



Health Understanding Education

June —September 2014



John Kasich, Governor
Gregory L. Hall, MD, Chairman
Angela C. Dawson, Executive Director

Lupus in Ohio



According to the Lupus Foundation of America, Greater Ohio Chapter, “Lupus is a chronic autoimmune disease that can damage any part of the body including (skin, joints, and/or organs). The Word Chronic means that signs and symptoms tend to last longer than six weeks and often reoccur for many years.”

When someone lives with Lupus, there are problems within their immune system. Normally, one’s immune system protects the body from things such as viruses, bacteria, and germs; However in Lupus patients, the immune system cannot tell the difference between germs and our body’s healthy tissues. Because of this issue, autoantibodies then attack and destroy healthy tissue, cause pain and inflammation, and damage various parts of the body.

To help bring about a greater awareness for Lupus, May is designated as Lupus Awareness Month. This May, the Commission’s six funded Lupus projects provided community awareness, education and support programming to highlight how Lupus disproportionately impacts racial and ethnic minority women.

One such grantee, The Lupus Foundation of America (LFA), Greater Ohio Chapter, in Brecksville, Ohio featured a number of awareness activities that helped shed light on the issue.

- Progressive Field and the Cleveland Indians hosting a Lupus Awareness Night where LFA received a one minute public service announcement and their LFA CEO/ President, Suzanne Tierney, Board Member & Rheumatologist, Stanley Ballou MD, and Radio DJ for 93.1, Sam Sylk were asked to step out on the field.



Terminal Tower bathed in purple light while the LFA CEO and an LFA Board Member were asked to step out on the field.

- CBS Radio featured PSA’s on Cleveland’s Q104 all month long for Lupus Awareness Month.

Lupus and Health Disparities

It is estimated that about 1.5 million Americans have Lupus. Lupus is most often diagnosed amongst women between the ages of 15-44. Although Lupus findings in men are not as common, men too can contract the disease. However, Lupus disproportionately affects women and members of racial and ethnic minorities. People from lower socioeconomic status have poorer outcomes of disease and higher death rates, further complicating disparities in Lupus among racial and ethnic minorities. Due to a lack of access to quality culturally appropriate health care, minority women often seek medical care later in the progression of their illness, Lupus is 3 times more likely to occur in an African American woman than a white woman and 2 times more likely to occur in an Asian-, Hispanic/Latina-, or Native- American women. African American women usually report more severe organ problems, within their kidneys. Whereas Hispanic women usually develop it earlier and have associated heart problems.

To combat health disparities for Lupus, and all chronic illnesses that disproportionately impact racial and ethnic minorities, it is imperative to have accessible, culturally and linguistically appropriate services delivered by culturally competent health care providers and volunteers.

Coping With Lupus

The Ohio Commission on Minority Health supports individuals, families and caregivers of those impacted by Lupus. Through grant awards across the state of Ohio, community agencies develop Lupus programs for culturally and linguistically appropriate patient, public and professional education. Additionally, Lupus grants can be used to encourage and develop local centers on Lupus information gathering, screening, and for the provision of culturally and linguistically appropriate outreach to women of color.

For more information on connecting yourself, or a family member to any Commission Lupus program, please visit our webpage at www.mih.ohio.gov. For more information on Lupus, please visit the Centers for Disease Control and Prevention website at www.cdc.gov/arthritis/basics/lupus.htm.

The Commission Reestablishes Grantee and Capacity Building Trainings



Executive Director Angela Dawson, and DHPE Fellow, Thometta Cozart

During May and June 2014, the Commission reestablished its grantee trainings and community capacity building training.

To ensure that our grantees are meeting program outcome objectives, as well as continuously implementing and evaluating their programs in accordance with our state guidelines, the Commission held three mandatory grantee meetings to review grants management guidelines within the areas of program, fiscal reporting, and evaluation for its Local Offices, Demonstration and Lupus grantees.

In prior years, the Commission held bi-annual grantee meetings. Over the past four years, trainings for current grantees were postponed due to budget changes and staff transition. With the Commission fully staffed, grantee trainings are once again, a priority. Grantee trainings are critical. They allow grantees to come together to network amongst agencies that are engaged in similar work across communities. Grantee meetings also promote collaboration as well as sharing of community resources and lessons learned. Additionally, grantee meetings serve as an opportunity to share new national minority health data, strategies and evidence based program concepts. Such information can help improve program implementation and often times, program outcomes. Furthermore, one of the most significant needs for grantee trainings is the opportunity to ensure that each grantee is properly trained to administer their grant per Commission guidelines, and as mandated by our Administrative Rules. Guidelines include but are not limited to program implementation as the grant was approved; proper data collection and timely reporting; as well as proper and timely fiscal management of grant funds.

Likewise, the purpose of the community capacity training was to enhance the capabilities, skills and knowledge of the community-based organizations addressing health disparities in Ohio. Capacity Building is a broad term that includes actions that improve organizational effectiveness. Part of the Ohio Commission on Minority Health's 2011-2015 Strategic Plan is to enhance the organizational development of grassroots groups striving for health equity for Ohio's racial and ethnic populations.

The Capacity Building Training focused on the following OCMH Strategic Objectives:

- To empower organizational leadership to address health disparities at various levels;
- To enhance the organizational development of CBOs addressing health disparities in Ohio;
- To advocate for diversity and culturally competent healthcare and health related workforce;
- To increase the capturing, analyzing and dissemination of health data regarding racial and ethnic populations; and
- To improve the technological efficiency of community based organizations addressing health disparities.

A summary of the Commission grantee evaluation forms completed, indicated the following average satisfaction ratings out of 5.0 on satisfaction ratings: Local offices on Minority Health (16 attendees) with an average score of 4.2 out of 5; Demonstration (11 attendees) with an average score of 4.5 out of 5; and Lupus (9 attendees) with an average score of 4.6 out of 5. The Capacity training was held on June 6, 2014 and offered an organizational development track, a technology track and a skill-based track. The results of the evaluation are as follows: Participant Evaluation (61 attendees) 4.3 out of 5 on increased awareness and knowledge of disparities. Speaker Evaluation (12 speakers) 4.6 out of 5 on staff helpfulness and satisfaction.

Summer Sponsorship Feature: Festival Latino!

This August, the Ohio Commission on Minority Health sponsored Festival Latino! OCMH provided support to the Health and Wellness area of the Festival Latino, held in Columbus, Ohio. Fifteen health and wellness vendors provided health and wellness education, screenings and promoted wellness initiatives within the Latino community. This included multiple

health screenings such as blood pressure, cholesterol, diabetes screenings (glucose, A1C), organ donation education.

The health and wellness area targeted youth through the inclusion of an exercise component which included Zumba workshops and Salsa lessons to increase the awareness of the importance of exercise. In addition, diabetes education was provided to the Latino community participants. This event is reached over 150,000 individuals targeting well over five counties and 10 cities across the state of Ohio.



Festival LATINO

FREE! *¡Entrada Gratuita!*

Presented by **HONDA**

Saturday & Sunday/Sábado y Domingo
August 9 & 10/9 y 10 de Agosto
11 am-8 pm/11am a 8pm
Bicentennial Park/En el parque Bicentennial
Columbus, Ohio

HONDA THE CITY OF COLUMBUS RECREATION AND PARKS DEPARTMENT David & Mo Meuse AMERICAN FAMILY HEALTHCARE Hilton



Stop by the Ohio Commission on Minority Health's expanded Health & Wellness Area for free activities including diabetes screenings, Zumba workshops, cholesterol testing, local pharmacist consultations, games, and much more!

Visite el Comisión de Ohio por la salud de las minorías y nuestra área ampliada de Bienestar y Salud. Dentro de las actividades, ofreceremos exámenes de diabetes, talleres de Zumba, exámenes de colesterol, consultas farmacéuticas, juegos; y ¡mucho más!

The Commission Seeks a Diverse Pool of Minority Health Evaluators! The Commission invites evaluators with experience assessing minority health grants and research projects to be a part of Research and Evaluation Enhancement Program (REEP). For more information, visit our webpage at www.mih.ohio.gov contact Dr. Joann Mawasha at joann.mawasha@wright.edu or 937-775-4300.

September is Infant Mortality Awareness Month

Many Ohioans are just now beginning to learn that we are near the bottom among the states in terms of babies, and especially African-American babies, dying before their first birthday. Ohio is 49th worst in the country for African American Infant Mortality outcomes, 48th out of 50 states for total infant deaths, and 37th in infant deaths for white babies. Ohioans are also beginning to learn some of the reasons why this sad situation exists, as well as what can be done to turn it around. Despite many long-running local and statewide efforts, the status quo is not working to catch us up to other states and the nation. Things must change. Raising awareness to a much higher and broader level is essential for needed changes to take place.

Held in September, National Infant Mortality Awareness Month is a great opportunity to reinforce the message and make sure folks in every part of Ohio begin to think about and do something about improving the health of our women and babies by making positive changes in their own communities.

Infant Mortality is one of six Commission funding priority areas. As such, the Commission takes an active role in the Ohio Collaborative to Prevent Infant Mortality (OCPIM). According to the OCPIM website, the Collaborative formed in 2010 as the successor to the Ohio Infant Mortality Task Force. The Task Force issued a report in late 2009 which provided a detailed update on infant mortality, outlined current prevention efforts, and provided ten recommendations together with rationale and strategies to address Ohio's lack of progress in reducing infant mortality and birth-outcome disparities. These recommendations provide the starting point for the collaborative, which is organized into five workgroups addressing the following topics:

- Coordinated Health Care
- Disparities and Racism
- Data/Metrics/Quality Improvement
- Education/Outreach; and
- Public Policy

For more information on infant mortality, visit our Commission homepage at www.mih.ohio.gov, in the *About The Commission* section.

Funding Opportunity

The Ohio Commission on Minority Health Re-released the Statewide African American Health Coalition (AAHC) Request for Proposal on September, 22, 2014.



The AAHC is designed to advocate for improved access to high quality and culturally competent health care, to increase the awareness of health disparities and the related strategies to improve health outcomes, to impact public policy, support public health promotion and system change to eliminate health disparities among the African American population. Grant funds will not exceed \$25,000 in year one. Year two continuation funding is contingent upon successful implementation of grant requirements and the availability of funding. The due date for proposals is October 24, 2014. Visit our website, at www.mih.ohio.gov, within our Funding Opportunities tab for more information and to view our technical assistance webinar.

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Good Health Begins With You!®

The Ohio Commission on Minority Health

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