



# THE HEALTH EQUITY NEWSLETTER

**Nassau County Department of Health**

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PhD, Director*

## MEN'S HEALTH MONTH



From: <https://www.minorityhealth.hhs.gov/omh/content.aspx?ID=10238>

<https://nationaltoday.com/national-mens-health-month/>  
<https://health.gov/myhealthfinder/topics/doctor-visits/regular-checkups/men-take-charge-your-health>

June is Men's Health Month, a national observance used to raise awareness about health care for men and focus on encouraging boys, men and their families to practice and implement healthy living decisions, such as exercising and eating healthy.

According to the Centers for Disease Control and Prevention, men in the United States, on average, die 5 years earlier than women and die at higher rates from the three leading causes of death, heart disease, cancer and unintentional injuries.

During Men's Health Month, we encourage men to take control of their health, and for families to teach young boys healthy habits throughout childhood.

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JUNE 19th

## HOW TO OBSERVE NATIONAL MEN'S HEALTH MONTH

### • **Tweak your diet**

Men's Health Month is a great opportunity to change the way you eat. Cut back on alcohol this month or up your intake of healthy fermented foods like sauerkraut and kefir. You can do anything for a month, and if you do it for a month, you can do it for life!

### • **Set some goals**

Use this month to take stock of your health now and think about where you want it to be. Do you want to lose weight? Gain muscle? Simply eat more vegetables? Set small and achievable goals and work with your doctor to make them a reality.

### • **Get educated**

Take this opportunity to read about the common health issues that are specific to men and how you can prevent yourself from getting hurt! Check out the CDC for information on health issues that men face.

### • **Take charge of your health**

Many men need to pay more attention to their health. Compared to women, men are more likely to:

- Smoke
- Drink too much alcohol

- Make unhealthy or risky choices
- Put off regular checkups and medical care
- The good news is that you can start taking steps to improve your health today!

### **How can I take charge of my health?**

See a doctor for regular checkups even if you feel healthy. This is important because some diseases and health conditions don't have symptoms at first. Plus, seeing a doctor will give you a chance to learn more about your health.

Here are some more things you can do to take care of your health:

### • **Eat healthy and get active**

Remember, it's never too late to start healthier habits. A healthy eating routine and regular physical activity can help control your:

- Blood pressure
- Blood sugar
- Cholesterol
- Weight
- If you drink alcohol, drink only in moderation
- Quit smoking. If you smoke, make a plan to quit

### • **Know your family's health history**

- Get screening tests to check for health problems before you have symptoms
- Make sure you're up to date on your vaccines (shots).

## A WORD FROM DEPUTY HEALTH COMMISSIONER DR. KNECHT

When was the last time you saw your doctor for a check-up? If you are a man, it has probably been some time. Men are about half as likely to visit a doctor for a check-up as women are. It is estimated that there are over 7 million men that haven't even seen their doctor in over 10 years. How many men haven't performed maintenance on their cars in 10 years? The unfortunate reality is many men are better than taking care of their cars than of themselves. Men are more likely than women to suffer from heart disease, cancer, be overweight and engage in risky behaviors like smoking, drinking and drug abuse. Men also, on average, die about 5 years sooner than women and more than half of premature deaths in men are preventable. The month of June is Men's Health Month. Take some time this month to think about your health and schedule a check-up with your doctor. You may also think about getting 30 minutes of exercise a day, increasing your intake of fresh fruit and vegetables, and if you smoke, quitting smoking. Even making small changes in these areas can help you to live a happier, healthier life and improve your overall well-being. Be strong, stay strong, take care of yourself!

## Colorectal Cancer Screening: Conversation Starters



Everyone ages 45 to 75 needs to get screened (tested) regularly for colorectal cancer. If you're worried about a family member or friend who has put off getting tested, use these tips to start a conversation.

Start by letting them know you care. Try saying:

- "I want you to live a long and healthy life."
- "I want you to get tested so you don't have to worry about colorectal cancer."

Explain the reasons for getting tested. You can say:

- "Colorectal cancer is one of the most common kinds of cancer. People age 45 and older have the highest risk."
- "If the doctor finds a growth in your colon during the test, they can remove it before it turns into cancer."
- "If you do have colorectal cancer, getting tested regularly can help you find out early — when it may be easier to treat."

Offer support. You can say:

- "What part of the test are you most worried about?"
- "How can I make it easier for you to get tested?"
- "Some parts of the test might make you uncomfortable, but it'll be over very quickly."

Here are some ways to support a loved one:

- Encourage your family member or friend to learn about the different types of tests that check for colorectal cancer and decide which test they might prefer
- If your loved one decides to get tested at the doctor's office, help make the appointment or offer to drive them
- Share this list of questions for the doctor to help your loved one get ready for their appointment
- If you're age 45 to 75, set an example — get tested for colorectal cancer and share your experience

For more information about colorectal cancer screening check out:  
<https://www.cancer.gov/types/colorectal/patient/colorectal-screening-pdq>

# Black Men's Mental Health



## 5 Helpful Tips for Black Men Seeking Mental Health Care

Although some progress has been made toward destigmatizing mental health issues among Black men, more must be done. For Black men who find themselves conflicted about whether to seek a professional counselor and are wondering if it's right for them, here are five things for Black men consider.

1. You have nothing to prove. Black men who are experiencing psychological and emotional health challenges have nothing to prove to anyone but themselves. Of course, there are obligations to loved ones that must be fulfilled, but prioritizing mental and physical wellness so that you can be more present for those who love and depend on you is essential.

2. Treatment, in all its forms, is entirely confidential. All counselors are ethically bound to maintain the confidentiality of their clients and are subject to losing licensure if they fail to do so. Neal-Barnett encourages Black men to not worry about those skeletons; they are safe with your therapist and psychiatrist.

3. You can pick your mental health professional. Sitting down and sharing your deepest and darkest secrets can be difficult for anyone, regardless of biological sex or racial or ethnic background. But one of the great things about seeking services is that, in most cases, you can select the professional with whom you feel most comfortable.



4. There is no shame in seeking treatment. You have probably heard this a million times, but it's true. Neal-Barnett says sometimes the most courageous gesture we can make is to ask for help.

5. Counseling, therapy, and psychiatric treatment are not for "crazy" people. This is a stereotype that needs to be retired once and for all. Counseling is for anyone who wants to speak with a non-biased and objective professional in a confidential environment.

### Choosing the Specialist Who's Right for You

If you've made the decision to speak to someone, excellent! But keep in mind that not all mental health professionals are the same, and some offer and focus on different specializations. Do your own research on the best fit for you, but consider starting with your primary care doctor: They can offer further guidance on how to move forward in selecting a mental health professional.

The National Alliance on Mental Illness is a great resource for guidance on the different types of mental health care providers and how to select an expert. Here are some options that may be available to you.

**Psychiatrist** A psychiatrist has completed a medical residency specializing in psychiatry and earned a medical degree (MD). Psychiatrists specialize in the diagnosis and treatment of mental illness, prescribe medication, and facilitate therapy sessions.

**Psychologist** A psychologist has earned a doctoral-level degree (PhD or PsyD) specializing in diagnosis, treatment, and therapy. Unlike a psychiatrist, a psychologist cannot prescribe medication.

**Licensed professional counselor (LPC)** An LPC has earned a graduate-level master's or doctoral degree in counseling (PhD, MS, or MA). A licensed professional counselor specializes in diagnosis and treatment and provides therapy. They often work with clients to develop healthy coping skills and offer a safe space to process experiences. Individuals can also receive specific clinical training and earn licensing to become a marriage, family, and couples therapist (MFT). MFTs are similar to LPCs, but their specialization is not in individual counseling but in working with couples and families. Neither MFTs nor LPCs can prescribe medication.

**Licensed clinical social worker (LCSW)** An LCSW has completed graduate-level training and has a master's degree in social work (MSW). Like an LPC, they specialize in the diagnosis and treatment of mental illness and provide therapy. But they also have specific training in national social welfare policy and support services. Social workers cannot prescribe medication.

**Psychiatric mental health nurse practitioner (PMHNP)** A psychiatric mental health nurse practitioner, also known as a psychiatric nurse practitioner, is a registered nurse who has earned an additional postgraduate degree and specializes in diagnosing and treating mental illness. Like a psychiatrist, psychiatric nurse practitioners are licensed to prescribe medication. In some locations, nurse practitioners can prescribe medication independently, and in other places, they are required to collaborate with a physician.

Once a person begins working with a mental health provider, they will create a treatment plan based on your specific needs. A treatment plan may or may not include prescription medication, and in fact, most providers aim to help their clients make lifestyle changes rather than take prescription medication in order to work toward their goals. In the event that you and your provider agree that medication is necessary, your psychologist, licensed professional counselor, or social worker will help you find a psychiatrist.



# Nassau County DOH Information

## WOMEN, INFANTS AND CHILDREN (WIC)

WIC" stands for Women, Infants and Children. WIC is the Special Supplemental Foods Program for Women, Infants and Children. WIC provides nutritious foods as well as nutrition counseling and education for its participants. It is a federally funded program of the United States Department of Agriculture. In New York State, WIC is part of the Department of Health. The Nassau County Department of Health WIC program has Registered Dietitians who provide participant centered nutrition education. Breastfeeding support and education are also available to WIC participants and is provided by Peer Counselors and an International Board Certified Lactation Consultant (IBCLC).

### Who is WIC for?

- Pregnant women (teens can apply)
- Children up to 5 years old.
- Mothers of babies up to 6 months old.
- Breastfeeding mothers of babies up to 12 months old.

### You **can** receive WIC even if:

- You are not a legal resident, a green card is not needed
- You are not a US citizen
- You do not have a social security number
- You or other household members work
- You get Food Stamps, public assistance or Medicaid
- You are a foreign student, (F-1 Visa).

**For more information call 516-227-9453**  
<https://www.nassaucountyny.gov/3565/WIC?activeLiveTab=widgets>

### The important foods you receive through the WIC Program include:

- **Milk/Yogurt**
- **Cheese**
- **Juice**
- **Infant Formula**
- **Fruits and Vegetables**
- **Eggs**
  
- **Cereal/Infant Cereal**
- **Beans, Peas or Peanut Butter**
- **Whole Grain Bread/Brown Rice/Whole Wheat Pasta**
- **Fortified Whole Wheat Bread**

**WIC is supplemental and provides certain foods, which are considered essential for good growth and nutrition during the first few years of life. By providing these foods, participants may use their funds to purchase other foods that aren't available through WIC**



## FAST FACTS

**Racial and ethnic minorities continue to lag behind other populations in many health outcomes. They are:**

- **less likely to get the preventive care needed to stay healthy**
- **more likely to suffer from serious illnesses, such as diabetes or heart disease**
- **less likely to have access to quality health care when they do get sick**

## RECIPE OF THE MONTH



### Blackened Salmon

#### Ingredients

2 tsp. packed brown sugar  
1 1/2 tsp. kosher salt  
1 tsp. paprika  
1 tsp. garlic powder  
1 tsp. dried oregano  
1/2 tsp. freshly ground black pepper  
1/2 tsp. onion powder  
1/2 tsp. dried thyme  
1/4 tsp. cayenne pepper  
5 tbsp. butter, divided  
4 salmon fillets, skin on  
Lime wedges, for serving

#### Directions

- In a small bowl, whisk together sugar and spices. In a microwave safe bowl, melt 3 tablespoons of butter. Brush butter on tops of fillets and coat with seasonings.
- In a large skillet over medium heat, melt remaining 2 tablespoons butter. Add salmon, skin side up and cook 3 minutes, then flip and cook 2 to 3 minutes more or until it flakes easily with a fork. Serve with limes.

<https://www.delish.com/cooking/recipe-ideas/a33851680/blackened-salmon-recipe/>

**BRUCE A. BLAKEMAN**  
NASSAU COUNTY EXECUTIVE



**ANISSA MOORE**  
DEPUTY COUNTY EXECUTIVE

## NASSAU COUNTY CELEBRATES JUNETEENTH

**THEME | FAMILY REUNION, EDUCATE, CELEBRATE & HEAL**

### HONORING OUR BLACK ELDERS LEGISLATIVE DOME LIGHTING

1550 FRANKLIN AVENUE, MINEOLA, NY

Friday June 3, 2022 @ 1:00PM

## JOIN US AT A TEACH IN NEAR YOU

### HISTORY OF JUNETEENTH

#### LONG BEACH LIBRARY

111 West Park Avenue  
Long Beach, NY

JUNE 9 @ 6:30PM

#### ROOSEVELT LIBRARY

27 West Fulton Avenue  
Roosevelt, NY

JUNE 16 @ 6PM

### FINANCIAL EMPOWERMENT

#### YES WE CAN CENTER

141 Garden Street  
Westbury, NY

JUNE 14 @ 5:30PM

#### ELMONT LIBRARY

700 Hempstead Turnpike  
Elmont, NY

JUNE 16 @ 5:30PM

## MEET US IN THE PARK

JUNE 17  
4PM - 7PM

JUNETEENTH COMMUNITY &  
NASSAU EMPLOYEE FAMILY REUNION BBQ

EISENHOWER PARK, EAST MEADOW  
PARKING FIELD 6A

7PM-9PM

MOTOWN IN THE PARK

(BRING YOUR FAMILY, BLANKET & LAWN CHAIRS)

FOR ADDITIONAL INFORMATION PLEASE CONTACT  
Michelle Crosley 516.572.2274 [Mcrosley@nassaucountyny.gov](mailto:Mcrosley@nassaucountyny.gov)  
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Audrey L. Hadden 516.571.6877 [Ahadden@nassaucountyny.gov](mailto:Ahadden@nassaucountyny.gov)



**The Joysetta and Julius Pearse**

African-American Museum of Nassau County in partnership with Nassau Alumnae Chapter of Delta Sigma Theta Sorority, Inc., Nassau County Guardians Association, Inc., and Nassau County Legislators

Kevan Abrahams, Siela Bynoe, and Carrie' Solages

invite you to

# **JUNETEENTH**

## **A CELEBRATION OF FREEDOM**



**SUNDAY**  
**JUNE 19, 2022**  
**2PM - 6PM**

**Performances, Music, Food,  
Vendors, Fun, and Games**

**Eisenhower Park - Harry Chapin Lakeside Theatre**



Nassau County Department of Health  
Office of Health Equity

**VAXED TO  
THE MAX**

# GET YOUR BOOSTER VACCINE!

## SUNDAY 06.26.22



**11AM-1PM**

GET YOUR MODERNA BOOSTER  
VACCINE

For questions and  
to register call: 516-227-9570

## UNION BAPTIST CHURCH

24 REV CLINTON C BOONE PL  
HEMPSTEAD, NY 11550



**BRUCE A. BLAKEMAN**  
NASSAU COUNTY EXECUTIVE

# JOIN THE CONVERSATION

WE WANT TO HEAR FROM YOU!



**Stony Brook Cancer Center is conducting Focus Groups throughout Nassau and Suffolk Counties and NYC to address the needs of the community regarding Prostate Cancer**

**TO QUALIFY YOU MUST:**

- Be a person with a prostate
- Be age 40 + years
- Have not been diagnosed with prostate cancer in the past/ currently
- Identify as Black, African American or Afro-Caribbean
- Live in New York City, Nassau, or Suffolk County
- Be fluent in English

**Gift cards will be provided to all participants.**

**Groups will be held virtually due to Covid guidelines.**

**Groups will be facilitated by Stony Brook Medicine Physicians**



**Dr. Jedan Phillips**



**Dr. Yuri Jadotte**

**To sign up please contact:**

**Giuseppina: (631) 456-9418**

**Jackie: (631) 459-9289**

**COE@stonybrookmedicine.edu**



**Stony Brook  
Cancer Center**

Program supported by: Pfizer Inc., Walmart, Whole Foods Market



# VACCINE EQUITY

*Lunch & Learn Series*



**May 11th, 2022**

## Vaccine Equity and the Faith Community: Exploring Vaccine Uptake and Initiatives Within the Muslim Community

Understand the role of faith communities and collaborations in addressing vaccine equity within the Muslim community with **Dr. Ghada Khan, MPH, DrPH, Executive Director of American Muslim Health Professionals.**



**REGISTER**

**June 15th, 2022**

## Vaccine Equity: Lessons Learned from the COVID-19 Pandemic

Learn about disparities in vaccine uptake and identify strategies to reduce them with **Dr. Rachael N Reed, DrPH, MPH, Chair and Assistant Professor of Dillard University School of Health and Wellness.**



**REGISTER**

**MORE SESSIONS TO COME!**

## References

Men's Health Month:

From: <https://www.minorityhealth.hhs.gov/omh/content.aspx?ID=10238>

<https://nationaltoday.com/national-mens-health-month/>

<https://health.gov/myhealthfinder/topics/doctor-visits/regular-checkups/men-take-charge-your-health>

Colorectal Cancer Screening: Conversation Starters

from: <https://health.gov/myhealthfinder/topics/health-conditions/cancer/colorectal-cancer-screening-conversation-starters>

5 Helpful Tips for Black Men Seeking Mental Health Care

From <https://www.forbes.com/sites/maiahoskin/2022/03/31/black-masculinity-and-mental-health-what-black-men-should-consider-about-their-emotional-and-mental-wellness/?sh=700761fd78af>

Women, Infants and Children (WIC)

from:

<https://www.nassaucountyny.gov/3565/WIC?activeLiveTab=widgets>

RECIPE OF THE MONTH Blackened Salmon

from: <https://www.delish.com/cooking/recipe-ideas/a33851680/blackened-salmon-recipe/>