

COMMUNITY HEALTH NEWS & VIEWS



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Nurses and Barbers Team up for Men's Health

Robert, 55, was glad to get information about his health while getting a haircut from his barber. Although he admitted that most information was not new to him, he said that he was again reminded to eat healthier and get some exercise.

Robert was one of the 154 men who participated in "African American Men Without Heart Disease Project" implemented by the Genesee County Health Department Community Health Nursing Program for two weeks in June. It was conducted in six area barbershops, namely: Salon De Excellence, Raymond Charles, Top of the Hill, Clint's, Oasis and Reid's.



The project gave the men information about cardiovascular disease and ways to reduce their risk of cardiovascular disease. It also measured their level of knowledge with a pre- and post-test.

Overall, the participants showed improvements in their level of knowledge before and after reading health materials. The participants received incentives in the form of goody bags and more health information materials and were eligible for prize drawings. Winners of the prize drawings are listed on page 4.

The Community Health Nurses will be implementing this project again and are looking for barbershops to work with. If you are interested or have some ideas about how we can reach men for health information, please give us a call at (810) 785-5263.

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Free Mammograms!

October is Breast Cancer Awareness Month



Did you know that one out of every eight women will develop breast cancer? In fact, every hour five women will die of breast cancer. Although these statistics are scary, there are things you can do to help decrease your chances of becoming one of these statistics. Early detection can increase survival rates to 92%. So how do you go about getting early detection? First of all, you learn how to perform breast self exams, and do them on a regular basis. The Health Department has brochures to teach you how to do an exam. Your physician can also teach you how to do a self-exam.

Learn the warning signs of breast cancer. Lump, thickening or change in shape of breast. Skin dimpling, swelling, or puckering, discoloration of breast skin, discharge, or unusual pain or tenderness are all warning signs of breast cancer.

If you are 40 years of age or older, you should get a yearly mammogram. If you have insurance your doctor should be able to schedule one for you. If you don't have insurance, or you are underinsured, you may qualify for a free breast exam and mammogram, through the Breast and Cervical Cancer Control Program (BCCCP) at the Genesee County Health Department. Mammograms can detect breast cancer two years before a lump can be felt, and that could mean a big difference in survival rates.

Early detection begins with you. Call your doctor or the BCCCP at (810) 257-3840 today. It could save your life!

Back to School with **5** a Day

- Kids need and use a lot of energy.
- Children need a balanced diet to promote growth and development.
- Fruits and vegetables provides energy, vitamins, minerals, and fiber for proper functioning of everyday life and activities of children.
- Kids need five fruits and vegetables every day.



An easy way to incorporate fruits and vegetables into a child's day is to put them in their lunches or provide them for after school snacks.

Good snack choices are:

- fruit juice pops (100% juice)
- sliced soft fruit in yogurt
- sliced raw vegetables with dip
- celery sticks with cream cheese
- apple slices with peanut butter
- sliced fruit in cereal
- 1 cup 100% juice
- 1 banana
- 1 apple
- 1/2 cup fruit cocktail
- 1/2 cup steamed broccoli & cheese



A Five A Day Recipe:

Sparkling Punch

2 cups orange juice
3 tablespoons lemon juice
6 ounces unsweetened pineapple juice
1 cup unsweetened apple juice
12 ounces lemon or lime sparkling mineral water or club soda

In large pitcher, combine the fruit juice and sparkling water. Pour over ice. Makes about 4 - 10 ounce servings.

--- Better Health Foundation

Helpful Tips:

- Introduce a new fruit or vegetable daily
- Offer a wide variety of fruits and vegetables to reach five a day.
- Microwave or steam vegetables for a fast treat.
- Create a veggie tray of favorites.
- Build a fruit salad
- Providing fruits and vegetables will help children develop healthy living and eating patterns for growth.

--- Parenting Guide to Healthy Eating

Senior Citizens Received Free Health Screenings

Health screenings for senior citizens 60 years old and over were performed by the Genesee County Health Department nurses in senior housing complexes this August. Senior citizens were screened for various diseases including high blood sugar, high blood pressure, high cholesterol, breast and prostate cancer.

The project was made possible through a grant from the Valley Area Agency on Aging. The screenings took place at senior housing complexes including Rosehaven Manor, East Court Village and Burton Place.

The screenings involved a nursing assessment on their physical and mental/psychosocial status, screening tests and procedures, including but not limited to: vital signs, hemoglobin or hematocrit measurement, stool testing for blood, height, weight, breast exam and instruction, PSA testing, urine testing, TB skin testing, flu vaccine, pap and mammogram referrals as appropriate, and pneumonia vaccine.

Clients were offered basic health information according to their screening results. Referrals to appropriate agencies were made for those who had abnormal findings. Follow up contacts were also provided by clinic staff for all referrals and medical intervention. For more information about Senior Adult Health Screening call 257-3840.

Beauty Salon Winners

Congratulations to the winners who participated in the Beautiful Black Women Without Heart Disease project. Winners received fitness baskets:

Shelah Feaster, De Darvell's New Image Salon
Gayle Humes, Salon De' Excellence
Gloria Banke, Visions of Beauty
Evetta, Beauty Image
Gloria Hall, Celebrity Room
Twayna Powell, Flair for Hair
Francis E Frenth, Unique Impression
Ellen Lynn, Studio 10

A total of 318 women participated in this project in area beauty salons for two weeks in May 2001. Salon owners and the Genesee County Health Department's Community Health nurses worked together in making them not only beautiful on the outside, but also healthy on the inside. All project participants received information about cardiovascular disease and how to reduce their risk of cardiovascular disease. Participants also received goody bags and were entered into a drawing for prizes.



Again, congratulations to our winners and many thanks to the beauty salons.

The *Family Pages* are Here!

The long awaited resource list for expectant parents and families with infants is finally here. *Family Pages* contains agency names and phone numbers of various kinds of resources for pregnant women, new parents and families with infants under 1 year of age. The *Family Pages* are a result of collaborative work between Flint Healthy Start Initiative, Genesee County Health Department, Mott Children's Health Center and PRIDE Coalition. These organizations are working to increase healthy birth outcomes and reduce infant mortality in Genesee County.

Recognizing the lack of knowledge of existing resources as a barrier for pregnant women and families with infants which in turn greatly impacts birth outcomes, these organizations compiled *Family Pages* and make it available to agencies and organizations in Genesee County. It comes either in book or brochure form.

Family Pages are divided into two parts. The Parent & Caregiver service has agency names and phone numbers of 34 categories of resources for pregnant women, new parents and others taking care of infants. The Infants services section has agency names and phone numbers of 11 categories of resources for newborns and infants under one year of age. To request your agency's copy, please call (810) 257-6166.

Garden tour brings pride to neighborhoods

The Flint Urban Garden and Land Use Committee (FUGLUC) held it's Second Annual Urban Garden Tour on August 4. There were 10 community gardens on the tour; many of them are worked by youth. About 25 people met at the Flint Library and took a Flint school bus on a guided tour of the gardens. Other garden visitors took a self-guided tour using a map provided with their ticket. The gardeners, both youth and elders, were present in their gardens the day of the tour and talked to visitors about the impact on their lives and their neighborhoods.

FUGLUC is a non-profit agency that promotes community gardens. Its mission is to provide education and outreach, enhance community pride and promote clean, healthy neighborhoods through materials and support for beautification projects, gardening programs and vacant land stewardships throughout Flint and Genesee County.

Community gardens provide greater access to healthy foods and promote regular exercise. The gardens also reduce violence by bringing neighbors together for a common goal. Gardens provide an avenue for interaction between youth and elders in a community, leading to a greater understanding of residents who live nearby. People who know each other on a personal level tend to look out for and support each other in healthy ways.



Vicky Hurley of Neighbors Block Club & Benny Bennett the scarecrow

Pat Legg, a member of FUGLUC, stated that she was impressed that "the gardeners had such vision about their plans for their gardens, and how they feel gardens can revitalize the community and Flint as a whole. With all the bad news right now, it was so refreshing to see all the energy and hope of the gardeners."

FUGLUC meets at Salem Housing Task Force at 3216 M.L. King, Jr Avenue on the 2nd and 4th Thursdays of the month from 12:30-1:30.



Get Up! Get Out! Join in the Fun!

Adults aren't the only ones who can benefit from low-intensity exercises when done regularly.

One in four American children is overweight. Results of the Third National Health and Nutrition Examination Survey show that most childhood obesity is due to inactivity and not overeating. Studies show the average grade-schooler watches 21 hours of TV a week, with many more hours spent sitting in front of video games and computers.

Regular physical activity throughout life is important for maintaining a healthy body. Weight gain and lack of activity can cause many children to suffer from health problems usually associated with middle age, problems like high blood pressure, arthritis and diabetes.

Children as well as adults can benefit from just 30 minutes of moderate activity most days of the week. Just a bit of effort - riding a bike, roller-skating, walking the dog, playing catch - can significantly improve health.

So get up and move! Remember -
Just a Bit Gets Youth Fit!

For more information or a FREE brochure on Fun Fitness Activities and Events call:

(810) 767-2244 Ext. 4348 (IFIT)

A project of the Health Improvement Committee
of the Greater Flint Health Coalition

In collaboration with Mott Children's Health Center

**Genesee County Health Department
Community Health Nurses**

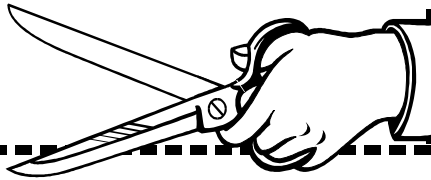
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Drop us a Note!

If you have questions on any of the articles in our newsletter feel free to drop us a note. We will be glad to respond to your letters. You may call us at 785-9711. Fax us at 785-9675 or mail to: "Letters to the Editor", Community Health News and Views, 115 E. Pierson Road, Flint, MI 48505.

Barbershop Project Winners

Congratulations to all winners who participated in the *African American Men without Heart Disease* project. Each winner received a fitness basket.

Winners:

Wiley Gatson, Salon De Excellence
Edward Brown, Oasis
Earl Dixon, Clint's
William Tolliver, Top of the Hill
Dennis Woodson, Raymond Charles

Also, many thanks to all the barbershop owners. We enjoyed working with you!

(6145)
Genesee County Health Department
115 E. Pierson Road Flint MI 48505

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