



Minority Health Month

Minority Health Month is used to emphasize the importance of improving the health outcomes and reducing disparities within the Black, Indigenous, and People of Color populations. Health inequities are present before birth due to a person's race/ethnicity, family economic status, access to health care. This year's theme for Minority Health Month is "Better Health through Better Understanding". We can help improve health outcomes by providing adequate health literacy at doctor's appointments, health educational materials, and using illustrations or pictograms for better understanding.

Did you know...

...only 14 percent of the U.S. population has proficient health literacy?

...almost 20 percent of people in the U.S. speak a language other than English at home?

...patients that are provided with culturally and linguistically appropriate information are empowered to create healthier outcomes for themselves and their communities?



NATIONAL
MINORITY
HEALTH
MONTH

APRIL 2023

FDA



National Stress Awareness Month

April is shedding light on the negative impact that stress can have on an individual. Being able to manage one's stress can be a helpful skill moving forward in life. The reality is they cannot be separate; mental health and physical health are closely related. Successful stress management can improve a person's mental and physical health. Mental Health America has a helpful tool called a **Stress Screener**, which provides tips on how stress can be reduced.

If you suffer from chronic stress and can't influence or change the situation, then you'll need to change your approach. Be willing to be flexible. Remember, you have the ability to choose your response to stressors, and you may have to try various options.

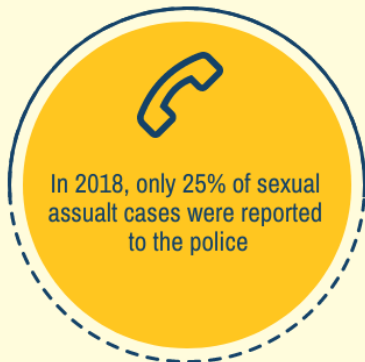
- Recognize when you don't have control, and find ways to let it go
- Don't get anxious about situations you cannot change
- Focus your mind on something that makes you feel calm and in control



Sexual Assault Awareness Month

Every April, Sexual Assault Awareness Month calls attention to the fact that sexual harassment, assault, and abuse are widespread and impact every person in the community. This year's theme, "Drawing Connections: Prevention Demands Equity", is to push all communities, organizations, and individuals to build racial equity to decrease the rate of sexual assault. Systems of oppression such as racism, sexism, classism, heterosexism, ageism, and ableism contribute to higher sexual harassment, assault, and abuse rates. Learning more about sexual assault and the signs and talking about the issue can help reduce the shame, stigma, and can help a friend who is being abused

Sexual Assault Statistics



Statistics from the National Sexual Violence Resource Center

Upcoming Local Events



Ohio Commission
on Minority Health



SUMMIT COUNTY PUBLIC HEALTH



Health & Wellness Fair



April 26, 10am - 2pm
METRO Transit
Center

631 S. Broadway Street, Akron, OH 44311

◆ RAFFLE PRIZES ◆ FREE BUS FARE ◆ VENDORS ◆ DJ ◆ FREE HAIRCUTS ◆

Show this flyer to the bus operator
for a FREE RIDE on any regular
METRO fixed-route bus from 8am-
5pm during the day of the health fair.
The free fare does not apply to
METRO Demand response services
(SCAT, Call- A-Bus, FlexRide), or
NorthCoast Express Services

WWW.SCPH.ORG

LATE? DON'T WAIT.

PREGNANT? THINK YOU MAY BE PREGNANT?
A COMMUNITY NAVIGATOR IS READY
TO SUPPORT YOU THROUGH YOUR JOURNEY AND
LINK YOU TO RESOURCES LIKE:

- FREE CRIB AND BABY ITEMS
- SMOKING CESSATION
- PRENATAL CARE
- HOME VISITING PROGRAMS
- NUTRITION AND FOOD ASSISTANCE
- HOUSING AND UTILITY SUPPORT

CONTACT US TODAY

330-926-5700

NAVIGATORS@SCPH.ORG



ARE YOU A PARENT LOOKING FOR A JOB OR INTERESTED IN GROWING YOUR CAREER?

Join one of The Well CDC's
upcoming Career Training
Programs.

New classes start every 7 weeks!

**Free childcare,
transportation, and meals
are provided.**



For more information contact:
Marta@thewellakron.com



Join Akron Children's Army of Moms

Akron Children's Hospital is recruiting Black mothers, aunts, grandmothers, sisters, cousins, and friends to create an Army of Moms. We want to join forces to address the unsafe sleep deaths of babies in the Black community and save lives by teaching and practicing safe sleep.

Who can join our Army of Moms?

- Black mothers, aunts, grandmothers, godmothers, sisters, cousins, and friends
- Must be 18 years old or older
- Passionate about community and keeping babies safe
- Able to participate in all three interactive virtual sessions
- Able to train two people per month in safe sleep including the completion of the safe sleep academy (1/2 hour time commitment)
- Able to attend monthly safe sleep skills check-in

Contact Aries Brown at 330-543-6322 or abrown6@akronchildrens.org to join the Army of Moms.

Incentives

Connection

Activities



Scan this QR
code to sign up



The Opiate Abatement Advisory Council

Wants to hear from you!

Virtual Meeting

FEB 8th | MAY 10th | AUG 9th
@ 10:00am



Register at:

<https://forms.gle/RGfCJBs1PoQBseP5A>

Food Distribution



The Akron-Canton Regional Foodbank Pop up Pantry distributions at the following locations and times:

April 12, 2023, 12pm-2pm
Stark Metropolitan Housing Authority
1315 Gonder Ave. SE, Canton, OH

April 13, 2023, 11am-1pm
University of Akron
301 E Buchtel Ave. Lot 24, Akron, OH

April 14, 2023, 11am-1pm
Wadsworth Salvation Army
1825 Reimer Rd., Wadsworth, OH

April 19, 2023, 1pm-3pm
Kent State University DIX Stadium
2213 Summit St., Kent, OH

April 20, 2023, 7:45am-9:45am
Mason CLC
700 E Exchange St., Akron, OH


April 20, 2023, 4pm-6pm
Buchtel CLC
1040 Copley Rd, Akron, OH

April 24, 2023, 12pm-2pm
NEOMED
4209 St. Rt 44, Rootstown, OH

April 25, 2023, 10am-12pm
ASW Global
3375 Gilchrist Rd., Mogadore, OH

April 27, 2023, 11am-1pm
Stark State College Akron

Events in Akron



APRIL 2023 MINORITY HEALTH MONTH

5 Celebrate Akron's Sojourner Truth Statue Project
 Ellet Branch Library
 Wednesday, April 5th
 6PM-7PM

Learn about the memorial to honor the voting rights of all women, presented by a member of the Sojourner Truth Statue Project Committee. [Register here.](#)

10 SCLOMH Health and Wellness Fair
 U of A Student Union
 Monday, April 10th
 11AM-2PM

Celebrate Minority Health Month with us at our Health and Wellness Fair! Stop by for free health screenings, meet local vendors, and a chance to win raffle prizes! [More information here.](#)
 Event is FREE and open to the public!

7 Sex Trafficking Training
 Summit County Public Health (Auditorium)
 Friday, April 7th
 1:30PM-3:30PM

Get informed, learn the signs of trafficking, and hear personal experiences from survivors. [Register here.](#)

11 Summit County Fatherhood Community Cafe
 United Way of Summit & Medina
 Tuesday, April 11th
 8:30AM-10:30AM


Summit County Prosecutor Sherri Bevan Walsh's Child Support Enforcement Agency host a 90 minute discussion about Fatherhood in our community

8 African Night: A Night in Africa
 U of A Student Union
 Saturday, April 8th
 7PM-9:30PM

This event showcases the richness and uniqueness of each culture in Africa and offers a glimpse into each regions customs and its traditions.

13 Arts & Culture Advocacy Training
 Akron Main Library in Meeting Room AB
 Thursday, April 13
 8:30AM-10:30AM

Get ready to learn from the best, as Jeff Busnak and Kathy Berta, share their expert knowledge and unparalleled insights into the needs of the arts & culture sector and its stakeholders.



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