

HEALTH MATTERS

Health Screenings for the Uninsured

Focus is on blood pressure, stroke, diabetes and obesity

The Urban League of Portland has joined forces with the National Urban League and Walgreens drug store to offer free health care screenings to Portlanders who have little or no health insurance.

Beginning on Tuesday, March 15 to March 26, the Urban League and Walgreens will embark on a nine day Wellness Tour across Portland and Vancouver with a fully equipped health education and screening vehicle.

Health professionals will provide individuals with free screenings for cholesterol levels, blood pressure, glucose, bone density, body mass index and waist circumference.

The screenings are designed for detection and prevention of dis-

eases such as high blood pressure, stroke, diabetes and obesity. These preventable diseases are on the rise in all communities.

"Many people in Portland are losing their health insurance during this difficult economy and many more do not have access to any health services," said Ty Schwoeffermann, health equity organizer for the Urban League of Portland.

Schwoeffermann said the health screenings tour highlights the overwhelming need for health services

in the region.

"Early detection can save lives," he said. "We have built partnerships with community clinics, non-profits, and churches to help people gain access to services where they are available."

The Wellness Tour schedule is as follows: March 15, 10 a.m. to 5 p.m. at Walgreens, 2829 N. Lombard St.; March 17, 10 a.m. to 5 p.m. at Walgreens, 2103 S.W. Burnside St.; March 18, 10 a.m. to 5 p.m. at Pioneer Square, downtown; March 19, 11 a.m.

to 5 p.m. at Portland Community College, Cascade Campus, 705 N. Killingsworth St.; March 20, 1 p.m. to 7 p.m. at Highland Christian Church, 7600 N.E. Glisan St.; March 22, 9 a.m. to 3 p.m. at The Multicultural Seniors Center, 5325 N.E. Martin Luther King Jr. Blvd.; March 24, 11 a.m. to 5 p.m. at Walgreens, 2521 Main St., Vancouver; March 25, 11 a.m. to 5 p.m. at Walgreens, 6116 N.E. Martin Luther King Jr. Blvd.; March 26, 10 a.m. to 4 p.m. at Rosa Parks School, 8960 N. Woolsey Ave.

Abstinence Grows Among Youth

Experts say this generation may be more cautious

(AP) -- Fewer teens and young adults are having sex, a government survey shows, and theories

abound for why they're doing it less. Experts say this generation may be more cautious than their

predecessors, more aware of sexually spread diseases. Or perhaps emphasis on abstinence in the

past decade has had some influence.

Or maybe they're just too busy. The study, released Thursday, is based on interviews of about 5,300 young people, ages 15 to 24. It shows the proportion in that age group who said they'd never had sex rose in the past decade from 22 percent to about 28 percent.

There are other surveys of sexual behavior, but this is considered the largest and most reliable.

Health scientist Anjani Chandra of the Centers for Disease Control

and Prevention described the decline in sex as small but significant. She declined to speculate on the reasons. It's difficult to look for a trend earlier than 2002 because previous surveys did not gather as much detail about various types of sex, she added.

However, data over the years on vaginal intercourse among never-married adolescents shows a steady decline since 1988. That seems to be in sync with other CDC studies showing an overall drop in teen pregnancy.



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