



COMMUNICATIONS

PUBLIC HEALTH CONVERSATION BY UN DIVISION OF HEALTHCARE MANAGEMENT AND OCCUPATIONAL SAFETY AND HEALTH (DHMOSH)

36/21**Geneva
13 July 2021**

To: All Staff through FICSA Member Associations/Unions

From: Tanya Quinn-Maguire, FICSA President

Dear colleagues,

The UN Division of Healthcare Management and Occupational Safety and Health (DHMOSH) is having a series of public health conversations accessible to everyone.

The next session will take place tomorrow (14 July) at 9.00AM New York time / 3.00PM Geneva time as per the details below.

Have you always wondered exactly how much drink is considered "moderate"? What happens to your body when you drink alcohol? Can you enjoy alcohol and still stay healthy? Join us in the upcoming DHMOSH Public Health Conversation Series: **"Health Effects of Alcohol"** with Dr. George F. Koob, Director of the National Institute on Alcohol Abuse and Alcoholism (NIAAA), to learn everything you've always wanted to know about alcohol, and what it does to your health.

Register in advance for this meeting: https://un-cdots.zoom.us/meeting/register/tZcpfuqqrDkjG9X2hDI5ZXoMcKh1Gwqt_1QQ

After registering, you will receive a confirmation email containing information about joining the event.

Invite all your UN friends and colleagues by forwarding this invitation. We hope to see you there!

In case you are interested to see previous talks, please see <https://hr.un.org/page/dhmosh-public-health-conversation-series>

[Nutrition and Healthy Eating with Dr. Deborah Haiat \(April 13, 2020\)](#)

In this pilot episode, find out answers to questions like: "which type of oil should I use for cooking?" and "why is it harder to lose weight as I get older?" Learn why a fruit smoothie

isn't as healthy as advertised on social media, TV, and/or by promoters, and gain a better understanding of what is considered a healthy diet according to ethnicity and religious orientation.

[Is Too Much Sitting Bad for Your Health with Dr. Keith Diaz \(May 17, 2021\)](#)

Is “sitting is the new smoking”? Studies show that prolonged sitting increases your risks for certain types of diseases and early death and maintaining a balanced physical activity level is vital to health and well-being. Find out how you can offset an average of 15.5 hours of sitting opportunities throughout the day.

[Sleep Better, Live Healthier with Dr. Ari Schechter \(June 17, 2021\)](#)

Have you always wondered how sleep actually impacts physical health? Is insufficient sleep really bad for you? Is there really such a thing as too much sleep? Learn everything you've always wanted to know about the connection between sleep and physical health.

Please sign up to the [FICSA monthly Newsletter](#) to stay abreast with FICSA's work
