



Community Health Advocate Training

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Funder Acknowledgment :

This program is supported by Healthy Savannah and the YMCA of Coastal Georgia through the Racial and Ethnic Approaches to Community Health grant funding awarded through the Centers for Disease Control and Prevention.

The contents of this presentation were developed by Think Equity, LLC.



Meet Your Trainers



Community Health Advocate

What is the Community Health Advocate Opportunity?

- An education and outreach program focused on COVID-19 and flu vaccine awareness and acceptance.
- CHAs will engage their community, family, and friends on the issue of COVID -19 and flu vaccination to provide information that will help make an informed decision.
- This training has been expanded to include the other strategies within the REACH grant:
 - Physical Activity
 - Nutrition
 - Information on overall community health and wellness.
- A **\$500 stipend** will be provided for those who successfully complete the program.



CHA Outreach

Who is providing this training?

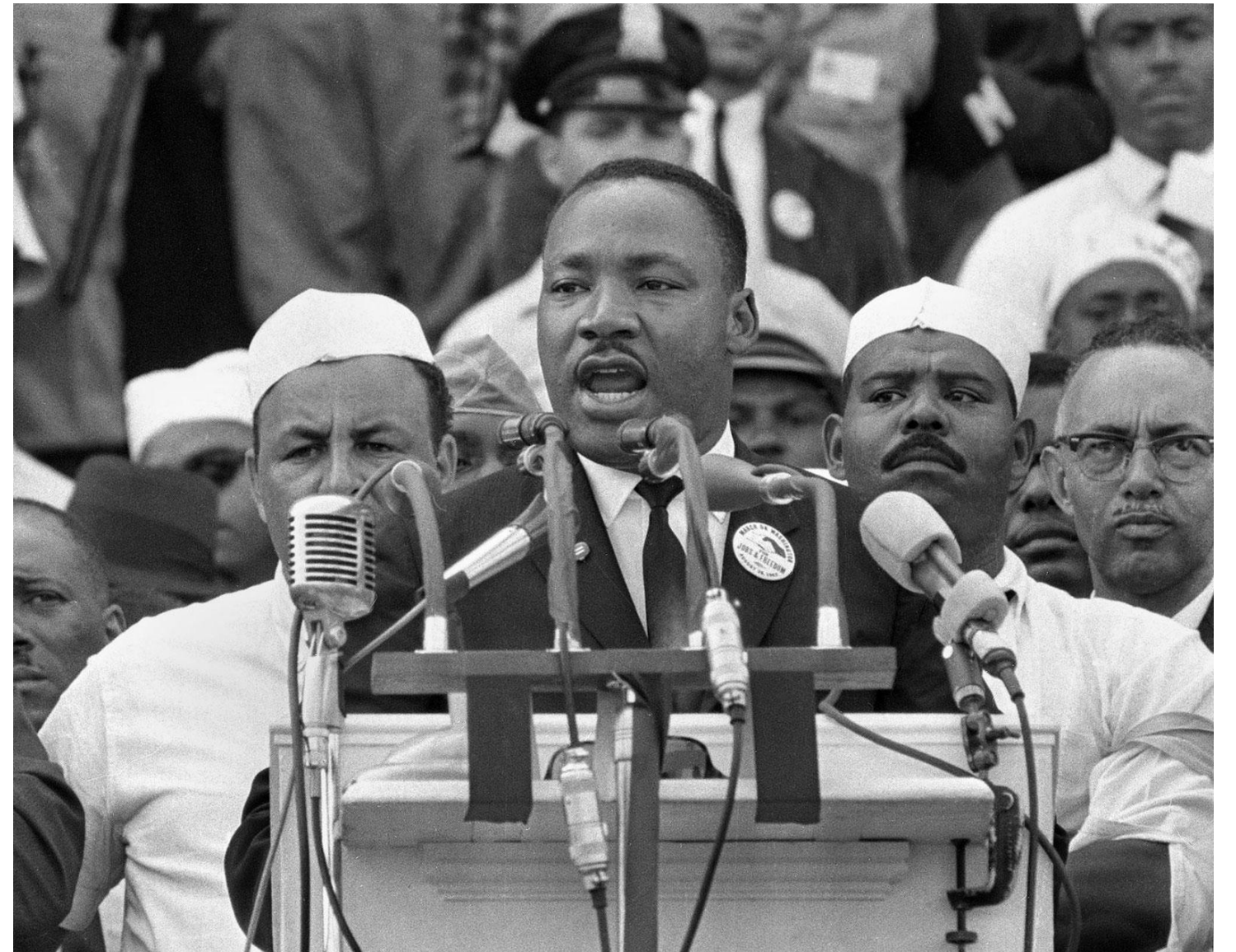
- This effort is funded by a supplemental grant from the Centers for Disease Control and Prevention, is intended to broaden the initiatives of the current Racial and Ethnic Approaches to Community Health (REACH) grant to focus on COVID-19 vaccine education, awareness, and acceptance, particularly in Savannah's Black and Hispanic communities.



The Fierce Urgency of Now

“We are now faced with the fact that tomorrow is today. We are confronted with ***the fierce urgency of now***. In this unfolding conundrum of life and history, there 'is' such a thing as being too late. ***This is no time for apathy or complacency***. This is a time for vigorous and positive action.”

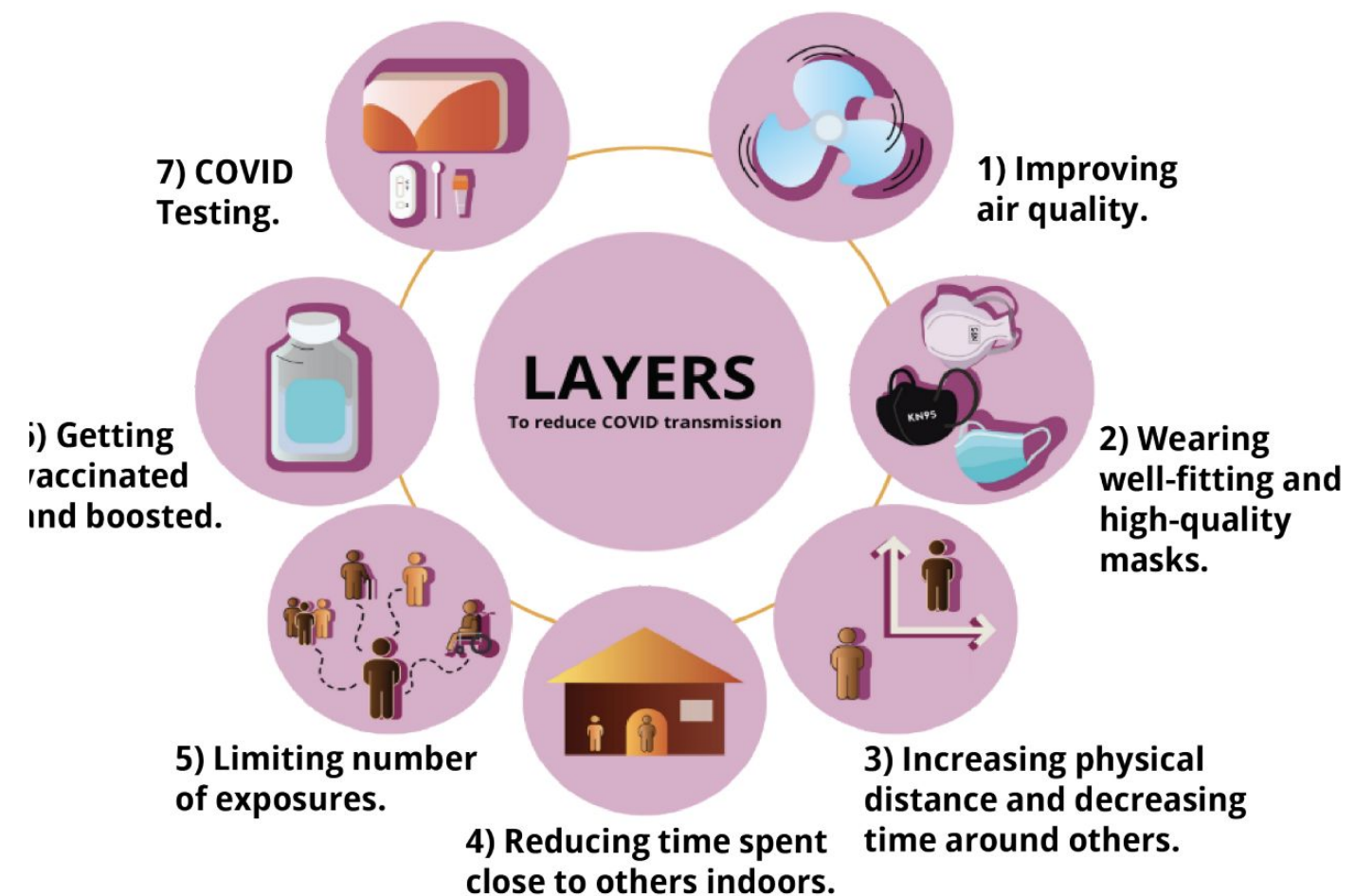
- Rev. Dr. Martin Luther King Jr.



COVID-19 and Influenza: Where are we now?

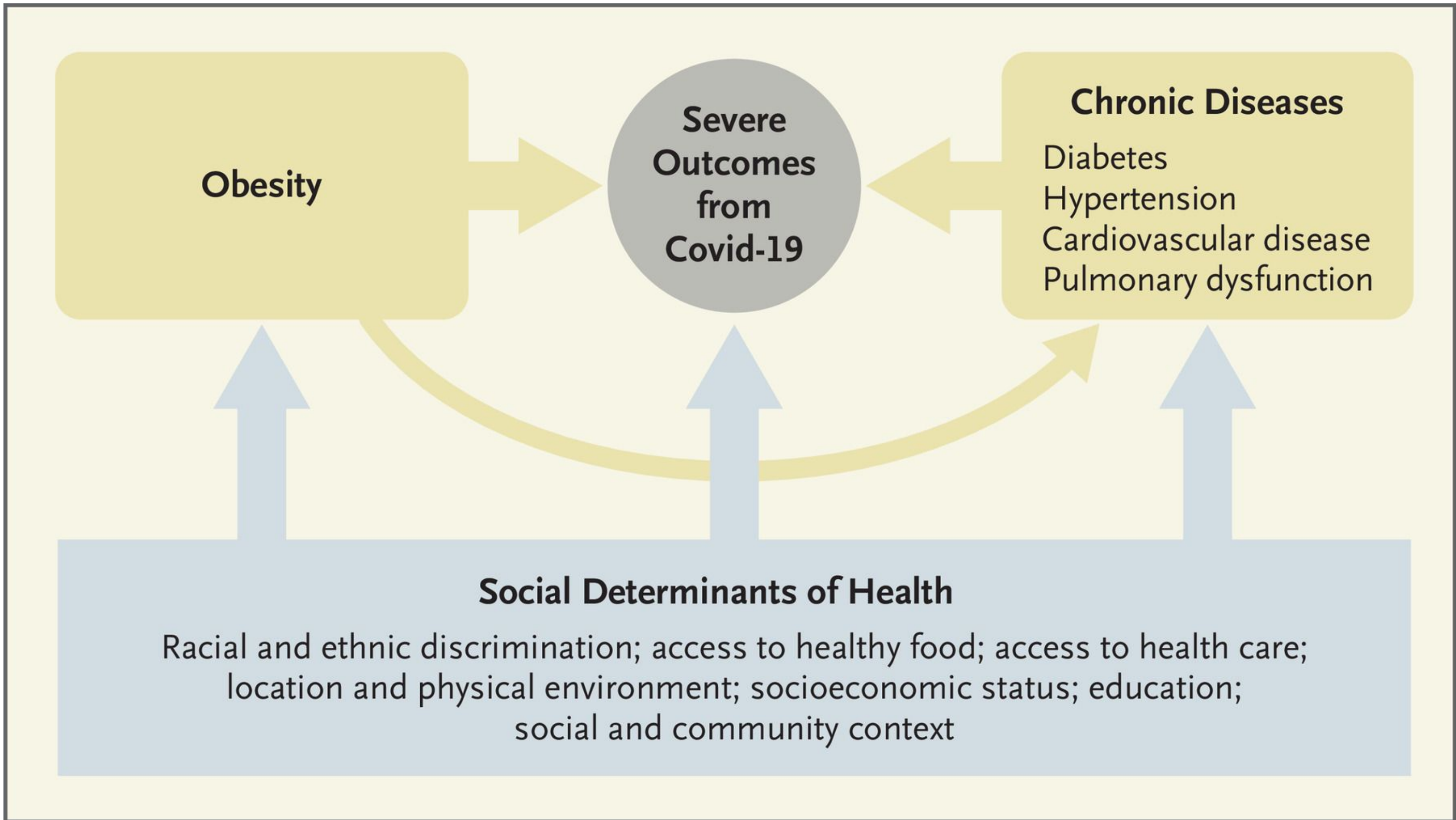
COVID-19 in the United States

- As of March 22, 2023, more than 1 million Americans have died from COVID 19
- From Pandemic to Endemic
- We are **NOT** returning to the days before February 2020.
- We must learn how to live in our new normal
- We must take every precaution to protect ourselves and others by:
 - Getting fully vaccinated
 - Wearing masks
 - Social distancing (when possible)
 - Washing our hands—frequently
 - Being physically active
 - Eating healthful foods
 - Getting plenty of rest



COVID-19 and Underlying Health Conditions



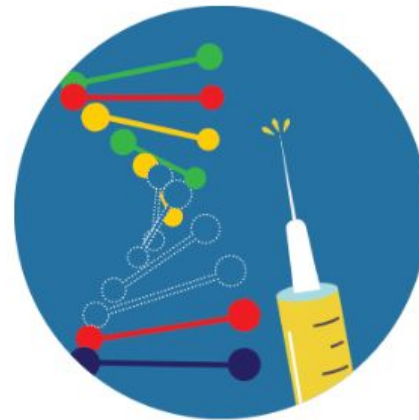


IMPORTANT VACCINE FACTS



Fact one

You will not get COVID-19 from the vaccine.



Fact two

The vaccine will not change or damage your genetic information.



Fact three

Even if you are vaccinated, you should still wear your mask, frequently wash your hands and maintain physical distance to help keep everyone safe.



Fact four

The Pfizer, Moderna and Johnson & Johnson vaccines are all equally important in stopping the spread of COVID-19.



Fact five

If you are pregnant, trying to become pregnant now or want to get pregnant in the future it is still safe for you to get the vaccine.

What Happens if I Get Infected?




- Stay in a specific room and away from other people and pets in your home.
- If you can, use a separate bathroom.
- If you must be around other people, wear a mask and practice social distancing.
- Tell your close contacts that they may have been exposed to COVID 19
- Monitor your symptoms and follow care instructions from your healthcare provider.

When to seek Emergency Medical Attention

- Trouble Breathing
- Persistent Pain or Pressure in the Chest
- New Confusion
- Inability to wake or stay awake
- Ashen, pale-gray, or bluish colored skin, nail beds, or palms



What Treatments are Available?

Treatment	Who	When	How
Nirmatrelvir with Ritonavir (Paxlovid)  <i>Antiviral</i>	Adults; children ages 12 years and older	Start as soon as possible; must begin within 5 days of when symptoms start	Taken at home by mouth (orally)
Remdesivir (Veklury)  <i>Antiviral</i>	Adults and children	Start as soon as possible; must begin within 7 days of when symptoms start	Intravenous (IV) infusions at a healthcare facility for 3 consecutive days
Molnupiravir (Lagevrio)  <i>Antiviral</i>	Adults	Start as soon as possible; must begin within 5 days of when symptoms start	Taken at home by mouth (orally)



Flu in the United States

CDC estimates* that, from October 1, 2022 through March 25, 2023, there have been:

26 – 50 million
flu **illnesses**



12 – 24 million
flu **medical visits**



290,000 – 630,000
flu **hospitalizations**



18,000 – 55,000
flu **deaths**



Benefits of the Flu Vaccine

- Flu vaccination can keep you from getting sick with flu.
- Flu vaccination has been shown in several studies to reduce severity of illness in people who get vaccinated but still get sick.
- Flu vaccination can reduce the risk of flu-associated hospitalization.
- Flu vaccination is an important preventive tool for people with certain chronic health conditions.
- Flu vaccination helps protect pregnant people during and after pregnancy.
- Flu vaccine can be lifesaving in children.
- Getting vaccinated yourself may also protect people around you



The Social Determinants of Health and Health Equity

It's Really Complicated!



Equality



Equity



Factors Affecting (Influencing) Health

Physical environment

- Clean air and water

Social & economic factors

- Education, income, race/ethnicity, religion

Clinical care

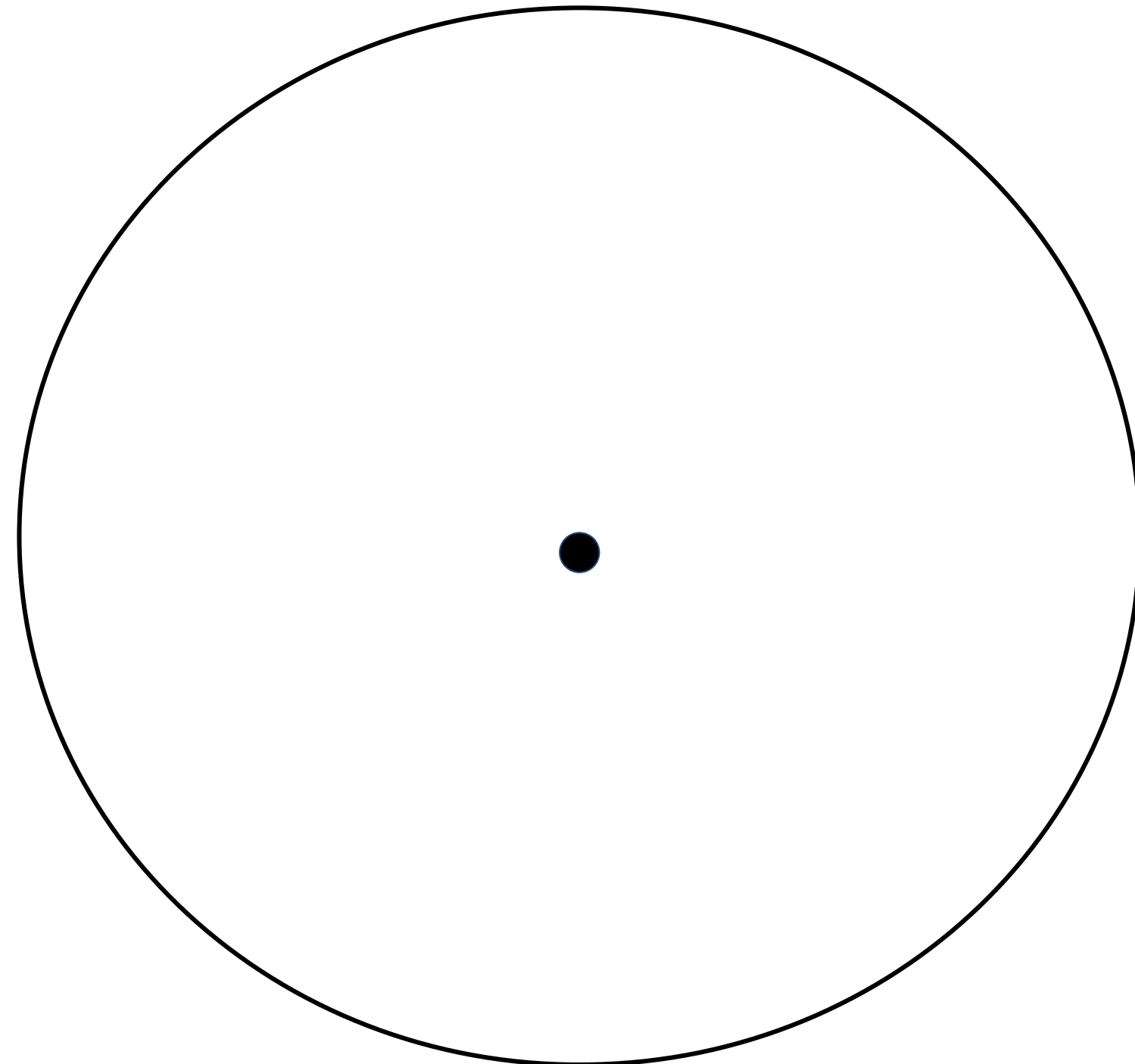
- Access to quality medical care

Health behaviors

- Smoking, drinking, healthy food & activity

Genes and biology

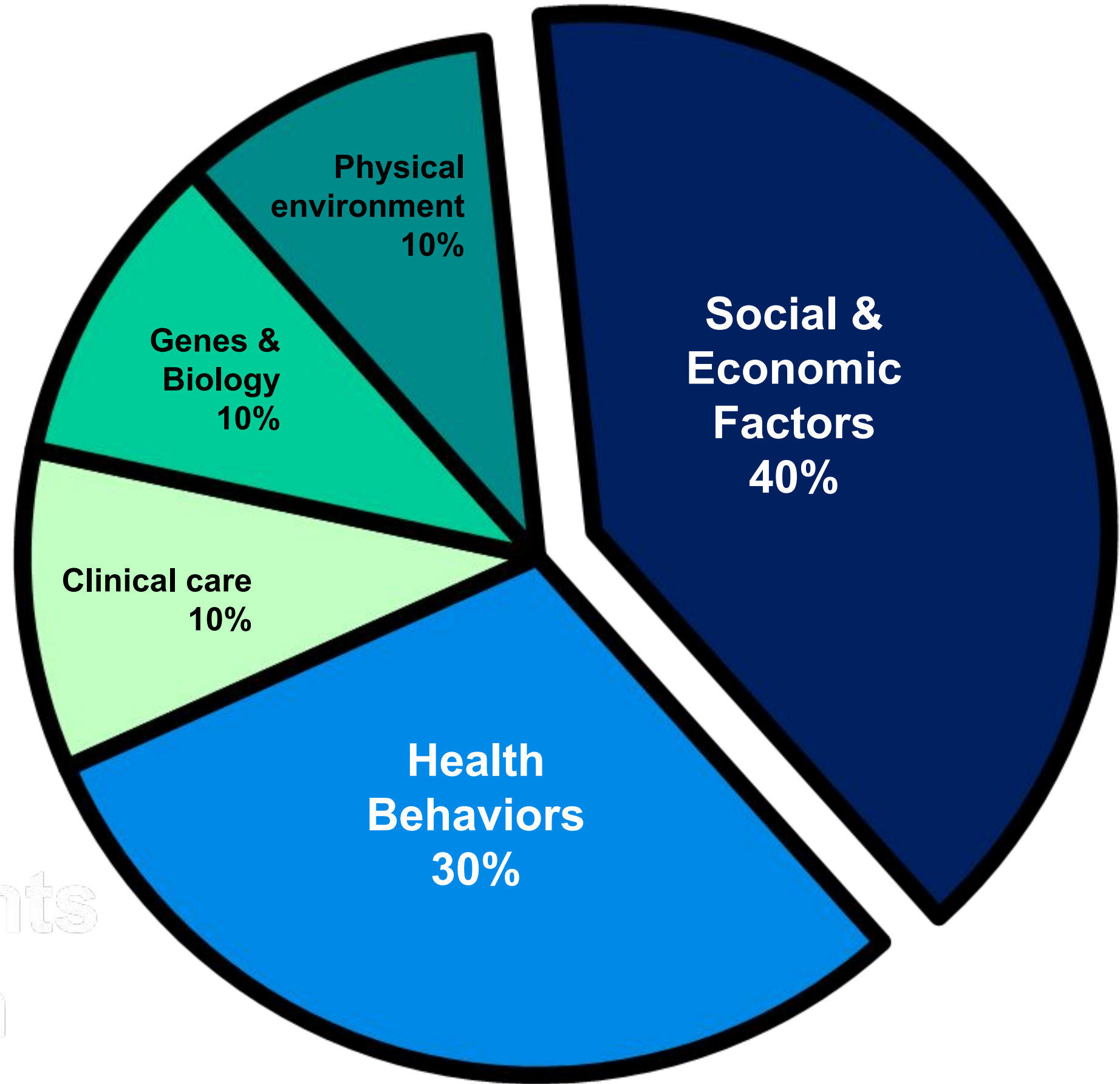
- Predisposition to certain diseases



Why do people get sick?

- **More than your family's history of sickness and disease, where you live and what you do determines your health or sickness.**
- **Social and Economic Factors (Housing, Education, Economic Status) and Health Behaviors (70% total) have more impact on health and sickness than family history (genes/biology) which is only 10% of the pie.**

Determinants
of Health



Social Factors Impacting Health



Economic Stability



Health Care



Physical Environment



Neighborhood and Community



Education



Chronic Stress



What are the Root Causes of Health Inequities?

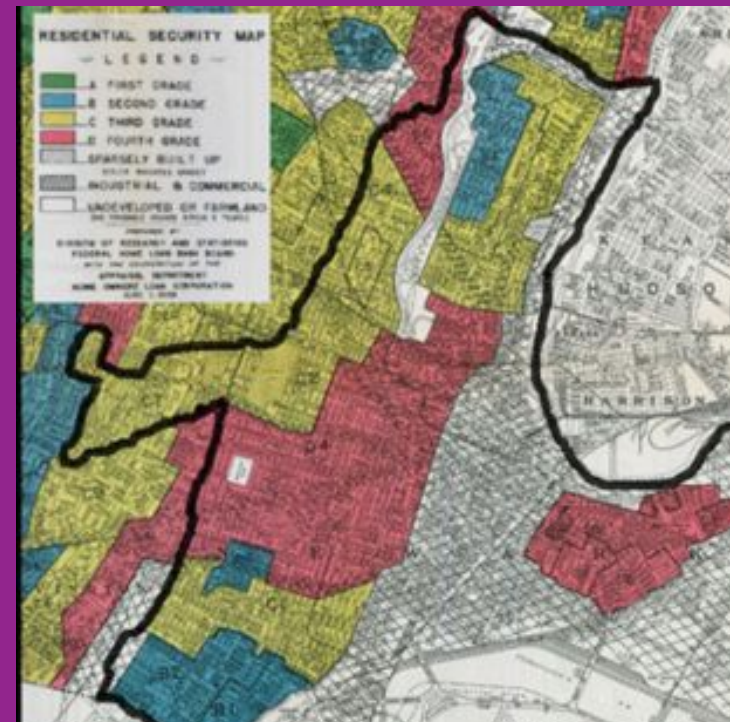
Structural Racism
Class Oppression
Gender Inequity
Heterosexism

Acknowledging the Past to Understand the Present

Jim Crow Laws



Redlining



Urban Renewal



Racial Zoning

BALTIMORE: PASSES FIRST RACIAL ZONING ORDINANCE IN 1910/1911 (USED PUBLIC HEALTH LANGUAGE AS JUSTIFICATION)

• "Blacks should be quarantined in isolated slums in order to reduce the incidents of civil disturbance, to prevent the spread of communicable disease into the nearby White neighborhoods, and to protect property values among the White majority."

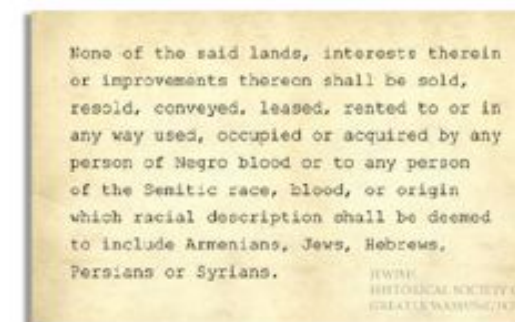
• Baltimore Mayor Bary Mahool, 1910



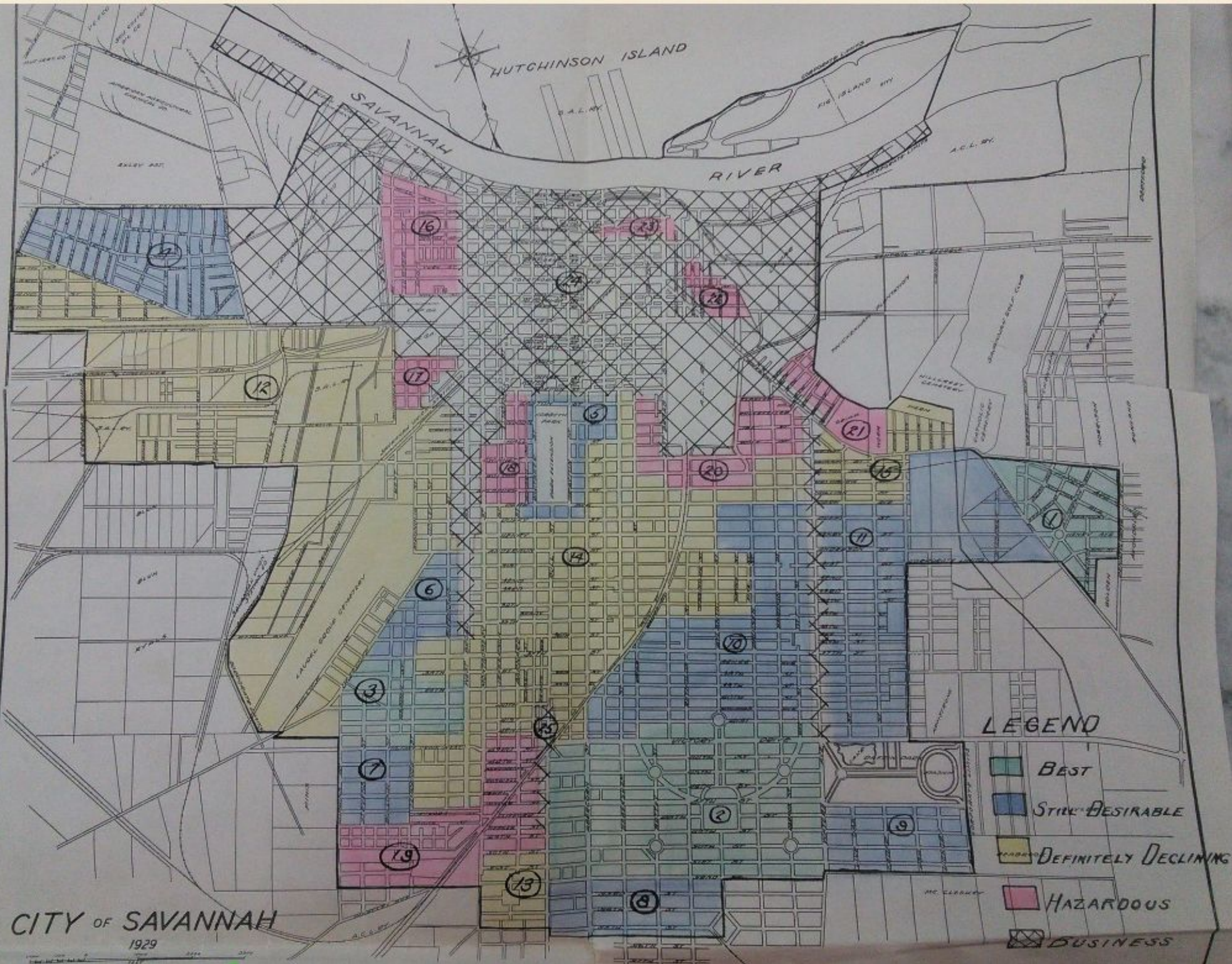
Racial Home and Land Covenants

COVENANTS IN OHIO & CLEVELAND

- Covenants were prolific throughout Ohio's major urban areas
- A study of Columbus developments from 1921 to 1935 found 67 of 101 (or 67% of all) subdivisions platted & developed during this time to include restrictive covenants
- In Cleveland, According to an NAACP branch report:
 - By 1914 Cleveland housing exhibited "a noticeable tendency toward inserting clauses in real estate deeds restricting the transfer of the property to colored people, Jews, and foreigners generally."
 - Source: African Americans and the Color Line in Ohio, 1915-1930.



CITY OF SAVANNAH
1929

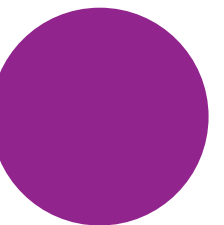


LEGEND

- BEST
- STILL DESIRABLE
- DEFINITELY DECLINING
- HAZARDOUS
- BUSINESS

Everyday racism surrounding (and within) medicine contributes to people's mistrust in the systems which are supposed to protect their health and well-being.

- Health insurance
- Educational and/or income gaps
- Housing situations
- Language barriers
- Inadequate transportation
- Work and childcare responsibilities



Community Health and Wellbeing: It Starts with You!

**"We have to be alive, in our spirits,
emotions, and physical bodies, to do
great restorative work in the
community."**

Lyrica Fils-Aimé



The Equity Triad

- **Head:** Knowledge, Data, Information
- **Heart:** Physical, Emotional, Spiritual
- **Hands:** Action, Power, and Voice



Equity Work is not Hard Work...It's Heart Work

Life's Simple 7

- 🚭 1. Stop Smoking
- 🥗 2. Eat Better
- 👟 3. Get Active
- 📖 4. Lose Weight
- 🩺 5. Manage Blood Pressure
- ❤️ 6. Control Cholesterol
- 🥑 7. Reduce Blood Sugar

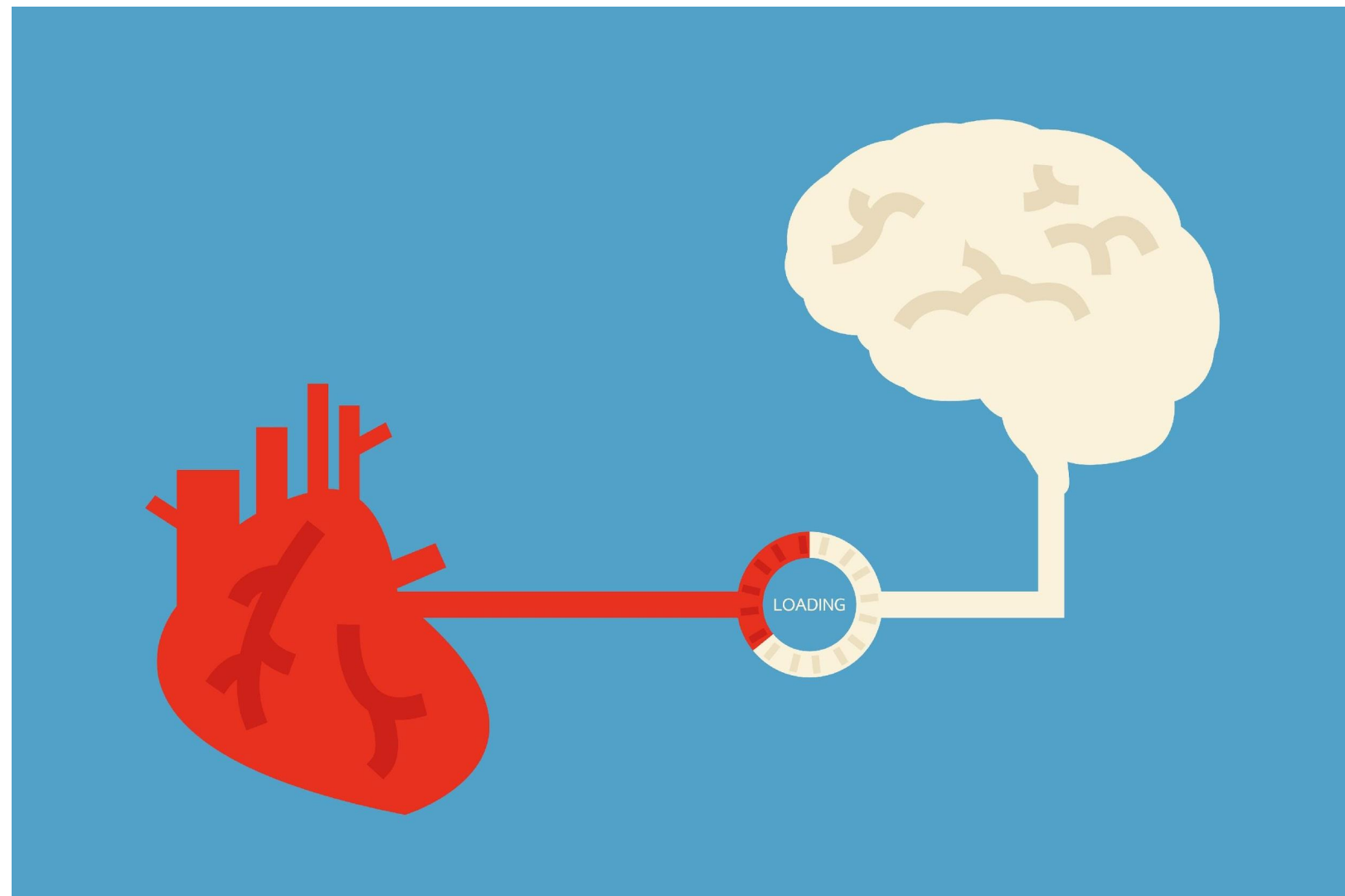
Physical Health: Keeping our beating hearts (and bodies) healthy.

Without physical health, our equity work suffers.

How do we advocate for ourselves and our health?

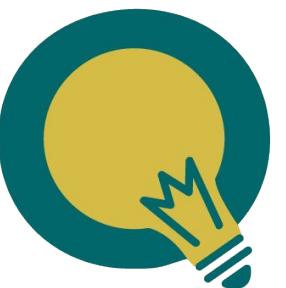


Equity Work is not Hard Work...It's Heart Work



Emotional/Mental Health: Self-care, Introspection, Self-examination

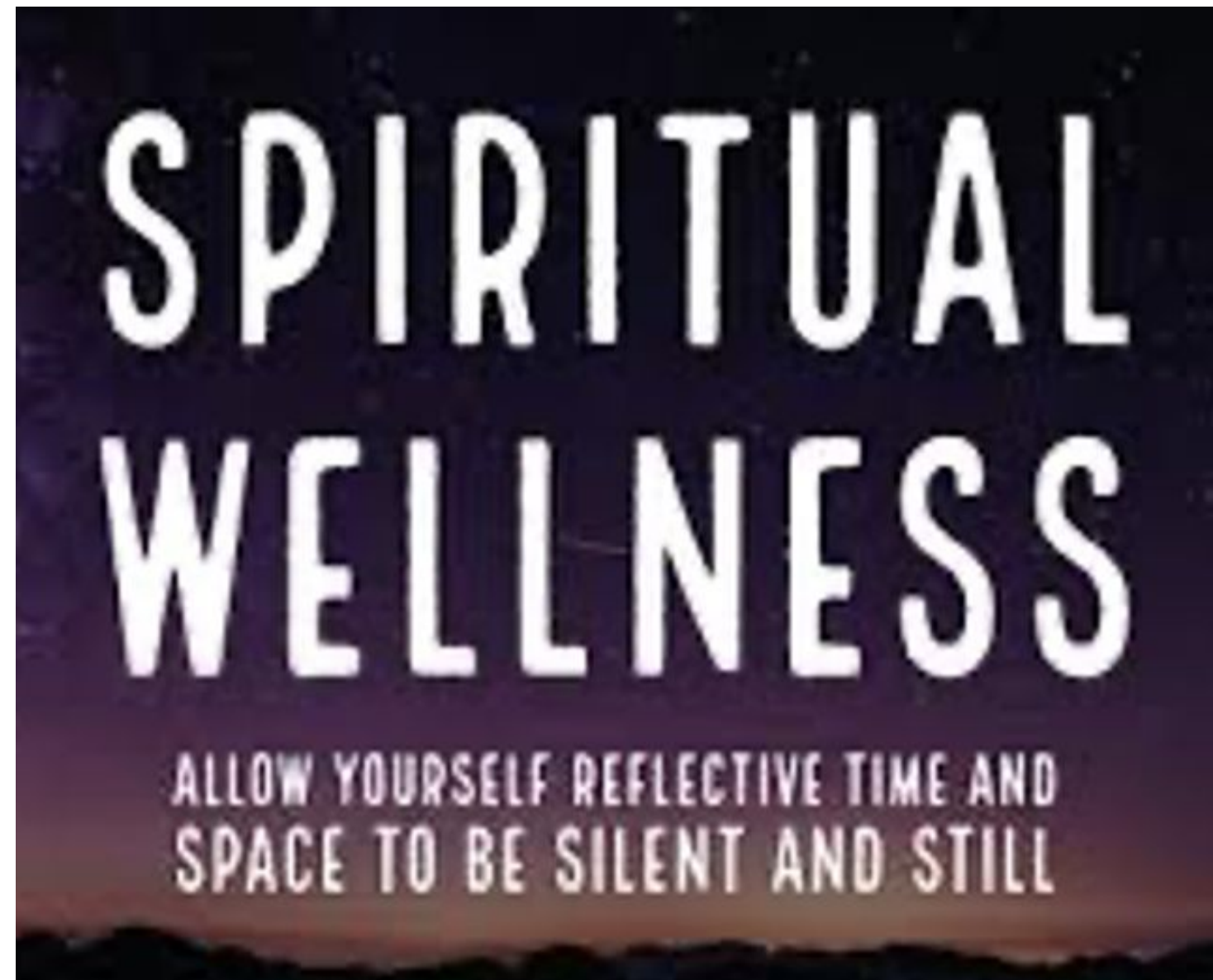
How do we care for ourselves and others while caring for others?



Equity Work is not Hard Work...It's Heart Work

Spiritual Health: Connecting equity work to a higher purpose and larger “why”

What is my reason for doing equity work in my community?



Maintaining Your Health



Physical Activity

- Healthy Walks with Healthy Savannah: Every Tuesday Morning
- Police Memorial Trail and Tide to Town: Savannah's Urban Trail System



Healthful Eating

- People who eat a healthy diet live longer and are at lower risk for serious health problems such as heart disease and type 2 diabetes
- Farm Truck 912
- Fresh Express



Rest

- Ample sleep supports the immune system, which reduces the risk of infection and can improve outcomes for people fighting a virus.



Physical Activity

Maintaining Your Health: Physical Activity

How much activity do I need?

Moderate-intensity aerobic activity

Anything that gets your heart beating faster counts.

at least
150
minutes
a week

AND

Muscle-strengthening activity

Do activities that make your muscles work harder than usual.

at least
2
days
a week



Boosts Your Mood | Sharpens Your Focus | Reduces Your Stress | Improves Your Sleep

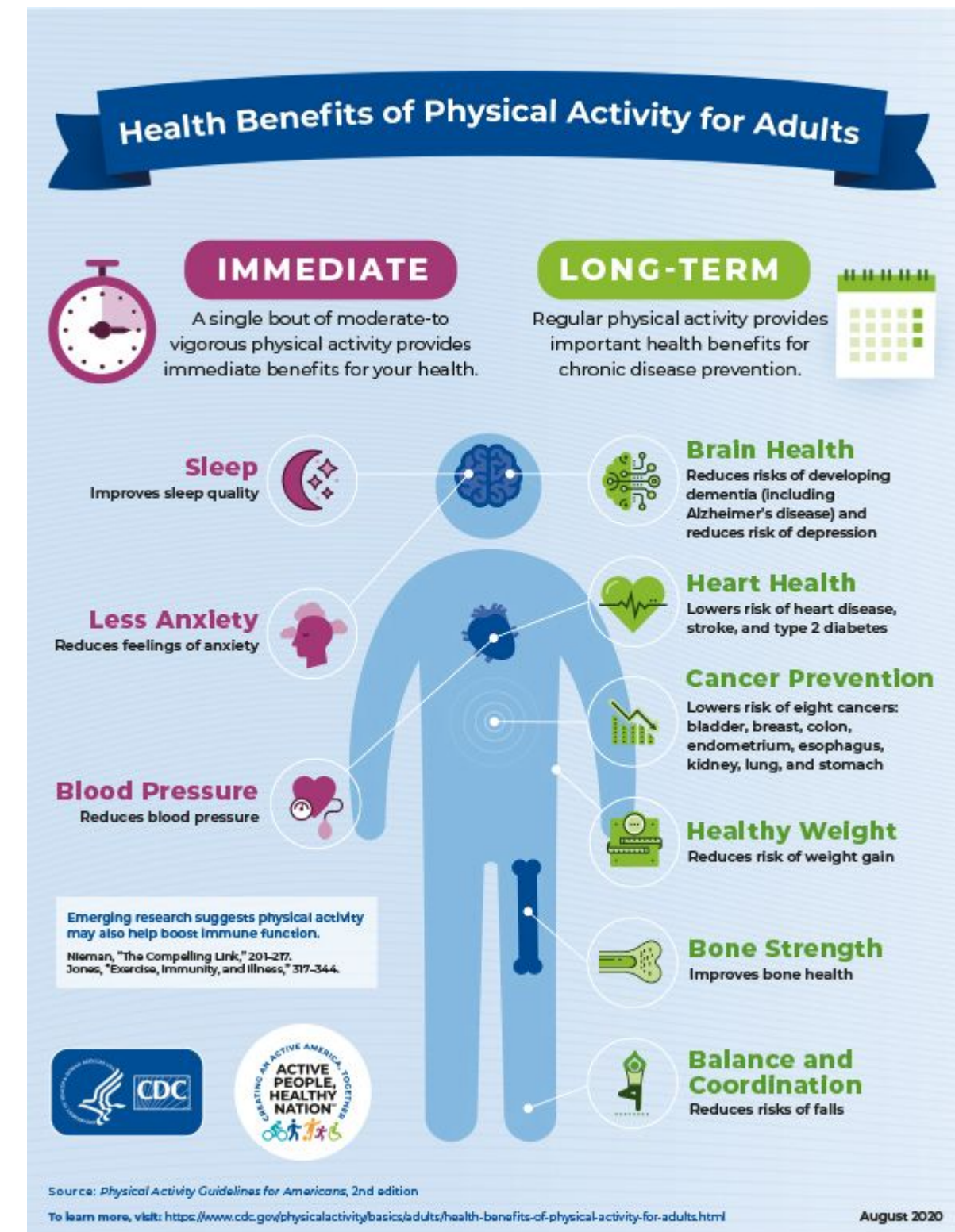


Maintaining Your Health: Physical Activity

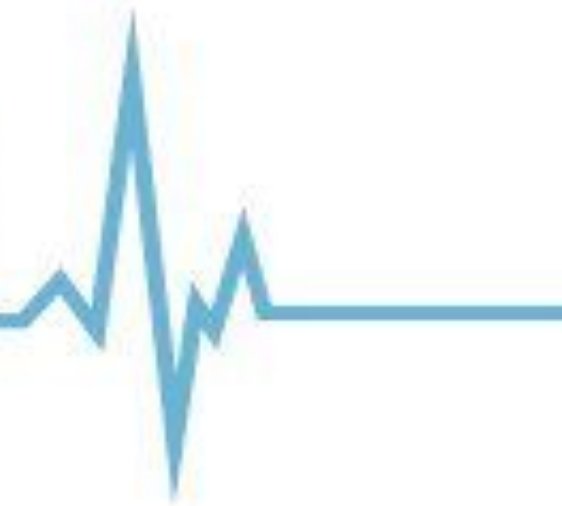
Small lifestyle changes = Big Rewards

- Improves Brain Health
 - Increased Cognitive Ability
 - Decreased risk for depression and anxiety
- Weight Management
- Reduce Health Risk & Better Disease Mgmt.
 - Heart Disease and Stroke
 - Type 2 Diabetes
 - Cancer
- Strengthen Bones and Muscles
- Prevents Falls and Improves Activities of Daily Living
- Live Longer!

What is your biggest obstacle to getting 150 minutes of PA each week?



KNOW YOUR NUMBERS



Blood Sugar

This is the amount of sugar in your blood.

What should my number be? **Before eating: Less than 100**

Two hours after eating: Less than 140



Blood Pressure

This is the force of blood against your arteries when your heart beats (top number) and rests (bottom number).

What should my number be? **Less than 120/80**



Blood Cholesterol

Cholesterol is a waxy substance produced by the liver.

Too much can make it harder for blood to circulate.

What should my number be? **Total score less than 200**



Body Weight

Your ideal body weight depends on your gender, age, height and frame. BMI provides a good guideline.

What should my number be? **BMI 18.6 - 24.9**

Nutrition

Maintaining Your Health: Nutrition



Fewer than **1 in 10 children and adults** eat recommended daily amount of vegetables.



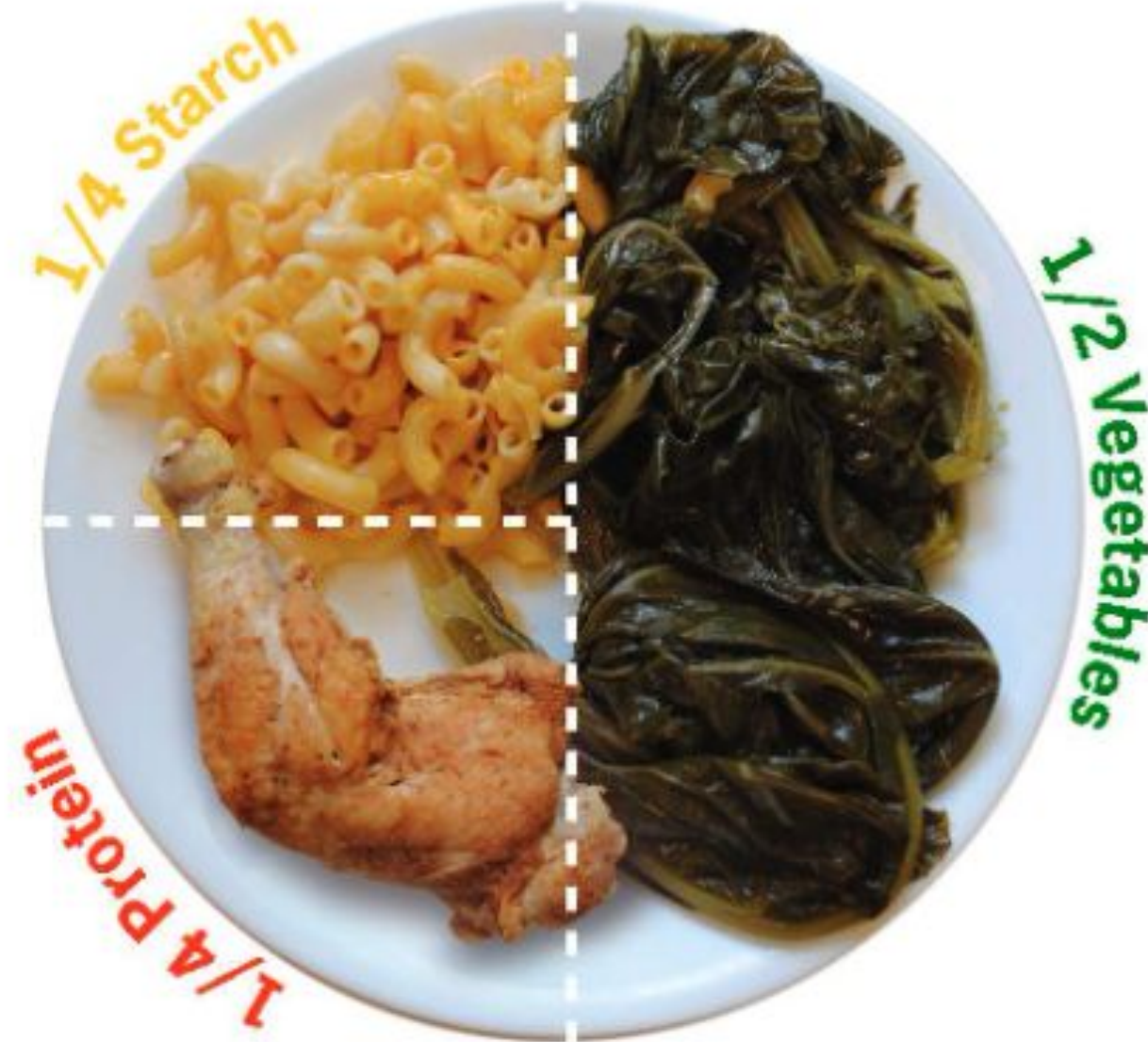
Only **4 in 10 children** and fewer than **1 in 7 adults** eat enough fruit.

What is your biggest obstacle to eating foods that are higher in nutrition?

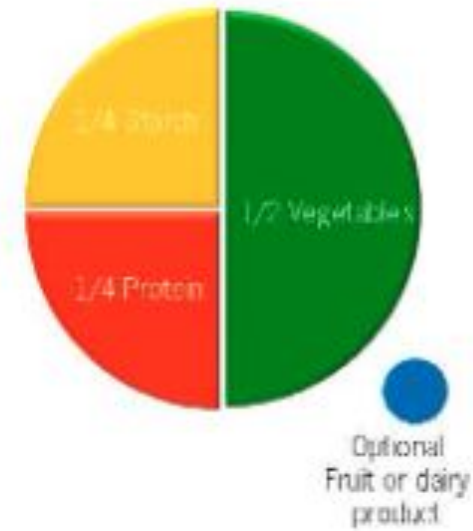


Maintaining Your Health: Nutrition

My Healthy Plate

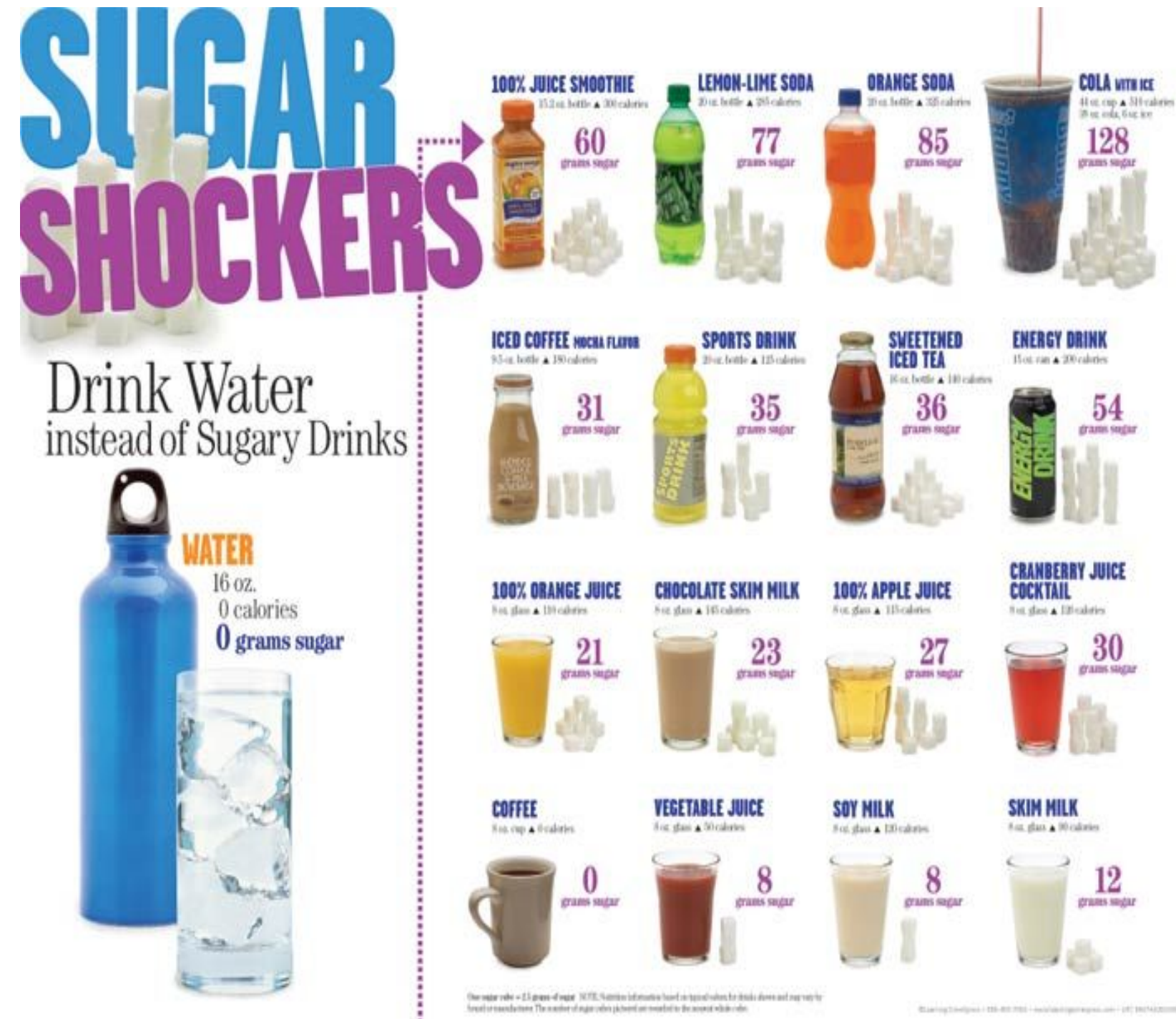


Plan the portions on your plate.



Maintaining Your Health: Nutrition

- Practice portion control
- Veggies help you feel full and satisfied
- Experiment with herbs and spices
- Make your plate colorful
- Choose water instead of Sweet beverages



Maintaining Your Health: Nutrition

Engage with Healthy Savannah on Facebook and Instagram!

- Create a recipe
- Record or take a picture
- Tag Healthy Savannah
- Earn CHA service hours



Rest and Mental Health

Maintaining Your Health: Rest

What is Rest: A conscious decision to stop work, activities, groups, technology, habits and experiences so that you can relax, refresh, recover, and **tend to your soul.**

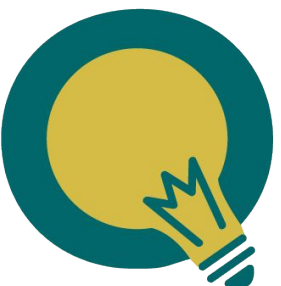
It is Revolutionary.

It is Resistance.

REST IS A BEAUTIFUL
RESISTANCE. IT DISRUPTS
THE LIE THAT WE AREN'T
DOING ENOUGH.
WE ARE ENOUGH.

THE NAP MINISTRY

<https://thenapministry.com/>



Maintaining Your Health: Rest

Taking Rest: Do's and Don'ts

Do: Start an early morning routine

Do Not: *Make apologies for resting*

Do: Schedule a time for rest daily

Do Not: *Shame others for resting*

Do: Get a friend/family member to hold you accountable

Do Not: *Give yourself a hard time for not getting rest, “right”*

Do: Make your rest a TOP PRIORITY

Rest.

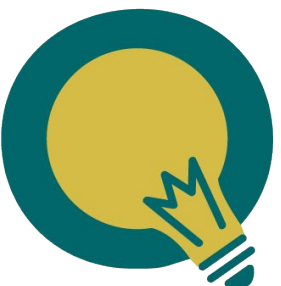
The image shows two yellow surgical masks hanging from a white plastic bag. The masks are positioned in the foreground, with their straps visible. The background is a blurred hospital room with blue curtains and a window. A yellow rectangular box on the right side of the image contains the text "PUT ON YOUR OWN MASK FIRST" in white, bold, uppercase letters.

**PUT ON YOUR
OWN MASK FIRST**

Maintaining Your Health: Rest

Mantras to Usher in the Rest you Need and Deserve

- I forgive myself for not tending to my soul and all its needs.
- I give myself permission to rest
- I am patient with myself as I make changes to ensure my rest
- I will make rest part of my daily spiritual practice
- I will not apologize for giving my body, my heart, or my mind the rest they need
- Rest is the key to a better, fuller, healthier life



Support for Community Health Advocates

CHA Support

Community Health Advocates will provide information on COVID-19 and Flu and support Healthy Savannah's work in the following ways:

- **Organize** and hold public meetings with community members
- **Share** information at local faith-based organizations, places of worship, local schools, parent meetings, and at student groups and events
- **Distribute** informational flyers, surveys and materials on COVID-19 and Flu at local community events
- **Participate** in city and neighborhood events to share information
- **Meet** with local business owners (barbershops, beauty salons, corner stores, etc.)
- **Post** approved information on social media outlets
- **Report** on activities and measurable outcomes



CHA Post Training Details

Community Health Advocates will receive a \$100 stipend for attending the initial training.

Community Health Advocates will receive up to \$400 for completing a three-month training phase and outreach within the community.

Community Health Advocates are asked to sign an agreement with Healthy Savannah and complete a W-9 to receive this stipend.

Community Health Advocates will receive:

1. A PPT to share with community,
2. Healthy Savannah Giveaways
3. CDC COVID and Flu educational materials





Healthy
Savannah
Connect • Inspire • Grow

THANK YOU!





Community Health Advocate Resources for Engaging Community



When Engaging Community:

Try This:

1. Show care and openness with body language.
2. Ask what they have already learned about the vaccination and/or virus
3. Ask about concerns associated with information they mention, e.g., “what worries you about what you’ve learned?”
4. Listen, acknowledge, and empathize, e.g. “I understand what you are saying.”
5. Assess openness to new or different information e.g., “would you be interested in additional information?”
6. Refer to accurate information resources

Avoid:

- Ask what about the misperception is important to them, e.g., what about the belief is relevant to their values
- Use medical jargon in place of plain language
- Confront beliefs as being wrong or shame them for believing inaccurate information
- Overstate certainty associated with corrective information



When Engaging Community:

Try This:

- Introductions (Icebreaker)
- Be clear about expectations and intentions
- Use inclusive language
- Ask for clarification
- Have respect and consideration for participants
- Be aware of/Identify barriers for learning
- Provide time for introspection and contribution

Don't Do This:

- Use exclusive language
- Assume all have the same expectations
- Over-generalize behavior
- Use (or allow others to use) disrespectful language
- Allow any one person to dominate the conversation
- Discourage alternate views or counter-arguments



**Healthy
Savannah**
Connect • Inspire • Grow



Tips for Talking with Groups

- Mentally and physically prepare
- Know your material
- Ensure expected objectives are clear
- Establish expectations
- Manage participation
- Adjust when necessary!
- Bring your genuine personality to every training
- Recognize different perspectives.
- Create an inclusive environment.
- Keep discussions constructive and positive.
- Encourage participants
- **Reflect on the following:**
 - What insight and/or experiences do these participants bring to the group?
 - What do I bring to the group?

Remember: There is wisdom in every room you enter. Tap into it.

Harness it.



