



NEWS

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Health Power® Targets Mental Health Made possible through a GlaxoSmithKline Grant

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A new initiative, is focusing on prevention, early detection and control of depression in people. Special effort will be given to decreasing the stigma associated with depression and related mental illnesses. Concerns about having mental illness often leads to delays in seeking help from within the family and health professionals.



alcohol, drugs or by the socially acceptable habit of working excessively long hours.



Children and teenagers under stress, who experience loss, or who have attention, learning, conduct or anxiety disorders are at a higher risk for depression. Depression also tends to run in families.



We are currently developing more information on our web site for all of these groups, and planning such additional web based activities as:



◆ customized video vignettes which will be developed from focus groups whose participants will know in advance of

Although depression, affects women, men, aging populations, teens, and even children, women are most likely to experience depression. The hormonal and life changes associated with menstruation, pregnancy and menopause may contribute to this higher incidence.

this plan; and

◆ streaming videos related to mental health.

In men, it is often masked by

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3 in 1 Recipe Directory for Cooking Good

Knowledge +
Action =
Power!™

A unique 3 in 1 Recipe Directory has been added to the *Food and Fitness Channel* of our unique web site, located at www.healthpowerforminorities.org.

The directory makes it much easier to cook good, look good, feel better, and live longer. The three components of the directory are:

• Recipes by Type

- Recipes by Celebrities and Notables,
 - Recipes by Culture.
- Examples of the recipes in each component follow.

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About Depression: Excerpts From Our Free Brochure

Depression
is
More Than
“A Little Sad”
But, it's very
treatable

Key Facts

About Depression:

1. It affects people of all races and ethnic groups.
2. It's a highly treatable medical illness.
3. Most people don't get treated because they don't understand what the symptoms are, or they fear the stigma associated with mental illness.

Two Basic Kinds of Symptoms: Emotional and Physical

Key Emotional Symptoms of Depression

- Excessive sadness/crying
- Loss of interest
- Loss of pleasure
- Difficulty in concentrating
- Being overwhelmed
- Feeling excessive guilt
- Irritability, worry, anxiety
- Thoughts of suicide

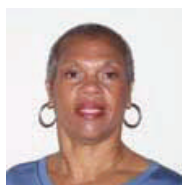
Key Physical Symptoms of Depression

- Headache
- Fatigue/Weakness
- Sleep disturbance
- Change in appetite
- Change in weight
- Nagging aches and pains
- Backache
- Dizziness
- Decreased energy

People who have 5 or more symptoms of depression for more than 2 weeks are likely to be depressed and need a complete evaluation.

Our Mental Health Channel and Key Messages on Depression

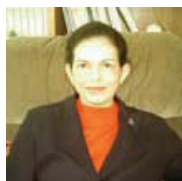
Editors and Advisors: Web Site Mental Health Channel



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Other information on *our web site Mental Health Channel* includes:

- Bipolar disorder
- Notables who have had depression or bipolar disorder
- Childhood depression
- Post-traumatic stress disorder
- Stress prevention and reduction
- [Link to our Spiritual Health Channel](#)

Key Depression Messages

- ▶ Depression is “More than a little sad”.
- ▶ Depression is “More than having the blues”.
- ▶ Depression is not a personal weakness.

▶ Anyone can have depression, which is due to a chemical imbalance.

▶ Depression is treatable.

▶ There are two basic types of depression: (1) Unipolar Disorder, which is usually called depression and (2) Bipolar Disorder which used to be called manic depression.

▶ There is no one sign of depression nor bipolar disorder. Therefore, it's important to avoid stereotyping.

▶ Depression can be effectively treated provided affected individuals consistently adhere to their treatment regimens.

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3 in 1 Recipe Directory for Smart Eating

Continued from P. 1

Recipes by Type

- Breakfast
- Lunch
- Dinner
- Soups, Salads,
- Pastas and Breads
- Desserts and Drinks

Recipes by Celebrities and Notables

- Patti LaBelle
- Gladys Knight
- Dr. Dorothy Height/NCNW

- Chef Leah Chase of New Orleans
- Chef Johnny Rivers
- Madhu Gadia

Cultural Specialty Recipes

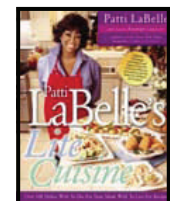
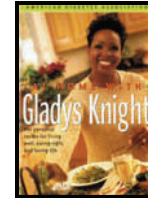
- African-American and Caribbean,
- Asian Pacific Islander,
- American Indian and Alaska Native,
- Hispanic,
- Multicultural

Tip Sheets can also be downloaded on a variety of *Healthy Eating* subjects such as:

- ▶ Shopping Smart
- ▶ Cooking Healthy
- ▶ Weight Control



Be sure to visit the Health Power web site and go to the "Food and Fitness" channel located under "Special Health Channel".



Health Power Jazz Party A Big Success

The place, The American Heart Association; The day, December 15, 2005; The music was superb. All who attended this fundraiser clicked their heels and glasses while networking and showing their support for *Health Power*.

This fundraiser was hosted by Michael Weamer, CAE, and Chair of Health Power's Board of Directors. He is also Executive Vice President of AHA. The event was co-hosted by Dr. Norma Goodwin, Founder, President and CEO of Health Power.

The "Who's Who" of leaders enjoying the dynamic jazz sounds of El Sharpe and Off-

Da-Hook included Dr. Cheryl Pegus, National Medical Director at Aetna and Vice Chair of the Health Power Board; Health Power Board members Steven Lamonte, Vice President of Pfizer; Robert Bender, past CEO of the American Red Cross in Greater New York; and Gail Mitchell, Past President of the Pan Hellenic Council of Greater New York.

Other participants included Dr. Yvonnecris Veal, Past Health Power Chair; Health Power corporate advisors Jeff McEInea and Kenneth Fisher, Esq., partner at WolfBlock, LLP; Peter Fields, Esq. also of Wolf Block; Harlem Hospital Center Philanthropic Leader Dr. Muriel Petioni, Dr. Marcella

Maxwell; Joel Dolci, CEO of the New York Society of Association Executives; Dr. Luis Estevez, Co-Founder of the National Hispanic Medical Association; Joseph Jeffers, Clinical Director of American Indian Community House; Kenton Kirby, Publisher and Editor of Caribbean Life and a *Health Power* editor; and Adrian Council, Publisher and Jean Nash Wells, Editor-in-Chief of Positive Community Magazine.



El Sharpe and Off Da Hook



Ken Fisher, Esq. Dr. Norma Goodwin, Michael and Mrs. Weamer; and Peter Fields, Esq.



Joseph Jeffers and Dr. Goodwin



Dr. Luis Estevez and Dr. Cheryl Pegus ▶

About Health Power

The mission of Health Power is to improve the health of people of color :

— through—

- health information
- health promotion
- consultative & training services
- partnerships

Working with the public, non-profit and private sectors to achieve mutually agreed upon goals and objectives.

Feedback Corner

Let us hear
from You.



To Contact Us:

For additional newsletters, to get on our mailing list, or for anything else

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Visit our web site at
www.Healthpowerforminorities.org

Norma J. Goodwin, MD
Founder ,
President & CEO

Board Spotlight

Health Power is pleased to announce the following 2005-2006 additions to its Board of Directors



Douglas Alligood
Senior Vice President
Special Markets, BBDO



Poonam Alaigh, M.D.
National Medical Director
GlaxoSmithKline



Gary Berman
Founder and CEO
Si Change Consulting and
Market Segment.com



Steven LaMonte
Vice President
Intergrated Growth Solutions and Northern Latin America, Pfizer Consumer Healthcare

Health Power and ACS Stride Together Against Breast Cancer



Brooklyn's landmark Prospect Park was the setting for the 2005 American Cancer Society "Making Strides Against Breast Cancer" Walk. The *Health Power Walkers* actively participated from the warm-up to the cool-down. During the 3-mile walk, participants encouraged survivors and networked with others while keeping in step. All *Health Power Walkers* completed the walk.

**Remember:
Knowledge + Action = Power!™**