

HEALTH MATTERS

Medical Grants for Children

The United Healthcare Children's Foundation is seeking grant applications from families in need of financial assistance to pay for their child's health care treatments, services or equipment not covered by their commercial health insurance plans.

Qualifying families could receive up to \$5,000 to help pay for medical services and equipment

such as physical and occupational therapy, prescriptions, wheelchairs, orthotics, eyeglasses and hearing aids.

Grants are also provided in cases where insurance may cover only a portion of the expenses.

Last year, UHCCF awarded grants to more than 450 families for treatments associated with medical conditions such as

speech and developmental delays, hearing loss, autism, diabetes, cystic fibrosis, Down syndrome and cerebral palsy.

To be eligible for grants, children must be 16 years of age or younger.

Families must meet economic guidelines and have a commercial health insurance plan. Parents and legal guardians may apply for grants online at uhccf.org.

Birth Control Pill Turns 50

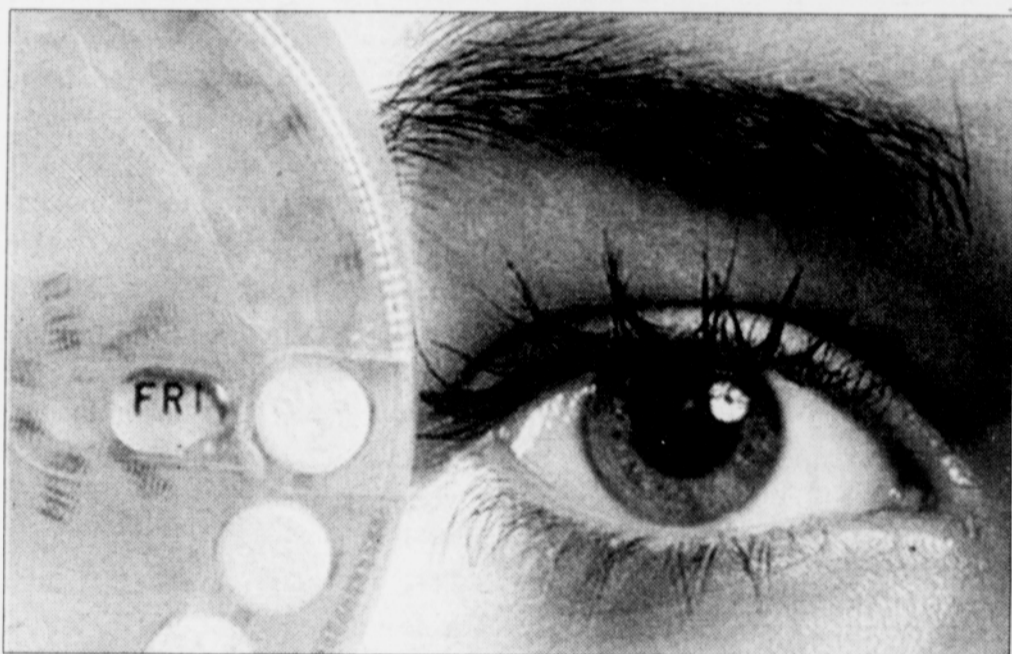
Planned Parenthood advocates for insurance coverage

With the 50th anniversary of the approval of the pill in the United States, Planned Parenthood released a national survey that found eight out of 10 women believe that insurance companies should be required to cover birth control pills and other forms of contraception at low or no cost, just as they must for other medications used for prevention under the new health care reform law.

The poll commissioned by Planned Parenthood Federation of America was released May 6, almost 50 years to the day after a U.S. Food and Drug Administration Advisory Committee voted to approve the use of the first birth control pill. The pill was formally approved as an oral contraceptive by the FDA on June 23, 1960.

Since the FDA's approval of the pill, the number of women who die each year as a result of pregnancy has dropped by half. During that same period, there has been a three-fold decline in infant deaths. The number of unplanned pregnancies has also declined. And as access to contraception has increased, the rate of abortion has decreased.

"For those like me who remember what it was like before the pill was approved, it's amazing to see firsthand the truly uplifting effect that access to birth control has had for



In this August 1974 photo, a woman holds a birth control pill dispenser in New York. The pill is now widely acknowledged as one of the most important inventions of the last century. (AP photo)

women and families," said David Greenberg, Planned Parenthood Columbia Willamette President and CEO. "Fifty years ago, before the pill was approved, it was unimaginable for many women that they would be able to decide how many children

ability of the pill has literally reshaped the lives of women, men and families across the country and around the globe.

"This highly effective oral contraceptive enables women to plan their own futures in ways they never could

This highly effective oral contraceptive enables women to plan their own futures in ways they never could before by deciding the timing and spacing of their children.

—Cecile Richards, national Planned Parenthood president

they wanted and when to have them. We now take this for granted, but before 1960 women in this part of the country had very few options when it came to family planning."

Cecile Richards, national Planned Parenthood president, said the avail-

before by deciding the timing and spacing of their children, as well as by being able to decide to pursue more education and employment before they start their families. This is one pill that literally changed the world and the way we live," she said.

Bad Habits Take Years off Your Life

(AP)— Four common bad habits combined— smoking, drinking too much, inactivity and poor diet — can age you by 12 years, sobering new research suggests.

The findings are from a study that tracked nearly 5,000 British adults for 20 years, and they highlight yet another reason to adopt a healthier lifestyle.

Overall, 314 people studied had

all four unhealthy behaviors. Among them, 91 died during the study, or 29 percent. Among the 387 healthiest people with none of the four habits, only 32 died, or about 8 percent.

The risky behaviors were: smoking tobacco; downing more than three alcoholic drinks per day for men and more than two daily for women; getting less than two hours

of physical activity per week; and eating fruits and vegetables fewer than three times daily.

These habits combined substantially increased the risk of death and made people who engaged in them seem 12 years older than people in the healthiest group, said lead researcher Elisabeth Kvaavik of the University of Oslo.



N/NE Minority Youth And Young Adults Being Connected

Calendar of Events

To register for an event or for more information: Please contact Tiara at 503-281-0224

Meet at OAME building (between Mason and Williams) 4134 N. Vancouver Ave

Spring Events 2010

Let's Connect Session- Tuesdays

April 13th 2010 -Spring Kickoff

April 24th garden work out

May 11th – connect session

June 19th – Juneteenth Garden

Announcements-

Students receive a community service letter for their participation and Stipend

Get involved and be involved. It's All about the GREEN TEAM!

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