



MAY 2022 NEWSLETTER

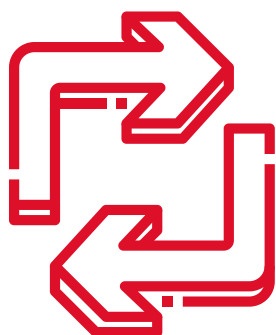
In this month's issue, we will recap April's National Minority Health Month and May Mental Health Awareness

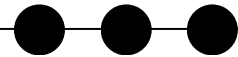
National Minority Health Month, offered the general public an opportunity to learn more about the health status of racial and ethnic minority populations in the U.S. As a community-based organization we know that partnership and collaborations prioritize the progression toward health equity and help improve health of our community.

How the Community Can Help?

Help us to raise awareness around the causes and impact of health disparities on communities of color and on the nation as a whole.

The Sickle Cell Foundation, Inc. will continue to join other local organizations throughout the Leon County and surrounding counties to focus on the importance of partnerships to help end disparities in health.





Minority Health MONTH *recap*

April was Minority Health Month

Why is Minority Health Month important?

A person's health and wellness is not just about genetics and healthy lifestyle choices. Actually, most of a person's health is accounted for by things like where a person lives, where they play, where they work, social programs they engage with, and how they look. These factors are called social determinants of health. This is the reason that there are so many differences in people's health outcomes. In the US, there are significant racial/ethnic disparities in health outcomes. People of color in the United States compared to White Americans...



- Have higher rates of chronic disease
- Are more likely to have more than one chronic disease
- Are at a higher risk of death
- Are hospitalized more frequently

These disparities are even present when all other factors are equal. So, if you take away the impact of poverty, and education people of color will continue to have worse health outcomes than white Americans. This illustrates why Minority Health month is important!



REAL STORIES MEET A WARRIOR

Tiara Byrd



Tell Us A Little About Yourself?

"I was born with Sickle Cell Anemia Type HBss. Around 10 months I started having complications with it. I had to get my spleen removed at an early age. I am a Florida Agricultural and Mechanical University, 2020 graduate with a B.S. in Psychology/Liberal Arts; Focus in Industrial Organization."

What was your experience as a child living with SC?

"So, I have a sister who doesn't have the disease or the trait. I experienced a lot of complications. Right around the age of 6 or 7. It was just really difficult because I felt like no one really understood what I was going through. Especially the doctors, I think everyone in the sickle cell community would agree with the lack of understanding and the lack of knowledge around sickle cell. It almost felt lonely. At that age, it was confusing because no one could explain it to me because they didn't understand it themselves."



Any Tips Or Suggestions To Better Support Others Like You?

"I think it's very imperative for healthcare providers, nurses specifically to dip themselves into the Sickle Cell community because they don't hear outside of them seeing us in the hospital rooms, and giving us our medication. The outcries or what we are going through once we leave. Use the programs like the Sickle Cell Foundation, Inc. in the community to gain a better understanding of the demographic you are serving when we come into your facilities. That way there is healthier patient-centered care."

MINORITY HEALTH COMMUNITY EVENTS

recap

Wednesday, April 20th Florida State University



The Minority and Sickle Cell Disease?

While the disease is most common among African Americans, other racial and ethnic groups are affected, including Latinos and people of Middle Eastern, Indian, Asian, and Mediterranean backgrounds. Sub-Saharan Africa has the greatest burden of disease, with more than 300,000 babies born with the disease each year.

However, the disease is common enough in the United States that there are about 100,000 people currently living with sickle cell disease but uncommon enough that medical professionals rarely see sickle cell disease patients.



MINORITY HEALTH COMMUNITY EVENTS

Friday, April 15th
Florida A & M University

recap



APRIL 2022

**MINORITY
HEALTH
MONTH**



April is National Minority Health Month, which offers the general public an opportunity to learn more about the health status of racial and ethnic minority populations in the U.S. As a community-based organization we know that partnerships and collaborations prioritize the progression toward health equity and help improve the health of our community.

1336 Vickers Road
Tallahassee, Florida 32303

850-222-2355 | sicklecellfoundation.org



RESOURCES

If you are suffering pain or mental health issues and are in the areas below.

Mobile Response Team Councilors in the Big Bend Area, except for Liberty County

Gadsden County

(850) 875-2422 Ext. 7756

Angel Spivie

24/7 Helpline

(800) 342-0774

COVID-19

INFORMATION

For information on

COVID-19 visit

<https://FloridaHealthCOVID19.gov>

This year's theme for National Minority Health Month is #VaccineReady. The focus will empower communities to:

- Get the facts about COVID-19 vaccines.
- Share accurate vaccine information.
- Participate in clinical trials.
- Get vaccinated now.
- Practice COVID-19 safety measures.

Meanwhile, protect yourself by taking these steps:

- Wear a mask to protect yourself and others and stop the spread of COVID-19.
- Wash your hands often with soap and water for at least 20 seconds.
- Stay 6 feet (about 2 arm lengths) from others who don't live with you.
- Avoid crowds. The more people you come in contact with, the more likely you will be exposed to COVID-19.



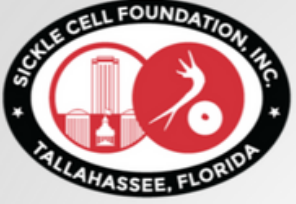
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Social Media

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