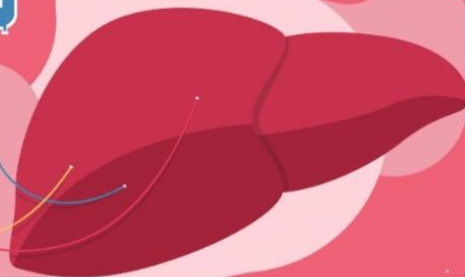




JULY MINORITY HEALTH NEWSLETTER

World Hepatitis Day - July 28

28 | WORLD
JULY | HEPATITIS
DAY



World Hepatitis Day was created to bring awareness to the burden of viral hepatitis around the world. The deaths from viral hepatitis has been steadily increasing around the world. One person dies every 30 seconds from a hepatitis related illness. Viral hepatitis includes hepatitis A, hepatitis B, hepatitis C, hepatitis D, and hepatitis E. When viral hepatitis goes untreated, it will eventually cause chronic liver disease. Vaccines are available for hepatitis A and hepatitis B. Hepatitis C does not have a vaccination, but can be treated and eventually cured in 8 to 12 weeks. Hepatitis D can only infect those who already have hepatitis B. Typically, hepatitis E is short term and a person's body has the ability to fight off the infection. Although there are preventative options and treatments available, it is still important to take precautions when you come in contact with those who may have hepatitis.

National Minority Mental Health Awareness Month

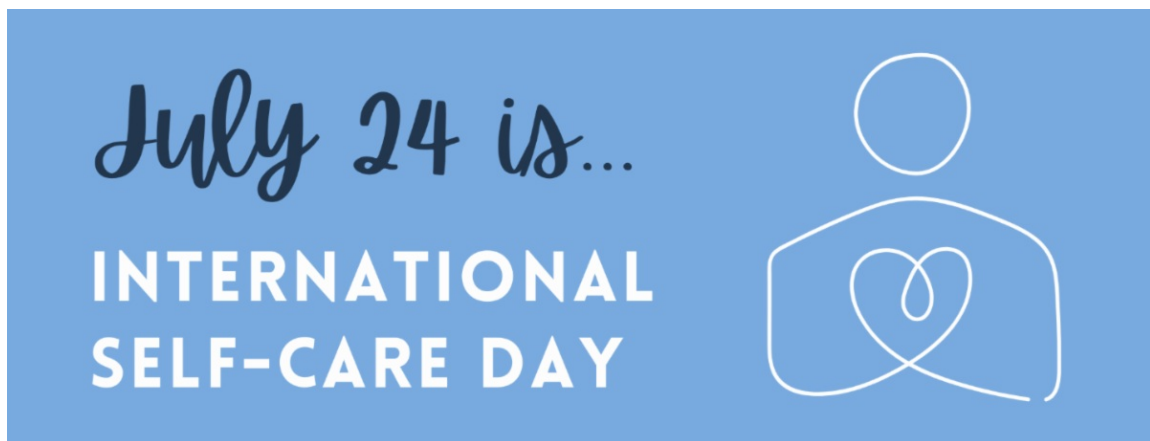
**MINORITY
MENTAL
HEALTH**
Awareness Month



The month of July is being used to bring awareness to mental health within the minority community. According to the American Psychiatric Association (2017), research shows that depression in Black (24.6%) and Latino (19.6%) populations are lower than the depression rates in white

(34.7%) populations, but depression among Black and Latino people tend to be more persistent. There are factors, like cultural differences, language barriers, and stigmas associated with mental health, that may contribute to undiagnosed mental illnesses in minorities. By increasing awareness and education around mental health, we can work on reducing the cultural stigma and improving access to resources that surrounds the topic of mental health.

International Self Care Day - July 24



International self-care day is used to create awareness about the importance of taking time for oneself. Self-care means taking time to take care and improve your mental and physical well-being. We can empower individuals and families to promote healthy practices and be engaged in their own healthcare. You can practice self-care by making small changes in your daily routine. This includes making sleep a priority, introducing healthy meals, staying hydrated, implementing small amounts of exercise, and setting goals and priorities. These small additions to your day can help manage your stress, lower your risk of illness, and increase your energy.

Mental Health Matters Event



FULL TERM
FIRST BIRTHDAY
GREATER AKRON

FREE ENTRY FROM 2P-4P TO:



MENTAL HEALTH MATTERS

JULY 29TH FROM
11A-4P @ LOCK 3
200 S. MAIN ST, AKRON

GUEST SPEAKER IVY WATTS WILL
SHARE HER MENTAL HEALTH
STORY AND HOW TO BE
BEAUTIFULLY, SIMPLY YOU.



We all have a voice and we all
can use that voice to talk about
our struggles, and to see that there
is so much strength in speaking up.

COME LEARN
ABOUT MATERNAL
DEPRESSION AND
FAMILY MENTAL
HEALTH
RESOURCES

Funded by The Ohio Commission on Minority
Health and Akron Community Foundation

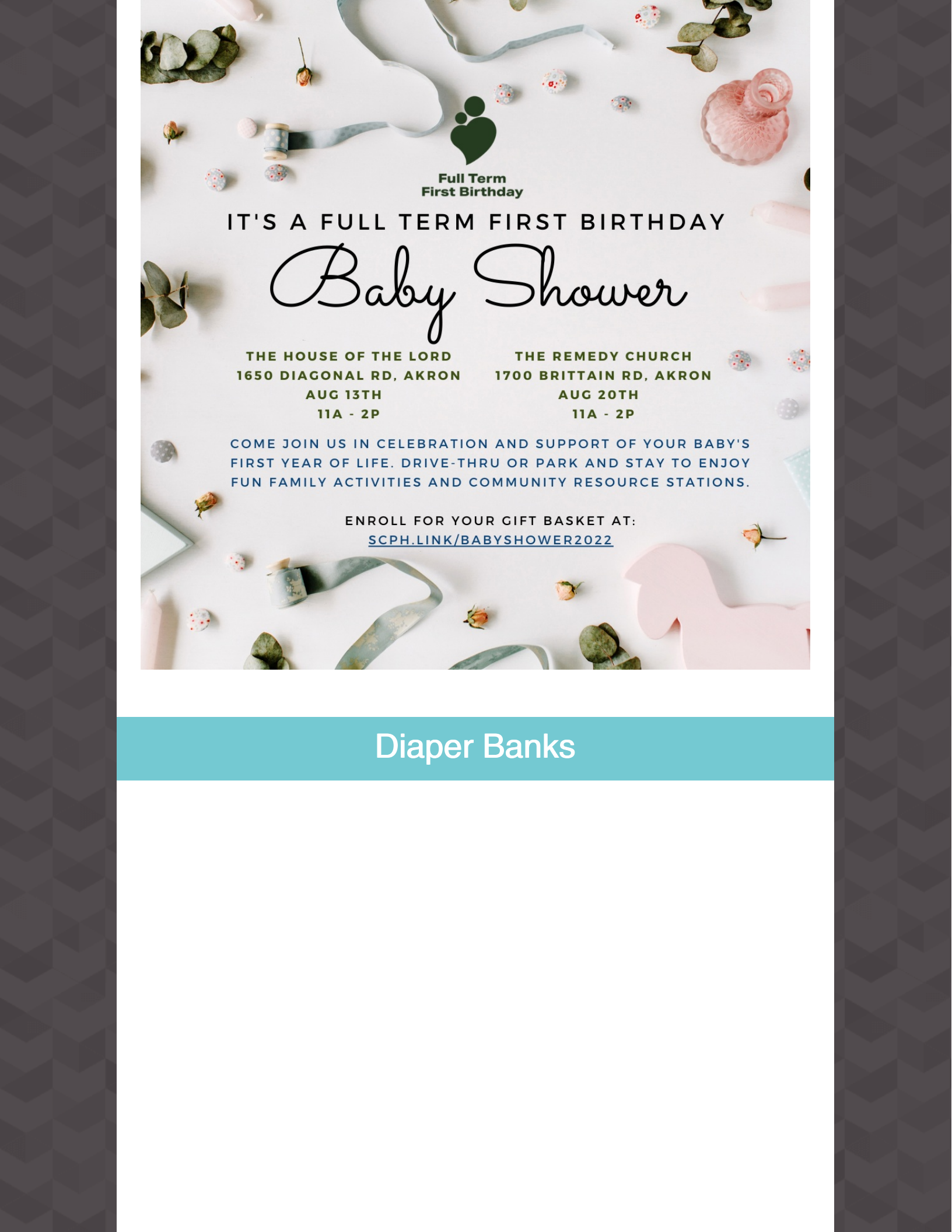


AKRON
COMMUNITY
FOUNDATION
ENRICHING LIVES SINCE 1955

REGISTER AT:
<https://tinyurl.com/SummitMHM>



Join us for our Community Baby Showers!



Full Term
First Birthday

IT'S A FULL TERM FIRST BIRTHDAY

Baby Shower

THE HOUSE OF THE LORD
1650 DIAGONAL RD, AKRON
AUG 13TH
11A - 2P

THE REMEDY CHURCH
1700 BRITAIN RD, AKRON
AUG 20TH
11A - 2P

COME JOIN US IN CELEBRATION AND SUPPORT OF YOUR BABY'S
FIRST YEAR OF LIFE. DRIVE-THRU OR PARK AND STAY TO ENJOY
FUN FAMILY ACTIVITIES AND COMMUNITY RESOURCE STATIONS.

ENROLL FOR YOUR GIFT BASKET AT:
[SCPH.LINK/BABYSHOWER2022](https://scph.link/babyshower2022)

Diaper Banks

SIGN UP FOR OUR COMMUNITY DIAPER BANKS

STEP ONE - REGISTER: COMPLETE OUR ONLINE
APPLICATION AT: [SCPH.LINK/DIAPERSAPPLY](https://scph.link/diapersapply)

STEP TWO - SCHEDULE: TO JOIN US AT ANY OR ALL
GIVEAWAYS. YOU WILL BE CONTACTED BY SUMMIT COUNTY
PUBLIC HEALTH AFTER YOU REGISTER. IF YOU ARE NOT
CONTACTED, CALL 330-926-5700



Department of Job and Family Services



FULL TERM
FIRST BIRTHDAY
GREATER AKRON

Free Food Distribution in Akron and Summit
County



The Akron-Canton Regional Foodbank at 350 Opportunity Parkway in Akron has a monthly drive-thru food distribution. The grocery giveaway takes place on the first Thursday of every month from 1pm-2pm. Listed below are the dates of the drive-thru food distribution.

August 4, 2022

September 1, 2022

October 6, 2022

November 3, 2022

December 1, 2022



Summit County Public Health | 1867 W. Market St., Akron, OH 44313

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