

# Minority Health Month

Activities for the week of  
April 6th—April 12th

A weekly flyer of health  
related activities during April 2008

## About National Minority Health Month

Created in 2000, National Minority Health Month is designed to be a 30-day, high visibility, health promotion and disease prevention campaign. Conducted with and by community based agencies and organizations, this celebration reaches into urban and rural areas. Minority Health Month was designed to:

- ▶ Promote healthy lifestyles;
- ▶ Provide crucial information to allow individuals to practice disease prevention;
- ▶ Showcase the resources for and providers of grass roots health care and information;
- ▶ Highlight the resolution of the disparate health conditions between racial/ethnic minority and non-minority populations; and
- ▶ Gain additional support for the ongoing efforts to improve minority health year round.

Public and private partners throughout the United States will join Nebraskans in providing thousands of health activities developed to improve the health of minorities and to increase health awareness among minority citizens.

**Latinas en Acción.** Aerobic exercise and nutrition education for women in Omaha. These classes are held in Spanish. Child care is available on site. Cost is \$1 per class or \$10 per month. For additional information, contact Gabriela Ortiz at 402-660-1035.

Tues & Wed 9-10 a.m., St. Luke's Lutheran Church, 2315 I St  
Wed 6-7 p.m., Grace Methodist Church, 2418 E St  
Thurs 9-10 a.m., Wheeler Presbyterian Church, 4501 S. 23<sup>rd</sup> St

Fri 9-10 a.m., Grace Lutheran Church, 1326 S. 26<sup>th</sup> St  
Fri 6-7 p.m., Grace Lutheran Church, 1326 S. 26<sup>th</sup> St

**April 7 - All Day Health Screenings.** Screenings for glucose, cholesterol, blood pressure and BMI will be conducted from 8:00 a.m.—5:00 p.m. Location: 121 E 28th Street, South Sioux City. For additional information contact Tomasa Salas at 402-494-2367 or [tsalas@nafmhdc.org](mailto:tsalas@nafmhdc.org).

**April 7-13 - National Public Health Week.** From the American Public Health Association: Encourage individuals, families and communities to change their behavior in five important ways:

- ◆ **Monday-Be Prepared.** Be informed about issues facing your community and prepared for possible emergencies.
- ◆ **Tuesday-Travel Differently.** Leave the car at home one day and take public transportation, walk or bike. If you need to drive, carpool—and telecommute if you can.
- ◆ **Wednesday-Eat Differently.** Buy food from a community farmer's market that doesn't travel across the country to get to you. Eat more vegetables and less meat.
- ◆ **Thursday-Green Your Work.** Use recycled paper if you don't already, and print less often, using both sides of the paper. Set your computer to energy-saver mode and buy eco-friendly office furniture.
- ◆ **Friday-Green Your Home.** Seal and insulate your home and replace air filters frequently to cut costs and save energy. Reduce your use of wasteful products, and reuse or recycle the products you do use. Conserve water whenever possible.

**April 11 - Project Homeless/Connect Omaha.** A one-day event that serves as a one-stop shop, connecting chronically homeless individuals to needed services, including employment, housing, healthcare, legal resources, Social Security and food stamp benefits. Location: Kiewit Center, Creighton University campus, Omaha from 9:00 a.m.-4:00 p.m. For additional information, contact Edward J. Shada, 402-530-5664 or [www.homelessconnectomaha.org](http://www.homelessconnectomaha.org).

**April 11-13 - 2008 Nebraska Association of Emergency Management Annual Conference,** "Catastrophic Planning ... Are We Ready?" will be held in Grand Island at the Midtown Holiday Inn. For more information, see [www.naem.us](http://www.naem.us).

**April 12- Inter-Tribal Student Council Pow-Wow.** HIV awareness, education and testing available. Part of the Native HIV/AIDS Awareness Day events. Location: University of Nebraska - Omaha, Sapp Fieldhouse, from 2:00 – 8:00 p.m. For additional information, contact Elan Cunningham (Three Affiliated Tribes/Umonhon) at 402-346-0902 or Dr. Jessiline Anderson (Umonhon) at 402-554-4811.

Prepared by the Nebraska Department of Health and Human Services, Division of Public Health, Office of Minority Health and Health Equity. Did you think of an upcoming activity to be included? Send to [minority.health@dhhs.ne.gov](mailto:minority.health@dhhs.ne.gov). Not responsible for incomplete or erroneous information submitted.

