

Minority Health

E V E N T S

JULY - SEPTEMBER 2010

A Quarterly Publication of the Alabama Department of Public Health



From Left: Amanda Rivera, Jena Lawing, Joseph Bradley (Speaking), Max McGill, Clay Coppage and Jasmine Williams (Not pictured: Laura Rabushka and Addie Califf)

UA Diversity Demonstrated presentation held on May 6 at University of Alabama, Tuscaloosa, was sponsored by: The College of Communication and Information Sciences, The Department of Journalism, The Center of Ethics and Social Responsibility, UA Chapter of The National Society of Collegiate Scholars, The HOPE Initiative, The Office of Minority Health, Alabama Department of Public Health, and Parents Against Violence. Students pictured participated with ADPH OMH; and gave their presentation on an Infant Mortality project.



Improving *minority health improves Alabama's health*

Calendar of Events

2009 Fall Community Relay for Life and Wellness



A Quarterly Publication
of the Alabama Department
of Public Health's Office of
Minority Health

*"While we may not be able
to control all that happens to us,
we can control what happens
inside us."*

Benjamin Franklin

JULY EVENTS

Pitch One for Kid One



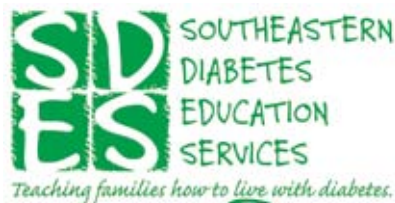
Kid One Transport has a promotion during baseball season each year with the Birmingham Barons called Pitch One for Kid One.

Enjoy each Friday and Saturday home game with fireworks this season (16 total games), attendees will be asked to purchase a tennis ball for \$1. After the game and before the fireworks show, patrons are asked to throw their tennis balls onto the field at targets in hopes of winning a prize. All the proceeds from the sale of tennis balls benefit Kid One Transport. The Barons play at Regions Park: 100 Ben Chapman Dr. Birmingham AL 35244.

Pitch One for Kid One Schedule

- July: 2, 3, 16, 17, 30, 31
- August: 7, 20, 21
- September: 3, 4

For more about Pitch One for Kid One, or for volunteer information, please contact Mandla Moyo at 205-978-1005, or by email to: mmoyo@kidone.org.



Diabetes Children & Youth Summer Programs

Southeastern Diabetes Education Services (SDES) announces summer programs (and Family Retreats or Weekends) for children and youth living with diabetes – see the schedule below. To find out more, contact: Donna Harden or Terry Ackley at 205-402-0415, send a registration form by fax to: 205-402-0416, send an email to: info@southeasterndiabetes.org, or visit the website at: www.southeasterndiabetes.org. Mail the completed registration form to: SDES, 500 Chase Park South - Suite 104, Hoover, AL 35244.

Southeastern Diabetes Program Schedule

- **Birmingham Camp Sugar Falls**
July 6- 9
- **Auburn/Opelika Summer Family Event**
July 18
- **Mobile Camp Sugar Falls**
July 26-28

- **Montgomery Summer Family Event**
August 18
- **Huntsville Hot Shots Summer Family Camp A1c at Cha-La-Ke**
August 21
- **Huntsville Hot Shots Support Group Meeting**
September 9
- **Florence Summer Family Event**
September 11
- **Huntsville Hot Shots Family Fall Festival**
October 28
- **Camp Seale Harris Fall Family Weekend**
October 29-31
- **Auburn/Opelika Fall Family Event**
TBA
- **Florence Fall Family Event**
TBA
- **Mobile Fall Family Event**
TBA

Healthy Weight Initiative Workshop

The 6th Annual Healthy Weight Initiative Workshop is on July 14, from 8:45 AM-3:30 PM, in Clanton, AL, at the Alabama Power Company, Watercourse. The workshop will target school and after school personnel and focus on child health issues in Alabama. Expert speakers will

Health Disparities Cultural Sensitivity Summer Series Live Satellite and Webcast Programs

The State Office of Minority Health (SOMH), Alabama Department of Public Health, is continuing its' professional development and community awareness Health Disparities in Minorities Live Satellite and Webcast programs. A Summer Series of three programs will focus on Cultural Sensitivity and Diversity Awareness in minority and underserved communities. Specifically, this includes Alabama citizens who have been impacted by social determinants, and this includes substance abuse and chemical addiction, domestic violence, criminal activity, mental health, alternative lifestyles, commercial sex work, homelessness, and undocumented citizenship.

One of many goals of the SOMH is to raise awareness concerning the attitudes, perceptions and beliefs that impact individuals who actively seek health care service. Personal bias issues of some medical providers or health care staff have been known to impact the delivery of quality health care service to minority and underserved

populations in Alabama, especially for those who live with multiple chronic illnesses or diseases.

The Summer Satellite Conference Series will address increasing cultural sensitivity by promoting diversity awareness, while bridging the gap between community health care providers and sub cultures that are impacted by universal social disparities. The first program on June 23, addressed the Social and Health Disparities in the Incarcerated populations, with "Cultural Sensitivity from Corrections to the Community." The June program also provided cultural sensitivity training to health care providers and community clinicians about the social and health problems that affect the incarcerated and ex-offender populations.

To view the June 23, or any of the Health Disparities programs in the series, instructions are shown below:

The Alabama Public Health Television Network (ALPHTN) has video on demand available within approximately 2-3 days following a web conference.

1. Go to: www.adph.org/alphtn
2. Click in the left navigation area,

"Live Satellite Conferences and Webcasts"

3. Click in the left navigation area, "On Demand"
4. Click on the category "Health Disparities" to locate programs of interest.

Upcoming Satellite and Webcast programs include:

- **Wednesday, July 21**, from 2:00–4:00 PM – Program 2 of 3 - Focus on Cultural Sensitivity and Diversity Awareness Topic: *"Addressing Social and Health Disparities in the Gay, Lesbian, Bisexual and Transgender Populations"*

- **Wednesday, August 18**, from 2:00–4:00 PM – Program 3 of 3- Focus on Cultural Sensitivity and Diversity Awareness Topic: *"Addressing Social and Health Disparities in the Native American Indian, Asian American/Pacific Islander, and Hispanic/Latino Communities."*

- **Wednesday, September 15**, from 2:00–4:00 PM – Topic: *"Infant Mortality: Issues and Initiatives in Alabama."*

For program information, please contact Elana Parker, 334-206-7980, or by email, elana.parker@adph.state.al.us.

share innovative ideas and strategies for implementing programs and policies that encourage better health in children and their families. The Healthy Weight Initiative is a partnership between the AL Dept. of Public Health and the AL Dept. of Education that brings nutrition, physical activity, and health information to 21st Century Community Learning Centers and Dependent Care grantees. For more information please contact Molly Killman, 206-5646; or visit www.adph.org/nutrition, and click on the "Healthy Weight Initiative" link for details.

River Region Latino Event

The Church of the Ascension, Appleseed Project and the Montgomery Police Department, is inviting you to a Public Safety Workshop sponsored by Frazer

UMC, on July 15, 2010, at 7:00 PM, 4870 Woodley Road, in Montgomery, AL. This event is for members of the community who serve the Hispanic population of Montgomery, Elmore, and Autauga counties. For more information, please call Pamela Long at 334-590-1441.

Women's Health Across the Lifespan - A Call for Poster Abstracts



A Call for Poster Abstracts began **June 1** and ends **July 15**, for the Third Annual Women's Health Update being held on Saturday, October 16.

This year's theme is "Women's Health Across the Lifespan." Applicants will be notified of acceptance by

August 15. For more information about the conference, visit the Alabama Department of Public Health Office of Women's Health website: www.adph.org/owh, and click on the "Update" link; or, call 334-206-5669.

"No Child Left On Their Behind: Playing It Forward"

The "No Child Left on Their Behind: Playing It Forward" Workshop is being held July 22 at University of West Alabama in Livingston, AL 35470. This is a free one-day conference that is geared towards any education professional. There will be presentations for the regular classroom teacher, physical education teacher, and health education teacher. Teacher CEUs will be provided. Email Healthy Communities with your name, phone number, address,

school, county, and email address. To register, download a form from the website, <http://www.adph.org/healthycommunities>, and click on "News and Events." Send a completed registration form by mail to: Attn: Brandi Pouncey, 201 Monroe Street, RSA Tower, 1274J, Montgomery, AL 36104. Email: brandi.pouncey@adph.state.al.us or call 334-206-5893. Travel scholarships are available.

Back to School-Health Program for Latino Communities

On July 22, St. Francis of Xavier will hold a Back to School Health Program, from 1:00-4:00 PM, in Birmingham, AL. For more information contact Maria Alejandra Dumpson, The Multicultural Resource Center at: 205-987-4771. Immunization, screenings and school supplies will be provided to Latino children.

Community Relay for Health and Wellness

Fourth Annual Community Relay for Health and Wellness is being held on Saturday, July 24, from 8:00 AM-12:00 PM (noon), at Mount Gillard Missionary Baptist Church, 3323 Day Street, Montgomery, AL. The theme is *Holistic Healthy Living*; and the day's events will include: health screening, a community walk, and health information for teens/youth, health disease topics; and health insurance – low and no cost plans. Contact Choona Lang for information at 334-233-8750.

- Information Booth
- Small Smiles
- Cardiac Nutrition
- Health Insurance

2010 Health Education Seminars - Trenholm State Technical College

• July 22

Training to Manage Childhood: Preventing Children from Becoming Overweight/Obese Adults

9:00 AM–4:00 PM

Contact hours: 6

Fee: \$65

Trenholm State Technical College
Trenholm Campus Library Tower
3060 Mobile Highway • Montgomery AL
Website: www.trenholmstate.edu
Phone: 334-420-4200

• August 19

Nutrition Plan for Congestive Heart Failure

5:30–9:00 PM

Contact hours: 4.2

Fee: \$65

Trenholm State Technical College
Trenholm Campus Library Tower
3060 Mobile Highway • Montgomery AL

• August 20

Functional Foods: A Closer Look at Antioxidants, Phytochemicals, and Nutrigenomics in Preventing Heart Disease and Cancer

9:00 AM–4:00 PM

Contact hours: 6

Fee: \$65

Trenholm State Technical College
Trenholm Campus Library Tower
3060 Mobile Highway • Montgomery AL

• September 15

Diet After Gastric Bypass Surgery Plan

5:30–9:00 PM

Contact hours: 4.2

Fee: \$65

Trenholm State Technical College
Trenholm Campus Library Tower
3060 Mobile Highway • Montgomery AL

• September 16

Assessment and Management of Overweight and Obesity: Review of the Volumetric Eating Plan

9:00 AM–4:00 PM

Contact hours: 6

Fee: \$65

Trenholm State Technical College
Trenholm Campus Library Tower
3060 Mobile Highway • Montgomery AL

Trenholm State Technical College Health Education Seminars are presented by Dr. Habiba Shaw, Diet, Health and Obesity Education Consultant. Contact Juwana Smith by email at: jsmith@trenholmstate.edu, by phone at: 334-420-4240, send a fax to: 334-420-4236; or take a look at the website: www.trenholmstate.edu.

Cardiovascular Health Advisory (CVHAC) Council Meeting

The Cardiovascular Advisory Council will meet on Tuesday, July 27, from 9:00 AM-12:00 PM (noon), at the Richard Beard Building Auditorium, Department of Agriculture and Industries in Montgomery, AL.

For information, send an email to Cassandra Hawthorne at: cassandra.hawthorne@adph.state.al.us, or by phone, call Cassandra at: 334-206-2688.

AUGUST EVENTS

(National Minority Donor Awareness Day- August 1)

Annual Selma Update

The Alabama State Nursing Association (ASNA) will hold the Annual Selma Update on August 14, from 8:00 AM-4:30 PM at Selma Municipal Library, 1103 Selma Avenue, Selma AL 36703. Send registration and payment by mail to: ASNA, 360 North Hull St., Montgomery, AL 36104; by fax to: 334-262-8578; or register online at: www.alabamannurses.org.

Obesity Task Force Meeting

The Alabama Department of Public Health, State Obesity Task Force Meeting will be held on Wednesday, August 18, from 9:00 AM-12:00 PM (noon), at the Clanton Alabama Power Company in Clanton, AL. For additional information, visit: www.adph.org/obesity.

Aging University

AARP, in collaboration with other agencies will host Aging University on August 19, at Frazer United Methodist Church, from 9:00 AM-1:00 PM, in Montgomery, AL. This is a full day event of health and other educational activities for people 50 and older. For more information, contact Deidra Lemons at 334-954-3061.

Alabama Best Practices Program

The Alabama's Best Practices Conference will be held on August 27, at Cahaba Grand Conference Center, Birmingham, AL. This one-day event is filled with opportunities for nursing homes to learn from one another. It allows nursing homes throughout the state of Alabama, to not only come up with new ideas to improve their facilities, but to share what works and what doesn't with other facilities in the state. For information, contact Alabama Nursing Home Association, 4156 Carmichael Road, Montgomery, AL 36106; by phone at: 334-271-6214, fax: 334-244-6509, or by email to: info@anha.org.

Alabama Governor's Safety and Health Conference

This three-day conference is scheduled for August 30-September 1, at Perdido Beach Resort in Orange Beach, Alabama. For registration or information, contact: The University of Alabama College of Continuing Studies, Box 870388, Tuscaloosa, AL 35487-0388. For registration or exhibitor information, visit the website, algovshc.ccs.ua.edu.

SEPTEMBER EVENTS

11th Annual Rural Health Conference

The University of Alabama Institute for Rural Health Research will celebrate the 11th Annual Rural Health Conference, "Partnering for Care: Where Do You Fit?" on September 1-2, from 8:00 AM-6:00 PM on Wednesday; and from 8:00 AM-12:00 noon on Thursday, at The Bryant Conference Center on the campus of The University of Alabama, in Tuscaloosa, AL. For more information on this conference, contact Lea G. Yerby, PhD at: yerby002@cchs.ua.edu, by phone at: 205-348-4693, by fax to: 205-348-9417;

or visit the website at: <http://www.rhc.ua.edu>.

Language Acquisition through Motor Planning (LAMP) Training

The Center for AAC & Autism with United Cerebral Palsy of Birmingham is excited to offer free or low-cost ASHA approved trainings in the LAMP approach. These courses are designed for anyone who works with and cares about a non-verbal child with autism - therapists, teachers, parents, aides, etc. Take advantage of this opportunity to learn more about this promising treatment approach. This workshop is being held at:

Hand in Hand Early Learning Program facility, Birmingham, AL

- Part I: September 1, from 9:00 AM-3:30 PM
- Part II: September 2, from 9:00 AM-12:00 PM (noon)

For information, contact Debbie Williams, dwilliams@ucpbham.com, by phone at: 205-944-3939, or by mail: Hand in Hand Early Learning Program, 120 Oslo Circle, Birmingham, AL 35211. In addition to the workshop listed, the Center for AAC & Autism

offers an online course, visit the website at: www.prentrom.com/training/etraining, or for registration and system requirements.

APHCA: Building Communities of Care

Alabama Primary Health Care Association (APHCA) will celebrate 25 years of success in meeting our mission at the 25th Annual Conference and Trade Show. This year's conference, "Branching Out: Building Communities of Care," is being held from September 21-24, at Riverview Renaissance in Mobile, AL. This conference explores the many facets of realigning existing and new private and public resources to support community health initiatives that result in improved health care. For more information on this conference event, contact Kat Rodman, kat@alphca.com; by phone, 334-271-7068; or register online, www.alphca.com.

Walk to Commemorate the Trail of Tears

On September 18, at 10:00 AM, there will be a Walk to commemorate the Trail of Tears in Waterloo, AL. For further information call 334-242-2831.

Funding Opportunities

Alabama State Loan Repayment Program

The Office of Primary Care and Rural Health is seeking applicants for a new Alabama State Loan Repayment Program which will assist more than 20 qualified healthcare professionals in exchange for two years of service in a health professional shortage area. Visit the Primary Care and Rural Health website for eligibility and more information at: www.adph.org/ruralhealth, and click on the left navigation "State Loan Repayment" link; or call 334-206-5396.

Alzheimer Disease Supportive Services Program

This Program Announcement provides an opportunity for states to demonstrate how the New York University Caregiver Intervention (NYUCI), Resources for Enhancing Alzheimer's Caregiver Health Intervention (REACH II) and Savvy Caregiver

Interventions, help family caregivers of persons with Alzheimer's Disease and Related Disorders (ADRD) can be translated into effective programs at the community-level. The closing date for applications is July 6, 2010. View the website online at www.aoa.gov/AoARoot/Grants/Funding/index.aspx.

Healthy Eating Research: Building Evidence to Prevent Childhood Obesity

Healthy Eating Research is a national program of the Robert Wood Johnson Foundation (RWJF). The program supports research on environmental and policy strategies with strong potential to promote healthy eating among children to prevent childhood obesity, especially among lower-income and racial and ethnic populations at highest risk for obesity. Findings are expected to advance RWJF's efforts to reverse the childhood obesity epidemic by 2015.

The three types of funding opportunities included in this call for proposals (CFP) are:

- Round 5 grants,
- Rapid-response grants, and
- *New Connections* grants through *Healthy Eating Research*

Approximately \$2.4 million will be awarded under this CFP for Round 5 grants, rapid-response grants and *New Connections* grants through *Healthy Eating Research*. For more information about Round 5 Grants, contact: Kathy Kosiak; or for additional information about New Connections and Rapid-Response grants, contact Laura Klein. The website location is: healthyeating@umn.edu; and the telephone is: 1-800-578-8636. Notifications of the finalists will be awarded in late August.

National Conferences 2010

4th National Conference on Women, Addiction and Recovery: Thriving in Changing Times

The conference will be held from July 26-28, at the Chicago Marriott Downtown Magnificent Mile, 540 North Michigan Avenue, Chicago, Illinois. The conference theme, “*Thriving in Changing Times*,” will focus on:

- What—effective practices and policies improve outcomes for women?
- How-to—build capacity to successfully institute effective practices and policies; and,
- Why—explore current trends and strategies to meet challenges and integrate innovations and research?

Visit the website, samhsawomensconference.org/index.php, for additional information.

Fertility Awareness-based Methods of Family Planning

The Georgetown University Institute for Reproductive Health, in collaboration with the School of Nursing and Health Sciences, and the School of Medicine announces a 2-hour workshop on fertility awareness methods of family planning. The workshop will be held on July 31, 5:30-7:30 PM, prior to the National Family Planning Clinical Conference Title X in St. Louis (August 1-3).

There is no cost for participants. To register, see the website at: www.irh.org, download, complete and fax the registration and credit information. Fax the registration form to Attention: Susana Birdsong at: 202-537-7450; or send the registration form by email to: smm56@georgetown.edu.

The National Family Planning Clinical Conference Title X

The University of Missouri-Kansas City (UMKC) School of Nursing and Development Systems, Inc. collaborate with the UMKC School of Medicine and Truman Medical Centers to serve Title X providers across the country. The National Family Planning Clinical Conference Title X will be held on August 1-3, 2010, at the Hilton-St. Louis at the Ballpark, in St. Louis, MO.

This conference topic will address: contraception & women with complex medical conditions, obesity & reproductive

health, expanding services to males, serving teens effectively, pelvic pain, abnormal bleeding, utilizing nationally recognized standards of care in family planning. Preconference practicum topics are: male genitourinary examination, advanced pelvic examination, and more. For a brochure, registration or conference information, visit the website: www.ctcfp.org & click on conference link. Send registration by fax to Attention: Susie Miller, 816-235-6512; by mail: Clinical Training Center for Family Planning, Attention: Susie Miller, 2464 Charlotte Street - HSB-2424, Kansas City, Missouri 64108-2718. Make checks payable to: UMKC School of Nursing.

American Association of Diabetes Educators (AADE) 37th Annual Meeting

The AADE Annual Meeting & Exhibition, “*Changing Lives, Building Knowledge, Creating Opportunities*” will be held from August 4-7, in San Antonio. This conference is based on the groundbreaking Guidelines for the Practice of Diabetes Education and Competencies for Diabetes Educators, the 2010 educational program is now organized by tracks and targeted categories of expertise, ensuring that sessions will meet the needs of those who are new to diabetes education as well as those who are highly experienced.

Register by mail: AADE Conference, PO Box 494, Brookfield, IL 60513-0494, by fax to: 708-344-4444; or online at: www.diabeteseducator.org/annualmeeting. For questions, call the AADE Conference Registration Office at 877-303-0723.

The United States Conference on AIDS (USCA)

USCA Conference on AIDS is scheduled for September 12-15, at Hilton-Orlando Bonnet Creek, in Orlando, Florida. USCA's mission is to increase the strength and diversity of the community-based response to the AIDS epidemic through education, training, new partnerships, collaboration and networking.

This is the largest AIDS-related gathering in the US, bringing together over 3,000 workers from all fronts of the HIV/AIDS epidemic—from case managers and physicians, to public

health workers and advocates, people living with HIV/AIDS (PLWHAs) to policymakers—to build national support networks, exchange the latest information and learn cutting-edge tools to address the challenges of HIV/AIDS. For information or registration and scholarship applications online, visit www.2010USCA.org. Questions may be referred to the Conferences and Meeting Services Division at conferences@nmac.org, or call 202-483-NMAC (6622).

Information Corner

The FITWAY Program facilitates a comprehensive statewide educational program designed to increase colorectal cancer (CRC) screening rates to 80 percent by 2014 among those 50 years of age and older. The FITWAY Alabama CRC Prevention Program's goals include:

- To promote U.S. Preventive Services Task Force (USPSTF) screening guidelines and quality assurance standards for CRC screening;
- To decrease racial disparities in CRC screening;
- To decrease incidence rates and mortality rates of CRC;
- To increase patient adherence to CRC screening recommendations as well as test and preparation guidelines; and
- To reduce structural barriers in patient navigation and patient access.

Alabama is one of 26 states and tribal organizations to receive a grant from the Centers for Disease Control and Prevention (CDC) for CRC prevention. The FITWAY program also includes ineligible counties within Alabama. For more information, see the web link at: www.adph.org/earlydetection.

Health News & Views

Tomando Control de Su Salud

(Chronic Disease Management Program in Spanish) was taught at St. Francis of Xavier Catholic Church in Birmingham during April and May 2010. Tomando Control is a program tailored to Latinos that live with a chronic disease or take care of someone dealing with a chronic condition. Eleven Latinos assisted the first class taught in an area with a high Hispanic/Latino population. The program was sponsored by collaboration between the Multicultural Resource Center, Hoover and the Alabama Department of Public Health Office of Minority Health. For information contact: Maria Alejandra Dumpson at 205-987-4771, or Julia Sosa at 334-206-3812.

National Diabetes Education Program (NDEP)

NDEP launched a new web section on gestational diabetes. The National Diabetes Education Program (NDEP) and the Office of Research on Women's Health (ORWH) are teaming up to remind women who have a history of gestational diabetes about their increased risk for getting diabetes, as well as their child's increased risk for obesity and diabetes. Visit the website, ndep.nih.gov/am-i-at-risk/gdm/diagnosing-managing.aspx.



UAB MHRC Program Highlights: "WALK FEEL ALIVE"

UAB Health and Health Disparity Research Center WALK Program focuses on walking to "Feel Alive." The program currently operates in conjunction with all 18 City of Birmingham Park Recreational centers, local corporations and participating community locations. The "WALK" program is designed to motivate the community to WALK and encourages individuals, neighbors and communities to integrate walking into their daily routine (motivating people to walk in the same way they breathe—walk to live). For more information about the UAB WALK "FEEL ALIVE" program, contact Elaina Fowler at: 205-996-2964, or send an email to: efowler@mail.dopm.uab.edu.

The UAB MHRC partners with the SOMH

The University of Alabama at Birmingham Minority Health and Health Disparities Research Center (UAB MHRC) is a comprehensive research, education and outreach center focused on eliminating the health disparities of racial and ethnic minorities and underserved populations locally, regionally and nationally. The UAB MHRC will partner with the State Office of Minority Health (SOMH) in the summer series of satellite conferences on Cultural Sensitivity and Diversity Awareness.

The August 18, satellite program is titled "Addressing Social and Health Disparities in the Native American Indian, Asian American/Pacific Islander, and Hispanic/Latino Communities." Information will be provided on minority cultures and barriers to accessing health care services.

For the mission of the University of Alabama Minority Health and Health Disparities Research Center, or for more information, please go to www.mhrc.dopm.uab.edu/.

Building Healthy Communities (BHC) Coalitions

The Minority Health and Health Disparities Research Center Building Healthy Community (BHC) coalitions are operational in the following Birmingham metro area communities of Norwood, West End and Bessemer.

Each BHC coalition is community led and community responsive. All activities and programs are focused on the health needs and interest of the residents. The mission of the UAB MHRC is to support health disparity elimination and research by building healthy communities in the most vulnerable neighborhoods. This mission is accomplished through four main components:

1. Professional Services
2. Partnerships, Resources
3. Health Programs, and
4. Specific activities of the coalitions have included:
 - Health Talking Circles,
 - MHRC Teen Health programs,
 - Healthy Happy Kids Physical Activity

and Nutrition after-school program in elementary schools,

- MHRC WALK Feel Alive program, and
- Health promotion/disease prevention activities

For additional information by mail, contact: Theolishia Smith, MPH, Program Coordinator, Community Outreach, Minority Health and Health Disparities Research Center (MHRC), The University of Alabama at Birmingham, School of Medicine, Division of Preventive Medicine, 1717 11th Avenue South, MT 512, Birmingham, AL 35294-4410. Send an email to: tsmith@dopm.uab.edu; or visit the website at: www.uabmhrc.com.

Survey for Family Caregivers

Family caregivers of individuals with disabilities and chronic illnesses and respite service providers are invited to complete a survey about respite services in Alabama. Respite is temporary relief for caregivers of individuals of all ages with disabilities or chronic illnesses who live at home. Alabama Department of Senior Services received a federal award to plan and implement respite services for family caregivers.

The first step was forming a statewide coalition of state and private agencies. The next step is to gather information about available resources and unmet needs. Senior Services contracted with UAB to conduct this survey; and this is not an experimental or clinical study.

Broad participation is important to help us plan for respite services for family caregivers. A decision whether to participate in the survey will not affect eligibility to receive agency assistance. Responses are private. Group data will be reported in a summary document.

- To reply online to the survey for FAMILY CAREGIVERS, visit the link at: www.surveymonkey.com/s/S7Q9FTG.
- To reply online to the survey for RESPITE SERVICE PROVIDERS, visit the link at: www.surveymonkey.com/s/SDFLNP6. Agencies and individuals who prefer to receive a printed hard copy survey may contact Dr. Brian F. Geiger, bgeiger@uab.edu, or Dr. Marcia O'Neal, moneal@uab.edu; or make a request by phone, 205-975-5388.

**ALABAMA
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OF PUBLIC HEALTH**

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To have events included in the October - December, 2010 calendar, email, fax or mail the information by August 9, 2010.

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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, so 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, by facsimile (fax) to: 334-206-5173, or by telephone at: 334-206-5396.

ADPH 
Alabama Department of Public Health
Office of Minority Health

Announcements

YouTube Videos Developed to Address Needs of Alabamians with Disabilities

A multi-disciplinary team composed of individuals from the University of Alabama at Birmingham (UAB) and United Cerebral Palsy of Greater Birmingham completed a needs assessment to learn more about the availability of healthcare information and services to individuals with disabilities and their families. The needs assessment surveyed four audiences: individuals with disabilities, families/caregivers, healthcare

professionals, and students in the health professions.

Results from the needs assessment were used to develop six brief educational videos, which have been posted online at: www.youtube.com/UCPBirmingham. The videos address important topics for consumers, family caregivers and clinicians in an effort to improve the quality of healthcare and health education for individuals with disabilities. For more information, please contact Dr. Brian F. Geiger, bgeiger@uab.edu.

2010 NATIONAL HEALTH OBSERVANCES

JULY

- Fireworks Safety Month
- Cord Blood Awareness Month
- International Group B Strep Awareness Month
- Juvenile Arthritis Awareness Month
- Teens at Risk Health Awareness Month
- UV Safety Month
- Awareness Month
- Leukemia & Lymphoma Awareness Month
- National Adult Immunization Week (20–26)
- National Alcohol and Drug Addiction Recovery Month
- National Assisted Living Week (12–18)
- National Atrial Fibrillation Awareness Month
- National Cancer Control Month
- National Celiac Disease Awareness Day (13)
- National Child Abuse Prevention Month
- National Cholesterol Education Month
- National Donate Life Month
- National Farm Safety & Health Week (19–25)
- National Gay Men's HIV/AIDS Awareness Day (27)
- National Hispanic/Latino Heritage Month (Sept 15–Oct 15)
- National HIV/AIDS and Aging Awareness Day (18)
- National Immunization Awareness Month (Sept 25–Oct 1)
- National Infant Mortality Awareness Month
- National Pediculosis Prevention Month/Head Lice Prevention Month
- National Preparedness Month/Get Ready Day (21)

AUGUST

- Cataract Awareness Month
- Children's Eye Health and Safety Month
- Health Unit Coordinator Day (23)
- National Health Center Week (8–14)
- National Immunization Awareness Month
- National Minority Donor Awareness Day (August 1)
- National Minority Donor Awareness Day (August 1)
- Psoriasis Awareness Month
- Spinal Muscular Atrophy Awareness Month
- National Public Health Month
- National Rehabilitation Awareness Celebration (19–25)
- National School Backpack Awareness Day (15)
- National Sickle Cell Month
- National STD Awareness Month
- National Suicide Prevention Week (5–11)
- National Women's Health & Fitness Day (29)
- National Yoga Awareness Month
- Osteopathic Medicine Month
- Ovarian Cancer Awareness Month
- Prostate Cancer Awareness Month
- RAINN (Rape, Abuse & Incest National Network) Day (23)
- Reye's Syndrome Awareness Month (15–23)
- Sports and Home Eye Safety Month
- Take a Loved One to the Doctor Day (22)
- Thyroid Cancer Awareness Month
- Whole Grains Month
- Women's Eye Health and Safety Month
- World Alzheimer's Day (21)
- World Rabies Day (28)
- World Heart Day (30)

SEPTEMBER

- Childhood Cancer Month
- Environmental Health Month
- Family Health & Fitness Day (25)
- Fruit and Veggies – More Matters Month
- Healthy Aging® Month
- Irritable Bowel Syndrome