

Wyoming Office of Multicultural Health

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STAFF

Lillian Zuniga,
Manager

Brittany Wardle,
Project
Coordinator

Fact: Food obtained outside the home tends to be higher in calories and fat than food prepared at home.

Weight of the Nation



The centerpiece of THE WEIGHT OF THE NATION campaign is the four-part documentary series, each featuring case studies, interviews with our nation's leading experts, and individuals and their families struggling with obesity. The first film, CONSEQUENCES, examines the scope of the obesity epidemic and explores the serious health consequences of being overweight or obese. The second, CHOICES, offers viewers the skinny on fat, revealing what science has shown about how to lose weight, maintain weight loss and prevent weight gain. The third, CHILDREN IN CRISIS, documents the damage obesity is doing to our nation's children. Through individual stories, this film describes how the strong forces at work in our society are causing children to consume too many calories and expend too little energy; tackling subjects from school lunches to the decline of physical education, the demise of school recess and the marketing of unhealthy food to children. The fourth film, CHALLENGES, examines the major driving forces causing the obesity epidemic, including agriculture, economics, evolutionary biology, food marketing, racial and socioeconomic disparities, physical inactivity, American food culture, and the strong influence of the food and beverage industry.



For more information visit: <http://theweightofthenation.hbo.com/>



Myths for Indian Country

Larry Keown

Myth 2

Gaming (casinos) has made American Indians rich.

Another myth perpetuated by the media today is that American Indian people are getting rich from gaming on tribal lands. If we look at this issue from an objective perspective we find that

few tribes are making it big in gaming. Most are break-even business ventures at best, due to the remote location of most tribes and their proximity to large cities. Those near large cities or tourist destinations tend to be the most successful. In addition, most states have com-

pacts with tribes who have casinos, requiring a portion of the profits to be paid to the state in the form of royalties.



Office of Minority Health

What Is Cultural Competency?

Cultural and linguistic competence is a set of congruent behaviors, attitudes, and policies that come together in a system, agency, or among professionals that enables effective work in cross-cultural situations. 'Culture' refers to integrated patterns of human behavior that include the language, thoughts, communications, actions, customs, beliefs, values, and institutions of racial, ethnic, religious, or social groups. 'Competence' implies having the capacity to function effectively as an individual and an organization within the context of the cultural beliefs, behaviors, and needs presented by consumers and their communities. (Adapted from Cross, 1989).

And why is it important?

Cultural competency is one of the main ingredients in closing the disparities gap in health care. It's the way patients and doctors can come together and talk about health concerns without cultural differences hindering the conversation, but enhancing it. Quite simply, health care services that are respectful of and responsive to the health beliefs, practices and cultural and linguistic needs of diverse patients can help bring about positive health outcomes.

“Cultural competency is one of the main ingredients in closing the disparities gap in health care.”

Continued on page 3...

Culture and language may influence:

- health, healing, and wellness belief systems;
- how illness, disease, and their causes are perceived; both by the patient/consumer and
- the behaviors of patients/consumers who are seeking health care and their attitudes toward health care providers;
- as well as the delivery of services by the provider who looks at the world through his or her own limited set of values, which can compromise access for patients from other cultures.

The increasing population growth of racial and ethnic communities and linguistic groups, each with its own cultural traits and health profiles, presents a challenge to the health care delivery service industry in this country. The provider and the patient each bring their individual learned patterns of language and culture to the health care experience which must be transcended to achieve equal access and quality health care.

<http://minorityhealth.hhs.gov>

July 2012 Events/Observances

Month

Cord Blood Awareness
 Eye Injury Prevention
 Fireworks Safety
 International Group B Strep Awareness
 Juvenile Arthritis Awareness
 National Cleft & Craniofacial Awareness & Prevention
 UV Safety

Days

World Hepatitis Day—July 28



The mission of the NPA is to increase the effectiveness of programs that target the elimination of health disparities through the coordination of partners, leaders, and stakeholders committed to action.

Goal #3: Health System and Life Experience

Improve health and healthcare outcomes for racial/ethnic minorities and underserved populations and communities.

<http://minorityhealth.hhs.gov/npa/>

Court mostly rejects Arizona immigration law

By Tom Cohen and Bill Mears, CNN

Story Highlights

- Arizona's governor says the heart of the law remains intact
- Three other key parts opposed by the federal government get struck down
- The ruling leaves open the possibility of future legal challenges
- Justices differ on the power of the federal government versus the states

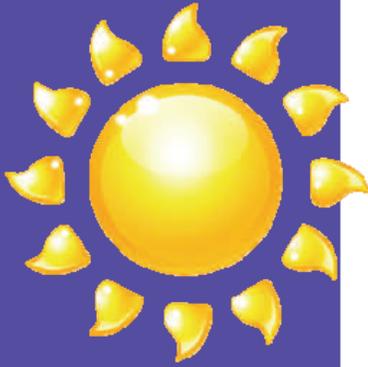


For the full article please visit:

http://www.cnn.com/2012/06/25/politics/scotus-arizona-law/index.html?hpt=hp_t1

Government safety group urges swimming lessons in black and Hispanic communities

By CBS News Staff



Black and Hispanic children should be taught how to swim to curb the racial disparities in drowning rates, according to government safety advocates.

The U.S. Consumer Product Safety Commission (CPSC) will release its annual childhood drowning report Thursday at the Fort Lauderdale Aquatic Complex, home to the International Swimming Hall of Fame. The report urges parents to be aware of swimming pool safety before the summer heats up.

Black children between the ages of 5 and 14 are three times more likely to drown than white children of the same age range, according to the Centers for Disease Control and Prevention. Research by the USA Swimming Foundation indicates that up to 70 percent of black and 62 percent of Hispanic children cannot swim, the CPSC said.

Citing that research, safety commission chairman Inez Tenenbaum said "there's no question" that not knowing how to swim contributes to the deaths of minority children who drown in pools and in natural bodies of water such as lakes, streams or the ocean.

The report presents estimates of deaths and injuries associated with pools, spas and hot tubs, and coincides with a national campaign called "Pool Safely" that aims to reduce the number of similar events. The campaign, found at www.PoolSafely.gov, is focusing this year on increasing swimming education in black and Hispanic communities.



"We are focusing on minority children because the data show they are most at risk for drowning," she said in a telephone interview. "It's a cultural issue, because many of the African-American and Hispanic children have parents and grandparents who never learned to swim."

Tenenbaum noted that swimming is a featured activity in first lady Michelle Obama's "Let's Move!" fitness initiative, and she encouraged parents who don't know how to swim to make swimming lessons a family activity.

Drowning rates among African Americans increase through childhood and peak at 15 to 19 years of age, according to the CDC. Factors such as the physical environment - such as access to swimming pools - and a combination of social and cultural issues (e.g., wanting to learn how to swim, and choosing recreational water-related activities) may contribute to the racial differences in drowning rates.

The CDC's drowning rates are based on population, and not on actual participation in water-related activities. If rates were determined by participation, the CDC says, disparity in minorities' drowning rates compared to whites would be much greater.

For the full article please visit: http://www.cbsnews.com/8301-504763_162-57440765-10391704/govt-safety-group-urges-swimming-lessons-in-black-and-hispanic-communities/





Wyoming Office of Multicultural Health

6101 Yellowstone Road, Suite 510
Cheyenne, WY 82002

Phone: 307-777-5601 or 777-1941

Fax: 307-777-8545

E-mail: Lillian.Zuniga@wyo.gov or
Brittany.Wardle@wyo.gov

**We look forward to working with you
to eliminate health disparities in
Wyoming.**

The mission of the Wyoming Office of Multicultural Health (WOMH) is to minimize health disparities among underserved populations in the state through networking, partnerships, education, collaboration, and advocacy; and to promote culturally competent programs aimed at improving health equity.



Wyoming
Department
of Health

Commit to your health.

Kid Care CHIP

Wyoming's Choice for Healthy Kids

The Kid Care CHIP Program works hard to ensure that minority residents in Wyoming receive quality healthcare.

The Kid Care CHIP application and brochure are available in English as well as Spanish. Healthlink, an online application for the Kid Care CHIP health insurance program, is also available in Spanish.

Kid Care CHIP works closely with "Passport to

Languages" to ensure any language can be interpreted when someone in the community is applying for health insurance with the Kid Care CHIP program.

Kid Care CHIP provides free or low-cost health insurance to those who qualify. Although many families have co-payments for most services, by federal law

Native American and Alaskan Native children are not subject to any co-payments.

It's easy to apply. Parents, caretakers, relatives and legal guardians can apply for children that live with them.

If you have any questions or need help with an application, call toll free 1-888-996-8786.