

A Newsletter by
Health Power Inc. SM

Editor,
Norma J. Goodwin, M.D.
Founder and President

4 OUR HEALTH

Health Information for People of Color

Spring/Summer Issue, 2004

Volume 1 Issue 2

Three New Health Power Web Channels Launched

In celebration of **Black History Month** in February, and **Asian Pacific American Heritage Month** in May, *Health Power* launched its African-American and Asian-Pacific Islander Web Site Channels. A highlight of the Black History month celebration was the launch of a new Food and Fitness Channel.

African-American Channel— Contents include, from the celebration, salutes to Dr. Ben Carson, world acclaimed neurosurgeon, and Patti LaBelle, legendary singer, and New York Times best selling author. There's also information on the 10 leading causes of death in African-Americans, and much more.

Food and Fitness Channel— Contains exciting, yet healthy recipes by Patti LaBelle and the also legendary singer, Gladys Knight, among others. There's also a Food Trivia Quiz, "Walking for Health and Fitness" tips, and much more. See Page 4 for a sample list from the Recipe Directory.



Dr. Ben Carson



Patti LaBelle

Other Racial and Ethnic Channels Under Development— we invite you to visit our developing **Caribbean Circuit, Hispanic/Latino Channel** (including the heritage celebration Sept. 15–October 15), and **American Indian/Native American Channel** (heritage celebration in November.)

In This Issue:

Three New Web Channels	1
Teen Web Site Underway NMA Meeting in St. Thomas	2
"Women Of Heart" Awards	3
HIV Messages for Women	3
Salute to Don Dea & Fusion	3
Celebrity Recipes Jamaican Consulate Health Fair	4
Jazz Party With A Purpose	4

Asian-Pacific Islander Channel – In May, we saluted four outstanding Asian Americans (below). Other channel content includes key contributors to health disparities in Asian Pacific Islanders; a comprehensive review of HIV/AIDS in Asian Americans; the worldwide distribution of Asians and what languages they speak; the 10 leading causes of death in Asian Pacific Islanders, and more.



From L to R: Vishakha Desai, Ph.D., President of the Asia Society; David Ho, M.D., Founding Scientific Director & CEO, Aaron Diamond AIDS Research Center; Andrea Jung, Chairman and CEO, Avon Products; and John Liu, NUC Council Member.

**Remember,
Action's the Way
4 Health Power!**

To see and use any of these new and developing channels, visit us at : www.healthpoweronline.org. Then click on **Special Health Channels**. Then select either
▪ Food & Fitness Channel, or ▪ Racial/Ethnic/Cultural Group Channels.

Health Power Participates in Annual Region I NMA Meeting

Dr. Norma Goodwin, *Health Power* Founder and President, participated in the Region I meeting of the National Medical Association (NMA) held May 27–31st at the Frenchman’s Reef Hotel in St. Thomas, U.S. Virgin Islands.



Dr. Goodwin and Dr. Brown

Dr. Goodwin moderated a luncheon session entitled, “HIV Prevention and Treatment Update”, presented by Dr. Lawrence Brown, Senior Vice President of Addiction Research and Treatment Corporation (ARTC).

Other participants at the meeting included Dr. Randall Maxey, NMA President; Dr. Winston Price, President-Elect;

Dr. James Gavin, President of Morehouse School of Medicine and Co-Author of a recently released book on diabetes control entitled, “Healing our Village”, which is co-authored by Dr. Lenore T. Coleman.

Health Power Editors on the meeting program were Dr. Sharon Allison-Otley, Chair of the NMA Council on Concerns of Women Physicians and Editor of *Health Power’s* Aging Health Channel; and Dr. Wilma Wooten, Chair of the NMA’s Section on Women’s Health and Editor of *Health Power’s* Women’s Health Channel.

The Program Chair was Dr. Carolyn Britton and the Region I Chair was Dr. Jay Cowan.

Thanks to Our Major Donors

Health Power is greatly appreciative to the following major donors:

- Abbott Laboratories
- Aetna
- American Heart Association
- Fusion Productions

Teen Web Site Underway

With the help of a group of outstanding teens of color, *Health Power* recently launched a developing web site for teens, called **Teen Power**.

The **Teen Power** web site is especially designed to: (a) provide easily understood and culturally relevant health information for teens; and (b) provide opportunities for teens to communicate with each other through the internet about issues and experiences of interest.

Key features of the **Teen Power** channel are:

- It’s a web site “By Teens. For Teens”
- Teens Ask the Experts
Experts answer various health questions.
- Teens Talk and Holla Back
Web site users exchange information and views.
- TAC Views
Site users get to “check out” the various opinions of our TAC (Teen Advisory Council) members
- Entrepreneur Spotlight
Exposes teens to successful entrepreneurs of color, (celebrities, business managers, professional leaders, etc.) who became successful.

Teen Power



Check **Teen Power** out on the **Health Power Home Page** at www.healthpoweronline.org

- Teen Leaders
Provides information on the **Teen Power** editors, TAC members, and outside teen leaders.
- Two Teen Soap Operas under development, one authored primarily by African-American teens, and the other primarily by Hispanic teens. Watch for them.

Teen Advisory Council (TAC) Members

Sandy Torres, Editor ☺ Corey Burgess, Co-Editor
William Jimenez ☺ Ryan Shirley ☺ Reenee Richards

HIV Prevention and Control Messages for Women of Color, and Others

Unless you’re sure it will be safe sex, say it clearly, and be sure you mean it, “No Condom, No Sex”!

If you don’t protect yourself, how can you protect your children?

You have a choice. Be selfish with your body.

Respect yourself...Protect yourself.

Value your life, and its quality.

Four Leading Women Receive "Women With Heart" Award

At the American Heart Association's (AHA) Fifth Anniversary "Women with Heart" luncheon, May 6th at New York City's landmark Hotel Pierre, four outstanding women received this distinguished award.

Author of the award winning book "Women Are Not Small Men" and National Spokes person for the American Heart Association "Go Red For Women" campaign.

Shon Gables, Co-Anchor of CBS2 News This Morning was the Mistress of Ceremonies.

Past recipients include Lauren Bacall and, Judith Jamison of Alvin Ailey Dance Theatre.

They were: Norma J. Goodwin, M.D., Founder and President of *Health Power*, Karen L. Katen, President of *Pfizer Global Pharmaceuticals*; Martine Reardon, Executive Vice President of *Macy's East*, and Dr. Judith Shapiro, President of *Barnard College*.

Luncheon Co-Chairs were Jane Chesnutt, Editor-in-Chief of Women's Day Magazine and Nieca Goldberg, M.D., Cardiologist,



← Michael Weamer, Executive Vice President, AHA and Health Power Vice Chair

Shon Gables, Co-Anchor of CBS2 News This Morning →



From L to R: Dr. Nieca Goldberg, Martine Reardon, Dr. Judith Shapiro, Dr. Norma J. Goodwin, and Karen L. Katen.

Health Power Materials

Brochures currently available on:

- Breast Cancer
- Colorectal Cancer
- Diabetes
- HIV Prevention for Teens
- HIV Prevention in Teens for Parents
- Hypertension (High Blood Pressure)
- Prenatal Care
- Prostate Cancer
- Sexually Transmitted Diseases
- Sickle Cell Anemia.

Get our catalogue to order a free copy of any brochure, or our Annual Report (for the postage charge only) Just visit our web site at:

www.healthpoweronline.org

This Newsletter is available online.



Sid Lerner, Chair, Meatless Mondays

Eat Healthy Tips for Heart Health

Saturated fats are usually solid at room temperature and are found primarily in animal products such as ♦ fatty meats cold cuts ♦ butter ♦ cheese ♦ eggs ♦ poultry skin ♦ cream ♦ ice cream ♦ lard

Trans fatty acids are formed during the hydrogenation of vegetable oil and may be found in: stick margarine ♦ cakes pies ♦ cookies ♦ donuts ♦ French fries ♦ chips ♦ other

Don Dea and Fusion Productions Saluted

Don Dea, and Fusion Productions, Inc. were saluted by Health Power during its Asian American Heritage Month Celebration. Fusion is a key strategic partner.

Since Health Power's inception, as a result of Don's policy direction, Fusion has provided partially contributed high quality technical support for the web site.

Don is a recognized authority on the Internet, association strategy, online education, and technology deployment. His technology clients have

included: Bausch & Lomb, Sun Micro Systems, Eastman Kodak Company, PricewaterhouseCoopers, and Medic Alert



Leading Causes of Death for Key U.S. Groups

Key Group	No.1	No.2	No. 3
African Americans	Heart Disease	Cancer	Stroke
American Indians	Heart Disease	Cancer	Accidents*
Asian Pacific Islanders	Cancer	Heart Disease	Stroke
Hispanics	Heart Disease	Cancer	Accidents*
Caucasians	Heart Disease	Cancer	Stroke

* and/or unintentional injuries

Feedback Corner

Jazz Party With A Purpose



On May 5th, many *Health Power* supporters enjoyed the jazz sounds of ← **Frankie Paris and Cold Sweat**. The party was a great mix of dancing and networking while enjoying good food and drink.



Health Power Board member Bob Bender

This fundraiser, co-sponsored by the American Heart Association, also celebrated Dr. Goodwin's birthday.



← NYC Councilman Albert Vann and Dr. Goodwin

Dr. Goodwin with New Jersey AHA affiliate members Miredia Warren and Margaret Cammaieri →



Let us hear from You !

To Contact Us:

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

at:

Health Power Inc.

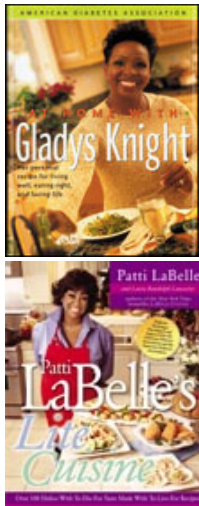
3020 Glenwood Road
Brooklyn, NY 11210

E-mail
healthpower@
healthpoweronline.org

Tel: 718/434-8161
Fax: 718/434-8162

www.
healthpoweronline.org

Norma J. Goodwin, MD
Founder,
President & CEO



Sample Recipe List from Web Site Recipe Directory Food and Fitness Channel

- Crabmeat Quiche ↔ Patti Labelle
- Bethune Sweet Potato Pie ↔ Dr. Dorothy Height & NCNW
- Chayote-Potato Pancakes ↔ Meatless Mondays
- Crispy Oven Fried Chicken ↔ Gladys Knight
- Crispy Oven Fried Fish ↔ Dr. Dorothy Height & Salmon & Grits
- Stove Top Sweet Potatoes ↔ Patti LaBelle
- Turkey Chili ↔ Gladys Knight

Try these and other delicious "healthy eating" recipes at:
<http://www.healthpoweronline.org/foodFitness/recipes>.

Jamaica Consulate Health Fair

Health Power promoted and participated in the "Jamaican Women Abroad Health Fair" sponsored by the Jamaica Consulate. Held on May 16th at the Fashion Institute of Technology in New York City, services provided included free mammograms, hypertension screenings, cholesterol screenings, and acupuncture as well as information on various health conditions and issues.

Topics covered included:

- Diabetes ▪ Sickle Cell
- Prenatal Care ▪ Nutrition
- Health Insurance

The American Cancer Society was another sponsor, and co-sponsors included the Brooklyn and Manhattan Breast Health Partnerships

About Health Power

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

— through—

- health information
- health promotion
- technical assistance
- partnerships

with the public, non-profit and private sectors to achieve mutual goals and objectives.