

Raising Awareness About Health in New Brunswick Among Minority Populations

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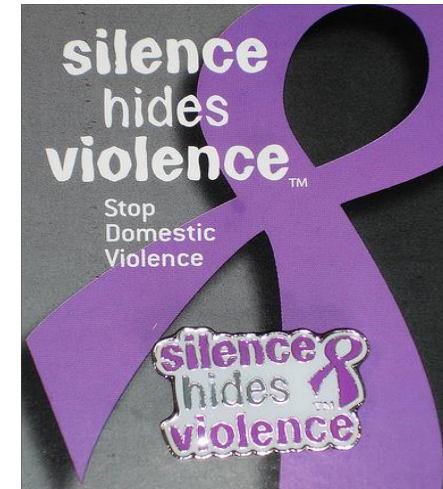
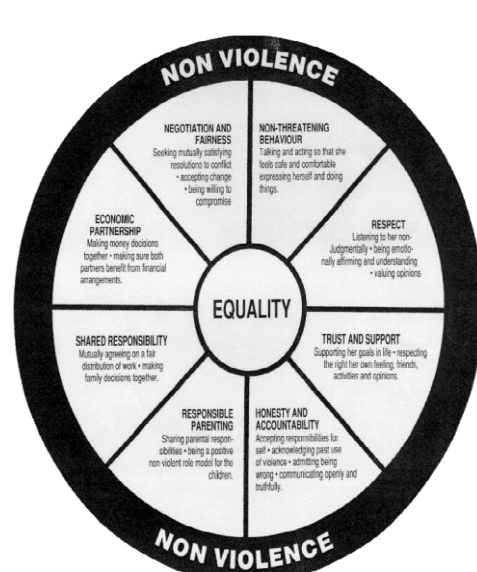
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The RWJUH – Community Health Promotion Program (CHPP)

- Established in 1991 to focus on health-related challenges and to expand access to care for the medically underserved minorities of New Brunswick and surrounding communities.

- Various programs to help serve the New Brunswick and surrounding communities; such as, free prostate, mammogram, and vision screenings, for the large minority population

Domestic Violence Awareness Coalition



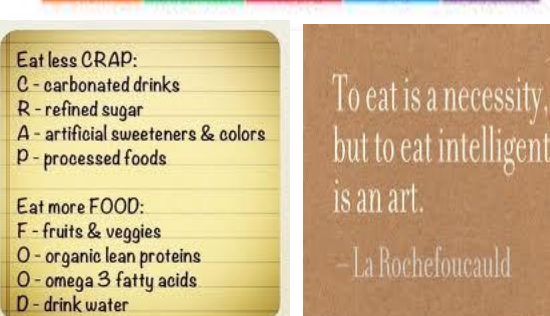
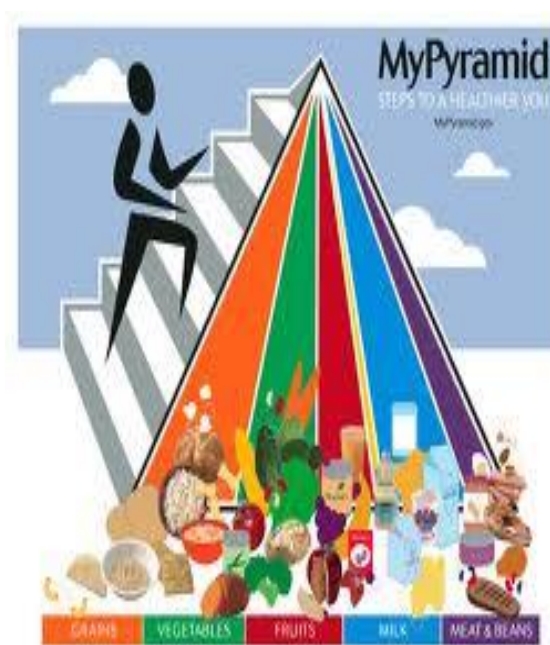
Domestic Violence victims-Stand for your rights, call the National Domestic Violence Hotline Number: 1-800-799-SAFE (7233)

- Domestic violence (DV) is a pattern of assaultive and coercive behaviors including physical, psychological, sexual or fiscal attacks among intimate partners.
- Several workshops coordinated by Elaine Hewins, Domestic Violence Education & Awareness Program Coordinator, were conducted for health care professionals (HCP) on DV.

GOAL: To raise awareness among the HCPs to recognize victims of DV during routine visits and provide them with the help and resources that could make a significant difference in their lives.

- Our responsibility was assembling the packets which were used for training the HCPs. The packet included guides to services for victims, factsheets, wallet cards, and information on who to reach out to for help during a crisis in each county of NJ.
- In an effort to help the victims, “Healthy Relationship Calendar” was first published in 2009 with 12 ideal couples representing each month of the year. Each couple in the calendar provided their complete names and quotations both in English and Spanish that express their thoughts.

Eat Healthy! Feel Healthy! Be Healthy!



- Two-day nutrition workshop in English and Spanish was held in RWJUH fitness center to educate people on eating balanced diet. On the second day, healthier ways of cooking nutritious foods were taught.

- For children ages 10-14 years old, a four day interactive program called “Project Inspire” was started on July 22, 2013 to inspire the young minds to live a healthy and active life. This program provides educational lessons about nutrition, healthy snacks, and ways to maintain a healthy lifestyle while exercising, playing sports, and enjoying outdoor activities.

AMARDV – Artists Mentoring Against Racism, Drugs, and Violence



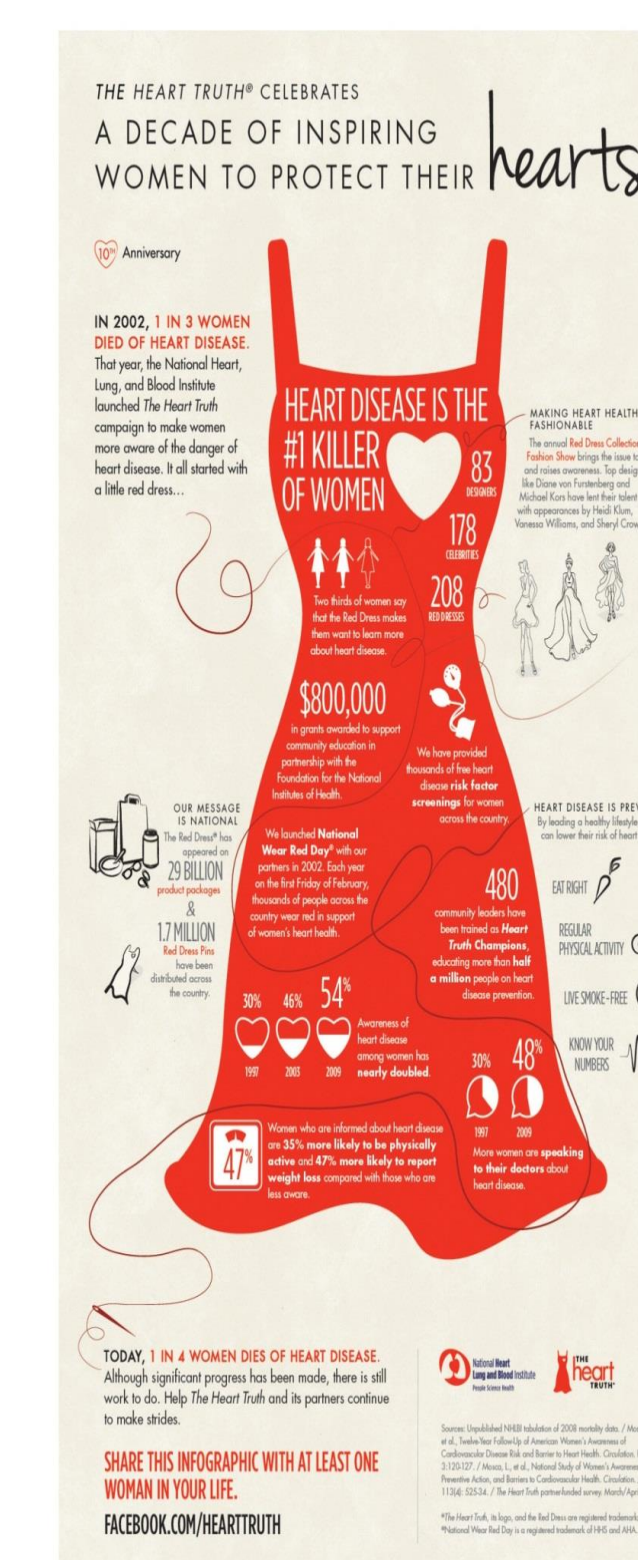
- The AMARDV summer camp is a five-week program for at-risk youth ages 10-16 years old from New Brunswick.

- It emphasizes the importance of the visual and performing arts, such as music, theatre arts, and photography, and serves to increase their knowledge, skills, and understanding about hands-on learning and making art.

- As interns, we assisted these youths with various activities.

- The goal is to brighten these young minds, modify their lives in a positive manner, change their attitudes about themselves and their community, and prepare them for a successful education and healthy future.

A Women’s Heart is Special



- The project, *A Women’s Heart is Special* targets community-based organizations, houses of worship, and community ambassadors with the hope that they will bring heart disease awareness to minorities and underserved women of New Brunswick.

- Heart disease affects 1 in every 4 women; whereas, breast cancer affects 1 in every 30 women.

- Heart disease disproportionately affects women of color – African American and Hispanic women – thus, our goal was to educate these women about potential risk factors, the importance of being physically active, eating healthy, and most importantly, taking action to reduce possible risk factors.

- As interns, we assembled a packet that was used during the ambassador training. In the packet we incorporated pertinent information. The trainer, Dr. Acevedo, will conduct a training session, both in English and Spanish, and go over all the essential information from the packet to the ambassadors.

- Overall, the goal of this project was to hold 12 Sunday Red Dress events at houses of worship and attract over 1,000 women to attend. Since heart disease is the #1 killer in women, we hope to raise awareness among minorities and underserved women in New Brunswick.

Bridging The Gaps Values:

Public health is a vast field, involving tracking disease to teaching the public about healthy lifestyles choices. There are plenty of opportunities as a public health or physician assistant professional to contribute in community outreach programs. Working in an organization like CHPP-RWJUH, we have gained additional insight into what it is to work with low income and underserved populations and how cultural values and common beliefs affect lives and daily habits.

Acknowledgements: We thank our Academic and Community Preceptors & the staff of CHPP for their help and support.