HEALTH

Cultural Competency Training Rejected

Advocates disappointed but will try again

provide better care for Oregon's growingly diverse population has been rejected in the state Legisla- care system." ture.

the House floor by a 30-30 vote, with all Democrats supporting the measure and all Republicans opposed.

According to State Rep. Tina backers of the bill. Kotek, a north Portland Democrat, the defeat showed a lack of understanding of the issues facing health care professionals and their patients.

"This is a much greater problem than most people realize," said Kotek. "Studies have shown a lack

A bill to train health care profes- of understanding about varying sionals in cultural competency, re- cultures, their health care needs and duce the costs of healthcare and the varying propensity for certain diseases, adding hundreds of millions of dollars of cost to the health

The People of Color Health Eq-Senate Bill 97 recently failed on uity Collaborative, a coalition of 20 community-based organizations that works to address health issues through public policy were major

The organization said the defeat was a missed opportunity to address health disparities amongst Oregon's growing diverse communities and improve health outcomes for all Oregonians, but vowed to continue to advance the cause.



Rep. Tina Kotek

State Rep. Greg Mathews, D-Gresham, a firefighter, paramedic and former police officer, said his colleagues strongly support improved language," he said. "It is better untraining in cultural competency for medical professionals.

"We are the first responders," he said. "The more we know about the needs or wishes of a particular person, the better we can care for disparities are also those who are them."

After voting yes to move the bill out of the House Health Care Committee bill, some Republican lawmakers, including Bill Kennemer and Jim Thompson, voted no on the floor.

Kotek explained, "This is a disappointing vote on a bill that had no opposition from anyone but Republicans in this building."

no fiscal impact, but will make a large impact within communities throughout Oregon. "It's more than just comes and reduces costs."

derstanding of the cultural differences people hold."

According to the health equity collaborative, the communities who are most often impacted by health disenfranchised from decision making processes, and new strategies should be required.

The organization issued a statement saying they have not given up in securing better health care delivery for their children, elders, and families:

"Cultural competence must be a part of Oregon's health care reform and redesign strategy...Cultural Matthews explained the bill has competent services have been proven to improve quality of care, patient satisfaction, health out-

For Your Healt

Breastfeeding Benefits

Breastfeeding is a natural, agesold practice that holds numerous benefits for both baby and mother.

While it is not advisable for some women—such as those with certain infections and chronic illnessesthe vast majority of women are capable of breast-feeding and are encouraged to at least attempt it.

BY DR. JAMES N. MARTIN

may protect against respiratory infections, some child-hood cancers, and obesity. Breastfed babies often have less gas, constipation, and diarrhea, fewer feeding problems, and less illness than do formula-fed babies.

For nursing breastfeeding provides an inexpen-Breast milk provides complete sive and convenient feeding op- when your baby nuzzles against nutrition, helping to build strong tion. Women who breastfeed may your breast, makes sucking motions,

stress during the postpartum period, build stronger bonds with their babies, and have a decreased risk of breast cancer.

Before it's time to deliver, notify your doctor and the health care team that delivers your baby of your breastfeeding plans. They will help you start and support your breastfeeding once the baby is born. Try to nurse within the first hour after delivery while your newborn is alert and ready to suck. After your baby gets the hang of breastfeeding, mothers, nurse on demand.

Use signs of hunger, such as digestive and immune systems and lose weight faster, experience less or puts a hand in his or her mouth as

Many newborns will nurse between eight and 12 times every 24 hours for about 10–15 minutes on each breast. Your doctor can explain how to tell if your baby is getting enough milk through diaper-changing patterns and weight gain after the first few

Breastfeeding women require about 500 more calories a day than they needed before becoming pregnant. Eat a well-balanced diet that includes at least 1,000 milligrams of calcium, and drink at least eight glasses of liquid a day. Try to identify and avoid foods that seem to cause a reaction in your baby. Rashes, fussiness, diarrhea, or congestion after nursing can signal a may arise. food allergy.

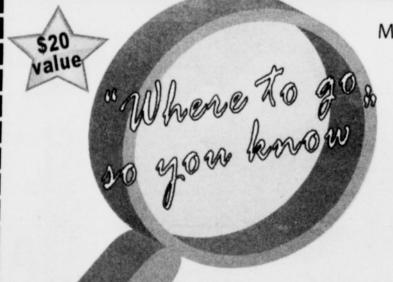
a guide for when to feed your baby. less likely that you will get pregnant. However, if you are trying to avoid pregnancy, you still need to use birth control. Barrier methods, such as condoms and intra-uterine devices, will not affect your milk supply.

> If you decide to use hormonal contraception, your doctor can help you choose a progestin-only method. The estrogen in combination pills can diminish milk supply early on and should not be used until nursing is established.

Ob-gyns, pediatricians, nurses, and lactation specialists can be great breast-feeding resources. Be sure to consult with them about health questions and practical issues that

Dr. James N. Martin Jr. is presi-Exclusive breastfeeding can tem- dent of the American Congress of porarily stop ovulation, making it Obstetricians and Gynecologists.

Take Action Get Tested



Multnomah County Health Department's HIV Community Test Site offers confidential HIV testing with or without your name at these locations:

Downtown Community Test Site Call 503.988.3775 for an appt. Mon | Thurs | Fri 426 SW Stark St., 6th Floor, Portland, 97204

"Free with this coupon"



Northeast Health Center Just walk in Tuesdays | 5:30 - 7:15 pm 5329 NE MLK Jr. Blvd, 2nd Floor,

Portland, 97211

Se habla español: other interpretation by appointment.

HEALTHWATCH

Parenting Classes -- Newborns don't come with instruction manuals but parents and parents-to-be can learn about a variety of topics from pain and childbirth to breastfeeding to infant CPR and much more. For a schedule of events, call 503-574-6595 or visit: providence.org/classes.

Powerful Tools For Caregivers -- 6-week educational series designed to help family caregivers take care of themselves while caring for relatives or friends with chronic illness. Class size is limited, and registration is required. Call 503-413-8018.

Leg Alert Screening -- Check for peripheral arterial disease with this safe, simple screening using ankle and arm blood pressure. The fee is \$40. To schedule an appointment, call 503-251-6137.

Smoke-Free Support Group -- Meets Mondays, 7 p.m. to 8 p.m. For information, call 503-256-4000.

Heart Talk Support Group -- Meets on the second Monday of each month; from 6 p.m. to 8 p.m. For more information, call 503-251-6260.

Family Caregiver Support Group -- This topic-oriented group offers a safe place to discuss the stresses, challenges and rewards of providing care to an older relative or friend. Meets the first Thursday of each month at 3 p.m. at Legacy Good Samaritan Hospital.