

PROJECT EMPOWER

Education Means Power



Message from Caryn Monroe



Caryn Bria
Monroe

Youth and HIV

Most HIV cases occur among young gay and bisexual males. Young black/African American and Hispanic/Latino gay and bisexual males are especially affected.

Youth with HIV are the least likely out of any age group to be linked to care. Addressing HIV in youth requires that we give youth the tools they need to reduce their risk, make healthy decisions, get treatment and care if needed, and communicate effectively with others.

- Youth aged 13 to 24 accounted for more than 1 in 5 new HIV diagnoses in 2014.
- Young gay and bisexual males accounted for 8 in 10 HIV diagnoses among youth in 2014.
- At the end of 2012, 44% of youth ages 18 to 24 years living with HIV did not know they had HIV.

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Representing Teen Population
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(WNCAP)
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ECHO (Enhancing Collaborative Health Options & Opportunities)

March is National Social Work Month

This year's theme is "Social Workers Stand Up"

As a member of The NC Continuing Education, Training and Advisory Committee for Public Health Social Work (CETAC), I would like to express thanks to you (Social Workers) for your commitment and dedication to the profession in service to individuals, children and families locally, statewide, and nationally.



Eating Right Doesn't Have to be Complicated

March is National Nutrition Month, when the Academy of Nutrition and Dietetics reminds everyone to return to the basics of healthy eating.

Eating right doesn't have to be complicated — simply begin to shift to healthier food and beverage choices. These recommendations from the Dietary Guidelines for Americans can help get you started.

- Emphasize fruit, vegetables, whole grains and low-fat or fat-free milk and milk products.
- Include lean meats, poultry, fish, beans, eggs and nuts.
- Make sure your diet is low in saturated fats, trans fats, salt (sodium) and added sugars.



NC DHHS Nutrition Services Branch

Activities of the Nutrition Services Branch promote sound nutrition habits among infants, children and women in their child-bearing years. Branch staff work with county, state and private agencies to improve health status by reducing the incidence of nutritional risk factors, improving pregnancy outcomes, and hastening recovery from illness and injury through the provision of technical assistance, education and supplemental foods.

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March 28, 2017 is American Diabetes Alert Day

Research studies have found that moderate weight loss and exercise can prevent or delay type 2 diabetes among adults at high-risk of diabetes.

Diabetes is a disease in which blood glucose levels are above normal. Most of the food we eat is turned into glucose, or sugar, for our bodies to use for energy.

When you have diabetes, your body either doesn't make enough insulin or can't use its own insulin as well as it should. This causes sugar to build up in your blood.

Diabetes can cause serious health complications including heart disease, blindness, kidney failure, and lower-extremity amputations. Diabetes is the seventh leading cause of death in the United States.

But There is Good News!

Research studies have found that moderate weight loss and exercise can prevent or delay type 2 diabetes among adults at high-risk of diabetes.

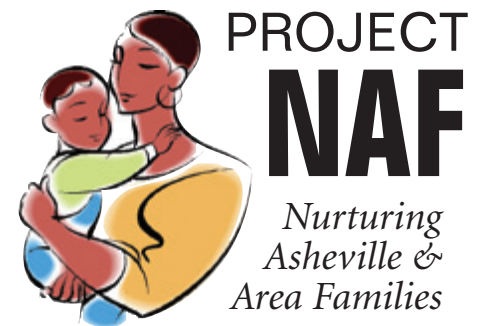
POISON CONTROL

When accidents happen with chemicals, medicine, or household items, call



Poison Help. Get help right away from a local poison expert. If someone is unconscious or has trouble breathing, call 911.

Source: Health Resources & Services Administration



Belinda K. Grant, Executive Director of
Mount Zion Community Development, Inc.
Photo: Urban News

Women & HIV

Fast Facts

Around 1 in 4 people living with HIV in the United States are women

Most new HIV diagnoses in women are attributed to heterosexual sex

Between 2005 and 2014, the number of new HIV diagnoses among women declined 40%



Black/African American and Hispanic/Latina women continue to be disproportionately affected by HIV, compared with women of other races/ethnicities. Of the total estimated number of women living with diagnosed HIV at the end of 2013, 61% (137,504) were African American, 17% (39,177) were white, and 17% (38,664) were Hispanics/Latinas.

In 2014, youth aged 13 to 24 accounted for an estimated 22% of all new HIV diagnoses in the United States

Source: CDC Website

Project NAF Community Advisory Committee

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