REGION IV BLACKS IN GOVERNMENT

ALABAMA FLORIDA GEORGIA KENTUCKY MISSISSIPPI
NORTH CAROLINA SOUTH CAROLINA TENNESSEE

Region IV Health & Wellness Coordinator
Health and Wellness Update
March 15, 2021

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I. RESPONSIBILITIES

Health and Wellness. The Health and Wellness Committee shall develop and coordinate comprehensive on-going activities that educate the general membership on health care access, prevention, treatment, insurance, finding opportunities and health risk factors that affect the African American community; increase the level of awareness and understanding of initiatives on the elimination of race and ethnic health disparities nationwide; exchange information on healthy lifestyles that lead to reducing the risk of HIV/AIDS, diabetes, cardiovascular diseases, cancer, homicide, mental disorder, lupus, obesity, and infant mortality; help to foster partnerships within the African- American communities, including survivors.

II. ACTION ITEMS

!. Request a review of proposed draft **HEALTH & WELLNESS STRATEGY PROPOSAL and approval to proceed with developing this initiative.**

III. ACTIVITIES

- Proposed Region IV Strategy for combating Health & Wellness disparities. See attached proposal. Strategy to be coordinated with BIG National Health and Wellness Programs
- Presented an informational workshop via ZOOM on health and wellness.
- Prepared a survey to obtain information to substantiate proposed Health and Wellness training topics.
- Partner with organizations (churches, fraternities, sororities, masonic, NAACP, etc.) at the state and national level on publicity and training opportunities on Health & Wellness. Formulating a schedule to conduct ZOOM meeting monthly to share health and wellness information.
- Develop a publicity program to advertise Health & Wellness initiatives.
- Develop evaluation guidelines to measure effectiveness of initiatives. (See attached proposal)
- Seeking volunteers to work on a Health & Wellness Committee

- Develop a Webinar Targeting At-Risk population in all states within Region IV

- Participated in a NAMI (Albany) ZOOM meeting on mental health -seniors, and individuals with mental health challenges are adversely affected by isolation due to COVID-19.

IV. CONCERNS / FYI

- Outreach to Chapters/Members
- Limited travel, low level of digital literacy, social distancing
- The level of Health and Wellness Advocacy

V. INFORMATION AND HEALTH AND WELLNESS RESOURCES

https://live.carebeyond.com/on-demand/improve-health/play.php?v=gut-first&site=340562

https://live.carebeyond.com/on-demand/improve-health/play.php?v=achieving-health&site=340562

https://live.carebeyond.com/on-demand/improve-health/play.php?v=live-longer&site=340562

REGION IV BLACKS IN GOVERNMENT COVID-19 ANALYSIS BY STATE

	April-20			March-21				Change	%
LOCATION	**CASES**	**%**	**DEATHS**	**CASES**	**%**	**DEATHS**	**%**	**DEATHS**	**Increase**
USA	675,243		34,562	29,500,000		535,000			
Regional	9%		5%	22%		20%			
ALABAMA	3,836	6%	109	508,000	8%	10,329	10%	10,220	9376%
FLORIDA	22,897	38%	633	1,980,000	31%	32,347	31%	31,714	5010%
GEORGIA	14,223	23%	501	1,001,000	16%	17,710	17%	17,209	3435%
KENTUCKY	2,106	3%	104	420,000	7%	5,147	5%	5,043	4849%
MISSISSIPPI	3,087	5%	111	301,000	5%	6,903	7%	6,792	6119%
NORTH CAROLINA	5,024	8%	108	890,000	14%	11,739	11%	11,631	10769%
SOUTH CAROLINA	3,553	6%	107	534,000	8%	8,878	8%	8,771	8197%
TENNESSEE	6,262	10%	141	779,000	12%	11,535	11%	11,394	8081%
REGION IV	60,988	100%	1,814	6,413,000	100%	104,588	100%	102,774	5665%

REGION IV BLACKS IN GOVERNMENT COVID-19 ANALYSIS BY STATE - HIGHEST TO LOWEST INCREASE

	April-20								
LOCATION	**CASES**	**%**	**DEATHS**	**CASES**	**%**	**DEATHS**	**%**	**DEATHS**	**Increase**
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HEALTH & WELLNESS STRATEGY PROPOSAL

Background

The COVID-19 pandemic has exposed to the whole world disparities in health equities in the U.S. It has also revealed that the elderly and people of melanin skin color accounted for the majority in the high-risk groups for contracting the virus. Prior to the COVID-19 outbreak, it was known that these same groups accounted for almost eighty percent of people with Vitamin D3 deficiencies. This is significant because of the importance of Vitamin D and Vitamin C to the body's immune system.

There are blood tests that measure the level of vitamins in the body. The catch 22 is that a number of health insurance companies will not reimburse individuals unless the tests are ordered by a physician and not all insurance companies reimburse for elective tests. The local health department in my county provides Vitamin D and Vitamin B12 testing at a reasonable cost, but not without a doctor's order. The old adage, "What gets measured, gets done." Hence, this proposal encompasses the following:

I. Each calendar quarter, each chapter recruit twenty (20) melanin skin individuals who have not been administered a vitamin/nutrient test to participate in a controlled study.
II. The controlled group will participate in the study by adhering to established protocols by Region IV.
III. Region IV Health and Wellness Protocol will include the following:
    a. Pre-test evaluation
    b. Test for at least three vitamin/nutrient deficiencies
    c. Agreement to daily health and wellness routine for ninety (90) days. (See Attachment)
    d. Complete a post study period health and wellness assessment.
    e. Sign a pledge to continue with post-study period recommendations
    f. Participate in quarterly follow-up.
IV. Region IV will investigate grant opportunities and fundraisers to fund this initiative.
V. Tentative Cost Estimate:

a. Cost of Test per participant	$100.00
b. Number of Participants	10
c. Number of Chapters in Region IV	23
d. Quarterly Supplements per participant	$75
e. Projected budget:	
i. Vitamin/Nutrient Tests per Chapter	$1,000
ii. Quarterly Supplements per Chapter	$ 750

iii. Cost per Chapter per Quarter $1,750
iv. Region IV Cost per Quarter $40,250
v. Region IV Annual Cost $161,000

VI. Number of Participants Served Annually:
i. Chapter Level 10 X 4 40
ii. Region IV Level 40 X 23 920

VII. Solicit each State in Region IV to share the cost

VIII. Region IV States

a. Alabama	Chapters	4	x	$28,000
b. Florida	Chapters	5	x	$35,000
c. Georgia	Chapters	7	x	$49,000
d. Kentucky	Chapters	0	x	0
e. Mississippi	Chapters	4	x	$28,000
f. North Carolina	Chapters	1	x	$ 7,000
g. South Carolina	Chapters	1	x	$ 7,000
h. Tennessee	Chapters	1	x	$ 7,000
	Total by State			$161,000

XI. Post Evaluation Form from each participant with personal testimonies.

XII. The effectiveness of the current vaccines have been questioned on many aspects. Therefore, we must develop some health and wellness strategies to improve and monitor our own health and wellness or we will become extinct.

VITAMIN DEPLETION/DEFICIENCIES

What is vitamin depletion? Symptoms, causes, and remedies. Why is this topic important? Some common vitamin deficiencies:

1. Vitamin A (is important to
    a. Vision
    b. Immune system
    c. Organ function)

2. Vitamin B6 (Can cause
    a. Peripheral neuropathy
    b. **Depression**
    c. **Confusion**
    d. Seizures

3. Vitamin B12 (Untreated can lead to
    a. Neurological problems
    b. Tingling
    c. Numbness
    d. Anemia
    e. Problems with balance

4. Vitamin C (Cannot be made by the human body)
    a. Problems fighting infections
    b. Poor healing of wounds
    c. Scurvy
    d. Tiredness and weakness
    e. Splitting hair and Dry skin

5. Vitamin D Deficiency
    a. Fatigue.
    b. Bone pain
    c. Muscle weakness, muscle aches, or muscle cramps
    d. Mood changes, like depression
    e. Immune function,

6. Vitamin E (Deficiency is extremely rare in humans)

MINERAL DEPLETION/DEFICIENCIES

Some common mineral deficiencies:

1. Calcium
    a. **Muscle spasms**.
    b. M**uscle cramps**
    c. Weak and brittle nails
    d. Confusion or memory loss
    e. **Numbness**

2. Iodine
    a. Hypothyroidism
    b. Feeling Colder Than Usual
    c. Swelling in the Neck
    d. Dry, Flaky Skin
    e. Trouble Learning and Remembering

3. Iron
    a. Anemia fatigue
    b. Shortness of breath
    c. Dizziness
    d. Headaches
    e. Feeling cold

4. Magnesium
    a. Weak bones
    b. Unstable blood sugar
    c. Poor appetite
    d. Sleepiness
    e. High blood pressure, Stroke, Heart Disease, Diabetes

5. Potassium (Potassium is a mineral that's crucial for life)
    a. Heart
    b. Kidney
    c. Hyperkalemia - abnormal heart rhythm, arrhythmia
    d. Hypokalemic - periodic paralysis

Symptoms: There are several indicators that vitamin and or nutrient deficiencies exist. A vitamin/nutrient blood test is the most empirical method to measure the level of deficiencies. There are physical signs that should not be ignored. i.e, brittle and splitting nails are, unusual fatigue, abnormal body temperature, hair splitting, shortness of breath, etc.

Causes: Varying, below is a list that pertains to most vitamins and minerals:

1. Non-Nutritious Diet
2. Lack of adequate Rest
3. Lack of fresh air and sunshine
4. Medication, (Prescription and over the counter)
5. Lifestyle, (smoking, consuming alcohol
6. Excessive Stress
7. Lack of consumption of vitamin/mineral supplements
8. Lack of exercise.

Example: Cigarette Smoking and Vitamin Depletion

We will talk about vitamins that are depleted when people smoke, but why is this important?

Cigarette smoking speeds up the production of free radicals in our body. These free radicals are what causes the damage to cells that can eventually lead to cancer as well as other diseases

Vitamin C is a water-soluble vitamin. Unlike fat-soluble vitamins, the body is unable to store water-soluble vitamins and must get them daily from the foods we eat.

Remedies:

1. Lifestyle Changes
2. Use of vitamin and mineral supplements
3. Dietary changes
4. Testing (www.healthlabs.com/deficiency/tests (800) 579-3914 (
5. 2000 Locations Nationwide (Without insurance, Doctor's orders??)