

METROWEST SHARED PUBLIC HEALTH SERVICES

February 2024



Black History Month

"Black History Month is observed every February to celebrate the accomplishments of Black and African Americans. It is an opportunity to recognize the many ways Black history, culture, leadership, and innovation have influenced all facets of life in the United States.

This year, the U.S. Department of Health and Human Services (HHS) and the Office of Minority Health (OMH) is celebrating Black History Month by acknowledging the role Black and African Americans have historically played in enhancing the health and well-being of all Americans and highlighting health equity promoting policies, programs, and practices focused on addressing the health disparities that affect this population." - hhs.gov

Ways to participate in & commemorate Black History Month:

- **Educational Programs:** Attend or organize educational programs, lectures, and workshops that explore the history and achievements of African Americans.
- **Art and Culture:** Explore African American art, literature, music, and cinema through exhibitions, performances, and readings.
- **Community Events:** Participate in or host community events such as parades, cultural festivals, and heritage celebrations.
- **Support Black-Owned Businesses:** Show support for Black entrepreneurs and businesses by shopping locally and promoting Black-owned enterprises.
- **Volunteer:** Offer your time and skills to organizations that promote racial equality and social justice.

The logo for Black History Month features the words "BLACK HISTORY MONTH" in a bold, sans-serif font. The letters are white with colored accents: the 'A' in "BLACK" is red, the 'I' in "HISTORY" is yellow, and the 'O' in "MONTH" is green. The text is framed by a stylized bracket shape on the left and right sides, with the top and bottom bars of the bracket also colored in red, yellow, and green respectively.

**BLACK
HISTORY
MONTH**

Heart Health Month

February is Heart Health Month! Let's use this time to encourage all to focus on their cardiovascular health.

This Heart Month, the Division for Heart Disease and Stroke Prevention (DHDSPP) is encouraging specifically women to listen to their hearts and speak up for their health. Women in the United States are experiencing concerning high heart-related illness and death with heart disease as the leading cause of death for women.

DHDSPP aims to shed light on this important topic so that women no longer experience delayed recognition, diagnosis, and treatment for cardiac events, such as heart attacks.

Check out some social media shareables [here](#).

How can I promote ♥ health?

1. Host CPR trainings in your community.
2. Post Heart Health Month campaigns or shareables on your social media.
3. Promote heart healthy activities in the office (lunch break walks, meditation, etc.).
4. Host a blood drive!
5. Keep heart healthy snacks in the office.



Have a few minutes? MHOA wants to hear from YOU!

Take a few minutes to complete this membership survey to help MHOA's Board of Directors and Committees evaluate the organization and plan for the future.



Remember: You can make the most of your membership by contributing your input to guide MHOA in supporting your professional growth and development!



**Take the survey
here!**



Webinar and Training Opportunities:

Inclusive Public Health Preparedness Planning (Three part series)

About: Webinar #2 will focus on the foundations of disability cultural competency, identifying what it means to create programs and services that are physically and programmatically accessible and implement effective communication to optimize equitable opportunities for people with disabilities.

When: February 13th, 2024

About: Webinar #3 will review available guidance on disability accessibility and inclusion principles and identify strategies to implementing these principles within the delivery of the Public Health Emergency Preparedness Capabilities.

When: February 27th, 2024

[Register here to attend.](#)

Capacity Assessment: Understanding Where We Are to Get to Where We Want to Go

About: Discussion on how multisector community coalitions can use capacity assessments to identify organizational strengths and opportunities to address social determinants of health (SDOH) and plan for future work.

When: February 15th, 2024

[Register here.](#)



Webinar and Training Opportunities:



Mountain Plains (HHS Region 8)

PTTC

Prevention Technology Transfer Center Network

Funded by Substance Abuse and Mental Health Services Administration

Upcoming PTTC Trainings

Building Protection Using the Social Development Strategy (SDS), an Enhanced Prevention Learning Series.

When: February 15, 2024, at 1:00 pm US/Pacific. **REGISTER.**

The Ethics of Authentic Connections and Healing Boundaries.

When: February 21, 2024, at 1:00 pm US/Eastern. **REGISTER.**

3 Part Webinar Series: Part 2: Links Between Vaping and Adolescent Behavioral Health.

When: February 27, 2024, at 10:30 am US/Mountain. **REGISTER.**

MHA: The workplace wellness program is dead – now what?

About: Webinar where you will inspire confidence that all workers can influence their workplace for the better, share how employers/workers can shift from workplace wellness as a program mindset to workplace wellness, and discuss the workplace wellness journey.

When: February 8th at 11:00 AM



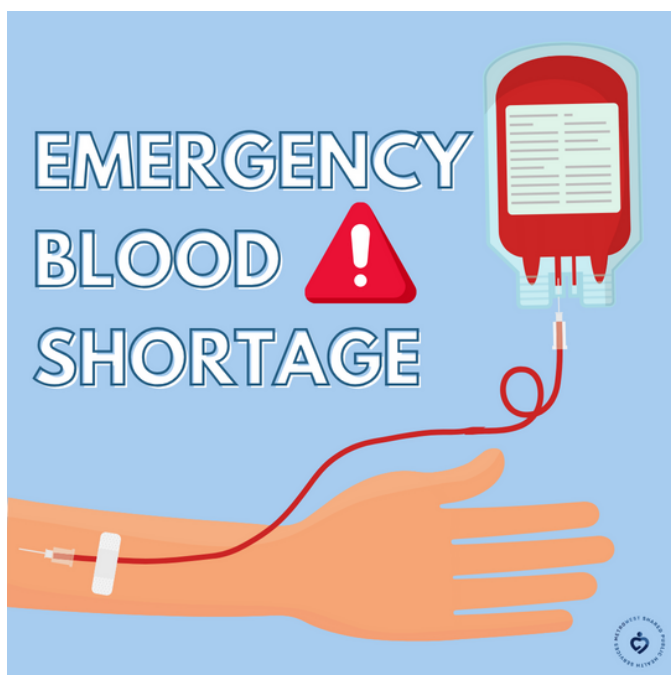
Register [here.](#)

Emergency Blood Shortage

Did you know that the American Red Cross is facing an emergency blood shortage? They are experiencing the lowest number of people giving blood in the last 20 years!

Here's how you can help!

- 🔴 Host a blood drive in your community.
- 🔴 Spread the word on your social media!
- 🔴 Volunteer to support blood drives around the country or help transport blood to hospitals.



Common reasons you can't donate:

Cold, Flu and other types of illness

- If you don't feel good on the day of your donation, you will be asked to reschedule your appointment.

Medications

- Most medication will not disqualify you from being able to donate, but you may require a waiting period after your final dose.

Low Iron

- If you are unable to donate due to low iron, you may still be able to donate in the future.

Travel outside of the United States

- You may be deferred from donating blood if you have lived in or traveled to a malaria-risk country in the past three years.

Even if you were deferred in the past, you may be eligible to donate now. Visit redcrossblood.org to find out more!

Requirements to donate:

| | |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Whole Blood Donation: <ul style="list-style-type: none">• Must be in good health and feeling well• Must be at least 16 years old• Must weigh at least 110 lbs | Power Red Donation <ul style="list-style-type: none">• Must be in good health and feeling well• Male donors = must be at least 17 years old, 5'11" tall and weigh at least 130 lbs• Female donors = must be at least 19 years old, 5'3" tall and weigh at least 150 lbs |
| Platelet Donation <ul style="list-style-type: none">• Must be in good health and feeling well• At least 17 years old• Must be at least 110 lbs | AB Elite Plasma Donation <ul style="list-style-type: none">• Must be in good health and feeling well• Must have type AB blood• Must be at least 17 years old• Must weigh at least 110 lbs |

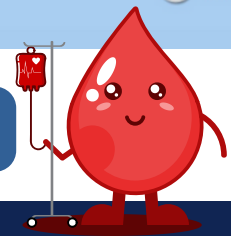
How much blood is used?

Sickle Cell Crisis: 2-10 units

Liver Transplant: 10-15 units

Leukemia Treatment: 17-19 units

Access these shareables [here](#).



National Children's Dental Health Month

Looking for content to share with your community? Here's another celebration for the month of February! Children's Dental Health Month brings together thousands of dedicated dental professionals and healthcare providers to promote the benefits of good oral health.

As a health department, it's important that we help promote the message of healthy dental hygiene and remind parents AND children the important of dental health.



- ▶ Click [here](#) to access American Dental Association's:
 - Dental health activity sheets for kids
 - Dental health resources
 - Dental health posters & graphics
- ▶ Click [here](#) to access MWSPHS Children's Dental Health Month shareables.

Reminders:

- *If you need any documents to be copied in another format (pdf, jpeg, png, etc.) please feel free to email them to Thalita (tcampelo@townofhudson.org)*
- *All available communication materials and campaigns can be found here.*
- *Materials may be used on social media and can be updated upon request.*
- *Please reach out to Thalita directly for any additional communications requests, questions or needs.*

THANK YOU!

