



**REGION IV BLACKS IN GOVERNMENT**

***ALABAMA FLORIDA GEORGIA KENTUCKY MISSISSIPPI***

***NORTH CAROLINA SOUTH CAROLINA TENNESSEE***

Region IV Health & Wellness Coordinator

## Health and Wellness Update

**September 30, 2021**

Name: Mary L. Beal

E-Mail Address: mlbeal.mb@gmail.com

Cell Phone: (229) 401-8308

**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**

None.

**III. ACTIVITIES**

* Drafted informational health and wellness workshop via monthly ZOOM.
* Issue monthly health and wellness polls 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.
* Joined the local health and wellness coalition.
* Develop evaluation guidelines to measure effectiveness of initiatives.
* Recruit volunteers to work on a Health & Wellness Committee
* Develop a Webinar Targeting At-Risk population in all states within Region IV
* Participate in Department of Public Health (DPH) Health Fair

**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**

# 1. **Virtual** Training – Health and Wellness Seminars (On Demand)

a. The Usual Suspects - Common Nutrient Deficiencies that Cause BIG Problems

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

b. Immune System Grand Slam

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

c. Gut Health First – Natural Solutions to Health Problems

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

2. Please complete the attached health and [wellness](../Health%20and%20Wellness%20Pre-Test%20%20Poll.docx) poll and return to me by 31 October 2021 at [mlbeal.mb@gmail.com](mailto:mlbeal.mb@gmail.com) or P.O. Box 1064 Cordele, GA 31010

3. COVID-19 Statistical [Update](../RPT%20Septemmber%20%202021%20Region%20IV%20HandW.xlsx)