

July 2023

July is...

- Extreme Heat Awareness Month
- Ultraviolet Safety Month
- Minority Mental Health Awareness Month
- National Ice Cream Month
- National Ice Cream Day, July 16
- Ice Cream Social, July 16, Make Your Own Ice Cream In A Bag
- International Self-Care Month, June 24-July 24
- Self-Care Day, July 24



In His Service,  
*H-3 Ministry*



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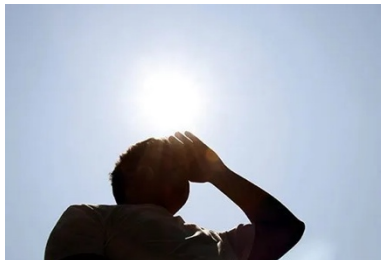
## First Aid Emergencies: What Heat Can Do to Your Body

### Sweating

It's your natural cooling system. Your body pushes sweat out onto the surface of your skin. As the air absorbs it (evaporation), it draws heat away and cools you down. This works better in drier climates where humidity is low. You might get very tired and sometimes seriously ill if it doesn't work quickly enough.



### Heat Exhaustion



It happens in extreme heat when your body can't get cool enough and sweats away too much water and salt. You get pale and clammy, and your temperature often goes over 100 degrees. You also may be tired, weak, lightheaded, and nauseated, and have a headache. Get to a cool shaded area, lie down, and drink something with salt and sugar. Sip water if that's all you have. If you ignore it, it could lead to heatstroke, which is an emergency.

### Heatstroke

This is heat at its most dangerous. You can't control your body temperature, which can go above 104 degrees. Your skin gets warm and dry. You might get confused or agitated, and have a fast pulse, nausea, and a headache. Call 911 right away. Left untreated, it may cause seizures, coma, and can be life-threatening. Get to a cool area, sip something (if you can), and pack ice under your arms and between your legs.



## Dehydration



When it's very hot, you can sweat away too much fluid, along with essential minerals like sodium and potassium. You may be thirsty and pee less than usual, and your mouth and tongue might feel dry. You could even feel dizzy, lightheaded, and confused. Head for a cool place and drink something balanced with salt and sugar (such as an oral rehydration solution). Serious cases need emergency care, including fluids you get through an IV.

## Heat Rash

It happens, often in hot humid weather, when you sweat so much that your sweat glands get blocked. When your pores can't get rid of it, you break out in tiny red bumps. It's more likely at your armpits, groin, neck, elbows, and under the breasts. Babies also can have the same type of reaction, especially under their chin or in their groin area, you can help prevent it and treat it if you wear light, loose, absorbent clothing like cotton. Try to stay as cool and dry as possible.



## Sunburn



Bare skin burns if it's in the sun too long. It may get reddish, itchy, painful, and warm to the touch. If serious, you could have blisters, headache, fever, and nausea. In the long run, sunburn increases the risk of developing skin cancer, go inside as soon as possible. Drink plenty of water, and don't pop any blisters. A cold, damp cloth and aloe vera lotions may help soothe the pain. Better yet, prevent sunburn with clothes, hats, and broad-spectrum sunscreen of at least 30 SPF.

## Fainting

It's more likely when you're new to a hot place, so take care to stay hydrated. Heat can dehydrate you and make it harder for your brain to get enough blood. That may make you dizzy and pass out. It might be worse if you stand for a long time or get up suddenly. Getting used to a hotter place can take up to 2 weeks. If you feel faint, lie down and raise your legs above your head. Go to a cool area and drink fluids as soon as possible.



## Heat Edema



Heat can cause your fingers, toes, or ankles to swell and make your skin feel tight. It's not serious and usually goes away when you cool down and elevate your legs. Talk to your doctor if it causes pain, keeps happening, or doesn't get better.

## Higher Heart Rate

When you get hot, your heart may beat faster. It does that to pump more blood to your skin, where it can release some of that extra heat. As a result, other parts of your body may not get enough blood. This could make you tired and sluggish, especially if you're trying to do hard physical or mental work.



## Lower Blood Pressure



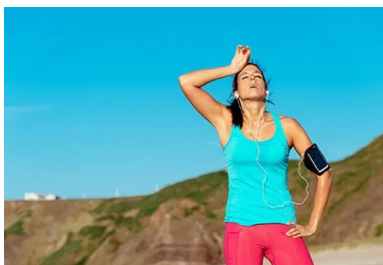
When you're hot, you sweat. That makes you lose fluids and electrolytes. In addition, heat makes your blood vessels dilate to increase sweating. Together, these things can drop your blood pressure, sometimes enough to make you dizzy or even pass out. It could be even worse if your heart doesn't pump normally and isn't able to adjust to the greater demand.

## Confusion

You may find it harder to concentrate and do hard tasks as things heat up. It's usually nothing to worry about, and you can fix it with a rest in a cool place and something to drink. But if you're already sick from the heat and you become seriously confused about where you are or what you're doing, it could be a sign of heatstroke, which needs immediate medical care.



## Should You Exercise in the Heat?



You might be fine exercising outside when it's 85 degrees and the humidity is low. But if the humidity hits 80%, it's like it's really 97 degrees. (That's the "effective temperature," which you can check online.) Even if you're healthy, that makes you more likely to get heat exhaustion. Wear loose clothing, drink plenty of water, and know the signs of heat-related illness. Or just take your workout indoors!

# Precautions

When a heat wave hits:

- Drink lots of water, even if you're not thirsty.
- Avoid caffeine and alcohol, which dehydrate you.
- Eat lighter meals, more often.
- Wear lightweight, light-colored clothing.
- Check on loved ones who live alone or don't have air conditioning.
- Stay inside as much as possible and avoid outdoor chores.
- Never leave a child or pet alone in a car, even if it's not that hot outside.



# Extreme Heat



It can be life-threatening, and heat exhaustion and heatstroke aren't the only reasons. Heat can also trigger heart issues, and even worsen breathing problems, as it boosts air pollution. Your city or local health department may have online information about where to find public pools, air-conditioned spaces, medical assistance, and other help during a heat wave.

## *UV Safety Awareness Month – July 2023*

U.V. Safety Awareness Month is celebrated every July when most of us are gearing up to enjoy the warmer days outside. Picnics, outdoor sports, the pool, the beach, relaxing with a drink in your hand and the breeze in your hair — sound cool? It sure is! What isn't cool is skin and eye damage caused by excessive exposure to the sun's U.V. rays.

### HISTORY OF UV SAFETY AWARENESS MONTH

U.V. Safety Awareness Month is held during summer when most of us spend more time outside making the most of the warmer weather. The longer your exposure, however, the greater your risk of sun damage if you're unprotected. The sun emits radiation in the form of Ultraviolet or U.V. light, which is classified into three types: U.V.A., U.V.B., and U.V.C. The ozone layer protects the Earth's stratosphere and blocks the most damaging U.V.C. light, but U.V.B. and U.V.A. light pass through it. U.V.C. radiation can come from artificial sources such as sunlamps or tanning beds.

The Global Solar U.V. Index or U.V.I. describes the level of solar U.V. radiation at the Earth's surface. The higher the index value, the greater the potential for damage to the skin and eyes. Radiation from U.V. light is invisible but is always present during the day even when you can't see or feel the sun. These rays can be harmful to our skin and eyes. Aside from wrinkles and sunburn, exposure is associated with the development of skin cancer. Our eyes can be affected by cataracts, cornea damage, and vision loss if left unprotected in the long term.

The sun is at its peak between 10 am to 4 pm. Head indoors or under shade during these hours. If you stay outside longer for work or play, sunscreen with a high S.P.F. of at least 30, a broad-brimmed hat, sunglasses, and breathable clothing that covers you up can offer the most protection. U.V. rays can pass through clouds. They also reflect off surfaces like sand, snow, cement, and water. That's why sun protection is important in any season, all year round.



## UV SAFETY AWARENESS MONTH FAQs

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### Is all sun exposure bad?

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U.V. rays from the sun stimulate the production of vitamin D in our bodies, which helps them absorb calcium. It also strengthens the immune system. You can have too much of a good thing so limit your exposure and when you do, be smart and protect yourself.

### Does a higher S.P.F. mean higher protection against U.V. rays?

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The C.D.C recommends the use of a broad-spectrum sunscreen with a minimum of Sun Protection Factor or S.P.F. 15 before heading outside for daily activities. An S.P.F. of 30 to 50 for use when spending longer time outdoors is enough.

### Does makeup with S.P.F. work?

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Even makeup with a high S.P.F. alone isn't enough to protect your skin. Apply a standalone sunscreen as part of your daily skin routine.

## HOW TO OBSERVE UV SAFETY AWARENESS MONTH

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### Head to the water

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Beat the heat with a dip in the pool or a swim in the ocean. An impromptu garden hose shower can be delightful. Just be sure to avoid the sun during peak hours and reapply sunscreen afterward if you'll be spending more time outdoors.

### Wear a fun hat

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Sun protection and fashion can go hand in hand. Play with colors, prints, and unexpected shapes. Choose one with a wide, all-around brim for the best coverage.

### Propose a toast

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Remember kicking back with a drink in hand and the breeze in your hair we mentioned earlier? Do it, but in the shade of course! Gather your friends, some drinks (non-alcoholic or otherwise, they all count), and raise a glass to congratulate yourselves on enjoying the summer sun sensibly.

## 5 THINGS TO KNOW TO STAY SUN SAFE

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1. S.P.F. stands for Sun Protection Factor  
The SPF number tells you how long the sun's U.V. rays would take to darken your skin versus the amount of time without any sunscreen.
2. Always use a broad-spectrum sunscreen  
This means it can protect you from both U.V.A. rays that cause sunburn and U.V.B. rays that cause skin damage like skin aging.
3. Not all sunglasses are created equal  
Wrap-around or oversized styles offer more protection but make sure they block 99% to 100% of U.V. rays.
4. U.P.F. clothing can be expensive  
Clothes labeled with Ultraviolet Protection Factor or U.P.F. provide a level of certainty but common fabrics like cotton and denim that cover most of your body can offer some protection as well.
5. Some clothing colors can provide U.V. protection  
Darker and more vivid colors absorb more UV than pale colors, making them less likely to reach your skin.

# National Minority Mental Health Awareness Month

NATIONAL MINORITY  
MENTAL HEALTH  
AWARENESS MONTH



National Minority Mental Health Awareness Month is observed each July to bring awareness to the unique struggles that racial and ethnic minority communities face regarding mental illness in the United States. The COVID-19 pandemic has made it harder for racial and ethnic minority groups to get access to mental health and substance-use treatment services.

Throughout the month, the HHS Office of Minority Health (OMH) will focus on promoting tools and resources addressing the stigma about mental health among racial and ethnic minority populations, particularly during the COVID-19 pandemic.

OMH encourages state, tribal, and local leaders, community-based organizations, faith leaders, healthcare providers and individuals to educate your communities regarding mental health stigma.

Visit this web page during National Minority Mental Health Awareness Month for shareable social media messages, downloadable graphics, and health resources. Follow us on Twitter, Instagram, and Facebook, and sign up for OMH newsletters for additional updates.

Check out the OMH Knowledge Center online catalog for publications and resources that highlight the importance of spreading awareness on how to avoid and help dissipate mental health stigma in minority communities.

## Mental Health Disparities: African Americans



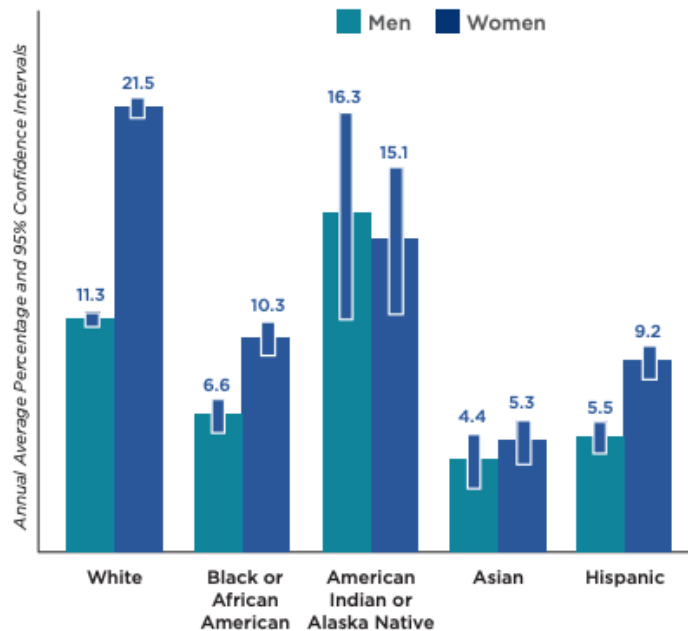
### African American Population

- African Americans make up 13.3% of the US population.<sup>1</sup>
- African American communities across the US are culturally diverse, with immigrants from African nations, the Caribbean, Central America, and other countries.
- About 27% of African Americans live below the poverty level compared to about 10.8% of non-Hispanic whites.<sup>2</sup>
- Approximately 30% of African American households are headed by a woman with no husband present, compared with about 9% of white households.<sup>3</sup>

### Health Challenges

- Approximately 11% of African Americans are not covered by health insurance, compared with about 7% for non-Hispanic whites.<sup>4</sup>
- Death rate for African Americans is higher than whites for heart diseases, stroke, cancer, asthma, influenza and pneumonia, diabetes, HIV/AIDS, and homicide.<sup>5</sup>
- CDC estimates that African Americans represented more than one-third (40% or 498,400 persons) of all people living with HIV and almost half (45%) of all persons with newly diagnosed infection in 2015.<sup>6</sup>

## Mental Health Service Use in the Past Year among Adults



Source: SAMHSA, Center for Behavioral Health Statistics and Quality, National Survey on Drug Use and Health, 2008-2012

### Mental Health Status, Use of Services, and Disparities

- Rates of mental illnesses in African Americans are similar with those of the general population. However, disparities exist in regard to mental health care services. African Americans often receive poorer quality of care and lack access to culturally competent care.<sup>7</sup>
- Only one-in-three African Americans who need mental health care receives it.<sup>8</sup>
- Compared with non-Hispanic whites, African Americans with any mental illness have lower rates of any mental health service use including prescriptions medications and outpatient services, but higher use of inpatient services.<sup>9</sup>
- The rate of illicit drug use among African Americans is slightly higher than the national average (12.4% vs 10.2%). Rate of alcohol use is slightly lower than the national average (44.2% vs 52.7%) including heavy drinking (4.5% vs 6.2%) and binge drinking (21.6% vs 23%).<sup>10</sup>
- Rate of opioid overdose among African Americans (6.6%) is less than half of that for non-Hispanic whites (13.9%).<sup>11</sup>
- Compared with whites, African Americans are:
  - Less likely to receive guideline-consistent care
  - Less frequently included in research
  - More likely to use emergency rooms or primary care (rather than mental health specialists)<sup>12</sup>

- Compared with the general population, African Americans are less likely to be offered either evidence-based medication therapy or psychotherapy.<sup>13</sup>
- Compared with whites with the same symptoms, African Americans are more frequently diagnosed with schizophrenia and less frequently diagnosed with mood disorders. Differences in how African Americans express symptoms of emotional distress may contribute to misdiagnosis.<sup>14</sup>
- Physician-patient communication differs for African Americans and whites. One study found that physicians were 23% more verbally dominant, and engaged in 33% less patient-centered communication with African American patients than with white patients.<sup>15</sup>
- Black people with mental health conditions, particularly schizophrenia, bipolar disorders, and other psychoses are more likely to be incarcerated than people of other races.<sup>16,17</sup>

## Barriers to Care

Despite recent efforts to improve mental health services for African Americans and other minority groups, barriers remain regarding access to and quality of care. The barriers include:

- Stigma associated with mental illness
- Distrust of the health care system
- Lack of providers from diverse racial/ethnic backgrounds
- Lack of culturally competent providers
- Lack of insurance, underinsurance

Other common barriers include: the importance of family privacy, lack of knowledge regarding available treatments, and denial of mental health problems. Concerns about stigma, medications, not receiving appropriate information about services, and dehumanizing services have also been reported to hinder African Americans from accessing mental health services.

**To learn about best practices for treating diverse populations and to get answers to your questions by leading psychiatrists, please visit APA's Cultural Competency webpage at <https://www.psychiatry.org/psychiatrists/cultural-competency>.**



# NATIONAL ICE CREAM MONTH – July



I scream, you scream! We all scream for ice cream! If you haven't guessed, July is National Ice Cream Month. It's a perfect time to cool off with a scoop of your favorite flavor.

Like with other foods, the exact origin of ice cream is unknown. What we do know, however, is the origin of ice cream likely dates to A.D. 54 to 68 during the time when Nero was Emperor of Rome. Evidence shows harvesting ice or snow, then flavoring it with honey or other flavorings to make ice cream. Alexander the Great supposedly enjoyed icy drinks that had flavorings such as honey or nectar, too!

The first appearance of ice cream in the U.S. is found in a letter by Maryland Governor William Bladen in 1744. Early presidents also had a liking towards ice cream. In fact, in the summer of 1790, George Washington spent approximately \$200 for ice cream. For a while, ice cream was only an occasional special treat, mainly for the rich.

In 1843, Nancy Johnson patented the hand crank ice cream maker. Eight years later, in 1851, Jacob Fussell built the first ice cream factory. The invention of mechanical refrigeration helped keep large amounts of ice cream cool. Further improvements and new inventions in technology made ice cream more available to the general public.

## Fun Facts

- Vanilla is the most popular flavor of ice cream.
- The ice cream soda was invented in 1874.
- It takes roughly 50 licks to finish an ice cream cone.
- California produces the most ice cream in the United States.

# National Ice Cream Day – July 16, 2023

Thanks to President Reagan, we celebrate National Ice Cream Day every third Sunday in July, meaning July 16 this year. Reagan wanted to commemorate a treat enjoyed by over 90 percent of the US population. In 1984, he decreed a day for ice cream, and his proclamation actually glorified the dairy industry in America. In fact, Americans still lead the world when it comes to eating this frozen delight: 23 gallons a year to be precise. Reagan also proclaimed July as National Ice Cream month, describing ice cream as “a nutritious and wholesome food enjoyed by over ninety percent of the people in the United States.” Since then, the holiday has sparked worldwide cravings and is traditionally celebrated year after year. Standing in the frozen food aisle trying desperately to make a choice? Or brainstorming how to celebrate this fabulous day? Well, look no further. Inspiration has arrived.

## 5 SUPER COOL FACTS ABOUT ICE CREAM

1. It was used as a greeting  
Because of its lush taste, ice cream was used as a greeting when immigrants arrived on Ellis Island.
2. Thomas Jefferson loved it  
Thomas Jefferson was an ice cream fanatic and the Library of Congress collected his original handwritten recipe for vanilla ice cream.
3. How dairy?  
It is said that nine percent of all the milk produced in the US is actually used on making ice cream.
4. Vanilla takes it all  
In the United States Vanilla is the most popular ice cream flavor, with 29% of total sales.
5. Long Beach eats it the most  
Compared to all other cities, the most ice cream is consumed in Long Beach, California.

July is National Ice Cream Month therefore many food-related holidays celebrated in July are devoted to various types of ice cream. July 23 is National Vanilla Ice Cream Day.

It celebrates the basic and most popular ice cream flavor. Vanilla is so frequently used to flavor ice cream in Europe and North America that many people consider it to be the default ice cream flavor. The type of vanilla used as the ice cream flavoring may vary by location.

As vanilla is considered to be the plain ice cream flavor, vanilla ice cream is often used as the principal ingredient of ice cream desserts and cold coffee beverages.

To celebrate National Vanilla Ice Cream, indulge yourself with several scoops of vanilla ice cream. You can top it with flavored syrup or sweet sauce, whipped cream, fruits, or sprinkles but it will taste delicious even without any toppings.

There are several Specific Ice Cream observances throughout the month of July:

- July 1 - Nat'l Creative Ice Cream Day
- July 7 - Nat'l Strawberry Sundae Day
- July 8 - Nat'l Ice Cream Sundae Day
- July 16 - Nat'l Ice Cream Day
- July 17 - Nat'l Peach Ice Cream Day
- July 23 - Nat'l Vanilla Ice Cream Day
- July 25 - Nat'l Hot Fudge Sundae Day





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## *Self-care month*

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June 24 marks the start of Self-Care Month, which ends with Self-Care Day on July 24. This symbolic day was chosen because self-care can be practiced “24 hours a day/7 days a week”.

Self-Care Month is an opportunity to:

- raise additional awareness about self-care and self-care interventions
- celebrate the benefits that they bring to people’s lives and what’s been achieved so far
- call for renewed commitments and action to expand health systems to include self-care interventions

During the month, people around the world will be celebrating self-care practices and interventions and the difference they can make to everyone’s lives.

Below is information about what self-care is, why it is so important and how you can get involved

### [What is self-care?](#)

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WHO defines self-care as individuals, families and communities’ promoting and maintaining their own health, preventing disease, and coping with illness and disability, with or without the support of a health worker.

### [I have heard about self-care interventions, what are they?](#)

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Self-care interventions are the evidence-based tools that support self-care. They include medicines, counselling, diagnostic kits, and digital technologies. Now is an exciting time with more and more tools being developed.

### [Why is self-care so important?](#)

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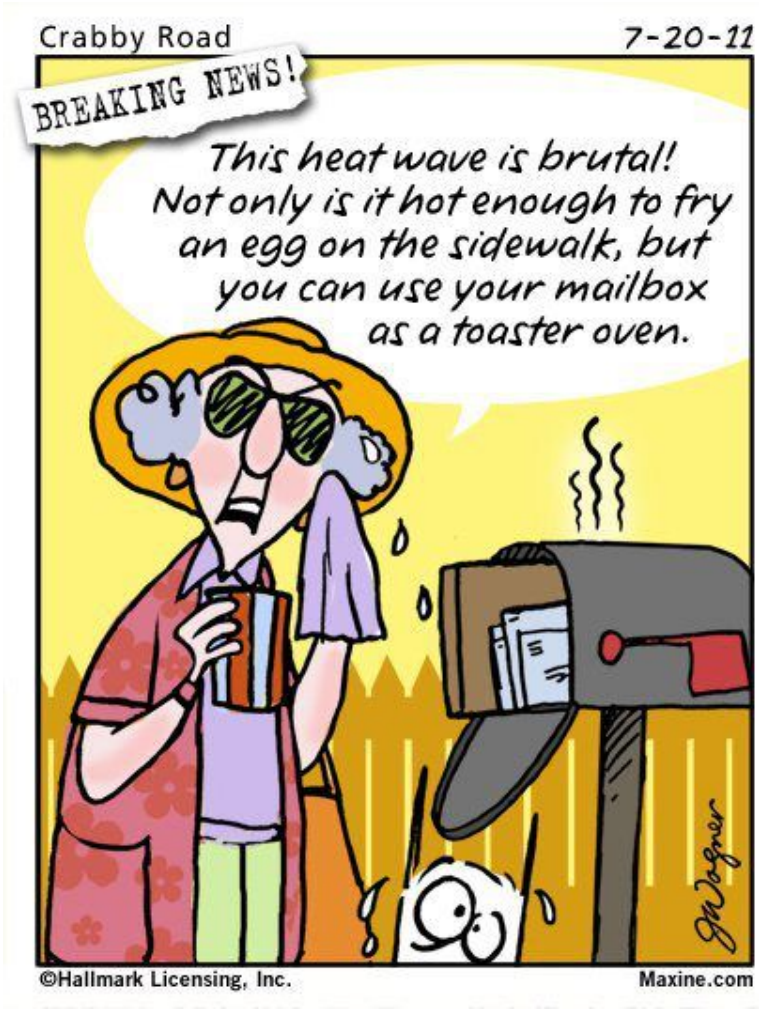
Self-care is about empowering people to be active agents in their own healthcare. Doing so not only puts people at the center of their own healthcare, but also relieves pressures on health systems. Those pressures are growing and include:

- 4.3 billion people with inadequate access to essential facility-based health services
- an estimated global shortage of health workers of 10 million health workers, mainly in low-and-middle income countries

- 1 in 5 of the world's population living in humanitarian crises, during which health systems are particularly challenged to deliver essential services
- pandemics, like COVID-19, armed conflicts and climate change also disrupting and stretching health services worldwide

Self-care interventions give people choice and the option to access healthcare wherever and whenever they want to.

Self-care interventions do not replace health systems, they enhance them. They are part of a holistic approach to healthcare which improves Primary Health Care and contributes to Universal Health Coverage.



**Resources:**

- [https://www.medicinenet.com/first\\_aid\\_emergency\\_extreme\\_heat\\_body/article.htm](https://www.medicinenet.com/first_aid_emergency_extreme_heat_body/article.htm)
- <https://nationaltoday.com/uv-safety-awareness-month/>
- <https://www.minorityhealth.hhs.gov/minority-mental-health/>
- <https://www.psychiatry.org/File%20Library/Psychiatrists/Cultural-Competency/Mental-Health-Disparities/Mental-Health-Facts-for-African-Americans.pdf>
- <https://nationaldaycalendar.com/national-ice-cream-month-july/>
- National Ice Cream Day - July 19
- National Vanilla Ice Cream Day 2023 - Awareness Days Events Calendar 2023
- Self-care month