

ACHIEVE/REACH Meeting  
**Action Communities for Health, Innovation and Environmental Change**  
**Racial and Ethnic Approaches to Community Health**  
 Wednesday, August 3, 2022  
 9:00 am-11:00am  
 Location: Virtual

**Attendees:** Haoua Dogo, Sonja Hendrix, Stephanie Blume, Elle Neal, TK Kapurura, Derek Smith, Charlene McGee, Tameka Brazile, Cindy Shepard, Sarina Saturn, Desha Reed-Holden, Germaine Flentroy, Anthony Bradley, Royal Harris, Susan Van't Hof, Mikayla Hill, Teresa Johnson, Quete Capuia, Renee Curtis, Carrie Roberson, Sabrina Villemenay, Keara Rodela, Vanessa Chambers, Willie Chambers, Edline Comagine, Annie Kirschner, James Demry, Keara Rodela, Leslie Esinga, Linda Bryant-Daaka, Charles Smith, Rashae Burns, Ronnie Meyers, Gabrielle Penn, Cherish Watner, Edline Comagine, Mischa Webley, Jas Eppelsheimer, Ruthie Culver, Zana Mosely, Jamie Dunphy, EECRC, Julianne Reno, Nabutilu Wambu, Hawi Gude, Mahad Hassan, Eddie Hill, Dwight Myrick, Jay Higgins

Agenda Item	Key Discussion Points	Next Steps/Action Items
<b>Welcome &amp; Introductions</b> <ul style="list-style-type: none"> <li>● Roll Call (Enter Name, Organization)</li> </ul>	<ul style="list-style-type: none"> <li>● Welcome Music</li> <li>● Please introduce yourself in the Chat</li> <li>● Meet Cindy Shepard, REACH team's Communications Specialist</li> </ul>	
<ul style="list-style-type: none"> <li>● <b>HIGHLIGHTS of the Agenda</b></li> </ul>	<ul style="list-style-type: none"> <li>● <b>Derek Smith</b> - Flavored tobacco- history of flavors and testing our skill at spotting tobacco flavors</li> <li>● <b>Mikayla/Desha/Sabrina/Linda</b> - National Breastfeeding Awareness Month &amp; Proclamation Details and announcement</li> <li>● <b>Germaine Flentroy</b> - The REACHing US: Gresham Walking Campaign led by PlayGrowLearn and OregonWalks</li> <li>● <b>Christopher Hamel</b> - Monkey Pox - hMPXV Basic + Updates</li> <li>● <b>Haoua Dogo/Lillie Manvel</b> - Healthy Active Communities Conference</li> </ul>	
<ul style="list-style-type: none"> <li>● <b>Tips for keeping cool/Haoua Dogo</b></li> </ul>	<ul style="list-style-type: none"> <li>● Reduce energy eg. use an air fryer</li> <li>● eat fruits</li> <li>● stay hydrated</li> <li>● wear loose clothing</li> <li>● limit your activities</li> <li>● Air Conditioning</li> </ul>	

	<ul style="list-style-type: none"> <li>● Cool showers</li> <li>● fans</li> <li>● check on your neighbors</li> <li>● Video <a href="#">How to stay cool in extreme heat</a></li> </ul>	
<ul style="list-style-type: none"> <li>● <b>Introduction of the Center for Black Health and Equity</b></li> </ul>	<ul style="list-style-type: none"> <li>● “Black Bodies, Black Minds”</li> <li>● work is being done w/ black health care entities and faith leaders.</li> <li>● advocating for equity in health care</li> <li>● Black body health</li> <li>● <a href="#">National Menthol Conference</a> Sept 28-30th, 2022 Washington DC</li> <li>● Hoping to have training on tobacco related subjects by setting up a coalition and youth training webinar series. Please contact <a href="#">Haoua Dogo</a> if you have an interest.</li> </ul>	
<ul style="list-style-type: none"> <li>● <b>Derek Smith;</b> <a href="mailto:derek.smith@multco.us">derek.smith@multco.us</a></li> </ul>	<ul style="list-style-type: none"> <li>● The history of flavored tobacco</li> <li>● <a href="#">Quit Vaping</a></li> <li>● Menthol cigarettes act as an anesthetic introduced in 1930’s</li> <li>● Perceived as less harsh and harmful, however this is not true</li> <li>● More addictive and harder to quit</li> <li>● Tobacco stole from medical cures to open the lungs</li> <li>● In the 50”s and 60’s marketed towards the Black community by using Black models</li> <li>● Pernicious marketing strategies to the Black community w/ Kools and Newports</li> <li>● Promotions, giveaways “do not go into the white neighborhoods”</li> <li>● Joe camel the industry was sued</li> <li>● In the 90’s they started using flavors around college campus</li> <li>● Then During Obama’s 1st Term, 2009 “Family smoking prevention act” got rid of all flavored cigarettes EXCEPT Menthol</li> <li>● They marketed the flavors in little cigars after they were banned from cigarettes</li> <li>● Swisher sweet connected to the Music Industry</li> <li>● More out of 4out of 5 started with flavored products</li> <li>● Before COVID 1 in 5 youth used tobacco</li> </ul>	

	<ul style="list-style-type: none"> <li>• Juul were marketing on social media and directed towards teenagers until 2020</li> <li>• Then disposables started popping up</li> </ul>	
<ul style="list-style-type: none"> <li>• <b>National Breastfeeding Awareness Month</b></li> </ul>	<ul style="list-style-type: none"> <li>• Breastfeeding month</li> <li>• Collaboration of breastfeeding campaigns. Providing community support as well as mothers.</li> <li>• Create a holistic approach</li> <li>• Partners: African American Breastfeeding coalition oregon, Black Parent Initiative, HBI, WIC</li> <li>• Lactation space at Rockwood Rising Market hall</li> <li>• Airport Lactation spaces</li> <li>• Health connect to discuss breastfeeding and tie it in with</li> <li>• Breastfeeding tent</li> <li>• Breastfeeding brochure</li> <li>• Breastfeeding and pump</li> <li>• Sabrina Villemayany-Breastfeeding coordinator WIC</li> <li>• Partnering with REACH</li> <li>• Tomorrow TownHall invite for all community members, providers</li> <li>• Nakeisha Killings what you don't know can hurt you , the role of implicit bias 11:30-1:00pm 8/4/2022</li> <li>• Multnomah county will have access to this support</li> <li>• 8/4/2022 Proclamation To BCC in front of the Commission Week of the 25th of August is BLACK breastfeeding week</li> <li>• Free CEU's for the training for an hour.</li> <li>• Linda Daaka- Bryant- at Black Parent initiative</li> <li>• 8/3/2022 Luuwitt park " Lunch and Latch" inviting the community and parents who are breastfeeding or pregnant</li> <li>• Breastfeeding BINGO and trivia games at the Luncheon</li> <li>• 8/16/2022 Film review and discussion of a movie called the "Milky Way"</li> <li>• Formula manufacturers try to stop breastfeeding in the black community and worldwide and the health consequences.</li> <li>• Weds August 31st- Chocolate Milk: a maternal/child health film including Breastfeeding created by a Black women - "How low breastfeeding rates affect the health of the black community".</li> </ul>	

	<ul style="list-style-type: none"> <li>● Cherish Wanter- New Nutritionist in WIC</li> </ul>	
<ul style="list-style-type: none"> <li>● <b>Play Grow Learn Germaine Flentroy &amp; Anthony Bradly</b></li> <li>● <b>REACHing US: Gresham Walking Campaign</b></li> </ul>	<ul style="list-style-type: none"> <li>● Germaine Flentroy - Anthony Bradly -Play Grow Learn</li> <li>● Walk Campaign</li> <li>● Oregon Walks on 8/9/2022</li> <li>● Walk Ambassadors</li> <li>● Walk to Farmer's Market on Sunday</li> <li>● Encourage active lifestyles by walking, safe routes to school and to the Market Hall</li> <li>● Nadaka Park to Summer Camp, walking safely</li> <li>● Healthy engagement among the families by giving them PGL bucks to spend at the Market hall</li> <li>● The ambassadors will organize other walks</li> <li>● Trying to have a state wide walk day</li> <li>● Major walks: Sunday August 28th Nadaka park to Market Hall</li> <li>● Sept 19th in downtown Gresham</li> <li>● Trying to make sure the sidewalks and walkways don't seem safe</li> <li>● August 28th looking for vendors</li> <li>● Will have backpacks etc.</li>   <li>● Summer camps august -August 27th</li> <li>● Step radical girls camp eg braiding their hair (hygiene needs are met so they can return to school)</li> <li>● Looking to partner to get these products.</li> </ul>	

<ul style="list-style-type: none"> <li>● <b>Kim Toevs, Communicable Disease Director- Monkey Pox</b></li> </ul>	<ul style="list-style-type: none"> <li>● A few states have set Public Health Emergencies</li> <li>● Allowing for rules and laws to get contracts out quickly, and useful to sound an alarm to the public</li> <li>● HMPXV- Oregon levels are still relatively low stigma</li> <li>● There is a skin to skin contact</li> <li>● Men connecting w/ men</li> <li>● Close contact with someone who may have been exposed</li> <li>● Want to encourage the spreading of accurate information</li> <li>● Fewer than 100 cases in Multnomah County increasing every day by a few cases</li> <li>● There is a vaccine</li> <li>● Hoping it will die out on its own</li> <li>● Not spread through the air like measles and covid</li> <li>● Must actually touch the sore in order to get.</li> <li>● May get a fever, feel achy, and then the rash may appear</li> <li>● Those who do the laundry and in nail salons should wear gloves</li> <li>● Don't touch those with sores.</li> <li>● How long does the virus live ? No definitive answer</li> <li>● Quarantine? Wear a mask when out and about, Wear long pants and shirts or bandages</li> <li>● Stay home if possible</li> <li>● 2-4 weeks for the sores to heal all the way</li> <li>● More painful than itchy, not in the hospital, very painful but not usually a horrible outcome unless you are pregnant, immunosuppressed.</li> </ul>	
<ul style="list-style-type: none"> <li>● <b>Dwight Myrick</b></li> <li>● <b>Black Bald Films</b></li> </ul>	<ul style="list-style-type: none"> <li>● Black Bald Films</li> <li>● Vision</li> <li>● What we do</li> <li>● Emphasis on the type of violence prevention work we do</li> <li>● Create a video to stop violence before it starts</li> <li>● Three concepts:  <a href="https://docs.google.com/document/d/16Jim1sYnqImNe38mOkbXscK5-Y1kv2XQN-rR3sMRGI4/edit">https://docs.google.com/document/d/16Jim1sYnqImNe38mOkbXscK5-Y1kv2XQN-rR3sMRGI4/edit</a> </li> <li>● If you have any organizations, testimonials, videos or anything that you want to share to help with the campaign.</li> </ul>	

	<ul style="list-style-type: none"> <li>• Meeting again this Friday</li> <li>• Moving forward and aiming for ASAP.</li> </ul>	
<ul style="list-style-type: none"> <li>• <b>Elle Neal</b></li> <li>• <b>Black COVID-19 Update</b></li> </ul>	<ul style="list-style-type: none"> <li>• Numbers are coming down</li> <li>• Deaths are slightly declining as well</li> <li>• 1000 cases per week</li> <li>• Make sure you are up to date with boosters</li> <li>• Novavax Vaccine - protein vaccine alternative to those who have not been vaccinated</li> </ul>	
<ul style="list-style-type: none"> <li>• <b>Mischa Webley</b></li> </ul>	<ul style="list-style-type: none"> <li>• Portland Water Bureau:</li> <li>• Late fees are going to come back</li> <li>• There is financial assistance available</li> <li>• Call the PWB and get them on a Financial assistance program</li> <li>• Over \$1000 delinquent are eligible</li> </ul>	
<ul style="list-style-type: none"> <li>• <b>TK Kapurura</b></li> </ul>	<ul style="list-style-type: none"> <li>• AfroMade Living black Cully and partnership 8/13 and 9/10</li> <li>• Outer commons 2-7pm</li> <li>• Caregivers w/ Aging and Disability Services often face will free 6 week powerful tools Starting 8/26th</li> </ul>	
<ul style="list-style-type: none"> <li>• <b>Contact info shared in the chat</b></li> </ul>	<ul style="list-style-type: none"> <li>• “Black smokers smoke less but die of heart attacks, strokes and other causes linked to tobacco use at higher rates than white smokers do, according to the Centers for Disease Control and Prevention,” a New York Times article noted last year. “And 85 percent of Black smokers use Newport, Kool and other menthol brands that are easier to become addicted to and harder to quit than plain tobacco.” Source:  <a href="https://www.huffpost.com/entry/ban-menthol-cigarettes-black-health_n_6270485fe4b04a9ff89ecdf3">https://www.huffpost.com/entry/ban-menthol-cigarettes-black-health_n_6270485fe4b04a9ff89ecdf3</a></li> <li>• <a href="http://www.flavorshookoregonkids.org">www.flavorshookoregonkids.org</a></li> <li>• Posters from our current regional campaign to support youth as they quit vaping (text-based quitting).</li> <li>• <a href="https://docs.google.com/forms/d/e/1FAIpQLSe9AzWCJ8JHtkul6QRx2CiCWP-OOutu5bbuEuPipf94hln_uQ/viewform">https://docs.google.com/forms/d/e/1FAIpQLSe9AzWCJ8JHtkul6QRx2CiCWP-OOutu5bbuEuPipf94hln_uQ/viewform</a></li> </ul>	

	<ul style="list-style-type: none"> <li>● Breastfeeding event: <a href="https://www.multco.us/health/events/2022/08/04/breastfeeding-to-wn-hall">https://www.multco.us/health/events/2022/08/04/breastfeeding-to-wn-hall</a></li> <li>● renee.curtis@multco.us, 971-990-6857</li> <li>● <a href="https://docs.google.com/document/d/16Jim1sYnqImNe38mOkbXscK5-Y1kv2XQN-rR3sMRGI4/edit">https://docs.google.com/document/d/16Jim1sYnqImNe38mOkbXscK5-Y1kv2XQN-rR3sMRGI4/edit</a></li> <li>● <a href="https://docs.google.com/document/d/16Jim1sYnqImNe38mOkbXscK5-Y1kv2XQN-rR3sMRGI4/edit">https://docs.google.com/document/d/16Jim1sYnqImNe38mOkbXscK5-Y1kv2XQN-rR3sMRGI4/edit</a></li> <li>● <a href="https://www.healthyactivecommunities.com/">https://www.healthyactivecommunities.com/</a></li> <li>● Water Bureau Information about how to avoid water shutoffs: <a href="https://www.portland.gov/water/pay-your-utility-bill/avoid-shutoffs">https://www.portland.gov/water/pay-your-utility-bill/avoid-shutoffs</a></li> <li>● The Black Resilience Funds 3 Year Basic Income Program has opened up <a href="https://www.blackresiliencefund.com/">https://www.blackresiliencefund.com/</a></li> <li>● Info about our financial assistance program: <a href="https://www.portland.gov/water/water-financial-assistance/apply-financial-assistance">https://www.portland.gov/water/water-financial-assistance/apply-financial-assistance</a></li> </ul>	
<ul style="list-style-type: none"> <li>● <b>Next ACHIEVE MEETING</b></li> </ul>	<p>Wednesday September 7, 2022</p>	