



APRIL IS MINORITY HEALTH MONTH

Minority Health month was created in 1989 as a month long, high visibility, health promotion campaign. The campaign is conducted primarily by community based organizations which seek to reach all entities of the state with educational health messages and disease prevention strategies.

Minority Health Month seeks to:

- promote healthy lifestyles;
- provide educational information on morbidity and mortality prevention;
- showcase community based organization resources;
- highlight the reduction in racial and ethnic disparities across the state; and
- gain support for on-going efforts to improve minority health year round.

Below is a list of this month's activities going on throughout the state.

On Going- April

Title: Eight Steps to Better Health

Agency: The Health Ministers of Lansing

For More Info: www.hacres.com

The "Eight Steps to Better Health" sessions are based on the Hallelujah Acres (HA) Biblical based, lifestyle program, by Rev. George Malkmus. The program has helped over a million people worldwide to bring balance to their life. The program covers the following—getting started, living foods, cleansing, pure air and exercise, water and sunshine, stress and rest, emotions, biblical foundation.

Title: Diabetes Prevention, Breast Health Education, and Healthy Thinking Skills

Agency: Genesee County Free Medical Clinic-2437 Welch, Blvd. Flint, MI 48504

This on-going program consists of three components 1) Diabetes Prevention: Blood sugar check-up, health education medication, physician consultation. 2) Breast Health Education: BSE training breast models and themselves. 3) Healthy thinking skills with persons with depression and anxiety attacks. These are four-week sessions.

Should be an uninsured adult between 18-65 years of age, 200% below the federal poverty line and a Genesee County resident.

Title: Michigan Personal CHOICES

Agency: Fetal Alcohol Syndrome Prevention Project, Detroit Department of Health and Wellness Promotion

Contact: Sandra L. King, MSA 313.876.4733

The overall goal of the Fetal Alcohol Syndrome Prevention Project (FASPP) is to reduce the incidence of Fetal Alcohol Spectrum Disorders in Detroit and Wayne County via brief motivational interviews and community outreach activities. The FASPP targets preconceptual women who are between the ages of 18-44 years old, are sexually active, drink alcoholic beverages, and who do not use an effective contraceptive consistently.

Women who are screened as eligible and who agree to participate are required to complete two motivational interviews, and will receive two follow up phone calls. The intervention time frame is 6 to 9 months, and participants will receive incentives for each segment of the intervention that they complete. This program is **free** to participants.

Title: Take Care, Get Care (Minority Health Campaign)

Agency: Kent County Health Department

Contact: Teresa L. Branson 616.632.7241

Take Care, Get Care is a collaborative communication initiative to resolve health access issues facing minority populations in Kent County. Campaign deliverables include: a member network website; poster; video presentations for African Americans, Hispanics, and Native Americans; bus advertisements; radio and TV public service announcements.

Title: Minority Achievers

Agency: YMCA of Greater Grand Rapids

Contact: Mike Remo 616.855.9522

The YMCA Minority Achievers program is a National YMCA program developed as a way to link successful professionals with minority and at-risk youth in Grand Rapids.

The program professionals meet with students several times a month, with group events being planned on a quarterly basis. This is a **free** program run out of the **David D.**

Hunting YMCA.



A Color Me Healthy Initiative