



NEWSLETTER

FALL 2019 (VOLUME 1, ISSUE 1)



EMU CDC-REACH TEAM: (L-R) Dr. Olivia Ford (Nutrition Domain), Dr. Tsu-Yin Wu (Project Director and CCL Domain), Ms. Tameka Jackson-Dyer (Breastfeeding), Dr. Alice Jo Rainville (Nutrition Domain), Ms. Meng Hu (Physical Activity Coordinator), Dr. John Sonnega (Evaluator), Dr. Meriam Caboral-Stevens (Program Manager & Communication Lead), Ms. Rachel Bessire (Food & Nutrition Coordinator), Dr. Xining Yang (Physical Activity Domain).

Welcome to our first newsletter. The newsletter disseminates the latest information and activities of the Center for Health Disparities Innovations and Studies, particularly the Racial and Ethnic Approaches to Community Health (REACH) Project – a five-year collaborative agreement with the CDC. This newsletter will be published twice a year. This newsletter can also be accessed via the Center's website: www.emich.edu/chdis

Nutrition Domain

REACH in Bangladeshi Community



Community Baby Shower Saadh in Hamtramck, MI on June 28, 2019. The EMU CDC REACH Nutrition Domain organized a Community Baby Shower Saadh in collaboration with Bangladeshi community partners. Ms. Tameka

Jackson-Dyer, IBCLC, CHW, CLE, CLS, the Lactation Consultant for the REACH Team, provided education for the attendees. This is the first Hamtramck community baby shower that covered breastfeeding, nutrition, and infant safety. Women from diverse backgrounds (African American, Yemeni, Bangladesh) attended the fair. One Bangladeshi woman had an interest in being trained as a breastfeeding peer counselor.

Back To School Fair at Hamtramck FQHC in Hamtramck, MI on August 24, 2019

The REACH team's lactation consultant, Ms. Tameka Jackson-Dyer, and Dr. Rainville, shared nutrition information for breastfeeding women, Friendship House brochures and magnets, and REACH Free Breastfeeding resources information sheets in Bangla and English. The fair was attended by 115 individuals/families, including Bangladeshi and other ethnic groups, and three women signed up to attend a peer counselor training for breastfeeding.

REACH in Chinese Community

Nutrition education at ACA summer camp in Plymouth, MI from July 15 - August 2, 2019.

Dr. Alice Jo Rainville and Ms. Rachel Bessire participated in this three-week summer camp program by providing weekly interactive nutrition classes for 79 children (age range 7-14). Topics included how to read food labels, portion sizes, and healthy beverages. The children completed two quizzes and a survey at the end of camp. Over 65% of the children stated they were going to use the information learned in these classes to make changes to their diet and these changes included "Less sugar" "Cut down on sugar/fatty foods", and to "Always check the food labels".

ACA Healthy Gardening Fair in Madison Heights, MI on August 24, 2019.

Dr. Olivia Ford and Ms. Rachel Bessire had a table sharing nutrition information, recipes, and tasting of homemade pickled vegetables. Dr. Olivia Ford also presented a short lecture on how to read nutrition facts labels. Approximately 40 people attended the lecture on reading nutrition facts labels. Thirty-nine attendees sampled the homemade pickles.





Other community events

Hamtramck Health Hike in Hamtramck, MI on May 4, 2019. Dr. Tsu-Yin Wu, Dr. Alice Jo Rainville, Dr. Xining Yang, and Ms. Meng Hu provided nutrition and physical activity information as well as information about the REACH project. EMU REACH team with the coordination of Dr. Rainville facilitated a food distribution of 9,948 pounds of healthy foods in partnership with Gleaners Community Food Bank.

Friendship House Food Tastings in Hamtramck, MI from July 8-August 29, 2019. Dr. Alice Jo Rainville, Dr. Olivia Ford, and Ms. Rachel Bessire distributed recipes, sampled healthy foods, and engaged clients at the Friendship House food pantry.

Healthy recipes that featured produce at the food pantry were used. They distributed a total of 167 samples and collected 97 surveys.

Pantry clients expressed an interest in having more types of fruits, vegetables, fish, eggs and cooking oils/butter available at the Friendship House. Below are pictures of Dr. Rainville and Ms. Bessire at the food tasting event.



Physical Activity Spotlight

Health Atlas of Hamtramck. The EMU REACH PA Domain created the "Health Atlas of Hamtramck," a visual representation of demographic, socio-economic, built environment, and food environment. This Atlas helps to identify residents' safety and transportation barriers to accessing opportunities in undeserved Hamtramck's neighborhood and inform decision makers about where investment and resources are needed most for these residents to reach their full potential. The Atlas will be made available with the Center website launching in Fall 2019. Stay tuned and we welcome your comments.



Safe Route to School Training at Dickinson East Elementary School, Hamtramck on September 26th. Dr. Xining Yang conducted a training for 100 families including parents and kids, as well as school staff in Dickinson East Elementary School during the school open day event. Dr. Yang introduced the EMU REACH team and the active living effort the team has been implementing in Hamtramck. During the training, an important message on "walking is the new formula" was delivered to attendees along with the informative flyers. Dr. Yang called for the help from all community members in encouraging kids to develop a healthy lifestyle.



Community-Clinical Linkage Update

Summer Training of Navigators. On May 22, 2019, Dr. Tsu-Yin Wu conducted a training on community clinical linkage with 15 navigators from Bangladesh, Chinese, Filipino, Nepali and Vietnamese communities. During the training, participants received information on evidence-based chronic disease management programs in Michigan that can be used for their engagement and referrals for clients in their respective communities.

