

# Minority Health EVENTS

JANUARY - MARCH 2011

A Quarterly Publication of the Alabama Department of Public Health

## Go Red to Prevent Heart Disease in Women



**Satellite Conference and Web Cast -**  
The Office of Minority Health will host its first quarterly satellite conference during American Heart Month. The goal of the satellite program is to increase awareness of heart disease in America. Special emphasis will be placed on the national Go Red campaign to prevent heart disease in women.

**Date: Wednesday, February 16, 2011.**  
**Time: 2:00 - 4:00pm**

For more information on this upcoming satellite program, please contact Elana Parker at (334) 206-7980 or e-mail at [elana.parker@adph.state.al.us](mailto:elana.parker@adph.state.al.us). To register on line to view the 2010 satellite conference series, please go to [www.adph.org/alphn](http://www.adph.org/alphn). Continuing Education Credits will be applied for nurses, social workers and dieticians.

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

# Calendar of Events

## OMH partners with AARP to offer Multicultural Outreach Training



*Pictured from left to right: Elana Parker, OMH Health Equity Programs Manager, E. W. Phillip, Deidra Lemons, AARP Associate Director and Julia Sosa, OMH Deputy Director.*

On November 3-4, the Hilton Birmingham Hotel served as the host site for the 2010 AARP Volunteer Leadership Summit. AARP Executive Council, Diversity Council, Multicultural Outreach Team and Chapter Leaders throughout the state joined together for a two day AARP update on national and state program initiatives and services.

On Day 1, the Office of Minority Health staff facilitated a "Diversity and Inclusion" workshop for participants. Information was provided on the following: (1) AARP Guiding Principles of Diversity including the TIE Factor (Trust, Inclusion and Equity); (2) Vectors Theory and Strategies including the power of outright bias, power of organizational traditions, power of key relationships, power of assumptions and stereotypes, and power of cultural norms.

On Day 2, participants attended breakout sessions on multiple state issues including: (1) investment and financial protection; (2) state advocacy; (3) livable communities; (4) 50+ @ Work: paid and unpaid; (5) Cornerstone. An estimated 100 people participated in the AARP2010 Volunteer Leadership Summit.

If you are interested in having a Multicultural and Diversity Training, please contact the State Office of Minority Health at (334)206-5396.

## JANUARY EVENTS

### Scale Back Alabama

Scale Back Alabama is a statewide contest held the first of each year to encourage Alabamians to become healthier by making lifestyle changes and losing weight. To participate, there has to be teams of 4 and the goal is for each member of the team to lose 10 pounds. The program kicks off on January 20 and initial weigh-ins are the week of January 22-28. The program ends in April with final weigh-ins the week of April 9-15. At the end of the program, drawings will be held for teams and individuals who lose at least 10 pounds. For more information about the program, visit the Scale Back Alabama web site [www.scalebackalabama.com](http://www.scalebackalabama.com).

[scalebackalabama.com](http://scalebackalabama.com). For questions, email [info@scalebackalabama.com](mailto:info@scalebackalabama.com).

### Alabama Stroke Systems Operation Group

will be holding their meeting on Thursday, January 20, 2011 from 9:00 am to 12:00 noon at the Montgomery County Health Department. For additional information contact Melanie Rightmyer at 334-206-3977 or via email at [Melanie.rightmyer@dph.state.al.us](mailto:Melanie.rightmyer@dph.state.al.us).

### 3rd Annual MLK, Jr. SERC Basketball Challenge

The 3rd Annual Martin Luther King, Jr. Southeastern Regional Council (SERC) Basketball Challenge will take place

January 15-17, 2011, in Ozark, AL. The tournament will include Public Housing and Boys & Girls Club teams from the southeast states and will be highlighted by a formal opening ceremonies banquet and an educational tour to the Fort Rucker Aviation Museum. For more information on the MLK, Jr. SERC Basketball Challenge please visit [www.alagames.com](http://www.alagames.com)!

### Alabama Diabetes Network Meeting

The meeting will be held Wednesday, January 19, 2011; this is a quarterly meeting to discuss Diabetes prevention initiatives that are occurring at the state level. The meeting includes a network of stakeholders that work for the health

department, institutions of higher learning, medical clinics, state agencies and community organizations that address diabetes issues in their local communities. Event location: Montgomery County Health Department  
Contact Name: Gwen Glover  
Phone Number: 334-206-2063  
E-mail: [gwen.glover@adph.state.al.us](mailto:gwen.glover@adph.state.al.us)

### **Cardiovascular Health Advisory Council**

(CHAC) and Alabama Stroke System Operations Group (SSOG) Meeting: This meeting is a quarterly meeting to discuss cardiovascular disease initiatives and

programs occurring at the state and local level.  
Date: Thursday, January 20, 2011  
Time: 9:00am - 12:00 noon (CHAC Meeting) and 1:00 - 4:00 pm (SSCG)  
Event Location: Montgomery County Health Department, 3060 Mobile Highway, Montgomery, AL 36104  
Contact Name: Cassandra Hawthorne, (334) 206-2688  
E-mail: [cassandra.hawthorne@adph.state.al.us](mailto:cassandra.hawthorne@adph.state.al.us)

### **Doing What Matters for Alabama's Children Conference**

Doing What Matters for Alabama's Children is the 5th annual conference sponsored by

Tuscaloosa's Promise, Challenge Twenty-one, and the Tuscaloosa Children's Policy Council on Monday, January 31, 2011 at the Bryant Conference Center, Tuscaloosa, AL. For more information contact Christy Horner or Sabrina Thomas at 205-462-1000 or to register go to <http://training.ccs.ua.edu/children>.

## **FEBRUARY EVENTS**

### **National Wear Red Day**

February 4, 2011 is the day when Americans nationwide wear red to show their support for women's heart disease awareness. The Heart Truth campaign

## **The Office of Minority Health Disseminates Information on the National Partnership for Action Plan**



*Representatives from the Alabama Department of Public Health Office of Minority Health, Office of Women's Health, Cardiovascular Health Branch, Diabetes Branch and the American Heart Association meet to discuss the NPA Plan.*

The State Office of Minority Health (SOMH) has a goal to address and reduce health disparities in minority populations throughout Alabama. In keeping with this goal, the SOMH has received guidance from the "Federal Office of Minority Health". to utilize the National Partnership for Action Plan as a tool for addressing health disparities and achieving health equity. The NPA was developed by the U.S. Department of Health and Human Services to increase the effectiveness of programs that target the elimination of health disparities through the coordination of partners, leaders and stakeholders committed to action. The NPA serves as a catalyst for collective leadership action around five primary goals: (1) awareness; (2) leadership; (3) health system and life experience; (4) cultural and linguistic competency; and (5) research and evaluation.

The SOMH will utilize and integrate the NPA goals, benchmarks and strategies into program activities of the FY 2010 – 2013 Minority Health State Partnership Grant. The SOMH will continue to support activities around six identified Alabama health disparities. Special emphasis will be placed on Cardiovascular Disease and Mental Health issues in underserved minority communities that have been impacted by social determinants of health. The SOMH will continue to partner with public and private entities to increase awareness around health disparities, promote leadership for addressing the health disparities and to encourage a transfer of knowledge between other agencies that provide health care and social services to under served and at risk minority populations. To read more about the National Partnership for Action Plan to End Health Disparities, please go to [www.hhs.gov](http://www.hhs.gov).



primary goal is to raise awareness that heart disease is the number one killer of women. To support this goal, The Heart Truth campaign launched the Red Dress as the national symbol for women and heart disease awareness in February, 2003. The Red Dress Tack Pin symbolizes the message that "Heart Disease Doesn't Care What You Wear - It's the Number 1 Killer of Women." Visit [www.hearttruth.gov](http://www.hearttruth.gov) to learn more about The Heart Truth.

### **Alabama Kids Count Conference**

Friday, February 11, 2011 is the date for the Alabama Kids Count Conference. Make plans now to join.

Organization: VOICES for Alabama's Children

Contact Info: Organizational Relations, Kristi Gash

P.O. Box 4576

Montgomery, Alabama 36103-4576

### **2011 Physicians' Alabama Opportunity Fair (PAOF)**

The 21st annual Physicians' Alabama Opportunity Fair will be held at the Grand Hotel in Point Clear, Alabama on Saturday, February 26, 2011. PAOF is sponsored by 13 health care organizations interested

in helping rural Alabama communities facilitate excellent health care. Contact Jeff Arrington, by email: [alafamdoc@charter.net](mailto:alafamdoc@charter.net) by phone: 1-877-343-2237; or visit the website: <http://www.paof.info/>.

### **Progress in OB/GYN 2011 for Physicians and Nurses**

The Bruce A. Harris Symposium: Progress in OB/GYN 2011 will be held from February 24-25, 2011 in Birmingham at the Wynfrey Hotel in the Riverchase Galleria, 1000 Riverchase Galleria, Birmingham, AL 35244. This is a professional development opportunity sponsored by the Department of Obstetrics and Gynecology and the Division of Continuing Medical Education at the University of Alabama at Birmingham. This two day conference offers outstanding course faculty presenting sessions on the most recent advances in women's health issues.

All registrations must be completed online or by postal mail to: Kristy Willis UAB Dept. of OB/Gyn, Bldg 176F, 619 19th Street South, Birmingham, AL 35249-7333. If you register by postal mail, payment must accompany the registration form and must be postmarked by February 11, 2011, to

avoid a late fee. Late (beginning at 5:00 PM on February 11, 2011) or on-site registration is an additional \$30.

## **MARCH EVENTS**

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### **National Nutrition Month**

March is National Nutrition Month. The theme for March 2011 is "Eat Right with Color". National Nutrition Month® is a nutrition education and information campaign sponsored annually by the American Dietetic Association. The campaign focuses attention on the importance of making informed food choices and developing sound eating and physical activity habits. National Nutrition Month also promotes the American Dietetic Association and its members to the public and the media as a valuable and credible source of timely, scientifically based food and nutrition information. For more information about National Nutrition Month, visit [www.eatright.org/nnm/](http://www.eatright.org/nnm/).



### **The first quarter meeting of Alabama's Office of Women's Health (OWH) will be held on Friday, March 11, 2011,**

in Montgomery from 9:30 a.m. - 12:00 p.m. in the Alabama Department of Public Health Administrative Board Room on floor 15 of the RSA Tower at 201 Monroe Street. Quarterly meetings are open to the public and held on the second Friday of March, June, September, and December. Come join our efforts to promote the health of Alabama women throughout the state.

For more information, please contact Jessica Hardy or Dechelle Merritt, at 206-5669

### **Diabetes Alert Day**

The 23rd Annual alert day will take place on Tuesday, March, 22, 2011.

The American Diabetes Alert Day is a one-day, "wake up" call to inform the American public about the seriousness of Diabetes. The ADA encourages people to take the Diabetes Risk Test and find out if they are at risk for developing Diabetes. American Diabetes Alert day is observed on the fourth Tuesday of every March.

## **NATIONAL CONFERENCES 2011**

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### **AKA Sorority Inc 79th South Eastern Regional Conference**

AKA Regional Conference will be held at the Sheraton Civic Center, Birmingham, Alabama on March 10-13th, 2010. The conference main theme is Global leadership for timeless service. For additional information please contact Dorothy Wilson at [akadkwilson@mindsprings.com](mailto:akadkwilson@mindsprings.com).

## **FUNDING OPPORTUNITIES**

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### **Gulf Oil Spill Supplemental Federal Funding**

The mission is to invigorate the economies of distressed American regions by promoting innovation, collaboration, and competitiveness, preparing these regions for growth and success in the worldwide economy. EDA is providing a grant opportunity for disaster prevention and relief. The RFP opportunity number is EDAGULFOILSPILL 09232010. Due Date: Applications will be processed on a rolling basis upon receipt. Award ceiling: \$1,500,000. For additional information visit [grants@eda.doc.gov](mailto:grants@eda.doc.gov).



## **THE INFORMATION CORNER**

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### **Create The Good®**

Create The Good® is a volunteer program from AARP about coming together in your community and doing something positive to improve the lives of family, friends and neighbors through a variety of volunteer and charitable giving opportunities. Even if you only have five minutes, making an impact is easier and more rewarding than you think. For additional information email Anna Pritchett at [apritchett@aarp.org](mailto:apritchett@aarp.org) or go online to <http://www.aarpcreatethegood.org>.

## **Protect. Prevent. Prevail this Winter. Get the Flu Vaccination - not the Flu!**

Protect yourself from the flu by getting your flu vaccination early, before flu season ramps up. Medicare covers many preventive services including the flu vaccine.

Medicare clients can:

- Get the flu vaccine at no cost. There is no coinsurance or copayment applied to this Medicare benefit, and people on Medicare will not have to meet their deductible.
- The flu vaccine can prevent the flu; it does not give people the flu. Getting a flu vaccine is the best thing you can do to keep you from getting sick this flu season. This year, one flu vaccine will protect you from three different types of flu virus, including the 2009 H1N1 virus that caused much illness last season. Additionally, by protecting yourself, you are also protecting those you care about from getting the flu from you.
- All adults age 65 years and older, and people who are under 65 who have chronic illness, including heart disease, lung disease, diabetes or end-stage renal disease should get a flu vaccine.

Helpful tips to follow during flu season:

- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you

use it. If you don't have a tissue, cough or sneeze into your upper sleeve or elbow, not your hands.

- Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hand cleaners also work.
- Avoid touching your eyes, nose or mouth. Germs spread this way.
- Try to avoid close contact with sick people.
- Stay home if you are sick until at least 24 hours after you no longer have a fever (100°Fahrenheit or 37.8°Celsius) or signs of a fever without the use of a fever-reducing medicine.

Visit [www.medicare.gov](http://www.medicare.gov) or call 1-800-MEDICARE (1-800-633-4227) to get a free copy of "Staying Healthy: Medicare's Preventive Services." TTY users should call 1-877-486-2048. On the Web, select "Publications" under "Resource Locator." You can also visit [www.flu.gov](http://www.flu.gov) for specific information about influenza. More information is available at [www.healthcare.gov](http://www.healthcare.gov).

*This information prepared by the U.S. Department of Health and Human Services.*

## **Protéjase, Prevenga y Venza la Gripe este Año. Obtenga la vacuna de la gripe ¡no la gripe!**

La mejor protección contra la gripe es la vacuna. Protéjase y obtenga su vacuna temprano antes de que la temporada de la gripe empiece. Medicare cubre muchos servicios preventivos, incluyendo la vacuna de la gripe.

- Las personas inscritas en Medicare pueden obtener la vacuna de la gripe sin costo. No se aplican ningún co-seguro o copago a este beneficio de Medicare y personas en Medicare no necesitan cumplir con su deducible.
- La vacuna de la gripe es preventiva; la vacuna no causa la gripe. Obtener la vacuna contra la gripe es la mejor protección esta temporada de gripe. Este año, la vacuna le protegerá de tres tipos diferentes de virus de la gripe, incluyendo el virus H1N1 del 2009 que causó mucha enfermedad la temporada pasada. Además, mediante la protección propia, usted también protege a aquellos que podrían contraer la gripe de usted.
- Todos los adultos mayores de 65 años o más, y personas que son menores de 65 años que tienen enfermedades crónicas, incluyendo enfermedades cardíacas, enfermedades pulmonares, diabetes o la etapa final de enfermedad renal deben obtener una vacuna contra la gripe.

Consejos para seguir durante la temporada de la gripe:

- Tápese la nariz y la boca con un pañuelo desechable al toser o estornudar. Descarte su pañuelo en un

basurero. Si no tiene un pañuelo desechable a la mano, tosa o estornude en la manga superior de su camisa o blusa, no en sus manos.

- Lávese las manos frecuentemente con agua y jabón, especialmente después de toser o estornudar. Líquidos limpiadores de mano con base de alcohol también son una opción.
- Evite tocarse los ojos, la nariz o la boca. Gérmenes se esparcen de esta manera. Trate de evitar el contacto cercano con personas enfermas.
- Quédese en la casa si está enfermo por lo menos 24 horas después de que ya no tenga fiebre (100 ° F o 37.8 ° C) o signos de una fiebre sin el uso de una medicina para bajar la temperatura.

Visite [www.medicare.gov](http://www.medicare.gov) o llame al 1-800-MEDICARE (1-800-633-4227) para obtener una copia gratuita de "Manteniéndose Saludable: Servicios Preventivos de Medicare". Los usuarios de TTY deben llamar al 1-877-486-2048. En la Web, seleccione "Publicaciones" bajo "Localizador de recursos". También puede visitar [www.flu.gov](http://www.flu.gov) para obtener información específica y actual acerca de la gripe. Más información está disponible en [www.healthcare.gov](http://www.healthcare.gov) o [www.CuidadoDeSalud.gov](http://www.CuidadoDeSalud.gov).

*Esta información fue preparada por el Departamento de Salud y Servicios Humanos de los Estados Unidos.*

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OF PUBLIC HEALTH**

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To have events included in the  
April - June, 2011 calendar,  
email, fax or mail the information  
by February 12, 2011.

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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  
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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

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# 2011 NATIONAL HEALTH OBSERVANCES

## **JANUARY**

- Cervical Health Month
- Healthy Weight Week (18-24)
- National Birth Defects Prevention Month
- National Blood Donor Month
- National Eye Care Month
- National Glaucoma Awareness Month
- National Thyroid Awareness Month
- National Volunteer Blood Donor Month
- Family Fit Lifestyle Month
- Women's Healthy Weight Day (25)

## **FEBRUARY**

- AMD/Low Vision Awareness Month
- American Heart Month
- Cardiac Rehabilitation Week (13-19)
- Congenital Heart Defect Awareness Week (7-14)
- Girls and Women in Sports Day (2)
- National Cancer Prevention Month
- National Children's Dental Health Month
- National Eating Disorders Awareness Week (20-26)
- National Donor Day (14)
- National Wear Red Day (4)
- National Women's Healthy Heart Campaign (6)

- Wise Health Consumer Month
- National Black HIV/AIDS Awareness Day (7)

## **MARCH**

- American Diabetes Alert Day (22)
- Drug and Alcohol Awareness Month
- Hemophilia Awareness Month
- World Tuberculosis Day (24)
- Mental Retardation Awareness Month
- National Brain Injury Awareness Month
- National Colorectal Cancer Awareness Month
- National Chronic Fatigue Syndrome Awareness Month
- National Endometriosis Awareness Week (2-8)
- National Nutrition Month
- National Kidney Month & World Kidney Day (10)
- National Multiple Sclerosis Education and Awareness Month
- National Native HIV/AIDS Awareness Day (20th)
- National Sleep Awareness Week
- National Women and Girls HIV/AIDS Awareness Day (10)
- World Tuberculosis Day (24)