RESEARCH POWER IN THE TIME OF COVID AND BEYOND

THE LEGACY & RESEARCH

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The **power** of Research

**WHAT IS RESEARCH?**

- Systematic investigation
- Utilises various sources
- Establish facts and conclusions (hypotheses)
- Particular importance during crisis
COVID-19

- Epidemiology – distribution, incidence, prevalence
- Transmission – trends
- Susceptibility and Vulnerability of populations
- Implications
- Control measures / Definitive therapy
General Research Findings

BARBADOS

- Responses: 4527, 2318 completed (age; gender)
- Demographics: 74.2% females, mean age- 38.8 years (95% C.I. [38.2 – 39.3])
- Non-Pharmaceutical intervention uptake: 75 – 98% (e.g. masks, hygiene, distancing)
- Concerns: 77.8% generally worried, 10.2% thought they were likely to be infected
- COVID implications:
  - 35.1% lost job / business, 33.5% with jobs wasn't equipped to work from home
  - 96.4% & 86.7% reported clinically sig. depression and anxiety symptoms

## Implication for youths

<table>
<thead>
<tr>
<th>Variables (n=2,318)</th>
<th>Percentage (%)</th>
<th>Variables (n=121)</th>
<th>Percentage (%)</th>
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</thead>
<tbody>
<tr>
<td>Age</td>
<td></td>
<td>Alcohol consumption</td>
<td></td>
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<tr>
<td>&lt;20</td>
<td>5.7</td>
<td>18 - 35</td>
<td>49.6</td>
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<td>20-30</td>
<td>28.4</td>
<td>36 - 55</td>
<td>33.1</td>
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<td>31-35</td>
<td>11.7</td>
<td>56+</td>
<td>17.3</td>
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<td>36-45</td>
<td>22.6</td>
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<td>46-55</td>
<td>17.7</td>
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<tr>
<td>56+</td>
<td>14.0</td>
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<td>Students (n=186)</td>
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<tr>
<td>18 - 35</td>
<td>97.3</td>
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<td>36 - 55</td>
<td>2.2</td>
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<tr>
<td>56+</td>
<td>0.5</td>
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<tr>
<td>Depression</td>
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<tr>
<td>56+</td>
<td>9.0</td>
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<td>Employment (n=705)</td>
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<td>18 - 35</td>
<td>50.4</td>
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</table>
| Drug (cocaine, heroin) and marijuana use highest increase among those under 30 **Sexual abuse was highest among those under 30

*Almost 1/5 was unable to study from home
** Those under 30 were the highest (reported not being able to pay bills within 1, 2, 3 months)
Implications for People Living With Non-Communicable Diseases (WHO)

**Health systems** - Inaccessibility to essential services, drugs and healthcare items.

**Physical Activity** - Lessened due to closing of beaches, gyms, schools, churches. (Curfews / lockdowns)

**Food and Nutrition** - Increase consumption of calorie dense foods (canned / dried). Shopping restrictions.

**Economic** - Directly / dependents. Many persons have lost jobs.

**Targeted solution** - Backyard / home gardening
Research Successes

1. Importance of Support: External organizations and bodies

2. Importance of collaboration: Internal and external

Research is more impactful with multi-sectoral collaboration

Need for methods of collaboration to be used
Research Challenges

1. Communication
   - Internal
   - External

2. Funding
   - Human resources
   - Software, equipment, miscellaneous
“Building Back better”

**Research**
Allows us to address and examine issues
Lead to interventions and policies

**National COVID response**
Policies were related to research
Public labs - testing
UWI Cave Hill COVID-19 Task Force – daily surveillance, 3 publications (Evidentiary Review)
COVID-19 Barbados KABP study – MOHW report (may inform future interventions / policies)
Thank You & Honourable Mentions

- Healthy Caribbean Coalition
- Ethics Committee, The University of the West Indies (UWI), Barbados.
- UWI Cave Hill COVID-19 Task Force (led by Prof Landis)
- COVID-19 KABP Research Team (led by Dr. George)
- The George Alleyne Chronic Disease Research Centre, UWI.
- Faculty of Medical Sciences, UWI, Cave Hill.
- Participants