



# November

## MINORITY HEALTH NEWSLETTER



Office of Minority Health

Prematurity Awareness Month



## PREMATURITY AWARENESS MONTH

In November, National Prematurity Awareness Month and World Prematurity Day are honored each year to increase awareness about preterm birth. Preterm birth is a leading cause of infant mortality. An estimated 1 in 10 babies are born preterm, or born before completing the normal 37 to 40 weeks of pregnancy. Babies born early may miss out on important developments in the womb and the earlier a baby is born, the higher the risk is of developing many serious complications like cerebral palsy, delays in development, hearing problems, and sight problems. In Summit County, prematurity is a leading cause of infant mortality, especially among black infants. Black infants experience premature births at a rate anywhere from 13%-17% compared to 8%-11% of white infants. Preterm

birth can't always be prevented. But you can help lower your chances of going into labor too soon. Things such as avoiding heavy alcohol use and avoiding drug use, eating a healthy diet, getting plenty of physical activity, reducing stress, and seeking prenatal care all help to reduce your chances of going into preterm labor.

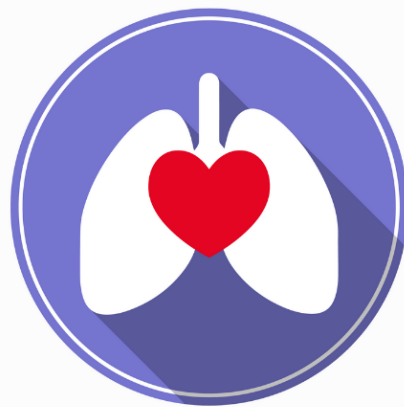
## American Diabetes Month



National Diabetes Month is held each November to boost awareness about the risk factors, symptoms, and educate on the types of diabetes. Diabetes is a chronic (long-lasting) health condition that affects how your body turns food into usable energy. Your body breaks down most of the food you eat into sugar (glucose) and releases it into your bloodstream. When your blood sugar goes up, it signals your pancreas to release insulin. Insulin acts like a key to let the blood sugar into your body's cells for use as energy. With diabetes, your body doesn't make enough insulin or can't use it as well as it should. Racial and ethnic minorities like American Indians and Alaska Natives, African Americans, Hispanics or Latinos, and Asian Americans, and other Pacific Islanders, have a higher frequency of developing diabetes and a developing complications from it compared to

whites. Lack of access to health care, socioeconomic status, cultural attitudes and behaviors can be barriers to preventing diabetes and having effective diabetes management once diagnosed. Changing your lifestyle could be a big step toward diabetes prevention. Eating healthy foods and regularly exercising all may help you avoid the serious health complications of diabetes in the future, such as nerve, kidney and heart damage.

## Pulmonary Hypertension Awareness Month



NOVEMBER IS  
**PULMONARY  
HYPERTENSION**  
AWARENESS MONTH

Celebrated annually throughout the month of November, PH Awareness Month is an international event that raises awareness of pulmonary hypertension (PH). PH is a progressive lung disease in which patients experience high blood pressure in the lungs. Arteries in the lungs of people with PH can become damaged, narrowed or stiff, putting pressure on the right side of the heart and causing it to work extra hard to push blood through those arteries. This in turn can cause heart failure and death. PH affects people of all ages, races and ethnic backgrounds. Pulmonary hypertension is more common among women, non-Hispanic black people, and people age 75 or older. Pulmonary hypertension cannot be cured, but treatments can reduce your symptoms and help you manage your condition. If the cause is identified and treated early, it may be possible to prevent permanent damage to your pulmonary arteries, which are the blood vessels that



## Local Events

# Did you know that labor support can improve health outcomes for birthing individuals and infants?



Office of Minority Health



**Join the Local Office of Minority Health for lunch, interactive games, and group discussion!**

Learn more about infant and maternal health from local doulas, community health workers, and OBs within Summit County.



Located at Summit County Public Health  
1867 W Market St,  
Akron, OH, 44313

November 16, 2022  
11AM to 1PM

**Register at**  
<https://tinyurl.com/LocalConversations>

## Had a baby in 2020 or 2021?

You could get up to \$5,000 in federal money for your baby. **(\$3600 with the Child Tax Credit plus a \$1400 stimulus payment)**



*Getting this money does not impact your immigration status or the status of people you live with.*

- ✓ You could also get other payments for yourself and any other children you have.
- ✓ You can get this money even if you have never done taxes before or if you have not in the last few years.
- ✓ This money does not count for most benefits, like SNAP, WIC, TANF, MEDICAID, CHIP, SSI, Emergency Assistance shelter, and most types of public and subsidized housing.
- ✓ If you didn't get the 2020 stimulus payments for a baby born in 2020 (\$500 for the first payment and \$600 for the second), you can get these by filing a late or amended 2020 tax return.

**Get your money now!**  
**Scan the QR Code or go to**  
**[www.getCTC.org/NEOH](http://www.getCTC.org/NEOH)**



# WAVES

## Support Group for Parents

Learn healthy coping skills and how to  
manage stress

Meet and build friendships with other  
parents

Every Tuesday 12pm-1pm via Zoom

Meeting ID: 8630355365

<https://tinyurl.com/WavesSupport>



JOIN FOR A CHANCE TO WIN  
A SPECIAL GIFT!



# WAVES

PRENATAL & POSTPARTUM SPACE FOR PARENTS

## COFFEE AND CONVO

**TUESDAYS 11A-12P**

### IN PERSON SESSIONS

Nov 15th  
Dec 6th  
Mount Calvary  
442 Bell St.  
Akron, Oh 44307

### VIRTUAL SESSIONS

Nov 22nd  
Dec 13th  
Zoom Meeting  
Id:8630355365

PLEASE JOIN US FOR  
COFFEE AND  
CONVERSATIONS.  
WE WILL TALK ABOUT  
HOW TO KEEP  
OUR PEACE WHILE  
PARENTING  
DURING THE  
HOLIDAY  
SEASONS AND  
CREATING  
RITUALS THAT WE  
WANT FOR OUR  
FAMILIES.

REGISTRATION: 330.374.1199/INFO@MBHG.ORG










# COVID-19 Vaccines @ SCPH

**FREE! No Appointment Needed FREE!**

OCTOBER				
17 MON 8am-3pm Walk-in Clinic 1867 W. Market St, Akron 44313 Door 10	18 TUE NO COVID Vaccination Clinic Hours	19 WED NO COVID Vaccination Clinic Hours	20 THU 8am-3pm Walk-in Clinic 1867 W. Market St, Akron 44313 Door 10	21 FRI 9am-3pm @ Metro RTA Transit Center 631 S Broadway St, Akron 44311
24 MON 8am-3pm Walk-in Clinic 1867 W. Market St, Akron 44313 Door 10	25 TUE 8am-3pm Walk-in Clinic 1867 W. Market St, Akron 44313 Door 10	26 WED NO COVID Vaccination Clinic Hours	27 THU 8am-3pm Walk-in Clinic 1867 W. Market St, Akron 44313 Door 10	28 FRI 8am-3pm Walk-in Clinic 1867 W. Market St, Akron 44313 Door 10
NOVEMBER				
	01 TUE 8am-5pm Walk-in Clinic 1867 W. Market St, Akron 44313 Door 10	02 WED 8am-3pm Walk-in Clinic 1867 W. Market St, Akron 44313 Door 10	03 THU Drive-Thru Clinic Bivalent Boosters 9m-3pm 867 W. Market St, Akron 44313 <b>12 &amp; older only</b>	04 FRI 8am-3pm Walk-in Clinic 1867 W. Market St, Akron 44313 Door 10
07 MON 8am-3pm Walk-in Clinic 1867 W. Market St, Akron 44313 Door 10	08 TUE 8am-5pm Walk-in Clinic 1867 W. Market St, Akron 44313 Door 10	09 WED 8am-3pm Walk-in Clinic 1867 W. Market St, Akron 44313 Door 10	10 THU 8am-3pm Walk-in Clinic 1867 W. Market St, Akron 44313 Door 10	11 FRI CLOSED
14 MON 8am-3pm Walk-in Clinic 1867 W. Market St, Akron 44313 Door 10	15 TUE 8am-5pm Walk-in Clinic 1867 W. Market St, Akron 44313 Door 10	16 WED 8am-3pm Walk-in Clinic 1867 W. Market St, Akron 44313 Door 10	17 THU Drive-Thru Clinic Bivalent Boosters 9m-3pm 867 W. Market St, Akron 44313 <b>12 &amp; older only</b>	18 FRI 9am-3pm @ Metro RTA Transit Center 631 S Broadway St, Akron 44311
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**Moderna** (including bivalent booster), **Pfizer** (including bivalent booster) & **Novavax Vaccines Available.**

Serving ages 6 months and older in accordance with current CDC guidelines.  
Bring ID & Previous COVID Vaccination Record.

\*\*Supplies of all vaccines are available in limited supply.  
Brands are available on a 1st come, 1st served basis.\*\*

Vaccines available by age: Novavax 18+, Moderna adult 12+, Moderna Bivalent booster 6+,  
Pfizer Adult 12+/Pediatric 5-11/Infant 6m-4y, Pfizer Bivalent Booster 5+

Free Food Distribution in Akron and Summit



The Akron-Canton Regional Foodbank at 350 Opportunity Parkway in Akron has a monthly drive-thru food distribution. The grocery giveaway takes place on the first Thursday of every month from 1pm-2pm. Listed below are the dates of the drive-thru food distribution.

December 1, 2022

### Events In Akron

## November

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3 GED-Project Learn	4	5 Coats and Cans for Kids Turkey Giveaway
6	Preschool in a Bag	7	8 The Well Support Group-Hope United	9	10	11
12	13	14	15 Community Grocery Distribution	16	17 Coats and Cans for Kids Turkey Giveaway	18
19	20 Akron Art Museum Yoga Series: Mindful Art	21 Salvation Army (Barberlon) Thanksgiving Community Meal	22 Open M Drive-Thru Thanksgiving Food Distribution	23 Community Grocery Distribution	24 Thanksgiving Day	25
26	27	28	29	30	<p>"Autumn carries more gold in its pocket than all other seasons" -Jim Bishop</p>	

# WHERE TO FIND THESE NOVEMBER EVENTS

- ▶ GED-Project Learn  
3 p.m.-5 p.m.  
Cuyahoga Falls  
Library
- ▶ NIH Pathways to Prevention  
Workshop (virtual event)  
11:00 a.m.-5:30 p.m.  
[https://prevention.nih.gov/  
P2P](https://prevention.nih.gov/P2P)  
-PostpartumHealth.
- ▶ Open M Drive-Thru  
Thanksgiving Food Distribution  
2:00 p.m.-4:00 p.m.  
941 Princeton Street, Akron, OH  
44311
- ▶ Soul care reset for moms  
raising kids with mental health  
challenges  
2:00 p.m.-3:00 p.m.  
775 N Main St., Akron, OH 44310
- ▶ Community Grocery  
Distribution  
5:00 p.m.-7:00 p.m.  
1878 Killian Road, Akron, OH  
44312
- ▶ Coats and Cans for Kids  
Turkey Giveaway  
11 a.m.-4 p.m.  
3412 W. Market Street,  
Fairlawn, OH 44333
- ▶ Coats and Cans for Kids  
Turkey Giveaway  
11 a.m.-4 p.m.  
3412 W. Market Street,  
Fairlawn, OH 44333
- ▶ Preschool in a Bag  
7 a.m.-10 a.m.  
Cuyahoga Falls  
Library
- ▶ Salvation Army  
(Barberton)  
Thanksgiving Community  
Meal  
4:30 p.m.-6:30p.m.  
550 Wooster Road West,  
Barberton, OH 44203
- ▶ The Well Support Group-Hope  
United  
6:30 p.m.-8:00 p.m.  
737 George Washington Blvd.  
Akron, OH 44312
- ▶ Akron Art Museum  
Yoga Series: Mindful Art  
10:00 a.m.-11:00 a.m.  
1 S High St., Akron, OH  
44308

## Who's Serving Free Meals on Thanksgiving day?

- ▶ Akron Bible Church from 11:00am-3:00pm  
490 East South Street, Akron, OH 44311
- ▶ Saint Matthew Parish Catholic Church from  
11:00 am-3:00pm 2580 Berne Street, Akron,  
OH 44312
- ▶ Haven of Rest Ministries 12:00 (lunch) and  
6:30 (dinner) 175 E Market Street, Akron,  
Oh 44308--Call to register!

For more information follow our social media:



Summit County Public Health | 1867 W. Market St., Akron, OH 44313

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