

TOUGALOO COLLEGE



EAGLE EYE: HEALTH IN YOUR HANDS

OWENS HEALTH & WELLNESS CENTER:
QUARTERLY NEWSLETTER- FALL 2015

Edited By: Chasitie Webster



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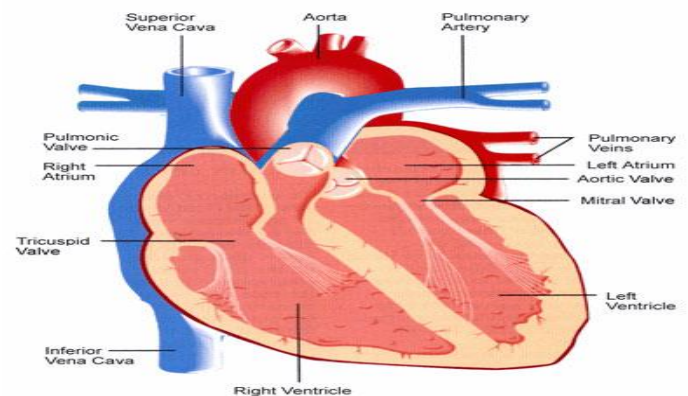
500 W. COUNTY LINE RD. TOUGALOO, MS 39174

Beetroot Juice: The Key to a Health Heart

Written By: Chasitie Webster



A recent study from Washington University School of Medicine in St. Louis, MO suggests patients suffering from heart failure could see major changes in their health by drinking beetroot juice. Beetroot juice contains the active ingredient nitrates. Nitrates are converted into nitric oxide during aerobic exercise. Nitric oxide in the blood widens blood vessels and arteries, which lowers blood pressure. Studies show patients who consumed one glass of beetroot juice a day and included some form of aerobic activity in their daily routine, were found to have significantly lower blood pressure, starting just 24 hours after their first glass! **THAT'S RIGHT!** Only 250ml of beetroot juice is needed per day to help aid in the ongoing battle that plagues millions of Americans, **HEART DISEASE**. Don't Hesitate, purchase a bottle of beetroot juice from your local fresh market today. **YOUR HEART WILL THANK YOU FOR IT!**



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The Y.O.U.C.A.N! Institute at the Owens Health and Wellness Center: Creates Summer Fun for 25 Youth at Tougaloo College

By: Prentiss M. McLin, II, Ph.D.

The Tougaloo College 21st Century Community Learning Center (CCLC), of which the Y.O.U.C.A.N! Institute is a part of, is a cooperative venture of community-based partnerships including, Capital City Alternative School, Youth on the Move, Inc, Central Mississippi Health Services, Jackson Hind Comprehensive Health Center, Tougaloo College Division of Education, Supervision and Instruction, the Jackson Police Department, churches, parents, private enterprises, local civic and youth organizations, family service organizations, and government agencies. The Center seeks to address the escalating national problems of youth health-related issues, low academic achievement, and violence experienced by families and individuals in the African-American community in Jackson, Mississippi through the mobilization of community partners by providing “at-risk” middle school youth with a safe, structural and nurturing environment when school is not in session.

The overall purpose of the Tougaloo College 21st CCLC is to positively impact the lives of “at-risk” middle school youth attending Capital City Alternative School and ensure academic success by providing a variety of high-quality services. One of the goals of the 21st Century Community Learning center L.E.T.S. G.E.T. I.T! (Leadership Empowers Tomorrows Students Greatness Eventually Through Intelligent Thoughts) Program is to provide after school programs, mentoring initiatives, community service activities, wellness programs and summer institutes that will increase academic performance and reduce high risk unhealthy behaviors, increase knowledge and awareness regarding violence and behaviors that lead to healthier lifestyle choices.

During the summer of 2015 from June 1 to July 31st (8 weeks), the Y.O.U. C.A.N! Institute (You Organizing and Understanding Community Action and Networking) through the Let’s Get It! Program hosted the 2015 S.L.I.P (Summer Leadership Institute Program) camp, in accord with the Tougaloo College’s Health and Wellness Center’s mission, was designed to increase health outcomes for one of Mississippi’s most underserved populations...our Youth.



S.L.I.P. Camp participants pose for a picture with one of the guest speakers.

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Students present art work during Raw Kids Art Colony.

Students were coached at a high level in the sports of tennis, basketball, baseball, swimming, and volleyball. Each day would begin with the academic portion. Most of the students enjoyed gaining additional academic training. The latter part of the day would be dedicated to the physical conditioning and athletic skills training. There were many “highlights” during this year’s camp. Mississippi Department of Wildlife and Fisheries came in with an assortment of wildlife that the students could touch and feel. Students learned about human trafficking. There were workshops on cultural awareness. Staffers conducted a Parent Teacher Conference that allowed parents



Youth had fun learning baseball basics.

S.L.I.P participants were able to immerse themselves in a wide variety of academic, athletic, athletic, and mentorship programs as a part of the camp. Twenty-five students attended this year’s camp. Youth had an opportunity to enhance their knowledge and skills based around the science, technology, engineering and mathematics field during the S.T.E.M. workshop sessions. Youth participants gained valuable insights into personality and behavior modification techniques during the Leadership and Character Development

workshops that were attended daily. They were granted the opportunity to sharpen their language arts and



Learning and sharing during S.L.I.P. Parent Teacher Conference.

to receive feedback on their child’s daily performance and readiness for the

upcoming school year. Students participated in the Grand to Grand Mentoring Activity, Raw Kids Art Colony, received dance lessons from actual choreographers, had a Field Day Program facilitated by High Velocity, and even were able to take a field trip

that included skating, and visiting the Smith Robertson Museum and Cultural Center.

The entire camp was designed to allow Youth to have entertaining and educational experiences. The program sought to promote seven developmental areas: (1) academic enrichment, (2) violence/dropout prevention, (3) personal development, (4) life skills enhancement, (5) cultural enrichment, (6) career development, and (7) family engagement. By all accounts the S.L.I.P camp was a success. Students were excited and engaged each day. Many commented that they could not wait until next year to join us again for this wonderful opportunity.

The S.L.I.P camp hit the mark with respect to providing Youth and opportunity to grow and learn in a safe a nurturing environment. Next year’s event promises to be even more fun and rewarding for the Youth. If you would like additional information about pricing and space availability please contact the Y.O.U. C.A.N! Institute at 601-977-4437 or visit us on-line at <https://www.tougaloo.edu/administration/health-and-wellness/you-can-institute> .

SNAP Students Excel in Medical Data Technology

By: Johnnie Hawkins

Tougaloo College Central MS Area Health Education Center



Sixteen adults will soon graduate from the Medical Data Technology Program launched by the Tougaloo College Central Mississippi Area Health Education Center in January 2015. The program is sponsored by the Jackson Medical Mall Foundation's Career Training and Employment Collaborative (CTEC).

CTEC is funded through the U.S. Department of Agriculture (USDA) Supplemental Nutrition Assistance Program's (SNAP) Process & Technology Improvement Grant. The grant provides job training, career coaching, and job placement assistance for 100 individuals annually whose households participate in the SNAP. The purpose of the program is to provide outreach to the unemployed and underemployed, train and move work-ready adults into employment, help participants achieve milestones that move them closer

toward economic independence, improve job retention, and increase self-sufficiency.

The Medical Data Technology training is a nine month training program. The classroom space for the first cohort's training was sponsored by Hinds Community College-Jackson Campus. This training program includes medical coding, medical terminology and medical office assistance. In addition to their core classes, these students also learn how to type, use computers, and navigate through word processing programs while preparing for careers in the medical field particularly in an office setting. Graduates receive a career certificate with the option of testing to become licensed as a Certified Coding Associate. To date, 44 adults have graduated from the CTEC program, 16 are pending graduation, and 39 have gained employment. Enrollment for upcoming classes begins in October 2015.

For more information on the Medical Data Technology Program and CTEC's four other training programs contact: Johnnie M. Hawkins, Director, and Central MS Area Health Education Center at: (601)987-9463 or email jhawkins@tougaloo.edu. Central MS Area Health Education Center is the workforce training and development sector of the Tougaloo College George A. and Ruth B. Owens Health and Wellness Center. Dr. Sandra C. Hayes is the Executive Director.

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Healthy Living and Awareness Program (ALP)

Promoting Healthy Lifestyle Changes among Older Adults

Written by: Patrice Jacobs



Diabetes Workshop

It is a known fact that as we age many of our mental and physical processes change in undesirable ways. For many adults, particularly those age sixty (60) and older, physical activity tends to decline and there is an increase in sedentary behavior which affects our health and makes it difficult to separate from not moving to moving sufficiently. Also among this population, attitudes, intentions, struggles to self-manage illness, disappointments with environmental barriers, and the lack of sufficient medical care are all associated with the complexity of aging. Although research shows improvement in motion among this population, many questions still remain regarding whether the lack of social engagement and moderate movement are the primary result of time or of lifestyle.

In an attempt to increase knowledge of chronic diseases that promotes informed decisions and encourage older adults to reduce or eliminate sedentary behavior, the Tougaloo College George A. and Ruth B Owens Health and Wellness Center's Active Life Program (ALP) implements a model designed to show the effects of health education and physical fitness (weight loss and maintenance) through an array of interventions that foster motivation toward a better way of life among older adults. The model for the Active Life Program fosters daily interactions with program participants through a host of intervention sessions that are coupled with Sit to Fit, Toning, and Line Dancing classes. In addition, the program implements an annual health fair and youth mentoring activities, and Senior citizens prom.



Health Screening

To further enhance the lifestyles of Older Adults, the ALP staff offers a community outreach project funded through American Association for Retired People (AARP) entitled Intergenerational Digital Literacy (iDigiLit) project. This project is designed to enable older adults to be trained by college students the ability to navigate technological equipment such as a computer.



Alzheimer's Workshop

Best practices of the ALP involve the recruitment of forty (40) and/or more, under-served men and women from Hinds, Madison, and Rankin counties, age fifty-five (55) and older, who voluntarily attended the education workshops and the fitness center regularly. Through the administration of pre and post test surveys and wellness screenings (vital signs) the evidence from the data revealed that most participants increased in their range of motion, lost weight, and maintained a stable weight balance, as well as, improved their cholesterol, triglyceride, and blood glucose levels. This evidence demonstrates that daily physical function linked to knowledge strengthens the notion that being physically active makes the body function better and induce change that creates a healthier lifestyle. Also a strategic personal fitness training regiment attributes to one's increase in the physical ability as evidenced by program designed satisfaction surveys.

For more information, visit our website at <https://www.tougaloo.edu/administration/owens-health-and-wellness>.



Cultivating Progress in the Mississippi Delta!!!!!!

By: Otis Wright Jr.

The Tougaloo College George A. and Ruth B .Owens (TCOHWC) Farm Aid is a progressive force that is sweeping the Delta at a progressive rate. Tougaloo Farm Aid is United States Department of Agriculture (USDA) 2501 sponsored outreach program that focuses on working with socially disadvantaged farmers and ranchers. Although a new addition to the outstanding work of Tougaloo College, the (TCOHWC) Farm Aid program is creating new opportunities for farmers and their communities in seven counties in the MS Delta. Since February, (TCOHWC) Farm Aid has been making steady impact by helping farmers establish healthy relationships with USDA and other vital agencies. We have assisted farmers in meeting standards to be able to utilize farmers markets and grocery stores to create more income for their business and families. We are encouraging rural residents to “recycle” their dollars by purchasing healthy foods from local farmers. Our “recycle” theory is simply means that when a customer buys from a local farmer he/she is investing in their health. The money people spend at a local farmers market stays local and doesn’t go to a major corporation but goes right back into ground to produce more healthier foods for you. Buy local and buy fresh!!!!



(Caption left to right) Tougaloo College Farm Aid and MS Delta Farm Workers Council on a farm assessment discussing conservation plans and supplying farmers markets in the MS Delta. (Right) Coahoma County Clifton Lockett showing some of his produce that he supplies to the local market.

Tougaloo College-Delta HealthPartners Healthy Start Initiative Promotes September as 'Infant Mortality Awareness Month'

By: Arletha Howard

The death of a baby before his or her first birthday is called infant mortality. Unfortunately, about 24,000 infants died during 2011 in the United States. The loss of a baby remains a sad reality for many families and takes a serious toll on the health and well-being of families. Fortunately, most newborns grow and thrive. However, for every 1,000 babies born, 6 die during their first year. Most of these babies die because they are:

- Born with a serious birth defect
- Born too small and too early (i.e., preterm birth; birth before 37 weeks gestation)
- Victims of Sudden Infant Death Syndrome (SIDS)
- Affected by maternal complications of pregnancy
- Victims of injuries

These top five leading causes of infant mortality together accounted for 58% of all infant deaths in the United States in 2011.

What Is the Infant Mortality Rate?

The infant mortality rate (IMR) is an estimate of the number of infant deaths for every 1,000 live births. The IMR is often used as an indicator to measure the health and well-being of a nation, because factors affecting the health of entire populations can also affect infant mortality rates. Based on preliminary data, the IMR in 2011 declined to 6.05 overall, but disparities still exist. There are obvious differences in infant mortality by age, race, and ethnicity.

Medical advances over the last 60 years have helped save babies and reduce overall infant mortality. However, the United States still has a relatively poor global standing compared with other developed nations. A main reason for this is because the United States has a high percentage of preterm births. The good news is we can also help reduce infant mortality among babies born preterm by addressing key risk factors such as prenatal smoking that contributes to low birth weight, preterm delivery, preterm-related death, and SIDS.

What Can You Do?

Pregnancy and childbirth have a huge effect on the health of women and their families. Pregnancy-related health outcomes are influenced by factors such as race, ethnicity, age, and income, but most importantly—a woman's health.

Good preconception health care means living a safe, healthy lifestyle and managing any current health conditions before getting pregnant. By taking action on health issues before pregnancy, many future problems for the mother and baby can be prevented.

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Being physically active during pregnancy, such as walking, can reduce the risk of infant mortality.

It is important for all women of reproductive age to adopt healthy behaviors such as:

- Taking folic acid
- Maintaining a healthy diet and weight
- Being physically active regularly
- Quitting tobacco use
- Not drinking excessive amounts of alcohol or using "street" drugs
- Talking to your health care provider about preventing and managing chronic diseases
- Talking with your health care provider about taking any medications
- Using effective contraception correctly and consistently if you are sexually active, but wish to delay or avoid pregnancy
- Preventing injuries and considering the safety of your home and family (e.g., wear seat belt, take CPR, install and test smoke alarms)

A healthy pregnancy begins before conception and continues with appropriate prenatal care and addressing problems if they arise.

Tougaloo College/Delta HealthPartners (DHP) Healthy Start Initiative is a division of the Owens Health and Wellness Center, Tougaloo College, Tougaloo, MS. The vision is to expand high quality comprehensive maternal child and family services through advocacy and direct service provision resulting in safe healthy families and inclusive thriving communities.

Mission Statement: **Tougaloo College/Delta HealthPartners** is a not-for-profit community based organization operating under the auspices of Tougaloo College Health and wellness Center dedicated to reducing infant mortality, increasing positive birth outcomes and improving the overall health status and quality of life for teens, women, children and families in the Mississippi Delta. Health Resources and Service Administration's (HRSA) provides funding to TC/DHP to:

- Improve Women's Health
- Promote Quality Service
- Strengthen Family Resilience
- Achieve Collective Impact
- Increase Accountability/Quality/Improvement, Performance Monitoring, and Evaluation
- Health Education

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TC-DHP, a member of the National Healthy Start Association, is making steady progress in reducing infant deaths in our area. The month of September has been designated Infant Mortality Awareness Month. In recognition of the **National Infant Mortality Awareness Campaign**, we will kick-off our Infant Mortality Awareness Initiative, ***“a Community Baby Shower”***. Our targeted invitees are pregnant mothers, fathers and babies up to six months. There will be free giveaways, healthy refreshments, vendors and educational advice from healthcare experts for all attendees. The ***“Community Baby Shower”*** will be held Wednesday, September 30, 2015 at the Washington County Convention Center on Raceway Road, Greenville, MS. The time of this Tri-County event will

be 5:00 – 8:00 p.m. Our goal is to give families a healthy start. As a nonprofit maternal child organization, we are making a dramatic impact on the high rates of infant mortality that are prevalent in many communities with large minority populations as well as high rates of unemployment, poverty and limited access to safe housing and medical providers.

Tougaloo College-Delta HealthPartners has had great success and achievements working with our partners. We are proud to partner with our two U.S. Senators Thad Cochran and Roger Wicker; U.S. Representative Bennie Thompson; State Representatives Willie Bailey, John Hines and Chuck Espy; State Senators Robert Jackson, Willie Simmons, Buck Clark, and Derrick Simmons; the Washington County Board of Supervisor (***who just recently issued a proclamation to Delta HealthPartners declaring the month of September as ‘National Infant Mortality Awareness Month’ as well as allowing the use of the Washington County Convention Center to host this event***); Alderwoman Mala Brooks, Vice Mayor Errick Simmons and many other partners in helping our community’s most disadvantaged survive infancy and live longer, more productive lives.



Community Baby Shower

~GAMES~

~GIFTS~



~REFRESHMENTS~

~ FAMILY FUN ~

Community Baby Shower

***Wednesday September 30
2015***

5:00 pm – 8:00 pm

***Washington County Conven-
Center***

***1040 Raceway Rd.
Greenville, MS 38703***

Free gifts and giveaways for moms, dads & babies; local vendors and all the expert help you need to make sure your baby gets the best care; For Pregnant Moms, Parenting Women, Dads & Families; Entertainment, Refreshments, Raffles, and Educational Information

For more information, please contact: 662 335-4300

Initiative



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OHWC- Events Calendar

Friday, October 02, 2015 – Monday, November 30, 2015

Time zone: (UTC-06:00) Central Time (US & Canada)

(Adjusted for Daylight Saving Time)

October 2015							November 2015						
Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa
				1	2	3	1	2	3	4	5	6	7
4	5	6	7	8	9	10	8	9	10	11	12	13	14
11	12	13	14	15	16	17	15	16	17	18	19	20	21
18	19	20	21	22	23	24	22	23	24	25	26	27	28
25	26	27	28	29	30	31	29	30					

▲ <u>Active Life: Minority Health in MS (Mental Health)</u> OHWC	Tue, Oct 06	9:00 AM – 11:00 AM
▲ <u>MAN-UP: Partners Meeting</u> OHWC- President Conference Room	Wed, Oct 07	9:00 AM – 10:00 AM
<u>DHP: NW MS Summit on Community Engagement</u> Landers Center- Southaven, MS		10:00 AM – 3:00 PM
▲ <u>USDA: Value Added Training</u> Clarksdale, MS	Sat, Oct 17	5:30 PM – 6:30 PM
▲ <u>DHP: Car Seat Safety Training</u> Panola County Library (Batesville)	Wed, Oct 21 to Fri, Oct 23	9:00 AM – 4:00 PM
▲ <u>DHP: First FIMR with HS as the lead agency Merit Hospital</u> Clarksdale, MS	Mon, Oct 26	10:00 AM – 1:00 PM
▲ <u>DHP: Monthly Staff Meeting</u> Greenville, MS	Tue, Oct 27	10:00 AM – 1:00 PM