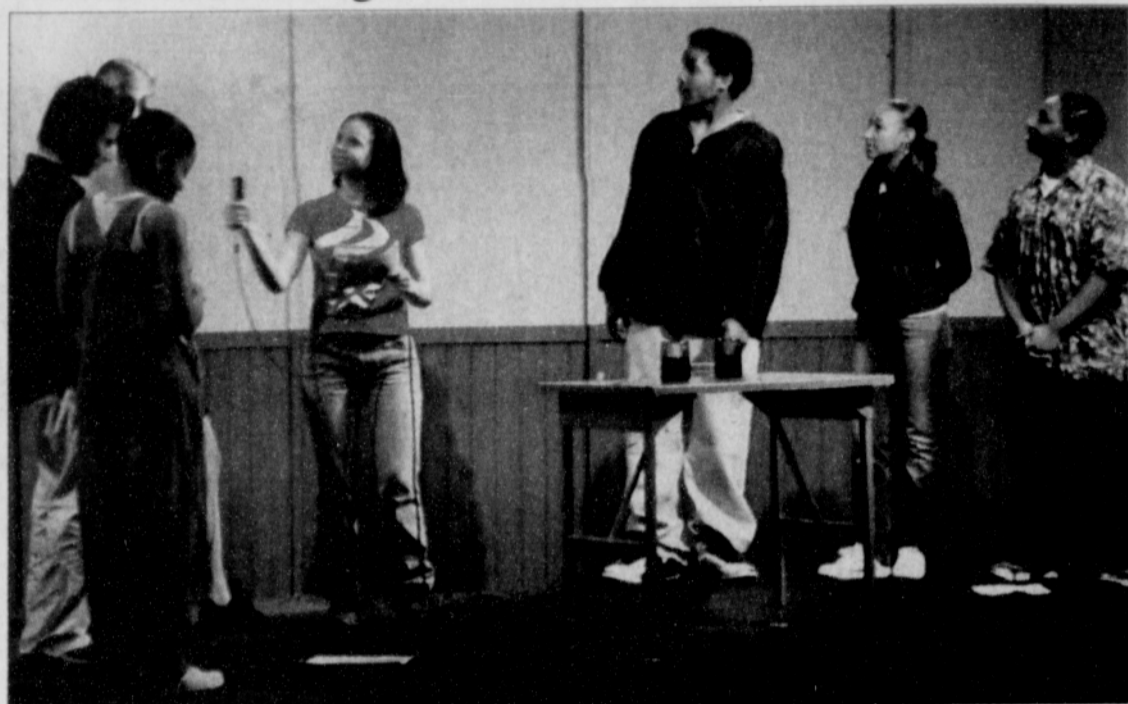




HEALTH

Students Make Healthy Living Video

Production shines light on risk factors for cardiovascular disease



Students at Jefferson High School act out skits for a cable television show to educate their peers and younger kids about preventing cardiovascular disease, the number one killer of African Americans in Oregon.

Jefferson and Benson high school students are targeting their peers with a life saving message about heart disease and stroke.

The teenagers produced a video at Jefferson High School last week entitled "From the Heart" which takes aim at preventing cardiovascular disease by reducing risks among African Americans. The video will be submitted to cable channels for broadcast.

Cardiovascular disease is the number one killer of African Americans in Oregon. In fact, in the U.S., blacks are twice as likely as whites to die from stroke and almost one and a half times as likely to die from a heart attack.

The students acted out skits in the video, similar to those seen on popular comedy shows

like Saturday Night Live, to cover topics related to cardiovascular disease and risk factors like nutrition, physical activity, diabetes, high blood pressure and smoking.

"The students are using their creativity to educate their peers about important health issues and they hope their efforts will ultimately help save lives," said Karen Gress of the African American Health Coalition.

The coalition is the group behind the video and part of a wider intervention project for children and teenagers called Healthy Options for Living Longer Actively (HOLLA!).

The organization was formed in Oregon earlier this year as part of a federal grant to promote community health with racial and ethnic ap-

proaches to making life saving changes in the African American Community over a three-year period of time.

The coalition is also sponsoring an intervention program for adults called "Looking Tight, Livin' Right," by using existing relationships between beauty and barbershop operators and their clients to promote healthy behaviors.

A third intervention program by the coalition targets low-income African Americans enrolled in the Oregon Health Plan by using targeted mailings containing health information.

All of the efforts are designed to link African Americans to preventative clinical services and other resources known to reduce the risk of cardiovascular disease.

Father's Day Cards Promote Health

Did you know that African American men have the highest prostate cancer incidence rates in the world and are twice as likely to die from prostate cancer as other American men?

Because this disease affects so many, the American Cancer Society is encouraging men and their families to ob-

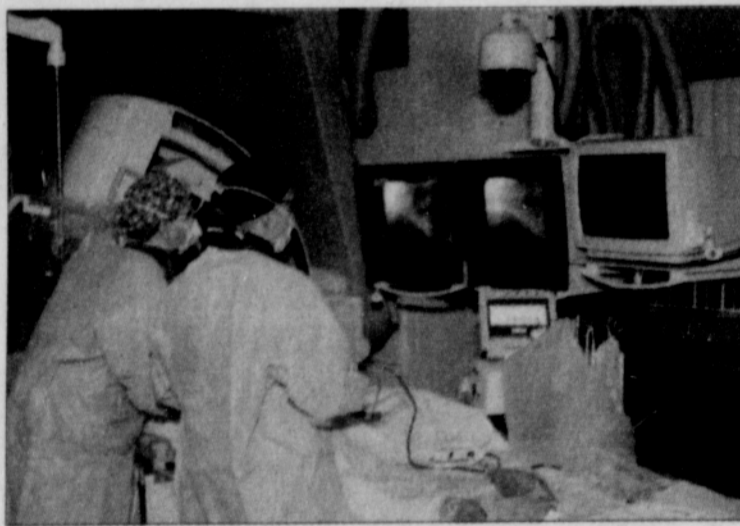
tain the most accurate and up-to-date information possible about prostate cancer, so they can make informed decisions about their long-term health care.

To coincide with Father's Day, June 16, the American Cancer Society has developed a series of cards, which in-

cludes an insert that can be returned to the society requesting more information about prostate cancer.

A limit of two of these special Father's Day cards are free to anyone who calls the Portland office of the American Cancer Society and requests them at 503-295-6422.

New Cardiac Procedure Available



Dr. Todd Caulfieds (left) of Providence St. Vincent Medical Center, assisted by technician Scott Warne, uses a beta-emitting wire to deliver targeted radiation to stop cells from re-blocking previously treated arteries in a heart patient. The Providence Heart Institute now offers the new procedure, called intravascular radiotherapy or brachytherapy, a minimally invasive therapy for patients with heart disease.

Classes for Chronic Health Sufferers

People suffering from chronic conditions, such as arthritis, diabetes, lymphedema or heart disease, can learn to manage symptoms, lessen fatigue and reduce frustration through a class at Kaiser Permanente called Living Well With Chronic Health Problems.

The class will meet on

Mondays from 6:30 p.m. to 9 p.m. July 22 through Aug. 26 at Kaiser Permanente's Interstate Medical Office Central, 3500 N. Interstate Ave. The course carries an \$18 fee. There is no need to be a Kaiser Permanente health plan member. To enroll, call 503-286-6816.

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HOLLA!



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Healthy Options for Living Longer Actively (HOLLA!) is a peer education project for high school students.

Students from Benson and Jefferson High Schools will be trained as Community Youth Health Advocates to deliver heart disease prevention messages to their peers.

HOLLA students will also produce and star in a health promotion video, "From the Heart", which will be aired on local television channels.

Sponsored by the Centers for Disease Control and Prevention and made possible in part by Legacy Emanuel, PSU-RR1 and the Department of Human Services.

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