage this intelligence to help us cultivate a more balanced physiology to align with our integrated intelligence which facilitates our mental health and well-being. HeartMath skills give us a way to tap into “inner quiet” when there is no outer respite from the noise and chaos around us.

It can be very helpful for individuals or families in quarantine to create this “inner

quiet”. Many will reach for the constant stimulation of social media and the news for a sense of connection rather than pausing to connect with themselves. Whether you are alone but in online meetings constantly, or sheltering with others in constant interaction, it is important to take time away from devices and in silence (alone or together) to balance your nervous system and listen to yourself. Periods of silence have been shown in early animal and human research to increase brain neuroplasticity.<sup>12</sup>

And, establishing quiet “outside” doesn’t necessarily stop



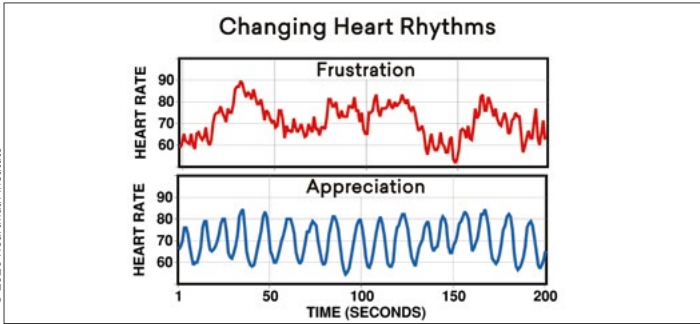
## Dedicated To Success



**Degrees in IT Bachelor / Master**  
International Accredited Certifications  
Practice and hands-on courses in Labs.  
Small classes. International environment.  
Highly qualified instructors. Courses in Eng/French.  
[www.giti-edu.ch](http://www.giti-edu.ch) [info@giti-edu.ch](mailto:info@giti-edu.ch) + 41 22 301 22 44





“Heart-Brain Communication” – Heart rhythm patterns and associated emotions either inhibit or facilitate cortical function.

the radio station playing inside your brain, filled with mental ruminations about the past and worried projections about the future – especially in a collectively stressful time like a pandemic.

Here is a simple tool you can use from HeartMath proven to balance your autonomic nervous system, auto regulate your stress response, and help you “hear yourself”.<sup>13</sup>

**The Quick Coherence Technique<sup>®14</sup>**

Step 1: *Focus your attention in the area around the heart – the chest area. Imagine your breath is flowing in and out through the heart or chest area a little slower and deeper than usual. Some find it helpful to count to five as you breathe in, and count to five as you breathe out.*

This Heart-Focused Breathing™ begins to balance our autonomic nervous system which benefits our physiology, and if you can include the next

step, it can further enhance your hormones and immunity – important in a pandemic. Step 2 adds a regenerative feeling which can help stabilize this shift and amplify access to our intelligence, like getting a cell phone into a place where there’s a stronger signal.

Step 2: *Make a sincere attempt to experience and activate a regenerative heart feeling such as appreciation, care or compassion for someone or something in your life. Breathe that feeling through the heart area. You can remember a special place, an accomplishment or the love you feel for a close friend, relative, or pet.*

*Pay attention to what happens in your body, emotions, energy level and thought process – what changes do you observe?* It’s skillful to pause when you complete the breathing and just listen. Is there any insights or discernment that you can hear right now... to help you respond to a situation in a way that minimizes your stress?

This shift you just created in your heart rate variability changes over 1400 other things in your physiology, including the part of your brain that chooses what to pay attention to, interprets that incoming information, and responds to it. There is an important advantage of this tool for self-care and mental health resilience: it allows each person to tune into what they uniquely need for their own balance and well-being, rather than providing a generalized checklist which may or may not be relevant to that individual. We need ways to individually break through all the distracting noise to find a path to the information that is most relevant and beneficial to each of us in each moment. Both mountain climbers and scuba divers need oxygen – but very different gear to go with their unique contexts. Each of us has a guide inside, an intelligence within us that is uniquely connected to where we are and what we need in any moment. To learn to pause and quiet the inner chatter and external information overload long enough to sense those signals from the heart is not just a soft skill – it is a heart skill for hard times that can be lifesaving and quality-of-life saving.

We hope this tool is helpful as you deal with the unique challenges COVID-19 brings to us. ■

- 1 Sheva Carr is CEO and Executive Director of Heart Ambassadors, Co-Director Healthcare and a Senior Trainer at HeartMath LLC.
- 2 Robert Browning is Director Health Partnerships and Senior Trainer at HeartMath LLC.
- 3 Gemma Vestal, a WHO Staff, is a certified HeartMath trainer.
- 4 Dr Sandra-Solano-McGuire is Executive Director of Integro, LLC and a certified HeartMath trainer.
- 5 HeartMath defines resilience as the capacity to prepare for, recover from and adapt in the face of challenge, adversity, or stress.
- 6 <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3871270/>
- 7 <https://www.nytimes.com/2020/04/06/world/coronavirus-domestic-violence.html>
- 8 <https://pagesix.com/2020/03/24/divorce-rates-jumping-in-corona-quarantined-couples/>
- 9 Henke RM1, Benevent R2, Schulte P2, Rinehart C2, Crighton KA3, Corcoran M4 The Effects of Telecommuting Intensity on Employee Health. Am J Health Promot. 2016 Nov;30(8):604-612. Epub 2016 Jun 17.
- 10 Tabares AI. Telework and health effects review. International Journal of Healthcare 2017;vol. 3, No. 2:30-36
- 11 HeartMath Institute is an evidenced based research institute bringing resilience building skills and technology based on peer reviewed science to hospital systems and organizations worldwide.
- 12 <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4087081/>
- 13 <https://www.heartmath.com/science/>
- 14 For a downloadable version of the Quick Coherence® Technique, and quick self-care videos relative to Covid-19 go to: <https://www.heartmath.com/lp/heartmath-for-healthcare/>

## Message du bureau intérimaire de rédaction

Aimeriez-vous partager votre opinion avec nous au sujet de newSpecial et de son contenu?

### Suivez-nous, envoyez nous vos messages !

Sur Instagram et Facebook @new.special  
Écrivez-nous!

Nous serons toujours ravis de lire vos réactions. Les réponses intéressantes, parfois mêmes ingénieuses et constructives seront publiées dans le magazine. Souhaitez-vous soumettre un article, un sujet ? Vous pouvez nous contacter quand vous le souhaitez.

#### Adressez vos commentaires à:

Garry Aslanyan – newSpecial  
OMS, 20 av. Appia, CH-1202 Genève, Suisse  
Par courrier électronique: info@newspecial.org

## Message from the Interim Editorial Committee

Would you like to share your opinion about newSpecial and its contents ?

### Follow us and send us direct messages!

On Instagram and Facebook @new.special  
Write to us!

We will be glad to hear from you. The most interesting, relevant, or even ingenious responses will be published in the magazine. Should you wish to submit an article or a subject, please do not hesitate to contact us at any time.

#### Send your thoughts to:

Garry Aslanyan – newSpecial  
WHO, 20, av Appia CH-1202 Geneva, Switzerland  
By email: info@newspecial.org

## SERVING THE PEOPLE OF INTERNATIONAL ORGANIZATIONS IN GENEVA SINCE 1949



#### newSpecial

WHO, office 4139  
20 av. Appia  
1202 Genève

info@newspecial.org

#### Suivez-nous sur:



www.newspecial.org

#### Éditeur / Publisher

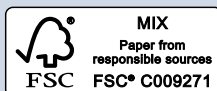
#### Publicité / Advertising

C•E•P S.A.

Quai Gustave-Ador 42, 1207 Genève  
T. +41 22 700 98 00 – F. +41 22 700 90 55  
cepinfo@bluewin.ch

#### Imprimé sur du papier certifié FSC.

Tirage combiné tota (impression et numérique): >10 500 exemplaires



#### Au service du personnel des organisations internationales de Genève depuis 1949.

#### Serving the people of international organizations in Geneva since 1949.

Les opinions exprimées dans newSpecial sont celles des auteurs, et non forcément celles de l'ONU, de l'OMS ou de ses agences spécialisées. La parution de ce magazine dépend uniquement du support financier de la publicité prise en charge par une régie.

The opinions in newSpecial are those of the authors, not necessarily those of the United Nations, the WHO or its specialized agencies. The publication of this magazine relies solely on the financial support of its advertisers.

#### Impression / Printer

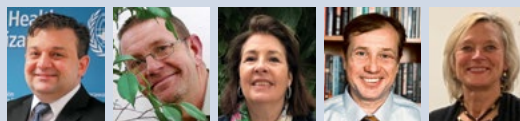
Courvoisier-Attinger Art graphiques SA  
135, chemin du Long-Champ – 2504 Bienne  
T. +41 32 344 83 84  
www.courvoisier.ch

#### Graphisme / Design

Atelier Schnegg+ – Michel Schnegg  
Rue du Simplon 5, CH-1207 Genève  
T. +41 22 344 72 90 – F. +41 22 340 24 11  
www.atelier-schnegg.ch

#### Composition du bureau intérimaire de rédaction

#### Composition of the Interim Editorial Committee



Garry Aslanyan

Christian David

Sarah Jordan

Marko Stanovic

Evelyn Kortum



Albeno Arnaudova

Gemma Vestal

Carlos Streijfert

Kevin Krampton

Yulia Andreeva



Catherine Kirorei-Corsini, WHO

#### Président de l'association du personnel

#### Staff association president

# Appelez le 022 700 98 00 pour toute réservation publicitaire dans newSpecial

C.E.P. SA  
42, quai Gustave-Ador  
1207 Genève  
Tél.: 022 700 98 00  
Fax: 022 700 90 55  
e-mail: cepinfo@bluewin.ch



Régie publicitaire exclusive de newSpecial

Editeur & Régie Publicitaire de Revues Institutionnelles et Corporate