



Engage, Educate and Empower to Create MORE Change In Health and Wellness

Umoja Community
Health and Wellness Pathways

Ernesta Wright, BA
Lezlee Hinesmon Matthews, PhD

HEALTH & NUTRITION



California State Fullerton University | May 2015

What We Do:



- **Mission:** To gather resources to educate and empower individuals through networks to choose healthier lifestyles to live a healthier life.
- **Vision:** To help bridge health gaps - collaborative network to reduce barriers to quality health care and services.
- **Focused health areas:**
 - Breast, cervical, colon, lung, prostate cancers
 - Prevention and wellness
 - Education and advocacy
 - Career pathways

What You Will Learn:



Basic nutrition and health from a historical and cultural perspective

How Health and Wellness Pathway ultimately improves the lives of others in non-medical environments

How to become a health educator and advocate for healthy living by identifying innate qualities and passions

Enhancing and/or gaining skills as team players and leaders through small workgroups

EDUCATION & ADVOCACY



Faith-Based Health Workshop | Corona 2018

- TGF track record of initiating and building successful collaborative partnerships.



Young ladies with potential @ Chapman University



■ Engagement

- Outreach & Education Model - Developed evidence-based and effective strategies to engage at-risk communities
- 1:1 interaction for skill building and partnership development
- Workgroups with engaged learning activities
- 1:1 Structured engaged learning activities

NON-MEDICAL ENVIRONMENT



➤ *Happiness is when what you think, what you say, and what you do are in harmony.*

-- Mahatma Gandhi, Indian activist



EXPLORE CAREER PATHWAYS



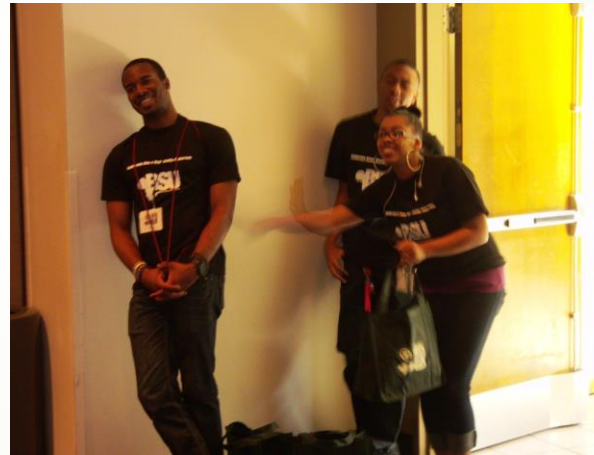
➤ Education

- Comprehensive Health Education Conference
- 2019 ActNOW: Orange County, Los Angeles and Sacramento
- Workshops
 - Prevention and wellness
 - Passion discovery
- Community gathering – ongoing

IDENTIFY CURRENT SKILLS/BUILD UPON PASSIONS



Not too young to learn



Fun while we work
ActNOW Conference
at CSUF

Engaging & interacting
ActNOW Conference at CSUF



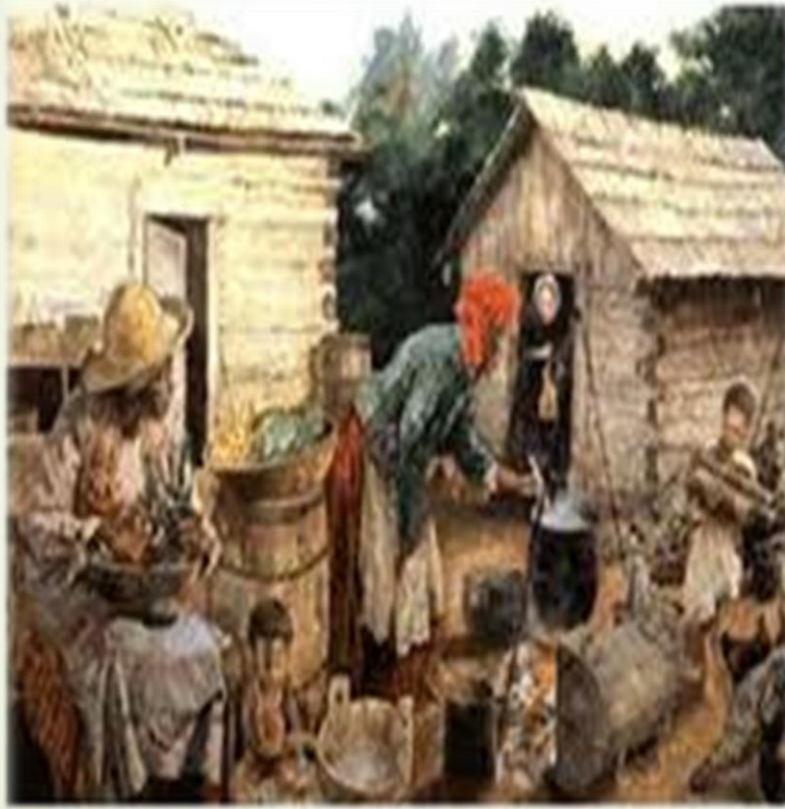
ACTNOW MISSION & HISTORICAL CONTEXT



PRE-ENSLAVEMENT ERA: ORIGINS OF SOUL FOOD DIET



“Our greatest problems in life come not so much from the situations we confront as from our doubts about our ability to handle them.” -- Susan Taylor



ENSLAVEMENT ERA: SOCIAL CONDITIONS



21 HOME REMEDIES

JIM CROW ERA: OUTCOMES



ACTNOW HEALTH HISTORY



HEALTHCARE DISPARITIES FACTS

- **HISTORIC DISPARITIES:** Lacked hospital access and denied health careers ; too few non-segregated hospitals; too many segregated hospitals; healthcare institutions denied access and provided few treatment options; inferior quality of life indicators.
- **HISTORIC WAYS DISPARITIES REDUCED:** Practiced healthy lifestyles; consumed healthy nutrients; engaged in healthy reproductive activities; produced own fruit and vegetable gardens; stayed physically fit; practiced self-care while taking on roles of caregiver.
- **HOW TO REDUCE DISPARITIES TODAY:** Speak up; ask questions; advocate for self; talk with health care provider about unclear or confusing medical advice; join the TGF Community Health Ambassador project; participate in ActNOW health conferences.

Prevention and Education

Empowerment: Our strengths



- Cultural competence
- Collaborations
- Resource generation
- Improving outcomes for communities of color
- Navigating services
- Health education – individual customization
- Link to local services
- Internship – Community Health Advocate Ambassadors



- *I've learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel.*
-- **Maya Angelou, American poet**



CSUF Student Leader
Whitney D. Johnson
authored Honors Thesis
“Breaking the Cycle”
about
The G.R.E.E.N.
Foundation
& Black Student Union
Collaborations



Engaged Learning Activities

- Handout – health bingo
- Ice breakers – health related
- Passion sharing (5 youth)
- Who is interested in becoming part of this work?
- Gifts, gifts and more gifts during workshop





PROGRAMS & SERVICES

LINKAGES TO DIRECT CARE SERVICES

Patient/Care Navigation

Care Coordination using case management model, includes linking to local resources

Quarterly Cancer Support Groups

Advocacy to advance health equity & reduce tobacco-related health disparities among refugee, ethnic, and African American/Black communities.

COMMUNITY OUTREACH

Breast Health Education

Breast Reconstruction Awareness

Cancer Awareness

Breast, Cervical, Colon, Lung, Prostate

Affordable Care Act Education

Health Literacy: Know Your Rights, Know Your Benefits

Annual Conferences

ActNOW Comprehensive Health Education
Continuing Education Units – Santa Ana,
Los Angeles, Sacramento & Alameda

Social/Cultural Events

Community and Faith Engagement

Community Health Advocate Ambassadors



- **Community-Based Learning**
 - Culturally sensitive
 - Communal gatherings
- **Skill building**
 - Life skills
- **Professional preparation**
 - Relationship building
 - Partnership building
- **Health education for self & family**
 - Prevention
 - Healthier choices
 - Wellness
- **Advocacy**



Leaders Today & Tomorrow

➤ Advocacy

Change systems

- Tobacco leaders / advocates (peer to peer)
- Mentorship
- Hands-on experience

Change policies

- Amplify your voice through civic and community engagement



How to reach us:



714-756-0027

2030 E. Fourth Street, D213

Santa Ana, CA 92705

www.thegreenfoundation.net



Facebook: TheGREENFoundation