

Special Points of Interest

- Stress Production and Reduction
- NMA 2008 Convention Highlights
- *Health Power* collaborations with other Key Organizations
- Spotlight on Cross-linked *Health Power* Web Partners

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National Medical Association (NMA) 2008 Convention Highlights

Phylicia Rashad Keynotes Women's Luncheon

The award winning veteran actress of television, film and the Broadway Stage, and one of America's most diversified entertainment talents, Phylicia Rashad, was Keynote Speaker at the NMA's Annual 2008 Luncheon of the Council on Concerns of Women Physicians (The Council).

The luncheon, held at the Georgia World Congress Center, is named for Muriel Petioni, MD, who hosted Annual Luncheons of women



Rachel Villanueva, MD, Norma Goodwin, MD and Phylicia Rashad, Keynote Speaker

physicians during the NMA Convention before they had any formal recognition in the NMA. The Council is chaired by Rachel Villanueva, MD.

who is also an Editor of *Health Power's* Women's Health Channel. Dr. Norma Goodwin, *Health Power's* President, spearheaded the Council's establishment after chairing an NMA Task Force on the Concerns of Women Physicians, and served as the Council's first Chair.

Rashad is especially vocal about diabetes, and several women's causes including domestic violence awareness, and balancing professional and personal lives.

General Honoré Highlights Lessons from Hurricane Katrina



Norma Goodwin, MD, *Health Power's* President; Lieutenant General Russel Honoré; Roselyn Payne Epps, MD., Past President, American Medical Women's Association

Lieutenant General Russel L. Honoré, best known for serving as commander of Joint Task Force Katrina, shared highlights from his coordination of military relief efforts for Hurricane Katrina affected areas across the Gulf Coast at an NMA Community Medicine session. He is sometimes known as "The Ragin Cajun" although he is actually of Louisiana Creole background. The session was chaired by Reverend Dr. Lucille Perez, Past President of the NMA.

Carolyn Britton, MD Installed as NMA President



After serving in numerous leadership positions of the NMA, including Chair of Region I, Member of the Board of Trustees, and Chair of the Board of Trustees, Carolyn Britton, MD was installed as the organization's 109th President during the Annual Convention.

Dr. Britton, Associate Professor of Clinical Neurology at Columbia University's College of Physicians and Surgeons, is the first neurologist and the ninth woman to be elected president of the NMA during its 113 year history.

Stress Prevention and Reduction: Good for the Body, Mind & Spirit!

What stress is: To prevent and reduce stress, one must first understand it. Stress is our internal physical, mental and emotional responses to outside pressures and demands. There's good stress, which is also called eustress, and bad stress, or distress. Examples follow. **Good Stress**—Marriage and buying a new home. **Bad Stress**—Death of a loved one and being divorced.

Continuous or repeated exposure to distressing situations can damage a person's physical and emotional health. Examples are:

- ▶ On the job stress,
- ▶ Domestic violence
- ▶ School related stress.

Key Stress Triggers in Multicultural Communities include:

- More unemployment
 - Less health literacy
 - Greater economic disadvantage
 - Less health insurance coverage
 - Greater exposure to racism, and
 - Fewer outlets for stress reduction
- Stress can also lead to unhealthy lifestyles like:
- Smoking
 - Excess alcohol intake
 - Unhealthy eating patterns.

- Becoming a couch potato
- Participating in or accepting violent behavior.

Common physical, emotional and behavioral symptoms of stress are described in the *Mental Health Channel of Health Power's web site*, as well as 12 Common Negative stressors (causes of distress). The web site's Stress Reduction and Control Section also describes *various approaches to stress prevention and reduction including: Walking and other Exercises, Deep breathing, Meditation, Yoga, Laughing, Aromatherapy, Massage, Tai Chi, and Visualization.*

The Health Power web site is at www.healthpowerforminorities.org.

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

Health Power Elected to The National Forum For Heart Disease & Stroke Prevention

Health Power was welcomed as a member of The National Forum for Heart Disease & Stroke Prevention in August, joining 80 other national and international organizations representing public and private health care, faith, advocacy, academic and policy organizations.

The lead organizations of the National Forum are the Centers for Disease Control and Prevention (CDC), American Heart Association (AHA)/American Stroke Association (ASA), and Stroke Association of State and Territorial Health Officials (ASTHO). Health Power is an active member of the Communica-

tions Implementation Group. *The Forum's Annual Meeting will be held March 18-20, 2009 at Georgetown University, Washington, D.C. For more information contact Peg O'Connell at (919) 839-5753.*

Dr. Goodwin Keynotes National Council of Negro Women Tea—Flatbush Section



Congresswoman Yvette Clarke and Dr. Norma Goodwin

Health Power was a co-sponsor of the National Council of Negro Women (NCNW) — Flatbush Section *Health Awareness Membership Tea* held October 25, 2008. In addition, its President, Dr. Goodwin, was Keynote Speaker. She emphasized:

- Δ The close relationships between heart disease, obesity, diabetes, high blood cholesterol and hypertension in African-American women, and
- Δ Things they can do to decrease their risk of each

condition,

She also shared with participants the wide variety of information available to them in the following areas of *Health Power's web site*, which is located at www.healthpowerforminorities.org:

Food and Fitness Channel, which contains numerous recipes including recipes by such celebrities and notables as Patti LaBelle, Gladys Knight and NCNW's Dr. Dorothy Height, the **Heart Disease Section**, and the **Diabetes Section**. The Food

and Fitness Channel also contains a variety of information on Walking-for-Health, and burning calories through various physical activities.

Another speaker at the event was Congresswoman Yvette Clarke, of New York's Congressional District 11, who emphasized the importance of both health awareness and political awareness, and active involvement in both.



Melissa Lyttle, Event Coordinator



Dr. Goodwin and Ofield Dukes, President, Ofield Dukes and Associates, and Fellow of the Public Relations Society of America

“Uncommon Height” Celebration

Thousands flocked to the Washington Hilton Hotel in March 2008 for “Uncommon Height”, an event of the National Council of Negro Women (NCNW) to show their continued support and admiration of *Dr. Dorothy Height, Chair and President Emeriti of NCNW*. Dr. Height, who is 96 years of age, was recognized for nearly half a century of leadership in the struggle for equality and human rights for all people.

The other highlight of the event was recognition of the principal honoree, *Sidney Poitier, the legendary and distinguished Bahamian-American award winning actor* (Golden Globe and Grammy, among others), film director, author and diplomat.

NCNW was founded by Mary McCloud Bethune in 1935. Today, the organization is a council of 39 affiliated national African-American women’s organizations and over 240 sections—connecting nearly 4 million women worldwide.

Ofield Dukes, a legend in public relations, whose papers are housed in the Walter P. Reuther Library of Labor and Urban Affairs, played a key role in overseeing coordination of the event.



Dr. Dorothy Height, Sidney Poitier and Dr. Norma Goodwin

Health Power Highlights

Columbia University Publishes Article on Health Power Web Site

An October 2008 article by our President, Dr. Norma Goodwin, entitled *Eliminating Health Disparities through a Nationally Unique Web Site*:

www.healthpowerforminorities.org was published in the inaugural issue of Columbia University’s online publication, the *Journal of Equity in Health*. The web site received a **JEH Award as an Outstanding Model**. Copies of the article may be obtained from the Health Power web site under the title “*Health Power Family Publications*”

Traffic To Health Power’s Web Site Continues to Expand

Google now lists Health Power’s web site Number 1 among more than 600,000 sources of “Health Information for Minorities”. The site is currently experiencing more than 3 million hits per year.

Key web site features include:

- 5 Racial and Ethnic Chsnnels;
- Annual Racial and Ethnic Heritage Web Celebrations;
- Food and Fitness Channel;
- Infant & Child Health, Teen, Women’s, Men’s and Aging Channels.

NMA Convention 2008 Highlights (Continued)



Linda Clayton, MD, Senior Research Scientist at the Harvard School of Public Health and her husband Michael Byrd, MD discussed their new book, *An American Dilemma: A medical history of African Americans and the Problem of Race*, they were joined by Dr. Goodwin.

American Cancer Society and NMA Collaborate on Cancer Disparities

A 3-year collaboration between the NMA and ACS to educate the general public, physicians and other health professionals about best practices regarding cancer prevention, early detection and treatment among racial, ethnic, and underserved populations was announced. The collaboration targets eliminating inequalities related to: (a) information and screening services, (b) quality care and treatment, and (c) end-of-life support. ACS is one of 45 Health Power Cross-linked web partners.



Let us hear from You

Choose a Daily Quote

from Health Power's *Spiritual Health Channel* at
www.healthpowerforminorities.org.

Representative Quotes follow.

CONFUCIUS – About Example

"To know what is right and not to do it is the worst cowardice"

BOB MARLEY– About Love

"One love, one heart. Let's get together and feel alright"

RITA MORENO– About Self-esteem

"Bigger than life is not difficult for me. I am bigger than life"

JOHN LENNON– About Help

"I get by with a little help from my friends"

OPRAH WINFREY– About Success

"Surround yourself with only people who are going to lift you higher"

To Contact Us:

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For Health Power brochures, or
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Be sure to visit our web site
at... www.healthpowerforminorities.org



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Spotlight on Crosslinked Web Partners

For this issue, Health Power recognizes:



African American Collaborative
Obesity Research Network (AACORN)
www.aacorn.org



Latino Caucus of
American Public Health Association (APHA)
www.latinocaucus-apha.org