



insights

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About The Coalition

Since 1986, the Minority Health Coalition of Marion County, Inc (MHCMC) comprised of concerned citizens, health professionals, and advocates have come together to impact and improve the health status of all minorities in Marion County through education, community outreach, and advocacy.

The mission of the MHCMC is to empower and motivate the citizens of Marion County to practice community self-reliance and to improve the health status of all minority residents in order to reduce morbidity and mortality rates and incidents that often occur as a result of chronic health conditions and other diseases.

MHCMC addresses the 10 leading causes of death in Marion County to include: Heart Disease, Stroke, Diabetes, Chronic Obstructive Pulmonary Disease, Kidney Disease, Perinatal conditions and Infant Mortality, Homicide, Suicide, Motor Vehicle Accidents, and Unintentional Injuries.

The MHCMC meets monthly on the first Wednesday of each month (with the exception of July-August) at the Julia Carson Center located at 300 E. Fall Creek Parkway, Indianapolis, Indiana. If you are concerned about the health of our community and would like to make a difference, join us at our next meeting. For more information about the MHCMC, its programs, or newsletter contact the MHCMC office at 317-257-9700, Fax: (317)-257-9794, via email at mhcmarion@yahoo.com, or via the web at www.minorityhcmc.org.

SAVE THE DATE!

The 2008 MHCMC Membership Breakfast/Mini Conference will be held on March 24, 2008 at University Place Hotel and the invited speaker is Former Surgeon General Dr. David Satcher. This year's theme is "Unmet Mental Health Needs in Indianapolis", and the Front Runner Award will be presented.

Minority Tobacco Prevention & Cessation Program

The *Minority Tobacco Prevention and Cessation Initiative (MTPCI)* is a program of the MHCMC. The program focuses on four goals:

- **Reducing Youth Initiation and Access to Tobacco:** VOICE is Indiana's youth-led movement against Big Tobacco. VOICE uses guerilla marketing tactics to educate their peers on how the tobacco industry targets them to become replacement smokers. Through this program, youth are able to encourage each other to remain smoke free.
- **Promoting and Using Cessation Resources:** The MHCMC offers one-on-one cessation counseling to those wanting to kick the tobacco habit. We also offer educational materials for healthcare providers.
- **Building Strong Community Based Partnerships:** *MTPCI* continues to work in building extensive partnerships with other community serving organizations, schools, churches, businesses, and government officials.
- **Participation by Groups Representing Disparately Affected Populations:** *MTPCI* concentrates on educating various disparate populations. We strive to educate and raise awareness about the health consequences related to tobacco use as well as offer the resources to overcome the addiction. The populations we focus on are pregnant women and women of child bearing age, minority males, GED, young adults ages 18-24, LGBT, and ethnic communities.

MTPCI receives funding through the Indiana Tobacco Prevention and Cessation Agency. United Way Youth as Resources, Hispanic Latino Minority Health Coalition of Greater Indianapolis, and The Martin Luther King Multi-Service Center are all subcontractors of the MHCMC for tobacco control programs.

For more information about *MTPCI* contact Tiffany Nichols at the MHCMC at 317-257-9700.

Operation Fit Kids

The MHCMC, through the generous funding of the Health Foundation of Greater Indianapolis and from the Minority Health Initiative, offers a free health and fitness program for youth ages 6-15. *Operation Fit Kids* was developed by the American Council on Exercise. There are seven lessons and each lesson consists of two components: physical activity and making healthy food choices. The **Operation Fit Kids** program takes place at various community settings, such as Community Centers and after-school programs. Each lesson teaches and encourages kids to make life-long healthy choices.

Active kids reap the following benefits: Healthy Bodies, Positive Self Esteem, Good Mental Health, Better Grades, Drug Free Lives, and Positive Social Skills.

Active Facts

The prevalence of overweight boys increased from 15% in 1981 to 35.4% in 1996, and among girls from 15% to 29.2%. During the same time frame, the prevalence of obesity in children tripled, from 5% to 16.6% for boys and from 5% to 14.6% for girls.

Mothers have a higher impact than fathers on whether their child is active. "The father's participation in sport increases the participation of his children by 11%, while the mother had a greater effect (an increase of 22%)." U.S. Statistics 1994.

How much is enough?

The Physical Activity Guide for Children and Youth recommends that children build up to 30 minutes of vigorous activity (running etc) and 60 minutes of moderate activity (brisk walking etc.) each day. This means that children need to be active at home, at school or day care, and at play.

For information on how to help your child incorporate active living, and or additional information about the *Operation Fit Kids* program, please contact Angela Goode, Coalition Coordinator at 317-257-9700.



Gaining Early Awareness & Readiness for Undergraduate Programs

The mission of **GEAR UP** is to provide real opportunities to motivate independent student excellence. **GEAR UP** recognizes that their greatness is reached through excellence and attaining needed educational skills for success. The MHCMC assists **GEAR UP** in providing enriching learning opportunities for students.

The MHCMC recognizes that health and wellness are necessary components for success. MHCMC aims to stimulate a strong mind and body by concentrating on the “total child”. This is accomplished through the implementation of various programs that focus on physical and mental fitness. The MHCMC **GEAR UP** Program Coordinator (Morgan Hudson) is currently implementing the **GEAR UP** and other MHCMC programs at Arsenal Technical High School, and can be reached at 317.698.4702 or molhudso@iupui.edu.



Indianapolis **Healthy Start** is a Marion County Health Department program, funded by the Health Resources and Services Administration to lower the number of babies who die each year in Marion County. The Indianapolis **Healthy Start** program partners with other health organizations to help reach their targeted populations. The Minority Health Coalition of Marion County is just one of the organizations that have an Indianapolis Healthy Start staff member on board. The Indianapolis Healthy Start provides three main services, Case Management, Health Education and Outreach. The Minority Health Coalition along with Indianapolis Healthy Start and its partners sponsor several outreach events each year including a Community Baby Shower, a Community Block Party, and Grandmother’s Tea.

For more information about the Healthy Start Program, contact Mary Payton at 317-257-9700.



The MHCMC **LEAPP Program** helps young men and women in Marion County LEAPP to succeed! The **LEAPP Program** (Life Endeavors Accomplished through Pregnancy Prevention) is a pregnancy, HIV/AIDS, and Sexually Transmitted Disease/ Infection prevention program, for youth between 11 and 19 years of age, with a goal of helping young people realize their dreams and strive to achieve them, without having to deal with the obstacle of facing unplanned pregnancy and disease.

The **LEAPP** program was originally developed in 2002 for the MHCMC’s Healthy Start outreach program, but ended when the focus for that program shifted to target the adult population. Though the program has limited funding, the LEAPP program continues to touch the lives of young people in our community.

The **LEAPP** program uses the award winning S.T.A.T.S. (Sex. Teens, AIDS – Take ‘em Serious) video and curriculum, for most program sessions. This curriculum targets African American youth and was originally developed for a male responsibility program conducted by Alpha Phi Alpha Fraternity, Inc., with support from the March of Dimes. It has been updated and revised in order to address sexuality issues for both young men and women. The **LEAPP** program uses the S.T.A.T.S. curriculum to implement the 8 session program through local organizations. The program utilizes interactive discussions, on and off site group activities with youth participants, and guest presenters.

Anyone interested in receiving more information about the **LEAPP** program may do so by contacting Sherry Matemachani at 317-257-9700.

Search Your



Our community, like many others, is plagued with preventable diseases like heart disease, stroke, cancer and diabetes. Unfortunately minorities suffer disparately from these disease compared to our non-minority counterparts. Physical inactivity is a major risk factor for heart disease, stroke, and some cancers. About 62 percent of American adults engage in at least some leisure-time activity, but 38 percent are not active at all

The MHCMC in response to this growing epidemic has in place, with the collaboration of the American Heart Association, a health wellness program titled “*Search Your Heart*”. This program is a faith-based program that will equip local churches with the tools and resources to help promote the ‘live healthier lives’ key message. Search Your Heart encourages participants to change unhealthy lifestyles and develop heart-healthy habits.

The *Search Your Heart* Program consists of 6 essential lessons which include physical fitness, nutrition, disease prevention, stress reduction and health advocacy. The program also consists of a component that will allow churches to receive fitness services for up to a period of 4 weeks. What makes this program unique is that faith based organizations can decide what heart healthy component suits their members best. A church may elect to have gospel aerobics, yoga/meditation, or Step Counter challenge w/pedometers.

For more details, or if you are interested in having this **free** program available for your congregation and/or your community, please contact Angela Goode, Coalition Coordinator at 317-257-9700.

**Together we can help our community
live healthier lives!**

Diabetes Sunday

ATTENTION CHURCH LEADERS!

Diabetes is affecting the African American community at alarming rates. Nearly 3 million African Americans have diabetes and a third of them don’t even know it. African Americans are almost twice as likely to have diabetes as the general population. As a spiritual leader in the African American community, you have the ability to heighten awareness about this disease in your congregation.

The American Diabetes Association and the MHCMC encourages Faith-based organizations to participate in *Diabetes Sunday*, a church based program designed to increase awareness of the seriousness of diabetes and other diseases in the African American communities throughout Marion County. We hope to:

- Inform the congregation of diabetes risk factors
- Encourage members of the congregation to determine their risk for diabetes and to get tested for hypertension and vision problems
- Provide information on diabetes management for those already diagnosed with diabetes.

If you are interested in having *Diabetes Sunday* at your church, please contact Angela Goode, Coalition Coordinator at 317-257-9700.

**The MHCMC and the American Diabetes Association look forward to working closely with you to fight the devastating toll diabetes is taking on minorities in Marion County,
CALL TODAY!**

PREVENTION!

An ounce of prevention is worth a pound of cure!

Take steps to stay healthy and prevent disease. Be in control of your health, through healthy living practices.

- ❑ Get appropriate screening tests
- ❑ Take preventive medicine if needed or recommended by your doctor
- ❑ Practice healthy behaviors, such as eating fruits and vegetables, foods high in fiber, exercising daily and stop smoking.
- ❑ Talk to your healthcare provider, know what is right for you and take action.

Healthcare screening starts at different times of your life. General recommendations for adult screening may vary, check with your healthcare provider if you are in a high-risk category because you may need to start earlier or have additional screens. Listed below are a few screening exams and the age at which they should be done.

Screening Test	Age at which to Start (may need sooner if you are at high risk)
Cholesterol	Age 20
Colorectal Cancer	Age 50
Diabetes	Age 40
Abdominal Aortic Aneurism	Age 65-75 (men who have ever smoked)
Prostate (PSA/DRE)	Age 45 for African American Men, Age 50 for all other races
Mammogram	Age 40 (Women)
Pap Smear	Age 21 (or initiation of sexual activity) (Women)
Bone Mineral Density	At Menopause (Women)
Self Breast Exams	Age 20 (Women)

Screening Test Checklist

The Screening Test Checklist for men can be found at <http://www.ahrq.gov/ppip/healthymen.htm> and at <http://www.ahrq.gov/ppip/healthywom.htm> for women. Print this checklist and take with you to your doctor's office. Record when you have any of the tests below. Talk to your doctor about your test results and write them down on the form. Create a plan with your healthcare provider; find out when you should have the test next. Write down the month and year. If you think of questions for the doctor, write them down and bring them to your next visit. Become a partner with your healthcare provider for better health.

This article was provided by Leslie Hsu, RPh, PharmD Candidate, University of Florida and was Adapted from the Agency for Healthcare Research and Quality (AHRQ) website www.ahrq.gov on preventive health for Men and Women, the American Diabetes Association, American Cancer Society, and the National Foundation of Osteoporosis.

Navigating The Healthcare System

The Indianapolis National Association for the Advancement of Colored People (NAACP) and the Minority Health Coalition of Marion County (MHCMC) hosted a public forum, *Navigating the Healthcare System*, on September 20, 2007 at the Julia Carson Government Center. The goal of the evening was to provide an opportunity to learn about health care options available within the community and for attendees to ask questions about services provided.

Dr. Debra Carter-Miller, provided a physician perspective into the current health care system. She promoted the Mapleton Medical Center, offering extended and weekend hours. Dr. Carter-Miller emphasized the need for accessible health care for all individuals. Persons interested in making an appointment at the Mapleton Medical Center may call 924-4545.

MDwise representative, Laurie Weinzapfel, provided an overview of the health insurance programs, available in Indiana. The mission of MDwise is to serve low-income families through enrollment in one of the Hoosier Healthwise benefit packages. Interested persons can call MDwise customer service at 1-800-356-1204 to learn more about the program.

Julia Brillhart from Anthem Blue Cross and Blue Shield, highlighted the Community Resource Center (CRC). The CRC provides assistance in overcoming barriers to getting the health care. Services include bilingual representative to help families with language and culture needs as well as arranging transportation and education needed to promote good health. Persons interested in learning more, may call the Central Community Resource Center at 1-866-795-5440.

Representative William Crawford, spoke on health needs for individuals in Indiana. He responded to several questions from the audience and provided positive comments on the future of health care in Indiana. The evening with presentations, vendor exhibits, and a free dinner, was enjoyed by approximately 50 persons. The NAACP and MHCMC look forward to hosting the event in 2008.

This article was submitted by Darlene Skelton, RN, Director, Physician Practice Services, Terre Haute, IN.



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