

National Minority Health Month

The year 2021 marks the 106th anniversary of the establishment of National Negro Health Week by Booker T. Washington, which led to the month-long initiative observed today.

April is National Minority Health Month and this year, the Department of Health Office of Minority Health (OMH) is focusing on the disproportionate impact the COVID-19 pandemic is having on racial and ethnic minorities and American Indian and Alaska Native communities. The theme **#VaccineReady**, underscores the need for vulnerable communities to get vaccinated as more vaccine becomes available.

According to the Centers for Disease Control & Prevention, inequities in the social determinants of health increase negative effects of the COVID-19 pandemic for some racial and ethnic minority groups. Nationwide, Black people have died at 1.4 times the rate of White people. In the United States, through March 7, 2021, Native Hawaiians/Pacific Islanders were most likely to have contracted COVID-19. In Florida, Hispanic/Latino people are most likely to have contracted COVID-19. Compared with non-Hispanic White people, American Indian, non-Hispanic Black, and Hispanic or Latino people have lower household incomes and shorter life expectancies, as well as higher rates of underlying medical conditions that increase risk of severe illness from COVID-19.

To celebrate National Minority Health Month, public health professionals are empowering communities to:

- Get the facts about COVID-19 vaccines.
- Share accurate vaccine information.
- Participate in clinical trials.
- Get vaccinated when the time comes.
- Practice COVID-19 safety measures.



We can all play a part in raising awareness about health disparities that continue to affect racial and ethnic minority populations.



“Without health and long life, all else fails”
– Dr. Booker T. Washington



DID YOU KNOW?

75% to 90% of all physician office visits are for stress-related ailments & complaints

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Sexual health is an essential piece of our overall health. An important aspect of protecting our sexual health is remaining well informed about sexually transmitted diseases (STDs). STDs are diseases that are passed from one person to another through sexual activity like oral, anal and vaginal sex, as well as skin-to-skin contact with an infected area or sore. STDs include Chlamydia, Genital herpes, HIV/AIDS, HPV and many more.

Millions of new infections occur every year in the United States. In 2019, more than 160,000 people were diagnosed with Bacterial STDs in Florida. Bacterial STDs are comprised of three reportable STDs in Florida: chlamydia, gonorrhea, and syphilis. In Broward County, the rate per 100,000 population of HIV diagnosis was 32.4 compared to Florida at 21.6 for all modes of exposure and age groups. STDs affect individuals of all ages but takes a particularly heavy toll on young people. Half of all new STD cases in the US are in people between ages 15-24. In addition, gay, bisexual and men who have sex with men are disproportionately impacted by syphilis, HIV and other sexually transmitted disease.



The good news is STDs ARE preventable. According to the Centers for Disease & Prevention (CDC), there are some measures you can take to reduce your risk of contracting an STD. These include:

- **Practice Abstinence** - the most reliable ways to avoid transmission of STDs is to abstain from sexual activity.
- **Use Condoms** - consistent and correct use of a latex condom reduces the risk of STDs. If you have latex allergies, synthetic non-latex condoms can be used. But it is important to note that these condoms have higher breakage rates than latex condoms.
- **Reduce Number of Sex Partners** - reducing your number of sex partners can decrease your risk for STDs. It is still important that you and your partner get tested, and that you share your test results with one another.
- **Mutual Monogamy** - being in a long-term mutually monogamous relationship with an uninfected partner is one of the most reliable ways to avoid STDs. But you must both be certain you are not infected with STDs. It is important to have an open and honest conversation with your partner.
- **Get Vaccinated** - vaccines are safe, effective and recommended ways to prevent Hepatitis B and HPV. HPV vaccination is recommended for preteens ages 11 or 12 (or can start at age 9) and everyone through age 26, if not vaccinated already. Unfortunately, vaccines are not available for all STDs.

This STD Awareness Month, the American Sexual Health Association is drawing attention to the importance of STD testing. STDs don't always cause symptoms or may only cause mild symptoms, so it is possible to have an infection and not know it. That is why it is important to get tested if you are having sex. If you suspect you have an STD, talk to your health care provider. The Florida Department of Health in Broward County also provides STD clinical services. Free walk-in STD clinical services including diagnosis and treatment are provided at the Broward Wellness Center.

If you test positive, there is help available! Untreated STDs can lead to many health complications, including Pelvic Inflammatory Disease (PID), cervical cancer and future infertility. Many STDs are curable and all are treatable. If either you or your partner is infected with an STD, both of you need to seek treatment immediately.

Source: CDC, Florida Department of Health, American Sexual Health Association

How Are Different STDs Diagnosed?

HPV: pap smear	Syphilis: blood test	Gonorrhea and chlamydia: swab and urine test
HIV: oral swab and blood test	Herpes: blood test	Hepatitis: blood test
Trichomoniasis and bacterial vaginosis: vaginal swab and urine test		

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If You Test Positive...

Getting an STD is not the end!

Many STDs are curable and all are treatable.

If either you or your partner is infected with an STD that can be cured, both of you need to start treatment immediately to avoid getting re-infected.

HELP INTERRUPT THE STEADY CLIMB IN STDs WITH THESE THREE STEPS:

TALK 
Talk openly about STDs with your partners & healthcare providers.

TEST 
Get tested. It's the only way to know if you have an STD.

TREAT 
If you have an STD, work with your provider to get the right medicine.

APRIL IS NATIONAL STRESS AWARENESS MONTH

TIPS FOR REDUCING WORKPLACE STRESS

EXCESSIVE STRESS CAN LOWER OUR PRODUCTIVITY AND PERFORMANCE. IT CAN ALSO CAUSE ANXIETY, IRRITABILITY, AND DEPRESSION, AMONG OTHER ISSUES.

DEVELOP A SUPPORT NETWORK.



DELEGATE RESPONSIBILITIES.



ESTABLISH BOUNDARIES FOR WHEN YOU'RE OFF WORK.



MITIGATE UNREASONABLE EXPECTATIONS AND BE **REALISTIC ABOUT YOUR GOALS.**



DON'T SKIMP ON YOUR OWN FREE TIME.



PUT ASIDE A DOWNTIME AND VACATION FUND TO GIVE YOURSELF BREAKS.



WHEN WORKING IN AN OFFICE SETTING, DO WHAT YOU CAN TO CARVE OUT **THE PROPER SPACE TO FOCUS.**



CONSULT YOUR HR DEPARTMENT IF YOU THINK THEY MIGHT BE **A GOOD RESOURCE.**



Not all stress is created equal. Stress is a natural part of everyone's world. In a dangerous situation, stress signals the body to prepare to face a threat or flee to safety. In non-life-threatening situations, stress can motivate people, such as when they need to take a test or interview for a new job. However, chronic stress can be harmful and detrimental to one's health.

Over time, continued strain on your body from stress may contribute to serious health problems, such as heart disease, high blood pressure, diabetes and other illnesses, including mental disorders such as depression or anxiety.

This month, we encourage you to take the time to identify stressors in your life and how your body reacts to stress. Taking steps to manage your stress can have many health benefits. Explore stress management strategies, such as:

- Taking care of your body (Exercise regularly, prioritize sleep, try to eat healthy, well-balanced meals, avoid excessive alcohol, tobacco and substance use.)
- Practicing relaxation techniques, such as deep breathing, meditation or massage.
- Developing a support network.
- Setting aside time for hobbies, such as reading a book or listening to music.

You can also consider seeing a professional counselor or therapist who can help you identify sources of your stress and assist you in learning new coping tools.

Source: Stanford Medicine, Mayo Clinic, CDC

Stress can fuel unhealthy behaviors, such as:

- Smoking
- Overeating
- Physical inactivity

Over the long-term, chronic stress may contribute to risk factors for heart disease and stroke including:

- High blood pressure
- Diabetes
- Inflammation and plaque buildup in the arteries
- Depression and anxiety

April is Sexual Assault Awareness and Prevention Month

Sexual Awareness and Prevention Month frames sexual violence as a public health issue and challenges out-of-date and detrimental victim-blaming attitudes that often silence victims.

According to the Rape, Abuse & Incest National Network (RAINN), there are 433,648 victims of rape and sexual assault, on average, each year in the United States. Researchers know that these numbers are underestimated because many cases are unreported. Sexual violence happens in every community and affects people of all genders and ages. Sexual violence is sexual activity when consent is not obtained or not freely given. Forms of sexual violence include rape or sexual assault and sexual harassment. According to the CDC, the perpetrator of sexual assault is usually someone the victim knows, such as a friend, current or former intimate partner, coworker, neighbor or family member.

Sexual harassment, assault, and abuse can also occur in online spaces. This includes posting or sharing sexual pictures of someone without their consent, or non-consensual sexting. As we connect more and more online this year, we can learn how to practice digital consent, intervene when we see harmful content or behaviors and ensure that online spaces are respectful and safe.

The consequences of sexual violence can be physical, like bruising and genital injuries, and psychological, such as depression, anxiety and suicidal thoughts. Each survivor reacts to sexual violence in their own way. The trauma resulting from sexual assault can have an impact on a survivor's employment in terms of time off from work, diminished performance, job loss, or being unable to work. Victims may have difficulty maintaining personal relationships and regaining a sense of normalcy.

The support of friends and family is crucial to the healing journey of survivors of sexual assault. Let survivors in your life know they don't have to walk their path alone. If you are a survivor, you are not alone! RAINN's National Sexual Assault Telephone Hotline can connect you to someone in your area you can talk to. RAINN also offers tools for finding resources in your area including access to therapy and support groups.

Source: National Sexual Violence Resource Center, CDC, Rape, Abuse & Incest National Network



1 OUT OF 4 WOMEN
EXPERIENCE SEXUAL
VIOLENCE IN THEIR LIVES.

EVERY 2 MIN

SOMEONE IN THE
UNITED STATES IS
SEXUALLY ASSAULTED.



1 OUT OF 6 MEN
EXPERIENCE SEXUAL
VIOLENCE IN THEIR LIVES.

YOU ARE
NOT ALONE.



National Child Abuse Prevention Month

Child Abuse in the United States

7.8
million

children referred to child
protective services,
resulting in



2.4
million

substantiated reports of child
maltreatment, identifying

678,000
unique count

victims of child abuse and neglect



Of these Victims



3/5



of the children
were neglected



10.7%

were physically abused

7%



were sexually abused



WE CAN PREVENT CHILD ABUSE!

Source: U.S. Department of Health and Human
Services, Administration on Children, Youth and
Families

Wear Blue Day
April 2, 2021

Show your commitment to preventing child abuse by wearing blue



Florida Child Abuse Hotline

1.800.962.2873

Dial. **Save a Child**

HEALTHY EATS 5

Chickpea Curry (Chhole)

Made with convenient canned beans, this quick and healthy Indian recipe is an authentic chickpea curry that you can make in minutes. If you want an additional vegetable, stir in some roasted cauliflower florets. Serve with brown basmati rice or warm naan. .

Ingredients

- 1 medium serrano pepper, cut into thirds
- 4 large cloves garlic
- 1 2-inch piece fresh ginger, peeled and coarsely chopped
- 1 medium yellow onion, chopped (1-inch)
- 6 tablespoons canola oil or grapeseed oil
- 2 teaspoons ground coriander
- 2 teaspoons ground cumin
- ½ teaspoon ground turmeric
- 2 ¼ cups no-salt-added canned diced tomatoes with their juice (from a 28-ounce can)
- ¾ teaspoon kosher salt
- 2 15-ounce cans chickpeas, rinsed
- 2 teaspoons garam masala
- Fresh cilantro for garnish



Preparation

- Pulse serrano, garlic and ginger in a food processor until minced. Scrape down the sides and pulse again. Add onion; pulse until finely chopped, but not watery
- Heat oil in a large saucepan over medium-high heat. Add the onion mixture and cook, stirring occasionally, until softened, 3 to 5 minutes. Add coriander, cumin and turmeric and cook, stirring, for 2 minutes.
- Pulse tomatoes in the food processor until finely chopped. Add to the pan along with salt. Reduce heat to maintain a simmer and cook, stirring occasionally, for 4 minutes. Add chickpeas and garam masala, reduce heat to a gentle simmer, cover and cook, stirring occasionally, for 5 minutes more. Serve topped with cilantro, if desired.

Nutrition Information

Serving Size: About 1 Cup

Per Serving: 278 calories; protein 5.8g; carbohydrates 30.3g; dietary fiber 6.3g; sugars 3.1g; fat 15.5g; saturated fat 1.2g; vitamin a iu 260.1IU; vitamin c 17.8mg; folate 75.4mcg; calcium 65.3mg; iron 2.1mg; magnesium 34.2mg; potassium 355.7mg; sodium 354.2mg.



Chickpeas

- ✓ Cholesterol-Free
- ✓ High-Fiber
- ✓ Low-Sodium
- ✓ High-Protein

Chickpeas are an excellent source of vitamin B6, folate, vitamin C, and soluble fiber

(per cup, canned)

35G CARBS

210 CALORIES

3.8G FAT

10.7G PROTEIN

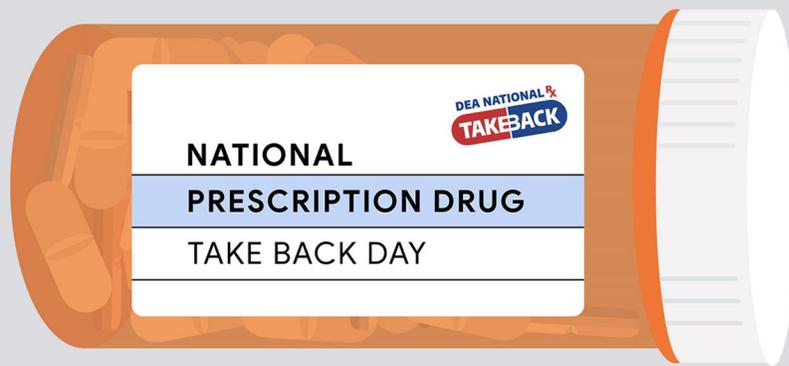
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APRIL

seasonal produce guide

ARTICHOKES	FAVA BEANS	RHUBARB
ASPARAGUS	KUMQUATS	SCALLIONS
AVOCADOS	LETTUCE	SHALLOTS
BEANS	LIME	
BEETS	MUSHROOMS	
BROCCOLI	NETTLES	
CAULIFLOWER	ORANGES	
CHICORY	PAPAYAS	
DANDELION GREENS	PEAS	

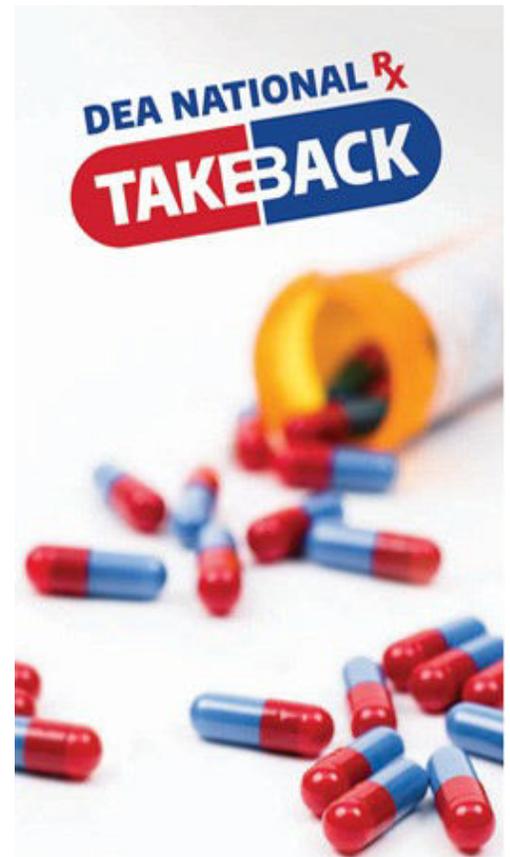


Opioid abuse in the U.S. remains a top public health concern. To combat this problem, the U.S. Drug Enforcement Administration (DEA) periodically hosts National Prescription Drug Take Back events throughout the year. During these events, temporary drug collection sites are set up in communities nationwide for safe disposal of prescription drugs. **Take Back Day aims to provide a safe, convenient and responsible means of disposing of prescription drugs** while also educating the general public about the potential for abuse of medications. The disposal services are free and anonymous!

Rates of prescription drug abuse in the United States are alarmingly high, as are the number of accidental poisonings and overdoses due to these drugs. Studies show that a majority of abused prescription drugs are obtained from family and friends, including from the home medicine cabinet.

If you want to participate on April 24, visit DEATakeBack.com to find a collection site near you. Look at the package insert of your medication to see if special instructions exist for disposal. Before disposing of prescription medicines, be sure to remove all personal information on pill bottle labels and medicine packaging.

Source: U.S. Department of Justice, U.S Food & Drug Administration



If you don't properly dispose of the unused or expired prescription drugs in your home, they might find a new one.

Visit DEATakeBack.com for a collection site near you.



The numbers 19 and 20 got into a fight.

21.

We hope you enjoyed this newsletter!

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