



HEMH
OFFICE OF HEALTH EQUITY
AND MINORITY HEALTH

ALABAMA
PUBLIC
HEALTH

HEALTH EQUITY IN MOTION

*Bridging the gap between Alabama health resources
and underserved communities to achieve health equity*

VOLUME 1, NUMBER 7

Topics of Interest:

AMERICAN DIABETES

LUNG CANCER AWARENESS

NATIVE AMERICAN & ALASKAN
NATIVE HERITAGE MONTH

OHEMH YEAR WRAP-UP

NATIONAL INFLUENZA
VACCINATION WEEK

NATIONAL HANDWASHING
AWARENESS WEEK



**Reversing the
Results: How
to Manage
Your Diabetes**

November

Rural Health Day in Alabama – 11/21

National Family Health History Day – 11/28

National Alzheimer's Disease Awareness Month

National Family Caregivers Month

American Diabetes Month

Health Observances

December

World AIDS Day - December 1

International Day of Persons with Disabilities - December 3

Crohn's and Colitis Awareness Week - December 1-7

National Handwashing Awareness Week - December 1-7

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REVERSING THE RESULTS: HOW TO MANAGE YOUR DIABETES

In Alabama, more than 550,000 people have diabetes. Even more Alabamians have prediabetes, which increases their risk of developing Type 2 diabetes. Ninety percent of all diabetes cases are type 2. People with type 2 diabetes are **usually** over 45 years old, have a family history of type 2 diabetes, high blood pressure, gestational diabetes (for women who had high blood sugar during pregnancy), and are generally overweight. It occurs most often in Native-Americans, Hispanics/ Latinos, and African Americans.

Although there are many factors contributing to prediabetes and, in turn, Type 2 diabetes, **the good news is you can reverse prediabetes to prevent or delay type 2 diabetes with proven, achievable lifestyle changes**—such as losing a small amount of weight, making healthy eating choices, and getting more physically active.

Here are some tips for healthy eating to reverse prediabetes and prevent or delay type 2 diabetes:

- **Track your food**

Everything you eat or drink can affect your blood glucose (sugar), blood pressure, blood lipids (such as cholesterol), and weight.

- **Partner with your healthcare team**

When it comes to healthy eating, no one eating pattern fits everyone. Work with your diabetes care and education specialist and registered dietitian to develop a plan that fits what you like and meets your health needs.

- **Learn to read a nutritional facts label**

The Nutrition Facts label can help you make healthy eating and drinking decisions. Learn to read the food label to guide your choices by comparing similar foods and choices.

| MAKING HEALTHY CHOICES: GETTING STARTED | | | |
|---|--|-----------------------------|--|
| EAT THESE FOODS MORE OFTEN | | LIMIT THESE FOODS | |
| NONSTARCHY VEGETABLES | leafy greens, green beans, cucumbers, carrots, cauliflower, brussel sprouts and more. | ADDED SUGAR | candy, calorie containing drinks, baked goods and desserts. |
| LEAN PROTEIN | fish (salmon, tuna, cod, catfish, sardines, trout and others), chicken, turkey, eggs, nuts and soy foods | HIGH FAT MEATS | beef, skin from poultry, ribs, bacon, sausage, deli and processed meats like salami, bologna and hot dogs. |
| HEALTHY FATS | plant-based oils like vegetable, olive or canola. | FOODS HIGH IN SATURATED FAT | butter, lard, tropical oils (coconut, palm) ice cream and desserts. |
| FRUIT | small piece like apple, orange, peach or pear. small cup of berries. | SALTY SNACKS | potato chips, french fries, pickles, canned soups and table salt. |

CANCEL CIGARETTES! NOVEMBER IS LUNG CANCER AWARENESS MONTH

Quick Facts About Lung Cancer:

- **Lung cancer is the second most common cancer in both men and women (not including skin cancer) and is by far the leading cause of cancer deaths among both men and women.** Each year, more people die of lung cancer than of colon, breast, and prostate cancers combined.
- **Lung cancer mainly occurs in older people over the age of 65.** The average age of diagnosis is about 70.
- **Cigarette smoking is the number one cause of lung cancer.** Lung cancer can also be caused by using other types of tobacco (such as pipes or cigars), breathing secondhand smoke, being exposed to substances such as asbestos and radon at home or work, and having a family history of lung cancer.

Alabama Quitline

Studies show about 70% of all smokers want to quit. In Alabama, tobacco users can get free help by calling 1-800-QUIT-NOW (1-800-784-8669), visiting quitnowalabama.com, or texting "Quit" to 205-900-2550. For more resources on how to quit your tobacco addiction, visit ADPH Tobacco resources [here](#).

LUNG CANCER

is the biggest cancer killer in both men and women.

Every year, about **200,000** people are diagnosed and **150,000** people die.



Cigarette smoking is the **#1 cause of lung cancer.** It is linked to **80% to 90%** of all lung cancers.

Quitting smoking at any age can lower the risk of lung cancer.

NATIVE AMERICAN & ALASKAN NATIVE HERITAGE MONTH

Native American Heritage Month is celebrated each year in November. It is a time to celebrate the traditions, languages, and stories of Native American, Alaskan Native, Native Hawaiian, and affiliated island communities and ensure their rich histories and contributions continue to thrive with each passing generation. This November and every month, we celebrate the culture and heritage of these remarkable Americans who deeply enrich the quality and character of our nation. We celebrate Indian country with its remarkable diversity of American Indian and Alaskan Native cultures and peoples while remembering and honoring our veterans who have sacrificed so much to defend our nation.

This year's theme is Celebrating Tribal Sovereignty and Identity. Tribal sovereignty ensures that decisions about tribes regarding their property and citizens are made with their participation and consent. The federal trust responsibility is a legal obligation under which the United States "has charged itself with moral obligations of the highest responsibility and trust" toward Indian tribes.

Did You Know?

- As of 2020, over 9 million people identified as American Indian and Alaskan Native, making up around 2.9% of the U.S. population. This number nearly doubled from the 2010 Census!
- There are over 574 federally recognized tribes with unique cultures and individuals
- The nine largest Indian tribes are the Navajo, Cherokee, Choctaw, Chippewa, Sioux, Blackfeet, White Mountain Apache, Muscogee Nation, and Haudenosaunee.
- As of 2021, the largest Alaskan Native communities were the Yup'ik and Inupiat. Other significant groups included the Tlingit-Haida, Alaska Athabaskan, Aleut, and Tsimshian.
- The Haudenosaunee Confederacy, also known by the French as the Iroquois Confederacy, is one of the oldest living democracies in the world. Formed by five tribal nations: Mohawk, Oneida, Onondaga, Cayuga, and Seneca, some researchers date its founding to 1142. It is also one of the oldest participatory democracies on Earth.
- Native American tribes have varied diets mirrored by their local food systems. Many tribes practiced agriculture and domesticated the crops we consume today. By 2016, it was estimated that up to 60 percent of the global food supply was based on crops originating in North America.



DON'T 'ACHOO!' AVOID THE FLU AND GET VACCINATED!

Just like the change of seasons can be expected, so can the seasons of sickness. With spring comes allergies and asthma triggers; with summer comes heat stroke and heat-related illnesses; with autumn comes respiratory triggers; and with winter comes colds and the flu. Just as we prepare our wardrobes and homes for the seasons, we must also prepare our bodies to avoid sickness in the best way possible. Getting the flu vaccine is one of the easiest ways to lower your, and your family's, chance of getting sick during flu season. Most local pharmacies offer flu shots for free, but in addition to the vaccine, there are more proactive ways to avoid the flu.

Staying away from people and children who are sick, washing your hands frequently with soap and water, wiping and disinfecting surfaces and toys, and always covering your nose or mouth when sneezing or coughing are more ways to fight off viruses.

Another way to be proactive is to take cold or flu medicine when you start to experience cold or flu symptoms before they worsen. However, if your symptoms become severe, you may need to visit an emergency room or urgent care center for immediate medical attention.



IS IT A COLD OR FLU?

| SIGNS AND SYMPTOMS | COLD | FLU |
|-------------------------|------------------|---------------|
| Symptom onset | Gradual | Abrupt |
| Fever | Rare | Usual |
| Aches | Slight | Usual |
| Chills | Uncommon | Fairly common |
| Fatigue, weakness | Sometimes | Usual |
| Sneezing | Common | Sometimes |
| Chest discomfort, cough | Mild to moderate | Common |
| Stuffy nose | Common | Sometimes |
| Sore throat | Common | Sometimes |
| Headache | Rare | Common |

#FIGHT FLU



WASH AWAY GERMS!

December 1-7 is National Handwashing Awareness Week!

Imagine if no one ever washed their hands, ever. Scary, right? Such a small and easy task can have the biggest impact when done often and correctly. RSV, hepatitis A, strep throat, hand-foot-and-mouth disease, pink eye, and the flu can all be prevented with proper handwashing.

When should you wash your hands?

- ✓ Before eating or while preparing food.
- ✓ After going to the restroom.
- ✓ After interacting with animals.
- ✓ After blowing your nose, sneezing, or coughing.
- ✓ After visiting with a sick friend or family member.
- ✓ When there is visible dirt on your hands or under your nails



#KeepHandsClean

**by scrubbing your
hands for 20 seconds
with soap and water.**

www.cdc.gov/clean-hands

OHEMH YEAR WRAP UP

The Office of Health Equity and Minority Health had a busy year!

This year we attended:

213

meetings addressing poor Social Determinants of Health (SDOH) public health topics and community/partner education and collaboration.

17

Trainings, including a CPR Certification Course, Mental Health and Resilience, Suicide Prevention Awareness, and National Incident Management Systems.

7

Conferences highlighting health equity, such as the SDOH and Health Equity Summit in Nashville, TN, the Feeding Change Conference in Mobile, AL, and the Mental Health and Substance Abuse Conference in Orlando, FL.

28

Community events highlighting unincorporated community emergency preparedness, health fairs targeting culturally diverse populations, and community health worker outreach events.

19

Webinars educating on health equity and community and state public health concerns.

175+

health-related vendors participated in the 2024 OHEMH community events.

OHEMH is growing!

5 NEW EMPLOYEES

were added in 2024.

- **Zabbie Mikasobe**, Spanish Language Interpreter
- **Alena Simmons**, Communications & PR Specialist
- **Matthew Clarke**, Outreach Coordinator
- **Desiree Bentford**, Administrative Support Assistant III
- **Ashley Patterson**, Project Coordinator

CONTACT THE TEAM!

We all know it is impossible to be everywhere at once, which is why we want to hear from you!

Use the contact methods below to inform us about the health equity issues being faced in your very own communities and any information or resources needed to combat them.

Website: alabamapublichealth.gov/healthequity

Email: healthequity@adph.state.al.us

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