

# Alabama State Convention of the NAACP

## January 2012 – Health Update

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### *From the National NAACP Health Department*

According to the NAACP, addressing chronic diseases in the African-American community requires a comprehensive education and community awareness program that includes: 1) healthy eating, 2) physical activity, and 3) chronic disease prevention. That's why a 2012 request for proposal has been issued for PROJECT HELP: Healthy Eating, Lifestyles and Physical Activity. The goal of the program is to provide an opportunity to implement an intergenerational and family approach to the promotion of healthy behaviors and to advocate for healthier environments. A total of seven \$2K grants will be awarded (one grant per region). Please contact the state health chair for a copy of the RFP. **Proposals must be submitted by February 17.**

### *From the State Health Chair*

- February 7 is National Black HIV/AIDS Awareness Day. The first day of observance began in 2000 with five organizations funded by the Centers for Disease Control and Prevention (Concerned Black Men, Inc. of Philadelphia, PA; Health Watch Information and Promotion Services, Inc., Brooklyn, NY; Mississippi Urban Research Center, Jackson, MS; National Black Alcoholism and Addictions Council, Minneapolis, MN; and National Black Leadership Commission on AIDS, New York City, NY). February 7 was set aside as a day for the African-American community to mobilize around the issue of HIV/AIDS. *Why?* Because 1 in 16 black men and 1 in 32 Black women will become infected with HIV in their lifetime. The 2012 theme is "I am my Brother/Sister's Keeper: Fight HIV/AIDS!" You can make a commitment to fight HIV/AIDS by getting educated, getting tested and getting involved! Get educated by visiting websites such as [aids.gov](http://aids.gov) or [blackaids.org](http://blackaids.org)! Get tested at your county health department or at an AIDS service organization. And get involved by coordinating an HIV/AIDS awareness program or a testing campaign in your neighborhood.
- On January 25, First Lady Michelle Obama and Agriculture Secretary Tom Vilsack announced the new dietary guidelines for school lunches that are subsidized by the federal government that will contain less salt and more whole grains, fruits, and vegetables. These changes are expected to reach 32 million children.
- The American Heart Association is looking for ambassadors for their Power to End Stroke campaign. The campaign began in 2006 to reduce the number of strokes and the risk for strokes, particularly in the African-American community. Join the movement by visiting <http://www.powertoendstroke.org/join-intro.html>.
- In response to Alabama State Convention NAACP President Benard Simelton's challenge for each state member to lose 3 pounds each this year, five branches (Decatur-Morgan, Huntsville-Madison County, Limestone, Macon, and Mobile) are participating in Scale Back Alabama. Weigh-ins were held the week of January 21-27. The successful teams (with each team member losing a minimum of 10 lbs each) will be eligible to win a drawing for either a \$1,000, \$500, or \$250 prize. Participants who lose 10 lbs or more are eligible to win one of 50, \$100 prizes. And, all individuals that lose *any* weight are eligible to enter separate drawings for prizes if they complete the 10-week program.
- The State Action Health Plan has been updated for 2012 and will be posted to the Alabama State Convention's website. This Plan serves as a guide to help you address HIV/AIDS, obesity, health care reform, and other health disparities that impact Alabama.

### *Upcoming Dates to Remember*

**Here are some upcoming dates that are ideal for planning health education and advocacy activities in your county.**

- February is National Children's Dental Health Month.
- March is National Nutrition Month.
- April is National Minority Health Month.
- April 7 is World Health Day.

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