

Foreword

Phyllis Curtis-Tweed
Lynette Woods
Co-Editors

The theme for volume 6 is *Health Education: Institutional and Industry Structures as Well as Practices That Impact Individuals and the Community*. The genesis of this topic was a conversation between the BC Journal Editorial Committee and health care workers who asked to collaborate with Bermuda College on a special edition on health care and education. Who would have thought that only a few months later, the global upheaval of the coronavirus pandemic would have made our focus on health care so prescient? It is clear that science and research must be sustained and a new generation of scientists and educators must be cultivated to address current and future health concerns. A key feature of this edition is the inclusion of articles written by students in an effort to encourage their engagement in research. To ensure the integrity of the content of our articles, the BC Journal drafted healthcare experts to serve as Guest Editors.

At the heart of this issue is the interface of education and healthcare. The authors write on a variety of issues which have local and global import. Cancer, obesity, life skills for teens with mental challenges, understanding DNA in relation to disorders are all subjects of relevance worldwide.

Burch examines the rise of oropharyngeal cancer. She discusses the correlation between this cancer and oral sex, noting that the rate of this cancer had decreased relative to education on the impact of smoking and excessive drinking. She argues that education could once again lead to a decrease in incidents of this cancer by teaching communities about the components of the disease, transmission, and vaccination.

Chan highlights the role of nurses in educating the community by providing medical advice in particular situations. As an example, she discusses the possible impact of effective communication from nurses on the vaccine hesitant individual.

Information about the role and functions of occupational therapists can help individuals maximise the benefit of the services that they provide asserts Sampson and Richards. Additionally, the varied services from these practitioners, the authors relate, are needed to improve individuals' physical and mental health, well-being, and quality of life.

Boykin-Smith indicates that education could also mediate obesity, which is a major concern in Bermuda. She connects the use of nutrition labels and weight control, citing as an example the impact of displaying nutritional and caloric labels in the US in restaurants. This author suggests that labelling, in Bermuda, should be used in bakeries and restaurants to promote self-education on nutrition and caloric intake and possibly facilitate weight control.

Makomo's discussion regarding educational programmes on life skills could possibly provide the key to sustaining employment for teenagers who have a mental health diagnosis such as ADHD or depression. The author validates the importance of understanding and providing teens with life skills that will enable them to sustain a job. He provides a Bermuda-based model that can be applied globally.

Information about our DNA may help us to understand disorders like insomnia. Pacheco and Weldon analyse PER3 in relation to insomnia and indicate provocative findings that could be examined in further research.

This Volume of the BC Journal shows the reader that understanding health concerns is essential, but education in regards to mediating potential ill effects is key to our survival. Educating communities about research findings, effective interventions, and the characteristics and transmission of diseases can make the difference between illness and health.

Special thanks and our deep appreciation to the Journal's Guest Editors who fulfilled their job and life obligations as well as their commitment to editing articles.