



Office of Minority Health

## Newsletter - April 2020

### April is Minority Health Month!

With the nation advised to stay in and around their homes, this National Minority Health Month's theme is Active & Healthy and focuses on safe ways all communities can stay physically active and advance mental and emotional wellness.



ACTIVE & HEALTHY | APRIL 2020



### Minority Health Advisory Committee Meeting

Please note that the May meeting has been **CANCELLED**.

Next scheduled meeting:

July 20, 2020 11:00 AM

Summit County Public Health - Auditorium  
1867 W Market Street, Akron, Ohio 44313

\* Feel free to share this invitation

## COVID-19 IN SUMMIT COUNTY

### Frequently Asked Questions:

**Q: Is coronavirus disease 2019 (COVID-19) in Summit County?**

**A :** Yes. The current number of cases in each county is updated daily at 2pm at [coronavirus.ohio.gov](https://coronavirus.ohio.gov). More cases of COVID-19 are likely to be identified in the coming days, including more instances of community spread. We expect that widespread transmission of COVID-19 in Ohio and Summit County may occur. At this time, there is no vaccine to protect against COVID-19 and no medications approved to treat it. Nonpharmaceutical interventions will be the most important response strategy to try to delay the spread of the virus and reduce the impact of disease.

**Q: Should I get tested for COVID-19?**

**A:** Call a healthcare professional if you develop a fever and/or symptoms of respiratory illness -- such as cough or shortness of breath -- within 14 days of travel from an affected area or

within 14 days of close contact with a COVID-19 patient. Older people, people with underlying medical conditions, and people with compromised immune symptoms should contact a healthcare provider early. If you experience severe symptoms (e.g., persistent pain or pressure in the chest, new confusion or inability to arouse, or bluish lips of face), contact a healthcare provider or emergency department and seek care immediately.

**Q: What can I do to prevent it?**

**A:** There are no vaccines to prevent COVID-19. Implement the personal prevention protection methods used to prevent flu and other infectious diseases. (See graphic below).

Clean high-touch areas – counters, tables, doorknobs, light switches, bathroom fixtures, toilets, phones, keyboards, tablets, nightstands – every day using household cleaning spray or wipes according to label directions.

**Q: Can I make my own cleaning solution?**

**A:** Yes. In addition to store-bought disinfectant products, you can make your own cleaning solution at home by combining water and bleach in a 10:1 ratio. For example, combining 1 cup of bleach with 10 cups of water will produce an effective disinfectant cleaner.

Continue Reading

## MINORITY HEALTH & COVID 19

The nation is in a state of emergency that is effecting every person in America's livelihood, but it is speculated that it will hit the minority populations even harder . It is already known that these groups continue to experience poorer disease control and limited health care options as well as a wealth disparity when compared to their non-Hispanic white counterparts. In the wake of COVID-19, these disparities could become even more prominent. Food access is more difficult than ever, access to healthcare is limited, and those who do not have the means to convert to virtual methods of working, grocery shopping, and healthcare visits are put more at risk to contract this contagious virus. We need to work even harder now and in the coming future to continue doing our part to help bridge this gap for our minority population.

### GARDEN VEGETABLE SOUP

**Ingredients**

- 4 T. olive oil
- 2 c. chopped leeks
- 2 T. minced garlic
- Kosher salt
- 2 c. chopped carrots
- 2 c. peeled, diced potatoes
- 2 c. fresh green beans
- 2 quarts chicken or vegetable broth
- 4 c. diced tomatoes, peeled
- 2 ears corn, kernels removed
- 1/2 t. black pepper
- 1/4 c. chopped fresh parsley
- 1 to 2 t. lemon juice

**Directions**

1. Heat the olive oil in large stockpot over medium-low heat. Add the leeks, garlic, and a pinch of salt and sweat until they begin to soften (7 to 8 minutes). Add the carrots,



Revamping and creating community gardens is one way that we can help increase access to healthy foods in all neighborhoods during this tough time. COVID-19 is not a foodborne illness. It is extremely unlikely that someone will catch it through eating. The virus is most likely to cause illness through respiratory transmission, not eating. Community gardening allows for proper social distancing and has been shown to have a positive impact on health while increasing food access.

According to the Journal of Nutrition Education

potatoes, and green beans and continue to cook for 4 to 5 minutes. Stir occasionally.

2. Add the stock, increase the heat to high, and bring to a simmer. Add the tomatoes, corn kernels, and pepper. Reduce the heat to low, cover, and cook until the vegetables are fork tender (25 to 30 minutes). Remove from heat and add the parsley and lemon juice. Salt to taste.

[WATCH HOW TO MAKE](#)

and Behavior, "Adults with a household member who participated in a community garden consumed fruits and vegetables 1.4 more times per day than those who did not participate, and they were 3.5 times more likely to consume fruits and vegetables at least 5 times daily." In addition to the increase in food access and healthy eating, gardening has also show to relieve stress and restore positive moods in the gardeners,

To find out more about starting a community garden in your community, visit click [HERE](#).

## Active & Healthy

### How much activity do I need?

#### Moderate-intensity aerobic activity

Anything that gets your heart beating faster counts.



AND

#### Muscle-strengthening activity

Do activities that make your muscles work harder than usual.



Tight on time this week? **Start with just 5 minutes.** It all adds up!

### Move Your Way Campaign

Walk. Run. Dance. Play. What's your move?

Everyone needs physical activity to stay healthy. But it can be hard to find the time in your busy routine or ideas while staying at home.

The Move Your Way tools, videos, and fact sheets have tips that make it easier to get a little more active. And small changes can add up to big health benefits!

Physical activity can make daily life better. So get more active — and start feeling better right away!

- Boost your mood
- Sharpen your focus
- Reduce your stress

### MyPlate, MyWin

Check out this video:

[MyPlate, MyWins: What's Your Healthy Eating Style?](#)

MyPlate is an initiative and guide published by the USDA Center for Nutrition Policy and Promotion, that emphasizes the five food groups: fruits, vegetables, grains, protein and dairy products. Use these tools to help you create a healthier eating style that meets your individual needs and improves your health.

[MYPLATE.GOV](http://MYPLATE.GOV)

- Improve your sleep

[FIND OUT MORE](#)



#ACTIVEANDHEALTHY

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