

February is:

- Black History Month
- American Heart Month
- Teen Dating Violence Awareness Month
- National Children's Dental Month
- African Heritage & Health Week February 1st – 7th
- World Cancer Day February 4th
- Congenital Heart Defect Awareness Week February 7th – 14th
- National Donor Day February 14th
- Eating Disorders Awareness & Screening Week February 25th – March 3rd



In His Service,



H-3 Ministry

Now may the God of hope fill you with all joy and peace in believing, so that you will abound in hope by the power of the Holy Spirit.

Romans 15:13



American Heart Month

Heart disease is the leading cause of death for men and women in the United States. Every year, 1 in 4 deaths are caused by heart disease.

The good news? Heart disease can often be prevented when people make healthy choices and manage their health conditions. Communities, health professionals, and families can work together to create opportunities for people to make healthier choices.

Make a difference in your community: Spread the word about strategies for preventing heart disease and encourage people to live heart healthy lives.

How can American Heart Month make a difference?

We can use this month to raise awareness about heart disease and how people can prevent it — both at home and in the community.

Here are just a few ideas:

- Encourage families to make small changes, like using spices to season their food instead of salt.
- Motivate teachers and administrators to make physical activity a part of the school day. This can help students start good habits early.
- Ask doctors and nurses to be leaders in their communities by speaking out about ways to prevent heart disease.

Heart Attack and Stroke Symptoms

Warning Signs of Heart Attack & Stroke

Heart Attack Symptoms

CHEST DISCOMFORT

Most heart attacks involve discomfort in the center of the chest that lasts more than a few minutes, or that goes away and comes back. It can feel like uncomfortable pressure, squeezing, fullness or pain.

DISCOMFORT IN OTHER AREAS OF THE UPPER BODY

Symptoms can include pain or discomfort in one or both arms, the back, neck, jaw or stomach.

SHORTNESS OF BREATH

with or without chest discomfort.

OTHER SIGNS

may include breaking out in a cold sweat, nausea or lightheadedness.

Stroke Symptoms

Spot a stroke F.A.S.T.

FACE DROOPING

Does one side of the face droop or is it numb? Ask the person to smile.

ARM WEAKNESS

Is one arm weak or numb? Ask the person to raise both arms. Does one arm drift downward?

SPEECH DIFFICULTY

Is speech slurred, are they unable to speak, or are they hard to understand? Ask the person to repeat a simple sentence, like "the sky is blue." Is the sentence repeated correctly?

TIME TO CALL 9-1-1

If the person shows any of these symptoms, even if the symptoms go away, call 9-1-1 and get them to the hospital immediately.



Every year, approximately 1.5 million high school students nationwide experience physical abuse from a dating partner. It is also known that 3 in 4 parents have never talked to their children about domestic violence. In light of these alarming facts, every year during the month of February advocates join efforts to raise awareness about dating violence, highlight promising practices, and encourage communities to get involved.

There are many resources available to provide information and support to victims and assist service providers and communities to decrease the prevalence of dating violence among young people. Anyone can make this happen by raising awareness about the issue, saying something about abuse when you see it and organizing your community to make a difference. Take Action!

Learn About Teen Dating Violence

Teen dating violence (TDV) is defined as a pattern of abuse or threat of abuse against teenaged dating partners, occurring in different forms, including verbal, emotional, physical, sexual and digital. TDV occurs across diverse groups and cultures.

Although the dynamics of TDV are similar to adult domestic violence, the forms and experience of TDV, as well as the challenges in seeking and providing services, make the problem of TDV unique.

The [National Resource Center on Domestic Violence](#) and [VAWnet](#) have developed an Online Special Collection: [Preventing and Responding to Teen Dating Violence](#). Recently updated, this Special Collection emphasizes collaborative and multilevel approaches to the prevention of and response to teen dating violence. This year's updates include additional resources for teachers and school-based professionals and a new section to support the efforts of pregnancy prevention advocates and adolescent sexual health practitioners in addressing adolescent relationship abuse.

Start Talking

For the past ten years, [Break the Cycle](#) and the Love Is Not Abuse Campaign have been hosting [It's Time To Talk Day](#). This awareness campaign aims to generate conversations about healthy relationships and prevent teen dating violence and abuse. This year, the [NO MORE](#) campaign developed a toolkit titled "[How to Start a Conversation: Talking About Dating and Healthy Relationships Step-by-Step](#)".

Because starting a conversation with teens can be daunting, the toolkit provides parents with an easy to follow guide complete with sample open-ended questions to start a conversation about teen dating violence.

Staying Safe

The [Love is Not Abuse iPhone app](#) is an educational resource for parents that demonstrates the dangers of digital dating abuse and provides much needed information on the growing problem of teen dating violence and abuse.

[Circle of 6 app](#) Circle of 6 is an iPhone app for college-aged students and their friends to stay close, stay safe, and prevent violence before it happens. The design is simple. It takes two touches to get help and they use icons to represent actions, so that no one can tell what you're up to if they see your phone. The design ensures safety, speed and privacy.

[One Love Foundation app](#) The One Love Foundation app helps the user determine if a relationship is unsafe and helps to create the best action plan by weighing an individual's unique characteristics and values. In partnership with [LoveisRespect.org](#), the app provides access to trained advocate support 24/7 through an embedded live chat function. This app is free and can be used anonymously on smart phones and other electronic devices.



February is National Children's Dental Health Month

National Children's Dental Health Month (NCDHM) began as a one-day event in Cleveland, Ohio, on February 3, 1941. The American Dental Association held the first national observance of Children's Dental Health Day on February 8, 1949. The single day observance became a week-long event in 1955. In 1981, the program was extended to a month-long observance known today as National Children's Dental Health Month. Since 1941, the observance has grown from a two-city event into a nationwide program. NCDHM messages reach thousands of people in communities across the country and at numerous armed services bases. Local observances often include displays of posters provided by the ADA, coloring and essay contests, health fairs, free dental screenings, museum exhibits, classroom presentations by dentists and other members of the dental team, and dental office tours.

Each February, the American Dental Association (ADA) sponsors National Children's Dental Health Month to raise awareness about the importance of oral health. NCDHM messages and materials have reached millions of people in communities across the country.

Developing good habits at an early age and scheduling regular dental visits helps children to get a good start on a lifetime of healthy teeth and gums.



African Heritage and Health Week

African Heritage and Health Week, observed February 1st – 7th and sponsored by *Oldways*, focuses on a healthy lifestyle, including addressing obesity, diabetes and diet-related chronic illnesses that might actually lie in the past. *Oldways*, a Boston-based food and nutrition organization, addresses some of the serious health disparities facing black Americans.

African Heritage and Health Week, sponsored by *Oldways* volunteer program, is an extension of the African Heritage Diet Pyramid, which *Oldways* created in 2011 with the assistance of historians and dietitians. The program teaches students how to prepare healthy and flavorful food, and correlates how this type of food connects black Americans to their African heritage.

OLDWAYS HEALTH THROUGH HERITAGE African Heritage Diet Pyramid



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www.oldwayspt.org



World Cancer Day 2019: 'I Am and I Will.'

Monday, February 4th is World Cancer Day, when organizations and people around the world unite to raise awareness about cancer and work to make it a global health priority. An estimated 9.5 million people worldwide were expected to die from cancer in 2018 – about 26,000 cancer deaths a day - and that number is predicted to grow.

Around the world, communities will hold festivals, walks, seminars, public information campaigns and other events to raise awareness and educate people on how to fight cancer through screening and early detection, through healthy eating and physical activity, by quitting smoking, and by urging public officials to make cancer issues a priority.

This year, the Union for International Cancer Control, which organizes World Cancer Day, is launching a new 3-year campaign with the theme: "I Am and I Will." It calls for a personal commitment to help reduce the global burden of cancer.

How people can help themselves:

- Make healthy lifestyle choices that include avoid using tobacco products, getting plenty of physical activity, eating a healthy diet, limiting alcohol, and staying safe in the sun.
- Know about signs and symptoms of cancer and early detection guidelines because finding cancer early often makes it easier to treat.
- Share stories about their own cancer experiences, communicate with decision-makers, and join support groups to help make positive change for all people affected by cancer.
- When possible, use work and other daily activities during and after cancer treatment as opportunities to maintain normality, routine, stability, social contact, and income.

How people can help others:

- Support cancer patients and survivors with the physical and emotional impacts of cancer even after treatment ends.
- Call on government leaders to commit adequate resources to reduce cancer deaths and provide a better quality of life for patients and survivors.
- Educate themselves and others about the link between certain lifestyle behaviors – including smoking, poor diet, and lack of physical activity – and cancer risk.
- Dispel rumors and myths that lead to stigma and discrimination against people with cancer in some communities.
- Encourage schools and workplaces to implement nutrition, physical activity, and no smoking policies that help people adopt healthy habits for life.



resources this issue

Resources: <https://healthfinder.gov/NHO/FebruaryToolkit.aspx>
<https://www.heart.org/en/about-us/heart-attack-and-stroke-symptoms>
<https://nrcdv.org/dvam/tdvam>
<https://www.ada.org/en/public-programs/national-childrens-dental-health-month>
<https://www.personalizedcause.com/health-awareness-cause-calendar/african-heritage-and-health-week>
<https://www.cancer.org/latest-news/world-cancer-day-2019.html>