



"Remembering the PledgeDelivering the Promise!"

WESTERN AREA HEALTH & WELLNESS LINKAGES PROGRAM
Diane Scott, Western Area Chair

THE HEART OF THE MATTER: Healthy Habits Begin With US

Mission/Vision:

Through the advocacy, and action of educated, informed and trained Link members, THE HEART OF THE MATTER: Healthy Habits Begin With US endeavors to increase knowledge and understanding of health risk factors that can lead primarily to heart disease, obesity, diabetes, cancer and mental illnesses in people of African descent in the communities we serve. Link members will put theory into practice thereby exhibiting behaviors and habits consistent with good health practices as they transition into community programs.

Situation:

People of African descent are at the greatest risk for heart disease, obesity, diabetes, stroke, hypertension and cancer. Further, our population has the highest infant mortality rates in the United States and is suffering from depression and mental illness and committing suicide at alarming rates. Members of the Links, Inc. promote disease prevention and health and mental well-being in the community and it is imperative that they themselves incorporate those same practices into their activities of daily living.

Activities:

- ☑ Use toolkit from National Heart Truths program
- ☑ Serve healthy meals and portions at Chapter meetings and events
- ☑ Get members moving
- ☑ Plan or participate in a Walk-A-Thon
- ☑ Institute Regular Walking Program
- ☑ Play dance music at beginning of Chapter meetings
- ☑ Use Pedometers at all times and aim for 10,000 steps per day
- ☑ Start exercise program
- ☑ Distribute brochures on recognition and prevention of risk factors
- ☑ Use web links and health screening tools
- ☑ Hold health seminars and community forums
- ☑ Use monthly Health Calendar to establish and reinforce healthy habits
- ☑ Develop user-friendly evaluation form with a grid and point system.
- ☑ Develop strategy to track dissemination of materials and behavioral changes.
- ☑ Develop system to recognize and reward progress

Links to Resources

Heart Truths Campaign: <http://www.nhlbi.nih.gov/health/hearttruth>

Benefits of pedometers

<http://www.stepintohealth.com/benefits.html>

<http://www.msnbc.msn.com/id/4099157/>

Cardiovascular health facts: <http://www.americanheart.org/presenter.jhtml?identifier=820>

American Heart Association: <http://www.americanheart.org/presenter.jhtml?identifier=1200000>

Obesity Information: <http://www.obesityinamerica.org/>

Susan G. Komen For the Cure: <http://cms.komen.org/komen/index.htm>

Auxiliary to National Medical Association: <http://www.anmanet.org>

Monthly Health Calendar: On Western Area Health & Wellness Linkages Web Site - Coming Soon!