



Health/Education



AAHC and county fight AIDS

CONTRIBUTED STORY
FOR THE PORTLAND OBSERVER

On December 1, 1999, the African American Health Coalition, Inc. (AAHC) through a partnership with Multnomah County's Health Department's HIV Prevention program, launched an HIV community education/awareness campaign. This awareness campaign will provide HIV information, support, referrals, and resources to the African American community. Ruthie Culver is the new HIV Prevention Coordinator working to provide awareness in the African American Community Ms. Culver is concerned that "without education and prevention efforts, HIV will spread through the African American community uncontrollable rates." It is time for the African American community to catch up on information about HIV/AIDS. African Americans are dying from preventable diseases at higher rates than all other races. Nationally, and here in Oregon, African Americans

are disproportionately affected by HIV and Aids. Multnomah County Health Department's HIV Prevention Program reports that: In the USA African Americans constitute 13% of the population, but are 37% of total AIDS cases, and 45% of new HIV cases. In the Portland Metro area, African Americans are 3.2% of the population, but 12.6% of the total number of people HIV affected. Last year in Oregon, the cumulative Aids incidence rates were highest among African Americans (331 cases per 100,000). The African American Health Coalition, Inc. is here to provide information and support. Our model is to reconfigure social support systems for African Americans. We are established as an access point for information on HIV/AIDS prevention. The African American Health Coalition is the only agency that focuses solely on the Health of African Americans in Oregon. AAHC was established as a volunteer

organization in 1989 to address health disparities of African American in Oregon. In 1989 AAHC developed and implemented the Wellness Village and Conference. The coalition recognized the need to have a permanent organization that focuses on African American health in 1998. In 1999, over 738 community members and exhibitors attend the Wellness Village. The African American Health Coalition, Inc. was established as a non-profit organization in 1998. The administrative office of AAHC is located at 2140 NW Overtone, Portland, Oregon 97210. The current location houses the President/CEO-Corliss McKeever Coordinator-Marilyn Boss, and HIV Outreach-Ruthie Culver. To contact AAHC employees call (503) 413-1850, Fax (503) 413-1851. The office hours of AAHC are Monday-Friday from 8:00 a.m.-5:30 to help us realize our vision of being the healthiest Community in the nation. We cannot do it alone. We need everyone's help

High blood pressure seminar offered

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The National Kidney Foundation of Oregon and Washington is offering a free educational program about high blood pressure from 10:30 a.m. to noon on February 26 at Meridian Park Hospital Community Health Education Center, located 19300 S.W. 65th Ave., Room B and C in Tualatin. The program is entitled, "Living with High Blood Pressure." Anyone is invited to attend. The goal of this workshop is to

provide education about high blood pressure, which is the leading cause of heart attack, strokes and kidney disease. People can have high blood pressure for years without knowing it. More than 50 million Americans have high blood pressure. Dr. Sharon Anderson, who is the guest speaker, will discuss possible causes, the effects on your body and the lifestyle changes and dietary considerations available to help reduce and possibly prevent high blood pressure. "It is important for

people to learn the different treatment options available and talk to a physician before making a decision," said Dr. Anderson. The National Kidney Foundation of Oregon & Washington is one of 52 affiliates of the National Kidney Foundation, Inc., the nation's largest voluntary health agency dedicated to the prevention, treatment and cure of kidney and urologic diseases. For more information, or to reserve your place at this free educational seminar, call (503) 282-0990, or 1-888-3-KIDNEY outside the Portland area.

Black History Month



Robert Ford was one of the first Black teachers in Portland. He taught at the Holladay school. This week's observation of Black History Month cover the years of 1900-1950. Can you name the Black "Sister" who learned in her youth that there was power in the word. Her dream was to build a school for blacks to educate them beyond the elementary grades. She eventually did and founded one of this country's oldest black colleges. For the answer, see Focus.

Oregon Food Bank launches cooking classes

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Healthy nutrition, like most good habits, begins at home. But kids are learning to eat on their own after school and many parents themselves don't have skills they to teach them to eat well on a tight budget. Through a nine-week class series that began February 3, 2000, Oregon Food Bank's operation Frontline program is teaming up with Self Enhancement, Inc. to introduce low-income children and their parents to healthy eating habits and the joys of cooking as a family, within a limited budget. In the first six weeks of the series, professional Portland

chefs Pascal Sauton and Lether Storrs Will introduce the children to the Operation Frontline curriculum. Each child will be joined by a parent, grandparent, elder sibling or other adults for the final three weeks of classes, when the chefs will present the Side by Side curriculum. The classes will be held Thursdays 4:15 PM to 6:15 p.m. From February 3 through March 30 at Self-Enhancement, Inc., Inc. 3920 N. Kerby. Good nutrition is critically important to developing minds and bodies, and children are particularly vulnerable to hunger and under-nutrition. Children make up more than 40 percent number of people who receive emergency food assistance each year.



HEALTH FOCUS

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Serving the under-served

Millions of African-Americans, Mexican Americans, Native Americans and mainland Puerto Ricans do not have access to healthcare and are under-served medically. These same groups are also the most under-represented in the medical profession.

With the knowledge from several studies that physicians tend to practice amongst their own ethnic groups, and with a concern to make medical care available to all Americans, the

American Association of Medical Schools (AAMC) developed "Project 3000 by 2000." The goal of this program is to see that 3,000 students from the four most under-represented groups enroll in medical school by the year 2000. This would reduce the disparity between the percentage of these groups and the country at-large and the percentages of these groups in the medical profession. For example, four percent of the country is African-American, yet, less than four percent of physicians are African-American. There are numerous summer enrichment programs established to help students become more competitive applicants and successfully complete medical school. One such program, the Rice/Baylor Honors Premedical Academy Program, a part of the na-

tional Robert Wood Johnson Foundation program, and the Minority Medical Education Program (MMEP), is held at Baylor College of Medicine in Houston each summer for under-represented college students. Students must have completed one year of a college science course to participate. During the program, students are able to follow physicians on their rounds, become acquainted with the medical college admissions tests, gain exposure to medical school-type lectures, and other aspects of life in medical school. By helping more under-represented minorities gain access to medical school, we will help many more gain access to healthcare and make the population as a whole a healthier one.

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WHO WAS YORK? A NEW LOOK AT THE LEWIS & CLARK EXPEDITION

Saturday, February 26, at 2pm

McMenamins Kennedy School hosts a speakers forum on York, a little known member of the Lewis & Clark Expedition, and the first African-American to cross North America. Speakers are Quintard Taylor Jr., Darrell M. Millner, James Holmberg.

Admission/Donation will help support production of the York Film Project
\$10 Adult · \$5 Students

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