

ACHIEVE/REACH Meeting

Action Communities for Health, Innovation and Environmental Change

Racial and Ethnic Approaches to Community Health

Wednesday, May 4, 2022

9:00 am-11:00am

Location: Virtual

Attendees: Hoaua Dogo, Charlene McGee, Sonja Hendrix, Stephanie Blume, Elle Neal, Taylor Ford, TK Kapurura, Derek Smith, Tameka Brazile, Desha Reed-Holden, Germaine Flentroy, Anthony Bradley, Royal Harris, Susan Van't Hof, Annie Kirschner, Houa Dogo, Joseph Carr, Mahad Hassan, Mikayla Hill, Sarina Satun, Teresa Johnson, Quete Capuia, Carrie Roberson, David Lentzer, nadege Dubuisson, Ron Weaver, Theresa Lugano, Alagia Conwell-Felix, Sabrina Villemenay, Keara Rodela, Tamara Duncan, Carrie Roberson, Edward Hill

Agenda Item	Key Discussion Points	Next Steps/Action Items
<p>Welcome & Introductions</p> <ul style="list-style-type: none"> Roll Call (Enter Name, Organization) 	<ul style="list-style-type: none"> Welcome Music Please introduce yourself in the Chat Ron Weaver led the Mindfulness Exercise 	
<ul style="list-style-type: none"> New ACHIEVE co-facilitator, REACH team member 	<ul style="list-style-type: none"> Ron Weaver is the New ACHIEVE Coalition Facilitator <ul style="list-style-type: none"> Crime Victims Advocacy Program Manager; Lutheran Community Services NW both Clark and Multnomah County Services no knock and no turn away services Quete Capuia New REACH team member <ul style="list-style-type: none"> Community Clinical Linkages Program Specialist serving the African American and African Immigrant populations in Multnomah County Chronic Diseases- living healthy and making healthy choices 	
<ul style="list-style-type: none"> Haoua Dogo Upcoming Events 	<ul style="list-style-type: none"> May is Mental Health Awareness Month Center for Black Health Equity May 9-15th focus on Children's Mental Health Teen Suicide 	
<ul style="list-style-type: none"> Mahad Hassan 	<ul style="list-style-type: none"> Presentation 	

**presentation
Community Health
at Lutheran
Community
Services NW**

- Communities of color have entrenched on going issues with Covid and health access
- Chronic disease may be profound because depression anxiety
- Trying to normalize access to behavioral health
- Prevention work is important.
- Integrated health care and whole health - access all services in one setting
- COVID 19 is still devastating our populations especially those with chronic health issues
- Increase in PTSD, substance abuse, depression and anxiety, the shut down and isolation was hard hitting, and the social isolation and loneliness has been increasing.
- Syndemic: Covid and chronic conditions combined
- Systemic inequalities in health came to the forefront.
- Our resources and comfort level makes a difference in how we access services
- A loss to the Black community at all ages, care givers, young people, entrenched racism in health care
- On going treatment for one year or more - heart disease, substance abuse, hypertension, diabetes, HIV
- 6 in 10 Americans have a chronic disease
- 4-10 have two or more chronic diseases
- Racism as a chronic disease: - it impacts the health and well being of people of color and the shortening of lives and impacts genetics in People of Color. It is a chronic disease that needs to be considered as well.
- AA- high blood pressure, diabetes and Stroke is higher in African American communities

- Immigrant paradox- immigrants come here with good health eg latinix population. Diets may be different, sometimes malnourishment in refugee populations as well.
- Whole well being of a person to psyche health and mental health together,
- Physical health impacts our mental health eg obesity, diabetes, heart disease pushing people into a sense of grief and morning leading to mental health issues.
- Depression, anxiety, ptsd are all under treated in the black community because of the poor treatment of black community
- Alcohol, meth, etc, we are Number 2 in these issues, but we are the worst in Oregon in treatment
- Mental health being able to cope with normal stressors, make contribution to community
- Disorder: conditions that alter people's moods... to sleep all day, not being able to work, can't take care of their kids, or themselves
- Social workers are the majority of mental health providers
- Licenced professional counselors - master's degree, treat and diagnose but cannot prescribe mental health medications
- 1-5 Americans struggle with Mental Health
- Suicide is the 3rd leading death 15-24 years old black youth
- There is a stigma to seeking mental health and a distrust of providers
- Underdiagnosis of depression
- Less likely to discuss mental health issues during health care check ins.

	<ul style="list-style-type: none"> ● Somatic - ache, tired, ● Neurogenitive- mind in a fog ● Mood symptoms- down, sad ● Blacks tend to get care in hospitals instead of w/ a PCP 	
<ul style="list-style-type: none"> ● Haoua Dogo ● Healthy kids Menu and Tobacco Awareness 	<ul style="list-style-type: none"> ● Mental Health Food and Tobacco ● Mental Health Social determinants ● Health care systems ● Suicide is the 10th leading in US ● 4th leading in blacks ● Fast Food marketing of sugary beverages ● Blacks and Hispanic youth are targeted for sugary drinks ● Companies spent over 84 million on ads ● Creating letters to send to officials ● Menthol - tobacco funding Upstream is working to create a policy to see what works ● Mentol leads to a higher nicotine addiction 80% of blacks use menthol cigarettes ● Tobacco goes back to slavery as a sign of wealth ● Single cigar is 10 times more potent than a cigarette 	
<ul style="list-style-type: none"> ● Derek Smith & Taylor Don't Lean on Nicotine Campaign 	<ul style="list-style-type: none"> ● Youth focused three county campaign ● Reached out to the different CBO's ● IRCO and Africa House helped with the campaign ● Derek Smith 10:09 AM ● https://forms.gle/ch6XLcbu85Daqp9w8 ● Order posters through the link above. 	
<ul style="list-style-type: none"> ● Nadege Dubuisson & David Linzer, Multnomah County Health Department 	<ul style="list-style-type: none"> ● Wildfire Mitigation planning ● Multco Wildfire Planning ● Health Homes and Community/ Emergency Management ● Being Smoke Ready 	

- Reducing risk to community members against hazards
- *This week is Air quality Awareness week
- Wildfire Smoke Preparedness
- Health risks from poor air quality
- Smoke is carbon monoxides and small particles depending on what is burning
- Decreased lung function, coughing, lack of energy, changes in appetite, mental health effects
- Stay indoors
- Air filters
- Respiratory protective devices
- Know the air quality Index the more hazardous the more it is recommended that you stay indoors when possible
- Don't add to indoor smoke issues.
- A/C can help you keep out outdoor air.
- Add additional filtration tools
- Have a clean air room
- Tip sheets on the website
- Keep air filters on hand.
- Keep a supply of medications and groceries
- N95 are the best
- David Linzner-
- Community Wildfire update plan
- Before - mitigating - preparing to make it less harmful
- Preparation - how do we have things ready to deploy- supplies equipment
- Respond- protect life and property during and emergency
- Recover- Rebuild from an emergency situation'
- Getting the stakeholders together and
- Seek public input for strategies
- Fire prevention
- Making your home safer inside and outside.

	<ul style="list-style-type: none"> ● Backup power, ● Recommending regulation ● Distribute equipment to those who will need it most ● Assessing the risk as people come and go from the area to remind them of the history and risk 	
<ul style="list-style-type: none"> ● Elle Neal- Black Covid 19 update 	<ul style="list-style-type: none"> ● Black Covid 19 updates bimonthly on Fridays from 10-11am 	
<ul style="list-style-type: none"> ● Partner Updates 	<ul style="list-style-type: none"> ● Teresa Highland Haven <ul style="list-style-type: none"> ○ Vaccine Clinic May 10th, 9-1pm ○ May 28th, Health Fair BP Height and weight and vaccines ○ Options for referrals with different project Now , care oregon, Sickle Cell may 11:30-4:00pm ● Germaine- Sunday meeting for Juneteenth planning <ul style="list-style-type: none"> ○ Tues 6-8pm planning meetings at the Sunrise Center ○ Vance Park 12-6pm Juneteenth this year ○ After party at Rockwood Market Come Vend at the Rockwood Market 1-7pm every sunday for the next 6 months ○ Build out w/ 13945 SE Stark PLAY GROW LEARN how to grow Black and African shared acre of land to learn traditional growing - leading to farmers market (Rockwood) Grow, sell, eat ○ Come out at the Rockwood Market for Free on Sundays...Tabling ○ Vendor opportunity at Juneteenth and Farmer's market contact Germaine ● Carrie Roberson - Renee at multnomah County Diabetes Prevention for black and Brown people for the series coming up. . 	
<ul style="list-style-type: none"> ● Next ACHIEVE MEETING 	June 1, 2022	