

MinorityHealth

E V E N T S

APRIL - JUNE 2012

A Quarterly Publication of the Alabama Department of Public Health

Mental Health Month

Since 1949, May has been officially recognized as Mental Health Month. The focus for this year's awareness campaign is the mental health of young people.

According to the Department of Health and Human Services, Mental disorders are common in the United States and internationally. An estimated 22.1 percent of Americans ages 18 and older (about 1 in 5 adults) suffer from a diagnosable mental disorder in a given year. Mental disorders can also affect children. According to the National Mental Health Association (NMHA), mental health problems affect one in five young people.

Recognizing the signs of mental illness is important. Feelings of sadness, anxiety, worry, or sleep problems are not uncommon. However, when these feelings get very intense, last for long periods of time, or begin to interfere with school, friendships and other relationships, it may be a sign of a mental illness. Depression, attention-deficit/hyperactivity disorder, and anxiety, conduct, and eating disorders are all types of diagnosable mental disorders found in children. Although mental disorders in children are appearing more often, great advances have been made in the areas of diagnosis and treatment

of mental disorders. To learn more about mental health issues visit these sites:

- The National Mental Health Association
www.nmha.org
- The National Institute for Mental Health
www.nimh.nih.gov/publicat/childmenu.cfm

If you, or someone you know is in a crisis, please seek help immediately. Contact the following organizations for information about 24-hour crisis services in your area:

The National Suicide Prevention Lifeline's 24 hour crisis hotline, 1-800-273- TALK (1-800-273-8255) can put you in contact with your local crisis center that can tell you where to seek immediate help in your area.

The Child-Help USA 1-800-422-4453 crisis line assists both child and adult survivors of abuse, including sexual abuse. The hotline, staffed by mental health professionals, also provides treatment referrals.

In areas where 211 is available, dialing this number can connect you with mental health crisis services in your area or help you find where to seek immediate help in your area.

Improving *minority health* improves *Alabama's health*

Calendar of Events

APRIL EVENTS

Scale Back Alabama

Scale Back Alabama final weigh-ins will be held the week of April 7-13, 2012. At the end of the program, cash drawings will be held for teams and individuals who lose at least 10 pounds. Also, people who lose any amount of weight will be entered into a drawing for prizes as well. All participants are encouraged to visit an official weigh-in site for final weigh-ins in April. For more information about the program, including official weigh-in sites, visit the Scale Back Alabama web site at www.scalebackalabama.com. Email any questions or concerns to info@scalebackalabama.com.

UAB Health Disparities Research Symposium 2012

UAB Minority Health & Health Disparities Research Center (MHRC) will hold a research symposium. The Science of Health Disparities: From Discovery to Delivery, on April 10, 2012 at the Double Tree Hotel (808 20th Street South) Birmingham, Alabama. The UAB Health Disparities Research Symposium highlights the work of undergraduate, graduate, post-doctoral, and faculty investigators in the areas of basic science, clinical and translational sciences, social and behavioral sciences, and outcomes and community-based research related to health disparities. No registration fee. **For registration, and abstract submission information visit online at:** <http://www.uabmhrc.com/>.

Health Disparities Symposium-Tuskegee University

In recognition of National Minority Health Month, the HDIRE (Health Disparities Institute for Research and Education), the Alabama Department of Public Health and other units on campus are hosting a Health Disparities Symposium April 12-15, 2012. The theme is: *"Fostering Community and Academic Partnerships to Eliminate Health Disparities in Minority*

and Underserved Populations". Please contact **Barbara Howard by phone at 334-727-8822 or by email at bhoward@my.tuskegee.edu for more information on the program and registration.** The program outline for the **health disparities symposium** is on the following website: <http://www.tuskegee.edu/sites/www/Uploads/files/Events/HDIREsymposium2012Events.pdf>. You can also go the HDIRE website: <http://www.tuskegee.edu/hdire> and then click on special events.

Family-to-Family Health Information Center's Partners in Care Summit

Will be held April 16-17, 2012 at the Marriott Legends at Capitol Hill in Prattville, Alabama. Participants in this Summit will:

- Strengthen networks with other families and care professionals
- Discuss current challenges to developing

quality systems of care for CYSHCN (child/youth with special health care needs) & their families in Alabama

- Develop strategies to strengthen partnerships between families and professionals, ultimately leading to improved outcomes for CYSHCN
- Gain skills and learn strategies to enhance leadership within organizations and communities

For additional information or questions, please call 1-877-771-3862 or 251-635-9178.

FACES '12 Elizabeth A. Morris Clinical Education Sessions

Alabama State Nurses Association will hold the Elizabeth Morris Clinical Education Sessions on Tuesday, April 17, 2012, from 8:00–4:50 p.m. (For session times and topics visit website listed below) at Eastmont Baptist Church, in Montgomery,



AL. Visit: <http://www.alabamanurses.org/>, for a registration form, go to: <http://www.alabamanurses.org/associations/9886/files/FACES%20Brochure.pdf>; you may fax the form to: 334-262-8578. ASNA is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation.

13th Annual Rural Health Conference

The University of Alabama Institute for Rural Health Research will hold its 13th Annual Rural Health Conference, "**Rural Rebound: Emergency Preparedness and Crisis Response**" on April 20, 2012 at the Ferguson Center on The University of Alabama campus in Tuscaloosa. **For more information about the conference, contact** the Institute for Rural Health Research at (205) 348-0025 or visit the conference website at <http://rhc.ua.edu>.

11th Annual Walk of Life 2012 (5K Run/Walk & Kid's Dash)

The Walk of Life is a 5k Run/Walk through historic downtown Montgomery and will take place on Saturday, April 21, 2012. Walkers and runners alike will enjoy traversing the USATF certified course with all participants being able to take advantage of optional chip timing (Provided by About Time Events in Wetumpka) to record their official start and finish times. Cash prizes will be awarded to the top three overall male and female finishers. After finishing the 5k, participants are encouraged to attend the Post-Event Party in Montgomery's Riverfront Park and Amphitheater that includes fun and entertainment for the whole family. Register on-line by visiting www.joytolife.org. **For more information please call** 334.284.LIFE (5433), or email: info@joytolife.org.

Brazos Abiertos Open Arms Hispanic/Latino Festival

The Hispanic Service Providers of Tuscaloosa announces the 9th Annual Brazos Abiertos (Open Arms) Festival. Brazos Abiertos / Open Arms is a Hispanic/

Latino festival that serves as both an informational fair and cultural exchange. The theme this year is "Podemos Ayundar". During the festival there will be a Community Service Provider Information Booth Fair, and a Health Fair where local doctors and nurses will be providing free health, vision, and hearing screenings. Brazos Abiertos will take place on Sunday, April 29, 2012 from 2:30 PM-6:00PM at Holy Spirit Catholic Church. This event is free to the public and both children and adults are encouraged to attend. **If you would like more information about this event, please call Wesley Glass of American Red Cross. You may reach Wesley at** (205) 758-3608, or via email at wesleyglass@redcrossal.org.

Alabama Cooperative Extension System and The Alabama Diabetes Program Conference

Will be held April 22-24, 2012 at the Embassy Suites (300 Tallapoosa St) Downtown, Montgomery, Alabama. **For more information, contact** Debra Griffin 334-206-2066.

MAY EVENTS

The Alabama Rural Health Conference

Will be held May 2nd (Registration begins at noon) through May 3rd (Conference ends at 4:00 PM) at the Marriott Legends at Capitol Hill, Prattville, Alabama. **For more information please contact** Carolyn Bern by email at Carolyn.bern@adph.state.al.us or by phone at 334-206-5436.

Alabama Council of Community Mental Health Boards 38th Annual Conference (2012 Call for Programs)

Will be held May 9-10, 2012, at the Birmingham-Jefferson Civic Center in Birmingham, Alabama. For conference registration information, directions, etc. please visit the Council's web site at www.alcouncil.com.

Birmingham Go Red Luncheon

Will be held Friday May 11, 2012 from

11AM-1PM at the Wynfrey Hotel (1000 Riverchase Galleria) Birmingham, Alabama 35244. **Go Red for Women** needs you to shatter the silence by choosing to speak up about heart disease. Be part of the movement, make choices, speak up and spread the word. Be a part of this extraordinary day. **For more information please contact** Laura Beth Edwards by email at: laura.edwards@heart.org or phone 205-510-1515.

Diabetes Children & Youth Summer Programs

Southeastern Diabetes Education Services (SDES) announces summer programs for children and youth with diabetes to be held during the months of May and June at Camp ASCCA, Camp Grace (Mobile), Camp Seale Harris and for Camp Sugar Falls (Birmingham, Mobile, and in Montgomery). To find out more, call 205-402-0415, or send an email to: info@southeasterndiabetes.org, visit the website at: www.southeasterndiabetes.org, print a registration form at: <http://www.southeasterndiabetes.org/downloads/E-Registration-Form-SDES-2012.pdf>; or mail the completed registration form to: SDES, 500 Chase Park South, Suite 104, Hoover, AL 35244.

05/29 - Camp Seale Harris Family Summer Camp

06/03 - Camp Seale Harris Senior Camp

06/10 - Camp Seale Harris Junior Camp

06/25 - Camp Sugar Falls Dothan

07/23 - Camp Seale Harris Mobile

JUNE EVENTS

Birmingham Heart Walk

Will be held on Saturday, June 30, 2012, from 7:00AM-11:00AM at Linn Park (710 20th Street North) Downtown Birmingham, Alabama. The Heart Walk is the American Heart Association's premiere event that brings communities together to raise funds and celebrate progress in the fight against this country's No. 1 and No. 4 killers, heart

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June is Men's Health Month

The Purpose of Men's Health month is to heighten the awareness of preventable health problems and encourage early detection and treatment of disease among men and boys. Research shows that:

- Men do not see physicians for a physical exam nearly as often as women
- Men are dying of the top causes of death at higher rates than women
- Men are more likely to be uninsured than women
- Approximately 30,000 men in the US die each year from prostate cancer

Prostate Cancer

About one in six American men will be diagnosed with prostate cancer during his lifetime. You or someone you love could be one of them.

Prostate cancer is the most common cancer among men, excluding skin cancer. All men are at risk for prostate cancer. Family history and age are both factors that increase the risk. African-American men are more than twice as likely to have prostate cancer, and it is nearly twice as likely to be fatal when compared to Caucasian men.

If you are 50 years of age or older, please talk to your healthcare provider about prostate cancer screening and treatment options. Men who are at a higher risk for prostate cancer are encouraged to begin getting tested at age 45.

The Alabama Department of Public Health Cancer Prevention Program has partnered with three organizations in Alabama to offer free prostate cancer screenings to men aged 40-75 in various counties throughout the state.

These screenings are possible with funding through the Alabama State Legislature. For more information on the dates and times of the screenings, contact the persons listed below.

Urology Health Foundation

Sherry Wilson
3845 Independence Drive
Homewood, Alabama 35209
(205) 930-0920

Alabama Primary Health Care Association

Heather Reed
1345 Carmichael Way
Montgomery, Alabama 36106
(334) 271-7068

Southeast Alabama Medical Center

Health Screening Program
Cindy Tanton
1108 Ross Clark Circle
Dothan, Alabama 36301
(334) 793-8080



disease and stroke. This inspirational day is filled with energy, excitement and hope! Designed to promote physical activity and heart-healthy living, the Heart walk creates an environment that's fun and rewarding for the entire family. **For more information please contact** Letessia Bush by email at: letessia.bush@heart.org or by phone at 205-510-1516.

FUNDING OPPORTUNITIES

¡Adelante! Fund Scholarships

Adelante's Mission: To inspire the best and brightest Latino college students to graduate and succeed through scholarships, internships and leadership development.

Adelante! Fund Scholarships are Sponsored by MillerCoors, MillerCoors Texas, MillerCoors Chicago, Hispanic Organization for Public Employees (HOPE).

Application Timeline: February 1 to May 1
Scholarships Available: Scholarship Range \$1000 to \$3000

PLEASE VISIT <http://www.scholarships.com/financial-aid/college-scholarships/scholarships-by-type/minority-scholarships/hispanic-scholarships/jadelante-fund-scholarships/>
TO SEE ALL PARTNERING INSTITUTIONS

MillerCoors Texas

- 1.) Must be a US citizen or Legal Permanent Resident.
- 2.) Have and maintain a GPA of 3.0 or above (on a 4.0 scale).
- 3.) Must be attending a college in Dallas, Houston, or El Paso.
- 4.) Maintain full-time enrollment status throughout duration of the scholarship term.
- 5.) Provide two letters of recommendation which express leadership potential.

MillerCoors Chicago

- 1.) Must be attending a college in the

- Chicago Metro area.
 - 2.) Must be a US citizen or Legal Permanent Resident.
 - 3.) Have and maintain a GPA of 3.0 or above (on a 4.0 scale).
 - 4.) Maintain full-time enrollment status throughout duration of the scholarship term.
 - 5.) Provide two letters of recommendation which express leadership potential.
- iHispano Scholarship
- 1.) Scholarship is open to any incoming freshman or college student.
 - 2.) Open to any major.
 - 3.) Must be a US citizen or Legal Permanent Resident.
 - 4.) Have and maintain a GPA of 3.0 or above (on a 4.0 scale).
 - 5.) Maintain full-time enrollment status throughout duration of the scholarship term.
 - 6.) Provide two letters of recommendation which express leadership potential.

Catharine Lealtad Scholarships

Catharine Lealtad Scholarships are awarded to African American, Latino, and Native American students who have a strong high school record.

The award is \$3,000. Students who are National Achievement or National Hispanic Scholarship Finalists and who have a strong high school record will receive an annual award of \$5,000.

This scholarship is named for Dr. Catharine Lealtad '15, Macalester's first African American graduate.

For more information, please visit: <http://www.macalester.edu/admissions>

Lionel C. Barrow Minority Doctoral Scholarship

Established in 1970, the Barrow Minority Doctoral Scholarship honors Professor Lionel C. Barrow, Jr., former Communication Theory & Methodology



(CT&M) Division head and Dean Emeritus of Howard University. Dr. Barrow earned his doctorate from the University of Wisconsin-Madison and has held a variety of leadership positions in industry, academia, and the Association for Education in Journalism and Mass Communication (AEJMC). The award is intended to aid doctoral students complete their dissertation research and academic studies.

The CT&M Division sponsors the scholarship with contributions from the Minorities and Communication Division, the Commission on the Status of Minorities, personal donations, and royalties from Guido H. Stempel and Bruce H. Westley's Research Methods in Mass Communication. In 2006, the award was \$1,400. The scholarship includes a one-year complimentary membership in the CT&M Division.

Eligibility requirements: Applicants must be U.S. citizens or permanent residents enrolled in a Ph.D. program in journalism and/or mass communication. In addition, applicants must be African American, Asian American, Hispanic/Latino(a) or Native American/Alaska Native. Applicants need not be members of AEJMC or the CT&M Division, nor does their work need to address issues of race.

Applications will be judged on the candidate's research potential and demonstrated accomplishments to date. Awardees that have been selected have shown the greatest capacity for making significant contributions to communication theory and methodology.

To be considered for this scholarship, you must submit an application package with the following materials:

- (1) a letter addressed to the selection committee outlining your research interests and career plans,
- (2) a curriculum vitae, and
- (3) two letters of recommendation from faculty members (please do not have letters sent separately).

Address your application package to:

María E. Len-Ríos, Assistant Professor
RE: Barrow Minority Doctoral Scholarship,
Missouri School of Journalism,
University of Missouri-Columbia,
362 McReynolds Hall,
Columbia, MO 65211-1200

Submissions must be postmarked no later than May 11.

(Eligible: African-Americans, Asian Americans, Hispanic/Latino-Americans, Native Americans)

Surety Industry Scholarship Program for Minority Students

Established in 2003, the Surety Industry Scholarship Program provides awards of up to \$2,500 to outstanding minority students to support their studies in the areas of insurance/risk management, accounting, or business/finance and to encourage their consideration of the surety industry and surety underwriting as a career choice. This program is administered by The Surety Foundation, the educational arm of The

Surety & Fidelity Association of America (SFAA).

To be eligible for the scholarship program, a student must be:

- A declared insurance/risk management, accounting or business/finance major with an overall and major grade point average (GPA) of at least 3.0 on a four-point scale.
- A minority student who has satisfactorily completed at least 30 semester hours, equivalent college work including at least 6 semester hours in his/her declared major.
- Enrolled as a full-time undergraduate student (a minimum of 12 semester hours or equivalent) at an accredited four-year institution For more information visit the sites below.

African American Scholarships

- [UNCF•MERCK Science Research](#)



BE YOUR OWN HERO

GET READY FOR EMERGENCIES

COLLECT AND STORE THESE 10 ESSENTIAL ITEMS TO GET READY FOR AN EMERGENCY.

Place your emergency supply kit in waterproof bags.

Store the bags in one or two emergency containers, such as plastic tubs, unused trash cans or duffel bags.

Store your kit where family members can locate it.

Try to have enough food, liquid, batteries and other supplies to last one to four weeks depending on the emergency.

For more information about emergency preparedness, contact:

ADPH, Center for Emergency Preparedness
adph.org

Alabama EMA
ema.alabama.gov

U.S. Department of Homeland Security
ready.gov

Centers for Disease Control and Prevention
cdc.gov

Health and Human Services
pandemicflu.gov

get10
ADPH.ORG

Alabama Department of Public Health | Call Toll Free:

1-866-264-4073

For TTY call Alabama Department of Rehabilitation Services

1-800-499-1816

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9
PERSONAL CARE ITEMS

10
IMPORTANT DOCUMENTS

**ALABAMA DEPARTMENT
OF PUBLIC HEALTH**

STATE HEALTH OFFICER

Donald E. Williamson, M.D.

**OFFICE OF MINORITY
HEALTH STAFF**

Jessica Hardy
Acting Director

Julia Sosa
Assistant Director

Elana Parker Merriweather
Health Equity Programs Manager

Sandra Jones
Administrative Assistant
Editor

To have events included in the
April - June calendar, email, fax
or mail information by May 21, 2012.

Office of Minority Health

Alabama Department of Public Health
PO Box 303017

Montgomery, Alabama 36130-3017
334-206-5396 • 1-800-255-1992

Fax: 334-206-5173

Email: omh@adph.state.al.us

www.adph.state.al.us/minorityhealth

*The times, dates, and places of Minority Health
Events mentioned herein are subject to change
after printing deadline. We recommend that you
call ahead to verify events.*

*This document is mailed to a list of recipients
who have given their names to a staff member
of the OMH, if you prefer to opt out (have your
name removed) from this list, please contact the
Office of Minority Health by email to: [omh@adph.
state.al.us](mailto:omh@adph.state.al.us), by facsimile (fax) to: 334-206-5173,
or by telephone at: 334-206-5396.*

Office of Minority Health
Alabama Department of Public Health

ADPH.ORG

2012 NATIONAL HEALTH OBSERVANCES

APRIL

- Alcohol Awareness Month (1-30)
- Irritable Bowel Syndrome Awareness Month (1-30)
- National Autism Awareness Month (1-30)
- National Donate Life Month (1-30)
- National Facial Protection Month (1-30)
- **National Minority Health and Health Disparities Month (1-30)**
- Women's Eye health and Safety Month (1-30)
- Stress Awareness Month (1-30)
- National Sarcoidosis Awareness Month (1-30)
- National African American Women's Fitness Month (1-30)
- National STDs/Family Planning Month (1-30)
- National Public Health Week (7-13)
- National Infant Immunization Week (21-28)
- National Minority Cancer Awareness Week (17-23)
- World Health Day (7)
- World Meningitis Day (24)

MAY

- Arthritis Awareness Month (1-31)
- Better Hearing and Speech Month (1-31)
- Healthy Vision Month (1-31)
- Hepatitis Awareness Month (1-31)
- **Mental Health Month (1-31)**
- Melanoma/Skin Cancer Detection and Prevention Month (1-31)
- National Celiac Disease Awareness Month (1-31)
- National High Blood Pressure Education Month (1-31)
- National Osteoporosis Awareness and Prevention Month (1-31)
- National Physical Fitness and Sports Month (1-31)
- Ultraviolet Awareness Month (1-31)
- **National Stroke Awareness Month (1-31)**
- Asthma and Allergy Awareness Month (1-31)
- Family Wellness Month (1-31)
- Huntington Disease Awareness Month (1-31)
- Food Allergy Awareness Week (13-19)
- National Emergency Medical Service Week (20-26)
- National Women's Health Week (6-12)
- National Women's Check-up Day (14)
- National Employee Health and Fitness Day (16)
- National Asian and Pacific Islander HIV/AIDS Awareness Day (19)
- National Senior Health and Fitness Day (30)

JUNE

- Child Vision Awareness Month (1-30)
- Cataract Awareness Month (1-30)
- Men's Health Month (1-30)
- National Congenital Cytomegalovirus Awareness Month (1-30)
- National Aphasia Awareness Month (1-30)
- Myasthenia Gravis Awareness Month (1-30)
- National Headache Awareness Week (1-7)
- National Men's Health Week (11-17)
- National Cancer Survivor's Day (3)
- National HIV Testing Day (27)
- World Sickle Cell Day (19)