

The health equity briefs

National Association of State Offices of Minority Health Newsletter

AT THE HEART OF THE MATTER

February is a short but busy month for celebrating Black History, Love, and Heart Health.

According to the Heart and Vascular Institute of Wisconsin, nearly "half of all American adults have at least one major risk factor for cardiovascular disease. From heart attacks and strokes to high blood pressure, the threat of cardiovascular disease touches almost every family in our Nation." We know that age, race, and ethnicity are substantial risk factors that contribute to the disparities in heart disease and serve as reminders of the root causes of inequities that continue to disparately impact our communities of color and put them at higher risk for heart disease and poor health outcomes.



So, while we celebrate black history, love, and heart health in February, here are some resources to help ensure communities can continue to advance toward health, love, and well-being for all.

- [CDC's American Heart Month 2024 Toolkits](#)
- [How Race and Ethnicity Impact Heart Disease](#)
- [Heart Attack, Stroke and Cardiac Arrest Symptoms](#)

FEBRUARY 2024



Our Mission:

Promote and protect the health of racial and ethnic minority communities, tribal organizations and nations, by preventing disease and injury and assuring optimal health and well-being.

HIGHLIGHTS:

At the Heart of the Matter

Spotlight on Black History Month:

February Webinars:

- *Promoting Health Equity Through Economic Opportunity*
- *Engaging Policymakers for Health Equity*

2024 Preparedness Summit

Share Your Minority Health Month Events!

Opportunities for Learning and Engaging

Call for SOMH Member Nominations

Celebrating Black History Month

Resources

In case you missed it

February is . . .

- [American Heart Month](#)
- [Low Vision Awareness Month](#)
- [International Prenatal Infection Prevention Month](#)
- [National Cancer Prevention Month](#)
- [National Children's Dental Health Month](#)
- [Teen Dating Violence Awareness Month](#)

Welcome to the NASOMH Family and HHS Region 5



Tiffani Saunders is Chief for the Center for Minority Health Services at the Illinois Department of Public Health. She started her new role in January.

Tiffani Saunders was most recently an Equity, Diversity, and Inclusion (EDI) consultant at Memorial Health during the launch of the EDI Division and served in that role for 2.5 years. Prior to that, she spent a decade teaching in higher education, where she was an advocate for equity and inclusion considerations in teaching, recruitment, and hiring while co-chairing the Chancellor's Anti-Racism Task Force and working with community organizations on DEI, anti-racism, and access. Tiffani holds undergraduate and graduate degrees in sociology and Certified Diversity Professional credentials. She is the proud parent of two children – Jaden, a freshman at Illinois College, and Brielle, a preschooler at Ball Elementary School. Fun fact: Tiffani is a classically-trained violinist and played in Europe with the D.C. Youth Orchestra.

Engaging our SOMHs: We need your help to ensure we are reaching out to all new SOMHs. If you are aware of any changes in Offices of Minority Health and or Health Equity entities in your State or Region, please email veronica@nasomh.org so we can reach out.

Spotlight on Black History Month

History of Racial Health Disparities

A recently published report from the Kaiser Family Foundation lays out a sobering timeline of how discriminatory laws, policies, and events throughout US history have perpetuated racial and ethnic health disparities that persist today.

Some key historical contributors highlighted in the timeline include:

- Slavery (1600s-1800s) - The brutal conditions of slavery and physiological stress led to poor health outcomes for generations.
- Indian Removal Act (1830) - The forced relocation of Native Americans caused disease, hunger, and death for thousands.
- Segregation (Late 1800s-1960s) - Legal separation led to disparities in healthcare access, education, wealth, and living conditions.
- Eugenics Movement (1900s-70s) - Pseudoscience aimed at proving white superiority by suppressing minorities and people with disabilities.
- Tuskegee Syphilis Study (1932-72) - Unethical withholding of treatment from Black patients undermined trust in healthcare.
- GI Bill (1944) - The post-WW2 program expanded opportunities for white Americans while excluding Black veterans.
- War on Drugs (1970s-Present) - Criminalization worsened health outcomes and mass incarceration for minorities.

While progress has been made, current events show the persisting impacts of historical injustice. The full KFF timeline provides an essential historical context for driving future reforms to advance health equity.

For the full report, email info@healthequitytimes.org or visit healthequitytimes.org. Your thoughts and feedback are welcome.



Promoting Health Equity Through Economic Opportunity

February 27, 2024 | 2:00 PM ET



Tekisha Dwan Everette, Ph.D., MPA, MPH, CPH
Executive Vice President
Trust for America's Health



Rachel Snyderman
Director, Economic Policy Program
Bipartisan Policy Center



Isabel Dickson, MPH
Economic Mobility Specialist
Colorado Department of Public Health and Environment



Leandra Lacy, MPH, CHES
Training and Technical Assistance Manager
Urban Institute

Join Trust for America's Health (TFAH) and the Bipartisan Policy Center (BPC) on February 27th, 2024, for a critical discussion on the connections between health and economic well-being.

A panel of experts will discuss the impact of pandemic relief programs, racial disparities in the economic recovery, and evidence-based solutions to boost financial stability. There will also be time for Q&A from the audience, so come ready to engage!

Register now to reserve your spot at this timely national webinar. [Click here](#) to register!

Engaging Policymakers for Health Equity

Join a webinar hosted by States, Islands, and Territories Health Equity-Community of Practice (SITHE-COP) on engaging policymakers to advance health equity.

Thursday, February 22nd at 2 PM Eastern

[Click here](#) to join the Zoom meeting

Meeting ID: 869 2415

7446 Passcode: 877358

2024 Preparedness Summit Cleveland, OH March 25-28

Join over 2,500 professionals across sectors engaged in public health preparedness, emergency response, and global health security. Attend 80+ educational sessions, network with leaders, learn about innovations, and gain in-depth skills at pre-conference workshops. [Click here](#) for more information and to register.

April is National Minority Health Month!

We want to help our state and local partners spread the word about their programming for Minority Health Month. These events raise critical awareness of health disparities in the communities. We want to highlight your State's events in our newsletter, website, and social media. Sharing events across our networks strengthens our collective voice around minority health issues. info@nasomh.org by March 8th. We look forward to collaborating with you on this important awareness campaign.

Opportunities for learning and engaging: *University of Maryland, Patient-Centered Research*

This month, NASOMH met with the Patient Program at the University of Maryland School of Pharmacy to learn about engaging communities in patient-centered research to build trust and mutual respect and foster opportunities for communities and researchers to co-design research projects. The virtual Summer Roundtable Series are free and discussion critical issues in health equity.

The 2023 Summer Roundtable Series theme was **ASTARISQ: Addressing Systemic and STructurAl Racism to Improve Safety, Quality, and Trustworthiness in Health Delivery Systems**. Learn more at the links below and get engaged in 2024.

- [2023 Summer Roundtable Series- Overcoming Systemic Racism and Bias in Providing Quality Care \(youtube.com\)](#)
- Join the [PATIENTS Program](#) for the PATIENTS Professors Academy 2024 (PPA), a free, 5-week online training program that prepares participants to learn about patient-centered practices within their work and communities.
- [CO-PILLAR](#) will be a series of virtual sessions to learn about your community's mental health concerns and what others are doing to address the 4 Pillars of Health.

Please contact [Emily Parks](#) with questions or for more information.

Join us for CO-PILLAR's 'We Learn' Session on Mental Health!



CO-PILLAR will be a series of virtual sessions to learn about community mental health and discuss with others what they are doing in their communities to address the 4 Pillars of Health: physical, spiritual, financial, and mental.

• You will get a \$75 gift card for your time • Click [here](#) to register or scan QR code

DATES AND TIMES:
January 23 or February 20 • 1:30pm - 3pm Eastern

The PATIENTS Program
at the University of Maryland
School of Pharmacy

This training was funded through a Patient-Centered Outcomes Research Institute (PCORI) Eugene Washington PCOR Engagement Award (EACR-2009)

NOMINATIONS

CHERYL BOYCE LEADERSHIP AWARD NOMINATION

We are seeking nominations for an exemplary NASOMH SOMH member to recognize during Minority Health Month. This individual should be representing a State Office of Minority Health with demonstrated vision, innovation, creativity, and leadership in developing opportunities for improving the health of racial and ethnic minority communities. Candidates must meet the criteria for nomination below:

- Impact on Minority Health Research e.g. through publications, presentations, or funding initiatives
- Impact on Minority Health Education e.g. teaching and knowledge-sharing opportunities
- Impact on Minority Health Policy e.g. through initiating or participating in policy initiatives

To nominate a fellow SOMH member, **please fill out this form** and provide the requested supporting materials, including a photo, bio/resume, and signed nomination statement. We welcome multiple nominations.

Nominations must be emailed to veronica@nasomh.org by March 31, 2024. The nominations committee will review all nominations received and make a selection. The selected nominee will receive a plaque and will also be featured in an upcoming newsletter spotlighting their work. Please contact veronica@nasomh.org if you have any questions.

CELEBRATING BLACK HISTORY MONTH

February is Black History Month, a time to honor and reflect on the contributions and achievements of African Americans throughout U.S. history. The Department of Health and Human Services (HHS) has launched a [Black History Month observance webpage](#).

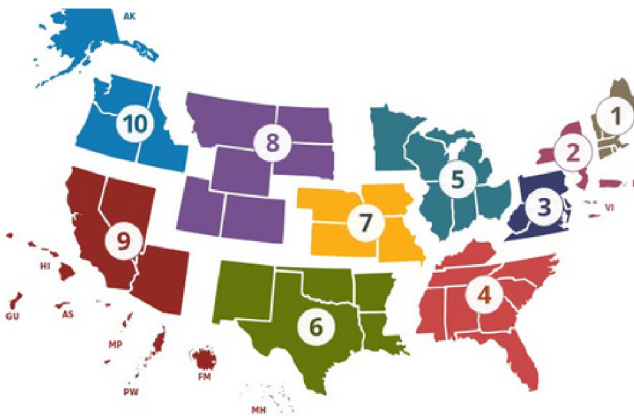
The site highlights African American public health and medicine pioneers who helped pave the way for health equity. It also features profiles of current HHS leaders working to reduce disparities and improve outcomes for underserved communities.

Visit the webpage to learn more about key historical figures like Dr. James McCune Smith, the first African American to earn a medical degree, and contemporary changemakers carrying on their legacy.

Share stories of inspirational leaders making a difference in minority health and access. Follow HHS on social media and check back throughout February as new content is added to celebrate Black History Month.

DO YOU KNOW YOUR HHS REGION?

Click on the map to learn about the HHS Regions and find your HHS representative.



RESOURCES

[The Kaiser Family Foundation](#) issue brief examines Medicaid authorities and options states can use to address social determinants of health through initiatives focused on housing, nutrition, education, employment, and other non-medical factors that influence health outcomes.

[The Rural Health Information Hub](#) provides guidance and tips for rural communities on finding grant funding opportunities, drafting proposals, and developing successful applications to support improving healthcare access and services.

[The County Health Rankings website](#) provides annual rankings of nearly every county in America on health factors and outcomes using standardized measures from various data sources to reveal inequities and motivate change.

[The HHS website](#) provides resources to help states, enrollers, and partners ensure eligible individuals transition and renew their Medicaid and CHIP coverage through outreach, simplified renewal processes, and coordination.

IN CASE YOU MISSED IT:

Promoting Equity in Health Communications: CDC Webinar Recap

We recently had the privilege of presenting at the CDC webinar "[Promoting Equity in Health Communications](#)." Many thanks to the CDC for this opportunity to share our work and collaborate with other organizations to advance health equity. The webinar drew an exciting 664 live participants, with 1269 people registered. Recordings and slides are now available to the public for free on the CDC website. We encourage you to explore these [resources](#) to inform your efforts in serving vulnerable communities:

We look forward to the CDC's next event in March as we continue learning from and uplifting each other. [Click here](#) to the CDC webpage.



+317-920-4928



info@nasomh.org



<https://nasomh.org/>