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# Central Area of The Links, Incorporated

Link Glenda Masingale Manson

19<sup>th</sup> Central Area Director



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# Health and Human Services Pearl Call

Lauren Hicks Barton, MD, MPH, **FACOEM**

Central Area

HHS Facet Chair

3/14/2016

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# Outline

- HHS: rationale and mission
- Methods developed to address health issues
- Health Passport
- Health Calendar
- How HHS relates to other Facets

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# Health and Human Services

- Newest facet developed in response to chronic health disparities that persist in our community and that decrease life expectancy and the quality of life for our people.

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# Disparity:

- “An important difference, an inequality, something incongruous, markedly distinct or fundamentally different”

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# Health Disparities

- Diabetes
- Cardiovascular Disease (heart attacks and strokes)
- Obesity
- HIV/AIDS
- Sedentary lifestyle (physical inactivity)
- Breast cancer (African American women are more likely to die of this disease)

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# Mission

- “To promote and facilitate programs that support the maintenance of good health and the elimination of chronic disparities in communities of color through education, health advocacy, and optimal utilization of health resources.”

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# WHO Definition of Health

- “Health is a state of physical, mental and social well-being and not merely the absence of disease or infirmity.”

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# Tall Order?

- Multiple health issues requiring our attention
- Health passport in development
- Calendar developed to address health issues monthly



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# Health Passport



- Addresses health goals, tests and ongoing measures that every Link should consider for herself and family.
- 17 items on the Passport
- Goal was to have chapter commitment to complete most items.
- Roll out now planned for National Assembly

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# Heartlinks/Childhood Obesity/ Linkages to Life:

- Walk 10,000 steps daily
- Know how to calculate BMI
- Know portion sizes and food plate ([choosemyplate.org](http://choosemyplate.org))
- Review toolkits on the website (Obesity, Heartlinks and Linkages)
- Know family medical history

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# Passport

- Sign up to be an organ donor
- Watch and practice hands only CPR training



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# Passport

## Mental Health

- 10 minutes of wellness daily (meditation, yoga, laughter, quiet time)
- Practice 5 minutes of gratitude daily
- Review mental health toolkit

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# Passport

## Breast Health

- Monthly breast self exams
- Annual mammograms
- Know family history
- Chapter meeting discussion using script provided.
- Know updated guidelines for breast cancer (available on the website)

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# HIV/AIDS and Hepatitis C

- Complete Webinar
- Review toolkits
- Take pre and post test
- Chapter meeting discussion

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# Oral Health

- Brush, floss and rinse twice daily
- Dental exams twice a year
- Remind a child to do the same
- Oral health quiz completion

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# Change is a good thing....

- “If you always do what you always did, you will always get what you always got.”  
-Jackie “Moms” Mabley

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# 2015-16 Calendar

Health Issue	Month
Breast Health	October
Linkages to Life/ Childhood obesity	November
HIV/AIDS	December
Mental Health	January
Heartlinks	February
Oral Health	March
Hepatitis C	April

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I'm not on the Health and Human  
Services Facet....

...how does this relate to me?

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# HEALTH

- “Health is a state of physical, mental and social well-being”
- An integral part of every trend

"The greatest  
wealth is  
health."

~ Virgil

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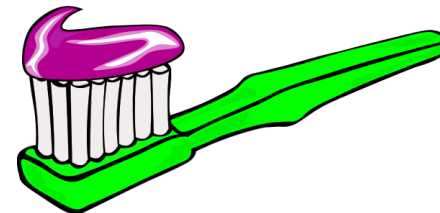
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# Services to Youth

- Childhood Obesity Initiative
- Heartlinks
- Oral Health Initiative
- Walking initiative



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# National Trends

- Voting : Affordable Health Care Act
- Surgeon General's recommendation: walking initiative
- National health issues: sodium reduction initiative; healthy school lunch programs; initiative to reduce consumption of sugary soft drinks; minority health initiatives: HIV/AIDS awareness; Environmental issues: Flint lead crisis; Black lives matter; organ donors.
- Urban farming: school gardens

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# International Trends

- Health missions to countries like Haiti, Jamaica, and certain countries in Africa.
- Garden support, school lunch and clean water supports for our projects in other countries.
- Climate change issues

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# The Arts

- Support for Mental Health Initiative:
- Art as a means of self-expression
- Gardening as a creative endeavor; to teach nutrition, self sufficiency, environmental safety
- Photography: “My Community in the Eyes of a 21<sup>st</sup> Century African American child” (a means of self expression)

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# The Arts

- Adult coloring books for stress-relief
- Visual arts: for self expression
- Music as self expression and for stress-relief
- Movement art (dance, performing arts) and its relationship to physical activity.

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# Programming

- Think creatively to visualize how Health can be a part of any Facet's programming.
- Make use of the toolkits to aid in developing your programs.
- Recognize that without Health, nothing else is important.

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# What We Discussed

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# Thank You!

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