



UWI

MONA CAMPUS
JAMAICA, WEST INDIES

THE FACULTIES OF SOCIAL SCIENCES
AND MEDICAL SCIENCES



DYING TO BE **BEAUTIFUL?**

SYMPOSIUM

Seeing Today; Shaping Tomorrow

**BODY IMAGE, EATING BEHAVIOURS,
AND HEALTH IN THE CARIBBEAN**

DECEMBER 6–8, 2024

VENUE — FACULTY OF SOCIAL SCIENCES
LECTURE THEATRE

KINGSTON, JAMAICA

OVERVIEW OF THE UNIVERSITY OF THE WEST INDIES

Starting as a college of the University of London in Jamaica with 33 medical students in 1948, The University of the West Indies (The UWI) has evolved into a modern, future-driven, activist, top-ranked academy with over 50,000 students. Its mission is to advance learning, create knowledge and foster innovation for the positive transformation of the Caribbean is centred on producing critical thinkers and leaders who serve the needs of the 21st century society.

The UWI serves nearly 50,000 students and has five campuses which are:

- Mona in Jamaica — Established in 1948
- St Augustine in Trinidad & Tobago — Established in 1960
- Cave Hill in Barbados - Established in 1963
- Five Islands in Antigua & Barbuda — Established in 2019
- Global (Regional & Online) — Established in 2023



OVERVIEW OF THE MONA CAMPUS OF THE UWI

The UWI, Mona has two campuses — one in Kingston and the other in Montego Bay. Below are some interesting statistics about the institution:

- 19,546 Total Student Enrollment
 - 76% Full-Time Enrollment
 - 24% Part-Time Enrollment
- 646 Undergraduate Programmes (Major/Minor Combinations)
- 247 Graduate Programmes (Majors)
- 89 Clubs and Societies



SYMPOSIUM WELCOME



**Prof. Caryl James,
PhD**

**Abigail Harrison,
DM (Paed)**

A WARM "KINGSTON, JAMAICA" WELCOME!

We are thrilled to have you with us for the 4th biennial staging of the Dying to be Beautiful? Symposium at the Mona campus of the University of the West Indies (UWI). Our mission is to create a space where academics, medical practitioners, mental health professionals, nutritionists, social workers, technocrats, experts, and the general public from around the globe can come together to share knowledge and foster connections.

Accordingly, over the next three days, we will be examining serious, negative health behaviours that are affecting the people of the Caribbean, and those of Caribbean descent living in the diaspora, in their quest to achieve the ever-changing ideals of beauty. As co-chairs, we are deeply committed to curating an enriching experience that nourishes the mind and provides practical resources for responding to the negative spin-offs of various sociopolitical influences on the perception of self among Caribbean people.

Whether you are a local attendee or an international participant, please take the opportunity to experience the diverse culture of Kingston, the capital city.

While at the Mona campus, you can explore the historical artefacts of the former sugar estate. Alternatively, you may venture further afield to visit the home of international reggae superstar Bob Marley or explore some stunning art exhibitions. The Dying to be Festive? events on Sunday should also be a delightful treat, as we will be showcasing some of the island's indigenous culture and sampling some tasty meals.

We sincerely hope that by the end of this symposium, you will have created lasting academic and social connections against the backdrop of Jamaica's verdant landscape and dynamic culture. One love and nuff respect (Jamaican expression for "deep appreciation")!

**Caryl James & Abigail Harrison
Co-Chairs
Dying to be Beautiful? 2024 Symposium**

HISTORY AND OVERVIEW OF THE DYING TO BE BEAUTIFUL? SYMPOSIUM

The Dying to be Beautiful? Symposium is a joint initiative of the Faculties of Social Sciences and Medical Sciences at the Mona campus of The University of the West Indies (UWI). This conference was the first of its kind to ignite evidence-based discussions between Caribbean nationals and members of the international community who shared a common interest in the cumulative effects of factors such as culture, globalisation, economics, politics, and history, and their impact on the human body.

The symposium was launched in 2012, driven by insights from extensive work across the fields of social sciences, medicine, the liberal arts, and education. Its initial focus was on body image concerns (such as skin bleaching, disordered eating, and eating disorders). However, in line with UWI's tradition of fostering bold and open discussions on often-overlooked topics, the symposium's scope has since expanded to address a broader range of mental health challenges faced by Caribbean people – both at home and in the diaspora.

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KEYNOTE SPEAKERS



Charlynn Small, Ph.D.

Dr Charlynn Small is the Assistant Director of Health Promotion, Counseling and Psychological Services at the University of Richmond in Virginia. She also serves as Chairperson of the University's Eating and Body Image Concerns (EBIC) team.

A frequent speaker at national and international conferences, she is advocating for the awareness and treatment of eating disorders affecting black women and underrepresented groups

Dr. Small is the Co-Founder and Principal of the Institute for Antiracism and Equity in Mental Health, and is the Co-Editor of *Treating Black Women with Eating Disorders: A Clinician's Guide*, Routledge, Taylor & Francis (2021). She is also Co-Editor of *AntiBlackness and the Stories of Authentic Allies: Lived Experiences in the Fight Against Institutional Racism*, Oxford University Press.



Chef Andre Fowles

Chef Andre Fowles was born and raised in downtown Kingston, Jamaica. He is a culinary force bridging the gap between traditional Jamaican cuisine and international culinary arts.

Andre's culinary journey led him from the prestigious Round Hill Hotel in Jamaica to the lively atmosphere of Miss Lily's in NYC, and onto the national stage as a three-time champion on Food Network's "Chopped." Now residing in New York, Andre is the consulting chef for Miss Lily's at both their New York and Negril locations, in addition to being the personal chef for Bruce Springsteen. He is also in the process of writing his first cookbook.

Chef Andre will discuss his inspiring story of resilience and how he overcame adversity to pursue his dreams.

PROGRAMME

DAY 1: FRIDAY, DECEMBER 6, 2024

| TIME | SESSION |
|---------------------|--|
| 8:40 AM – 08:55 AM | Opening Remarks (SSLT) |
| 9:00 AM – 10:00 AM | KEYNOTE SPEAKER Dr. Charlynn Small (SSLT) |
| 10:00 AM – 11:00 AM | <p>4 ORAL PRESENTATIONS (SSLT)</p> <p>Ms. Sandra Latibeaudiere — Appearance Matters: Perception of Visible Tattoos and Body Piercings in Human Services</p> <p>Ms. Makayla Ramlochan, Ms. Elyse Cazabon, Ms. Akosua Gyimah, Ms. Robyn Brown, Dr. Chelsi Ricketts, Dr. André G Bateman — Eat Well and Feel Well: Dietary Habits and their Association with Mental Health Symptoms in a Sample of Jamaican Adults</p> <p>Ms. Daniella Sykes, Dr. Venecia Pearce-Dunbar, Prof. Caryl James — Body Image and Disordered Eating Among Jamaican Women Aged 30 and Older: The Influence of the Thin Ideal</p> <p>Dr. Kelly-Ann Dixon Hamil, Dr. Abigail Harrison, Ms. Amanda Kellman, Prof. Caryl James — Sex and Body Dissatisfaction Among a Sample of University Students in Jamaica</p> |
| 11:00 AM – 11:20 AM | COFFEE BREAK |
| 11:20 AM – 12:20 PM | <p>4 ORAL PRESENTATIONS (SSLT)</p> <p>Ms. Amanda Kellman, Dr. Mia Jules, Prof. Caryl James — Disordered Eating Behaviors and Socio-Cultural Pressures Towards Appearance — The Mediating Effects of Body Dissatisfaction</p> <p>Mrs. Francesca Lloyd-McDavid — Social Media and Mental Health in Jamaican Youth: Small Scale Exploratory Study</p> <p>Ms. Keisha C. Samlal — The Roles of Mothers and Mothering in Learning and Negotiating Women's Fitness</p> <p>Ms. Alexi-Jade Lyew, Ms. Makayla Ramlochan, Ms. Nasima Reyes, Ms. Akosua Gyimah, Ms. Robyn Brown, Dr. Chelsi Ricketts, Dr. André G. Bateman — Sleep Duration and Quality and their Associations with Depression and Anxiety Symptoms in a Sample of Jamaican Adults</p> <p>.....</p> <p>WORKSHOPS</p> <p>Dr. Kai Morgan, Mr. Kyle Schloss, Ms. Christina Silvera — Transforming Our Perspectives Cognitive Behavioral Therapy (TOP-CBT) Group Therapy Curriculum (SR10)</p> <p>Dr. Amy Boyers — Understanding the needs of males with EDs (SR14)</p> <p>Ms. Amanda Mbata — Addressing Traumatic Residue: Understanding, Impact, and Healing (SR23)</p> |
| 12:20 PM – 1:05 PM | PLENARY Dr. Keneisha Sinclair-McBride (SSLT) "Black Girl Magic and Digital Wellness in the Influencer Age" |
| 1:05 PM – 1:50 PM | LUNCH |
| 2:00 PM – 2:45 PM | PLENARY Dr. Richard Desnoes (SSLT) "The Bleaching/Browning Syndrome...Out of the Dark and Into the Light" |

PROGRAMME

DAY 1: FRIDAY, DECEMBER 6, 2024 CONT'D

| TIME | SESSION |
|-------------------|---|
| 2:50 PM – 3:50 PM | <p>4 ORAL PRESENTATIONS (SSLT) Dr. Loneke Blackman Carr, Ms. Christie Idiong, Ms. Snehaa Ray, Dr. Micheal Puglisi, Dr. Kristen Cooksey-Stowers — Diverse Backgrounds, Diverse Needs: A Preliminary Examination of the Weight Loss Needs of Afro-Caribbean and Black American Adults Residing in the United States</p> <p>Dr. Kai Morgan, Ms. Christina Silvera, Mrs. Djavila Ho, Mr. Verol Billett — The Risk and Protective Factors of Vicarious Trauma among Mental Health Professionals</p> <p>Ms. Sena Okuboyejo, Ms. Miriam Nkemnji-Enohnyaket — Influential Determinants of Adult Wellbeing: Exploring the Global Impact Lifestyle Choices on Body-Weight Variations within the Canadian Population</p> <p>Dr. Chelsi Ricketts, Prof. Caryl James, Dr. André G. Bateman, Dr. Abigail Harrison, Mr. Marvin G. Powell, Dr. Emilio J. Compte — Examining the associations among actual-ideal weight discrepancy, body dissatisfaction, and the drive for muscularity among Jamaican male weight lifters</p> <hr/> <p>WORKSHOPS Ms. Claire St John, Ms. Alyssa Davis, Ms. Fiona LaRosa-Waters — Weight Stigma and Wellness Culture: How Western Economic Interests and Cultural Standards Drive the Definition of Health (SR10)</p> <p>Dr. Lonna Gordon — Health at Every Size & Culinary Medicine: The Missing Piece of Polycystic Ovarian Syndrome Treatment (SR14)</p> <p>Dr. Chelece-Atavia T. Brown — Restored Hope: Exploring Trauma and Depression in the Caribbean Population (SR23)</p> |
| 3:50 PM- 4:00 PM | COFFEE BREAK |
| 4:00 PM – 5:00 PM | <p>4 ORAL PRESENTATIONS (SSLT) Ms. Nikisha Harris, Ms. Nasima Reyes, Ms. Akosua Gyimah, Ms. Robyn Brown, Dr. Chelsi Ricketts, Dr. André G. Bateman — Exploring Associations among Sedentary Behavior and Mental Health Outcomes in Jamaican Adults</p> <p>Ms. Fareena M. Alladin — Cultural Capital as a Shaper of Food Choices: Insights from the COVID-19 Pandemic</p> <p>Dr. Ayesha M. Facey, Dr. Gillian E. Mason — Prevalence and Correlates of Substance Use among High School Adolescent Girls in Jamaica</p> <p>Dr. Heather Ricketts, Dr. Christine Clarke, Dr. Colin Williams — The Social and Economic Dimensions of the Jamaican Beauty Industry: An Exploratory Analysis</p> |
| 5:15 PM - 6:30 PM | Reception — Food by Cummings Catering and Mark Chong Cooking Mastery and Music by UWI Panoridim Steel Orchestra |

PROGRAMME

DAY 2: SATURDAY, DECEMBER 7, 2024

| TIME | SESSION |
|---------------------|--|
| 8:15 AM – 8:25 AM | Opening Remarks (SR10) |
| 8:30 AM – 9:30 AM | KEYNOTE SPEAKER Chef Andre Fowles (SR10) |
| 9:35 AM – 10:20 AM | PLENARY Dr. Michael Rich "The Good, the Bad, and the Cringey: Interactive Media and the Teen Years" (SR10) |
| 10:20 AM – 10:35 AM | COFFEE BREAK |
| 10:40 AM – 11:40 AM | Dr. Areej Hassan, Dr. Jessica Addison, Dr. Candice Mazon — 2024 Contraception Update and Supporting Adolescent and Young Adult Reproductive Autonomy (SR10) Dr. Michelle Codner- Healing Voices — Addressing Sexual Trauma in Jamaica and the English-Speaking Caribbean (SR23) Dr. Kai A.D Morgan, Mr. Verol Billet, Ms. Djavilla Ho, Ms. Justine East-Campbell, Ms. Christina Silvera — "Tuff it Out & Buil" ("Stick It Out and Relax") (SR14) |
| 11:20 AM – 12:20 PM | PLENARY Dr. Renee Morgan "Medical complications of feeding and eating disorders among Caribbean and Latin Americans" (SSLT) |
| 12:30 PM – 1:15 PM | LUNCH |
| 1:15 PM – 2:25 PM | PLENARY Dr. Taryn Brandt "Mental Health in Athletes: Breaking the Stigma, Promoting Productive Coping Skills, & Empowering Optimal Performance" (SSLT) |

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PROGRAMME

DAY 2: SATURDAY, DECEMBER 7, 2024 CONT'D

| TIME | SESSION |
|-------------------|---|
| 2:30 PM – 3:30 PM | <p>WORKSHOPS</p> <p>Dr. Kimberly Dennis — Food Apartheid: Role of Industrialized Food in Health Inequities, Disordered Eating and Food Addiction (SR14)</p> <p>Mr. Chad-Rick White, Ms. Delrose Alexander, Ms. Jhanelle Smith, Ms. Kashauna Smith, Ms. Kimberly Taylor, Dr. Tracy A McFarlane — Applied Health Psychology at UWI, Mona: Addressing students' stress, sleep deprivation & information-seeking (SR16)</p> <p>Dr. André G. Bateman — Fully ACTIVE: A Brief Confidence-Acceptance Commitment Therapy Behavioural Physical Activity Intervention for the Promotion of Physical and Psychological Health (SR10)</p> <p>Dr. Wendy Oliver-Pyatt — The Evolution and Burden of Shame: Why it Matters Now (SR23)</p> |
| 3:35 PM – 4:20 PM | <p>PLENARY</p> <p>Mr. Kevin Bourke "Nature's Medicine: The Healing Power of Psilocybin" (SSLT)</p> |
| 4:20 PM- 4:30 PM | COFFEE BREAK |
| 4:35 PM- 5:35 PM | <p>WORKSHOPS</p> <p>Mrs. Sheryl Garriques-Lloyd, Mr. Laurence Garriques — Releasing Endorphins: Improving Your Mental Health (SR10)</p> <p>Ms. Susan Goffe and Mr. Alexis Goffe — Embracing Asymmetry: A Personal Journey in Navigating Body Image Choices After a Breast Cancer Diagnosis (SR23)</p> <p>Dr. Melissa Freizinger and Dr. Polanco Walters — "But You Don't Look Like You Have An Eating Disorder!" An Examination of Atypical Anorexia (SR14)</p> <p>Dr. Meera Beharry — Beauty and the Bank Account...the Social Environmental and Financial Impact of Beauty Standards (SR16)</p> |

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DERMATOLOGY
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PROGRAMME
DAY 3: SUNDAY, DECEMBER 8, 2024

| TIME | SESSION |
|--------------------|---|
| 7:30 AM- 8:30 AM | PLENARY Ms. Arielle Berry and Ms. Abigail Berry Sound Healing and Yoga (Please bring your mats) (SSLT) |
| 9:00 AM – 9:10 AM | Opening Ceremony — Chief Kalaan (Jamaican Hummingbird Taino People) (SSLT) |
| 9:10 AM – 9:55 AM | PLENARY Dr. Veronica Salter “The Art of Breathwork in healing your mind and body” (SSLT) |
| 9:55 AM – 10:15 AM | COFFEE / PORRIDGE BREAK — “ONE POT BY JUICI” PORRIDGE |
| 10:15 AM- 11:00 AM | PLENARY Mrs. Sonita Abrahams Burrowes “The power of choice: on creating mental, physical and spiritual well-being” (SSLT) |
| 11:00 AM – 1:00 PM | PLENARY Chef Danya Smith <i>Cultural Experience</i> — “Budget Bites: Nutritious and Delicious Eating on a Budget” (SR10) |
| 1:00 PM – 1:15 PM | Closing Remarks |

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**GOOD
MOVE**

MESSAGE FROM THE ORGANIZING COMMITTEE

The success of the fourth staging of the Dying to be Beautiful? Symposium would not have been possible without the dedication and hard work of everyone involved. From our speakers and panelists to the volunteers and attendees, each contribution played a crucial role in making this event a meaningful space for dialogue and reflection.

We are especially grateful for the diverse perspectives shared, which enriched the discussions and highlighted the importance of addressing mental health within the Caribbean context and the diaspora. As we move forward, we remain committed to building upon this momentum, creating more opportunities for collaboration, and continuing to advocate for improved mental wellness across the region.

Faculty members from various institutions have played a key role in shaping the event, bringing their expertise and thoughtful perspectives to the discussions. This commitment to fostering a deeper understanding of mental health in the Caribbean has been invaluable. We also extend our sincere thanks to the volunteers, whose hard work and willingness to lend a hand behind the scenes ensured the smooth running of the event.

Additionally, we are grateful for the administration's ongoing support, which allowed us to bring this important conversation to life. To all the stakeholders involved, your contributions have been crucial in creating an environment where such vital discussions could take place, and we are truly thankful for your collaboration.

SPEAKERS & PRESENTERS

| | | |
|-----------------------|--|------------------------|
| Abrahams Burrowes, S. | Facey, A. M. | Morgan, R. |
| Addison, J. | Freizinger, M. | Nkemnji-Enohnyaket, M. |
| Alexander, D. | Goffe, A. | Okuboyejo, S. |
| Alladin, F. M. | Goffe, S. | Oliver-Pyatt, W. |
| Bateman, A. G. | Garriques, L. | Pearce-Dunbar, V. |
| Beharry, M. | Garriques-Lloyd, S. | Puglisi, M. |
| Berry, A. | Gordon, L. | Powell, M. G. |
| Berry, A. | Gyimah, A. | Reyes, N. |
| Billett, V. | Harris, N. | Rich, M. |
| Blackman Carr, L. | Hassan, A. | Ricketts, C. |
| Bourke, K. | Ho, D. | Ricketts, H. |
| Boyers, A. | Idiong, C. | Ray, S. |
| Brandt, T. | James, C. | Salter, V. |
| Brown, C. T. | Kalaan Nibonrix Kaiman (Robert Pairman) | Samlal, K. C. |
| Brown, R. | Kellman, A. | Schloss, K. |
| Clarke, C. | LaRosa-Waters, F. | Silvera, C. |
| Cazabon, E. | Latibeaudiere, S. | Smith, J. |
| Codner, M. | Lloyd-McDavid, F. | Smith, K. |
| Compte, E. J. | Lyew, A. | Smith, D. |
| Cooksey-Stowers, K. | Mason, G. E. | Sinclair-McBride, K. |
| Davis, A. | McFarlane, T. A. | Sykes, D. |
| Desnoes, R. | Mbata, A. | Taylor, K. |
| Dixon Hamil, K. A. | Mazon, C. | Walters, P. |
| East-Campbell, J. | Morgan, K. | White, C. |
| | | Williams, C. |

DONATIONS FROM INDIVIDUALS

Funding in support of the symposium was received from the following individuals. To all donors who wished to remain anonymous, we also recognise your contributions.

Adrienne Davis

Amy Aubertin

Angela Malcolm

Anonymous Donors

Barbara and Tom Israel

Beth Jones

Beth Mayer

Cecile Kidd

Christian Waters

The Giddio Family

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Jason McLean

Jennifer Nardozi

Katie Quinn

Lindsay McKenzie

Liz Parachini

Matt Stranberg

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Nella LaRosa-Waters

Patrick Jones

Rita LaRosa-Loud

Sarai Logue

Stacy-Ann Henry (In Memoriam)

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**“THE TIME WILL COME WHEN,
WITH ELATION, YOU WILL
GREET YOURSELF ARRIVING AT
YOUR OWN DOOR, IN YOUR OWN
MIRROR AND EACH WILL SMILE
AT THE OTHER’S WELCOME...”**

**— Dereck Walcott,
West Indian Poet and Playwright
and Nobel Prize Winner**

