

Master Health Education Volunteer Newsletter



Fall 2007



Points of Interest

- Forty-one volunteers
- Over 2600 total contacts reached through the MHEV program
- More than 890 hours of volunteer time dedicated to promoting health education and awareness.
- Sixteen counties represented in the MHEV program.

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Promoting Healthy Living Through Community

The Master Health Education Volunteer Program is designed to increase the local Mississippi State University Extension Service's capacity to reach targeted audiences with effective high-quality, health-related, community service through a specialized course of training and practice. The well-trained Master Health Education Volunteer (MHEV) will serve as a unique connection to people who experience barriers to good health. Initial training is 40 hours in length and is divided into several sessions. Master Health Education Volunteers agree to give 40 hours of community service back in exchange for the training received.

The health education curriculum targets breast and prostate cancer awareness, diabetes, nutrition, oral health, Know Your Numbers, Alzheimer's disease, Asthma, exercise, and working in communities to build partnerships.

The MHEV program kicked off its first training session last fall with twenty four volunteers graduating from the program. The class was made up of eight participants from the Southwest district of the state where Kimberly Smith-Russ serves as Area Health Agent.

The volunteers are (not in any certain order), Joyce Chambers, Jerri Norton, Petronia Nelson, Debra Hutchins, Angelia Coleman, Larceny Hester, Frankie Johnson, and Tim Thomas, not pictured, Beverly Knox, Patricia Parker and Cynthia Aultman.



The remaining sixteen volunteers are from the Northwest district. Volunteers include (in no certain order), Edna Miles, Ruthie Kelly, Denise Lee, Ruby Martin, Mildred Daughtery, Thomas Martin, Major Heard, Edward Burge, Emily Washington, Shirley Stewart, Annie Williams, Johnnie Cook and Wilma Williams. Ann Twiner is the Area Health Agent in this district.

Both agents were instrumental in training the volunteers. A total of thirteen counties were represented in the training.

Breast Cancer Awareness

According to the American Cancer Society, nine out of ten women can survive breast cancer simply by detecting it early. Awareness and early detection are the health messages conveyed through the MHEV program. Some volunteers are using the presentation developed by the MSU Extension Service focused on breast self examination and early detection and others are using the presentation developed by one of our partnering organizations with the pro-

gram, the American Cancer Society which focuses on Breast Cancer Awareness. Beverly Knox, Jerri Norton, Larceny Hester, Annie Williams, Ruby Martin, and Monica Stinson have worked diligently in their communities to raise awareness.

Tim Thomas and Frankie Johnson assisted with the planning of a Breast Cancer Awareness program held at Newton County Regional Hospital to gain some of their first forty hours of required training. Area Health

Agent, Kimberly Smith-Russ presented the program with fifty-five people in attendance.

Other volunteers have assisted with health fairs and distributed breast cancer awareness material to attendees.

A statistic from the American Cancer Society predicts that an estimated 40,460 deaths will occur from female breast cancer in 2007. As mentioned previously, early detection increases survival and treatment options.



Men's Health Issues Addressed

Several men have selected the Prostate Cancer Awareness message as their vehicle for addressing men's health awareness in their communities.

Over 225 employees have been reached through the workplace with a brief prostate cancer awareness presentation sponsored by the MHEV and Frankie Johnson has been instrumental in developing relationships with the industries in the EC Health Network community. Many of these men may not have known about early detection and prevention of prostate cancer if it had not been for the presentations. Tim Thomas assisted with

the presentations and arranged a partnership with Newton Regional Hospital to provide PSA screenings for participants attending the educational sessions. To date, at least five men have received elevated PSA readings indicating a need for follow-up with their healthcare physician. This health message through the MHEV program coupled with the PSA screenings may have saved some men's lives or at least served as an early detection warning sign.

Petronia Nelson, family service worker, with the Friends of Children of Mississippi, Inc. in Pearl coordinated a prostate cancer

The program was a huge success as many of the men were not aware of early detection signs and symptoms. They brought their children along and activities were planned for them while Ms. Nelson spoke with the Fathers about prostate cancer. She hopes to make this an annual event for the Dad's in her circle of influence at Friends of Children, Inc.



Company representative from one of the workforce industries has PSA screening



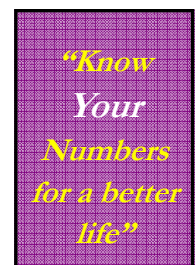
Friends of Children, Inc. parents and children attend planned event to educate fathers about Men's Health Awareness

Know Your Numbers!

A curriculum developed by the Mississippi Chronic Illness Coalition titled Know Your Numbers focuses on education pertaining to blood sugar levels, body mass index, cholesterol

and blood pressure. Numerous presentations have been shared with faith-based audiences and various organizations about the importance of these numbers as they relate to one's health

status. Brochures have been distributed at health fairs in various communities and have also been invaluable in spreading health messages related to these very important numbers.



Meet the Second Class of Master Health Education Volunteers

The second class of volunteers completed their training at the end of March. A total of 18 completed the training. Two sessions were held simultaneously in Newton and Indianola.

Twelve volunteers completed



the program in Indianola which included (in no certain order), Mala Brooks, Angelic Mister, Barbara Brooks, Margaret Hollis, Ruthie Robinson, Ruby Hopper-White, Beverly Fulton, Diane Johnson, Rosetta Wilson, Lela Griffin, Jean G. Lawes, and Monica Stinson.

Ann Twiner, Northwest Area Health Agent was very instrumental in facilitating this group throughout the training session as Ann Sansing facilitated the group of volunteers in Newton county. This group of volun-

teers included six ladies from the EC Health Network. Several of these volunteers are health professionals, but received positive experience from the training as they gained knowledge in disseminating information in layman's terms, how to work with partnerships, plus gained an educational tool to use in the field for delivering health awareness messages. This class has already begun to integrate their skills learned through the program into their respective communities to increase health awareness.

The class in Newton included Romande' Walker, Beverly Lilly, Dr. Rebecca James, Cynthia Granger, Deke Cross and Cathy Norwood.



Volunteers Assist with Health Fairs

Health fairs at community colleges and high schools have been an avenue for health messages to be distributed to college students and high school students along with teachers, staff, instructors, and administrators.

Edna Miles and Major Heard have reported that young people have shown keen interest in brochures illustrating diabetic information and Know Your Numbers information. They recognize their parents or grandparents have high blood pressure or suffer from diabetes and are concerned with their health and

the health of their loved ones.

Some of the MHEV's have been involved in faith-based organizations that have held organized health fairs inviting their congregations and other interested people in the community.

Mr. Edward Burge, Edna Miles, and Major Heard, have partnered with Health Educators from Mississippi Department of Health to conduct health screenings for community residents at local health fairs. Ruby Martin, Johnnie Cook, Thomas Martin, Shirley Stewart, and Annie Williams have been extremely

busy coordinating health fairs in the Holmes County area.

Monica Stinson has participated in numerous health fairs and delivered the healthy eating and oral health presentations to various audiences along with colleague, Jean Lawes who has presented information about Alzheimer's disease. Beverly Lilly and Cathy Norwood helped some families understand Alzheimer's a little more clearly with information from the Alzheimer's Training session in the MHEV curriculum.



Health Fair at Byers Attendance Center reached 300, 9-12 graders and adults with



Ann Sansing, Master Health Education Coordinator, attended the Health Fair at East Mississippi Community College at Mayhew, Mississippi.

Check Out the Video Clips On MHEV Website

As a personal touch, we have added forty-five second to one minute video clips highlighting volunteers' experience with the Master Health Education Volunteer program. The volunteers that are highlighted were chosen randomly for this first round of clips. We tried to stay within a

geographic location that was easily accessible for the videographer for this trial project. In time, we hope to add additional testimonials for future use as our base of volunteers grow. Volunteers, if you have a unique way you have implemented the program, please let me know. Eve-

ryone is doing a great job, but I am still lacking hours from some volunteers, please get them reported at the end of each month. I cannot report information that I do not have....please get you reports in! If you have questions, contact me. Thanks a bunch!!



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If you are interested in the Master Health Education Volunteer program or know someone that would be interested, please contact me at the information to the left of this column. We welcome anyone into the program. Our only guideline is that you must be eighteen years of age. This is a program that is easy to grasp and is an educational tool for anyone interested in promoting health education and awareness in your community. Don't wait, get involved today, make a difference, share a health message with someone that might not know about early detection and prevention. Lay persons with interest in health care and health care professionals have found this program beneficial. I look forward to hearing from you.



*Master Health Education Volunteer Coordinator/
MHEV Newsletter Editor*

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Discrimination based upon sexual orientation or group affiliation is a violation of MSU policy and will not be tolerated.*

We're on the Web

<http://msucares.com/health/health04/mhev/index.html>

A Volunteer Influences Itta Bena to Fluoridate

It was after the Oral Health training session at the Master Health Education Volunteer training when Ms. Ruthie Robinson of the Itta Bena Community Outreach Committee discovered a grant for fluoridating water systems in communities. She was very much intrigued by this since she has been concerned about the oral health in the Itta Bena community for quite sometime. She continued on her mission, speaking with the mayor and then getting approval to invite Mr. John Justice, Mississippi Department of Health Fluoridation Administrator, to the board of alderman meeting to speak about fluoridation. In short, the matter of fluoridation

was unopposed and today, Itta Bena has fluoride in its water supply. She continues to campaign for oral health for children in the school system and is advocating ways to help get them adequate dental care. This story just proves the power that concerned citizens can have at the grassroots level and that your voice does make a difference. Get involved for a better community in your area. If you don't fight for what you have or what you need who else will do it!



Special Thanks!

The Master Health Education Volunteer program is developed and managed by the MSU Extension Service. We have some partnering organizations that assist with various training presentations. A special thank you to each of the following:

- Alzheimer's Association
- American Cancer Society
- American Diabetes Association
- American Lung Association
- Mississippi Chronic Illness Coalition
- Mississippi State Department of Health