



February

MINORITY
HEALTH
NEWSLETTER

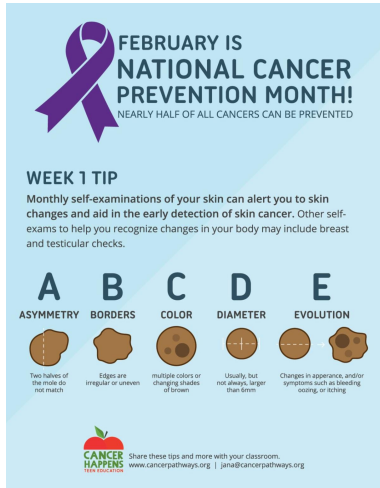


Office of Minority Health

National Cancer Prevention Month

National Cancer Prevention Month serves to increase awareness, empower, and educate individuals to live healthier lives. Cancer can affect anyone regardless of age, gender identity, race, and ethnicity. However, some communities have increased risk

of developing certain cancers and dying from them compared to others. Black communities experience higher death rates than all other racial/ethnic groups for many cancer types. Hispanic, Latino, and Black women have higher rates of cervical cancer than women of other racial and ethnic groups. American Indians and Alaska Natives have higher death rates from kidney cancer than any other racial/ethnic group. While there's not sure way to prevent cancer, you can help to reduce your risk by making healthy choices like eating a balanced diet, staying active, and not smoking. Getting screened is also recommended to do and continuing to receive regular medical care.



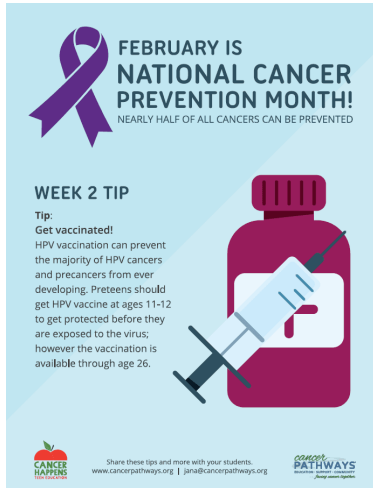
FEBRUARY IS NATIONAL CANCER PREVENTION MONTH!
NEARLY HALF OF ALL CANCERS CAN BE PREVENTED

WEEK 1 TIP
Monthly self-examinations of your skin can alert you to skin changes and aid in the early detection of skin cancer. Other self-exams to help you recognize changes in your body may include breast and testicular checks.

A B C D E
ASYMMETRY BORDERS COLOR DIAMETER EVOLUTION

Two halves of the mole do not match. Edges are irregular or uneven. Multiple colors or changing shades of brown. Usually, but not always, larger than a pencil eraser. Changes in appearance, and/or symptoms such as bleeding, itching, or scaling.

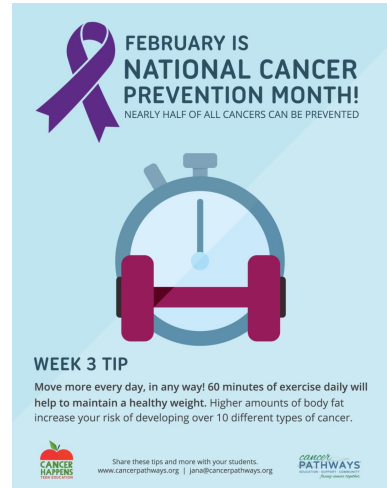
Share these tips and more with your classroom.
www.cancerpathways.org | jan@cancerpathways.org



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WEEK 2 TIP
Tip: Get vaccinated!
HPV vaccination can prevent the majority of HPV cancers and precancers from ever developing. Preteens should get HPV vaccine at ages 11-12 to get protected before they are exposed to the virus; however the vaccination is available through age 26.

Share these tips and more with your students.
www.cancerpathways.org | jan@cancerpathways.org



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WEEK 3 TIP
Move more every day, in any way! 60 minutes of exercise daily will help to maintain a healthy weight. Higher amounts of body fat increase your risk of developing over 10 different types of cancer.

Share these tips and more with your students.
www.cancerpathways.org | jan@cancerpathways.org

American Heart Month

Each year, American Heart Month is observed in February. The goal is to increase education and awareness on what heart disease is, the risks of developing it, steps individuals can take to be heart healthy, and to address the unequal burden of heart disease in high-risk communities and communities of color. The term heart disease refers to several heart conditions including coronary artery disease, stroke, peripheral arterial disease, and aortic disease. High blood pressure, smoking, and poor lifestyle choices increase people's risk for developing heart disease. Racial disparities also put certain communities at an increased risk for developing heart disease. In Hispanic, Asian, and Black communities, heart disease is more commonly seen than in White communities. Women also have an increased risk of developing heart disease compared to men. By living a healthy lifestyle, you can help keep your blood pressure, cholesterol, and

7 AMAZING FACTS ABOUT YOUR HEART

From Dr. Dave Pandyo, a cardiologist at Advocate Christ Medical Center in Oak Lawn, Ill.

-  It beats 100,000 times a day
-  Most heart attacks happen on a Monday
-  Women's hearts beat slightly faster than men's
-  It pumps about 1.5 gallons of blood every minute
-  Your blood vessel system is over 60,000 miles long
-  Give a tennis ball a good, hard squeeze. You're using about the same amount of force your heart uses to pump blood out to the body. Even at rest, the muscles of the heart work hard - twice as hard as the leg muscles of a person sprinting.
-  Hold out your hand and make a fist. If you're a kid, your heart is about the same size as your fist, and if you're an adult, it's about the same size as two fists.

Some heart healthy living tips include:

1. Choosing healthy food options and maintaining a healthy weight
2. Checking your cholesterol and blood pressure regularly
3. Getting regular physical activity
4. Not smoking

blood sugar levels normal and lower your risk for heart disease and heart attack.

Low Vision Awareness Month

February is Low Vision Awareness Month. Millions of people are living with a visual impairment. Vision impairments simply mean that a person's eyesight cannot be correct to a "normal" level. This condition often can't be improved with glasses, contacts, medicine, or surgery. Unfortunately, visual impairments are more prevalent in minority ethnic groups. This is due to the fact that some eye diseases like cataracts, glaucoma, and diabetic retinopathy, which can cause vision loss or blindness, are more common among certain minority and ethnic groups. This is why it's important to receive comprehensive dilated eye exams which detect many of these eye diseases early and when they're often easier to treat. Maintaining healthy blood sugar levels and a healthy weight are also preventative measures that can help reduce chances of experiencing vision loss.

What is low vision?

It is when—even with regular glasses, contact lenses, medicine, or surgery—people find everyday tasks difficult to do.

What causes low vision?
Low vision is usually caused by—

- Eye diseases or health disorders
- Eye injuries
- Birth defects

What are the numbers?

- 2.9 million Americans have low vision.
- Expected to increase 72 percent by 2030.
- Most people with low vision are 65 or older.

What can I do?

- See an eye care professional.
- Get a good support team—You, your primary eye care professional, a specialist in low vision, and your rehabilitation specialists.

Where can I learn more?
Visit: www.nei.nih.gov/lowvision

Source: National Eye Institute, 2013

Upcoming Local Events

REST. RECOVER. REBUILD.



Join us for a yoga session and group discussion on a short film, "Toxic: A Black Woman's Story".

Tuesday, February 21, 2023
11am to 2pm

Goodyear Heights Lodge
2077 Newton St, Akron OH 44305

Register for the event:
tinyurl.com/MCHealth2023



LATE? DON'T WAIT.

PREGNANT? THINK YOU MAY BE PREGNANT?
A COMMUNITY NAVIGATOR IS READY
TO SUPPORT YOU THROUGH YOUR JOURNEY AND
LINK YOU TO RESOURCES LIKE:

- FREE CRIB AND BABY ITEMS
- SMOKING CESSATION
- PRENATAL CARE
- HOME VISITING PROGRAMS
- NUTRITION AND FOOD ASSISTANCE
- HOUSING AND UTILITY SUPPORT

CONTACT US TODAY

330-926-5700

NAVIGATORS@SCPH.ORG





**COMMUNITY
GIVEAWAY-DAY**
**COATS, BLANKETS,
BOOKS & MORE**
WHILE SUPPLIES LAST
COAT SIZES INFANT TO 5T

**WEDNESDAY
FEBRUARY
8TH**



**FROM 1-3 AT AKRON PREGNANCY SERVICES
715 E. BUTCHEL AVE AKRON
330-434-2221**

ARE YOU A PARENT LOOKING FOR A JOB OR INTERESTED IN GROWING YOUR CAREER?

Join one of The Well CDC's
upcoming Career Training
Programs.

New classes start every 7 weeks!

**Free childcare,
transportation, and meals
are provided.**



For more information contact:
Marta@thewellakron.com



Join Akron Children's Army of Moms

Akron Children's Hospital is recruiting Black mothers, aunts, grandmothers, sisters, cousins, and friends to create an Army of Moms. We want to join forces to address the unsafe sleep deaths of babies in the Black community and save lives by teaching and practicing safe sleep.

Who can join our Army of Moms?

- Black mothers, aunts, grandmothers, godmothers, sisters, cousins, and friends
- Must be 18 years old or older
- Passionate about community and keeping babies safe
- Able to participate in all three interactive virtual sessions
- Able to train two people per month in safe sleep including the completion of the safe sleep academy (1/2 hour time commitment)
- Able to attend monthly safe sleep skills check-in

Contact Aries Brown at 330-543-6322 or abrown6@akronchildrens.org to join the Army of Moms.

Incentives

Connection

Activities



Scan this QR
code to sign up



The Opiate Abatement Advisory Council

Wants to hear from you!

Virtual Meeting

FEB 8th | MAY 10th | AUG 9th
@ 10:00am



Register at:

<https://forms.gle/RGfCJBs1PoQBseP5A>

Food Distribution



The Akron-Canton Regional Foodbank Pop up Pantry distributions at the following locations and times:

February 8, 2023, 12pm-2pm

Stark Metropolitan Housing Authority
1315 Gonder Ave. SE, Canton OH

February 9, 2023, 11am-1pm

University of Akron
301 E Buchtel Ave. Lot 24, Akron, OH

February 10, 2023, 11am-1pm

Wadsworth Salvation Army
1825 Reimer Rd., Wadsworth, OH

February 14, 2023, 11am-1pm

McKinley Eagles
5024 Monticello Ave. NW, Canton, OH

February 15, 2023, 1pm-3pm

Kent State University DIX Stadium
DIX Stadium 2213 Summit St., Kent, OH

February 16, 2023, 7:45am-9:45am

Mason CLC
700 E Exchange St., Akron, OH

February 25, 2023, 10am-12pm

ASW Global
3375 Gilchrist Rd., Mogadore, OH

February 27, 2023, 12pm-2pm

NEOMED
4209 St. Rt 44, Rootstown, OH

Events in Akron

Akron Canton Regional Food Bank
Held on the 1st Thursday of the month. This food bank is by drive-thru only. Groceries will only be placed in the trunk of your vehicle. Serves households at or below 200% of the FPL. A photo ID is required.
350 Opportunity Pkwy, Akron, 44307

Medical Board: Blood Pressure Screening
Every 3rd Sunday of the month, have a licensed medical professional check your blood pressure free of charge after service.
Arlington Church of God
539 S. Arlington St, Akron, 44306

Yoga Series: Mindful Art
Each month, enhance your health and experience in the Museum's current exhibitions. **Registration is required.** Free for members/\$15 for non-members, includes admission.
Register at the link below:
<https://akronartmuseum.org/media/events/yoga-series-mindful-art-5/>
Akron Art Museum
1 S High St, Akron, 44308

Greek Orthodox Church of Annunciation Food Pantry
2nd Wednesday of the month. Both drive-thru and walk up service available. Serves residents of Summit County with household income at or below 200% of the FPL.
129 S. Union St, Akron 44304

Soul Care Reset for Moms Raising Kids with Mental Health Challenges:
A free 1 hour virtual workshop for moms raising children with mental health challenges. Learn how to establish, and maintain SOUL care practices for yourself.
Reserve a Spot at the link below:
<https://www.eventbrite.com/e/soul-care-reset-for-moms-raising-kids-with-mental-health-challenges-akron-tickets-405947699497?aff=ALLEVENTS>

Understanding N.E.A.R.: Building Self-Healing Communities
This is a free 3 hour interactive training on adverse childhood experiences and their impact across your life. This training will assist you in understanding how your own experiences impact your interaction with others in the work environment.
Register at the link below:
<https://events.r20.constantcontact.com/register/eventReg?oeidk=ae7ejak3wnofbg211fc&oseq=&c=&ch=>

Asian Services In Action Food Pantry
In partnership with Akron-Canton Regional Food Bank, serves those in need on a low income with traditional-culture food items, including fresh produce as well as non-food personal care items. Serves those at 200% of the federal poverty level in Akron. Bilingual staff available in Nepali, Hindi, Pashto, Burmese, Karen, Mon and Mandarin; other languages as needed via interpretation services.
370 E. Market St, Akron, 44304

Akron Say No to Dope Food Pantry
New Beginnings Food Pantry every 3rd Saturday of the Month. Serves residents of Summit County. Driver's license is required.
932 Kenmore Blvd, Akron, 44314

FEBRUARY 2023						
SUN	MON	TUE	WED	THU	FRI	SAT
			1	2 Akron Canton Foodbank 1:00pm-3:00pm	3 Soul Care Reset 2:00pm-3:00pm	4
5	6	7	8 Greek Orthodox Church of Annunciation Food Pantry 5:00pm-6:30pm	9	10	11 
12	13	14 Asian Services In Action Food Pantry 2:00pm-4:00pm Understanding N.E.A.R. 1:30pm-4:30pm	15 	16	17	18 Akron Say No to Dope Food Pantry 9:00am-11:00am
19 Yoga Series: Mindful Art 10:00am-11:00am Medical Board: Blood Pressure Screening 11:45am-12:45pm	20 	21	22	23	24	25
26	27	28 Asian Services In Action Food Pantry 2:00pm-4:00pm				



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