

JULY

National Minority Health Month

Public Health Objective:

Its goal is to strengthen the capacity of local communities to eliminate the disproportionate burden of premature death and preventable illness in minority populations through prevention, early detection, and control of disease complications.

Ministry Ideas:

- Highlight in monthly newsletter.
- Display fact sheet and resources on bulletin board.
- Start a double-dutch team for the church.
- Host a health fair around the health issues that have the highest impact in communities of color i.e., Diabetes, high blood pressure, and heart disease, to include screenings and informative material.
- Create wellness accountability groups within the age groups of the church.
- Host lifestyle-change classes/workshops around good nutrition and/or stress management.
- Host one-time or recurring yoga classes.
- Host a quit smoking clinic.
- Host a hula-hoop contest.
- Start a church garden.
- Start a walking group.



If viewing this document in a printed format, point your smartphone's camera at the above code and then click on the link that appears at the bottom of your screen to be taken to a webpage with this month's resources and clickable links.

Media:

July is Minority Mental Health Month

<https://www.youtube.com/watch?v=1zY2X2DKMZs>

#MyStoryMyWay: Minority Mental Health Month 2018

<https://www.youtube.com/watch?v=BcseWEileqI>

Truthful Tuesdays With Ingrid (Episode 8)

<https://podcasts.apple.com/us/podcast/truthful-tuesdays-with-ingrid/id1462697852>

Fact Sheets:

WhatWorksFactSheet_HealthEquality

<https://www.thecommunityguide.org/sites/default/files/assets/What-Works-Factsheet-HealthEquity.pdf>

National Institute on Minority Health and Health Disparities Fact Sheet

<https://www.nimhd.nih.gov/docs/about-nimhd-factsheet.pdf>