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**BPN is committed to:
Improving the health and well-being of children, youth, parents, individuals (males and females) and families through linkages to culturally appropriate services to optimize health
Identifying & developing needed resources facilitating collaboration & partnership to coordinate services and affect public policy.**

Ngozi Moses, Executive Director
Dr. Louis D. Camilien, M.D., Board Chairperson
LaTrella Penny, Board Vice-Chairperson



A Message from BPN



As BPN celebrates 25 years of community service and collective with community partners we continue to encourage a heightened focus on the great need to integrate mental health and primary services as part of a routine wellness promotion strategy. Mental health wellness during the reproductive period /childbearing process is particularly important and essential to experience the best outcomes for mom, baby and for wellness promotion during the parenting years.

Almost 2 decades ago during our Bedford Healthy Start (HSB) partnership project, BPN began to increase provider awareness about the silent crisis of perinatal depression. Funded by this project, BPN facilitated the first integration of routine screening, counseling and treatment for this condition, into women's health services at our public hospital (KCHC) in Brooklyn.

We support the Substance Abuse and Mental Health Services Administration (SAMHSA) as it urges all health service providers to support the streamlining of mental health and primary care services to make access easier, to help remove the stigma associated with utilization, and to encourage screening and dialogue earlier during regular primary care provision.

SAMHSA urges us all to consider that without mental health there could be no true health. We, urge community residents and service providers alike to demand the resources to make this integration more readily available.

Ngozi

Ngozi Moses, Executive Director, BPN

May is Mental Health Month



The theme this year is "Mind Your Health". This is a simple reminder to let people know the importance of taking care of their mental health and overall hygiene. To read more about how to take care of your mental health please go to: www.Mentalhealthamerica.net/May

BPN's Highlights

The Brooklyn Task Force on Infant and Maternal Mortality and Family Health

A coalition of Community-Based Organizations (CBO) was formed in 2000.

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The Brooklyn Task Force on Infant and Maternal and Family Health

Chair: Dr Georgianna Glose, DSW

Convener /Coordinator: Brooklyn Perinatal Network Ngozi Moses, Executive Dir.

Coalition Members:

- ◆ Bedford Stuyvesant Family Health Center (BSFHC)
- ◆ Brooklyn Perinatal Network (BPN)
- ◆ Caribbean Women's Health Association (CWHA)
- ◆ Church Avenue Merchants Block Association (CAMBA)
- ◆ Diaspora Community Services (DCS)
- ◆ East New York Diagnostic & Treatment Center (ENYD&TC)
- ◆ Ft. Greene Strategic Neighborhood Action Partnership (Ft Greene SNAP)
- ◆ Greater Brooklyn Health Coalition (GBHC)
- ◆ Luther Family Health Centers (LFHC)
- ◆ New Dimensions In Care (NDIC)/ Christopher Rose Community Empowerment Campaign (CRCEC)

City Council funded IMRI work started in 2001

The Task Force provides a forum to engage community-based health and human service providers and other community stakeholders, in partnerships and collaborative activities that address the disparities in maternal health and birth outcomes in communities of color.

High School Students Trained as Health Ambassadors at Watch High School ,Thomas Jefferson Campus in East New York



BPN has trained several high school students to function as peer to peer educators (PPE) in a pilot utilizing the Office of Minority Health (OMH) preconception health curriculum. They also learned about healthy eating from the Cornell University Cooperative Extension Nutrition and Health program. The trainings were completed in December 2013 and the PPE's went to work sharing information with other students and community members.

These Health Ambassadors reported an increase in their own awareness and understanding of the value of preconception health, reproductive life planning and avoiding unplanned pregnancies. With support from Body Sculpt of New York, a non-profit health and fitness program, they hosted a HIP-HOP Aerobics Class for their peers; disseminated health and wellness messages to other students and promoted the values of accessing health insurance coverage through the NYS of Health Marketplace as the important enrollment deadline of March 31,2014 approached.

Let's give KUDOS to encourage our PPEs / Health Ambassadors of the Watch High School.

May is National Physical Fitness and Sports Month



National Physical Fitness and Sports Month is a great time for families to get outside and have some fun. Healthy behaviors, such as appropriate levels of physical activity can increase lifespan, decrease disability, improve mental health and cognition and ultimately lower the cost of healthcare. There are plenty of outdoor activities to get your children involved in. Soccer, tennis, roller blading, rock climbing, and some childhood games such as hop scotch, dodge ball and jump rope are great examples. According to the World Health Organization, at least 60% of the world's population fails to complete the recommended amount of physical activity required to induce health benefits.

Walking is the best, most simple, cheapest and free exercise to get and stay fit. Brisk walking for 30 minutes daily is recommended. Any walking is better than being sedentary/ no exercise at all.

Visit some additional suggestions for staying and keeping fit this summer visit www.fitness.gov/be-active/ways-to-be-active/

BPN Services and Contact Persons

718 -643 -8258

Outreach, linkages and Workshops

Services for teens, pregnant women., young adults with or without children.

- Cathleen Freemantle, ext. 31

School Health Education & Peer Education Training

BPN provides school and community health presentations and information sessions; community health awareness events.

- Brandy Watts ext. 30

Health Insurance

Eligible or know someone eligible for Health Insurance. BPN assist with applying for NY State Health Insurance aka Obama Care for kids (called Child Health Plus) & and adults, & Medicaid

Main Office & Brownsville Office

- Monica Dennie ext.19
- Michael Hutchinson ext.18
- Cathleen Freemantle ext. 31

The Bedford Stuyvesant Community Partnership (CPP)

Helps children and families living in Bedford Stuyvesant find resources to support and assist their families in their safety and well-being.

- Ronica Webb (718) 573-4774 ex.40

BPN Newsletter Contributors

- Brandy Watts, Project & Research Associate
- Jane Marryshow, BPN Intern

Health & Wellness

Healthy Eating & Active Living

A Healthy community design means making it easier for people to live healthy lives. Researchers and community members recognize that an environment that supports active living, and expands access to healthy and affordable foods, is essential for good health.

In an effort to increase access to healthy food options and active living, BPN has created a guide entitled :**A Healthy Eating and Active Living Resources guide for East New York and Brownsville.** The guide includes a listing of Farmer Markets, Healthy Retail stores, Fresh Programs and community active living resources. <http://www.bpnetwork.org/nyc/>

12 REASONS TO EAT FRUIT



Cherries help calm your nervous system



Grapes relax your blood vessels



Peaches are rich in potassium, fluoride, and iron



Apples help your body develop resistance against infections



Watermelon helps control your heart rate



Oranges help maintain great skin and vision



Strawberries can potentially fight against cancer and aging



Bananas are great for athletes because they give you energy



Pinapples help fight arthritis



Blueberries protect your heart



Kiwis increases bone mass



Mangos protect against several kinds of cancer

Celebrating April's National Minority Health Month

The Office of Minority Health (OMH) in observed National Minority Health Month by raising awareness about the health disparities that continue affect minority populations. This year's theme was "Prevention is Power".

What you should know:

Assuring a woman is in good health before, during and in between pregnancies, is the best way to prevent poor outcomes of births for mother and baby – such as premature/too early births, too small / low birth weight babies and birth defects. All of these increase the chances of an infant dying before reaching its first birthday. Babies of Black and Puerto Rican families are 2-3 times more likely to die than white babies before they reach 1 year old. Maternal mortality (death of a woman associated with the period up to 1 year after birth) is 7 times higher for Blacks than for whites in NYC.

Women's Health

Women's Health Before Pregnancy = Preconception Health

The health of a woman in the period before child bearing starts – from young girls at puberty through the period in between births - has always been part of The Brooklyn Task Force Coalition.

The health of a mother and her baby, as well as the healthy development of the child across the life stages into adulthood, are most influenced by a woman's preconception health. Early screening for treatment and control of chronic health conditions - such as high blood pressure, high blood sugar - and maintaining a healthy weight and healthy eating are very important to promote good preconception health status.

Some Key Tips to Boost Your Preconception Health

- Get health insurance if not already in place. Ask your health care provider about your preconception health status. If you are pregnant/ are planning to/ wish to, then daily adequate folic acid intake is extremely important to minimize risk of some birth defects in the newborn.
- Get your annual check-up and immunizations. Timely screenings can help to identify early chronic conditions and enable better treatment, control management and even reversal of the problem
- Avoid smoking or use of alcohol - particularly when pregnant and/or breastfeeding . Smoking will compromise your health and that of your offspring ; using alcohol while pregnant increases the risk of Birth Defects.
- Learn what 'healthy weight' means for you and plan on getting and staying there – at your healthy weight. Keeping an active lifestyle will help, so will consuming much water and fiber/roughage daily.
- Avoid contact with toxic substances (indoor and out). This includes: breathing 2nd and 3rd hand smoke; animal feces; and vapors from some household cleansing products.
- Talk to your health care professional about over the counter products including supplements that you are using/plan to use.

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Happy Mother's Day From BPN



Mama exhorted her children at every opportunity to 'jump at de sun.' We might not land on the sun, but at least we would get off the ground.

- Zora Neale Hurston, Folklorist and Writer

HOLD THE DATE - JUNE 18, 2014

BPN's 25th Anniversary Annual Community Conference

**A Community Dialogue on the findings of the “Need For Caring in
North and Central Brooklyn” report**

You Must be there! Thursday, June 18, 2014

Time: 5:00 p.m.—8:00 p.m.

Place: The Brooklyn Hospital Center, 121 Dekalb Avenue

Rsvp to: