

# ARKANSAS MINORITY HEALTH COMMISSION

2019 Public Health, Welfare,  
and Labor Annual Report

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Director



# MISSION

To assure all minority Arkansans equitable access to preventive health care and to seek ways to promote health and prevent diseases and conditions that are prevalent among minority populations

# AR MINORITY POPULATIONS

## Arkansas Minority Population, 2010

- Black 15.5%
- Latino: 6.7%
- Other: 4.9%
- Asian: 1.3%

\*U.S. Census Bureau

# FY2019 IMPACT



- Citizen Encounters **(34,259)**
- Screenings **(25,174)**
- Initiatives & Collaborations with Community Partners **(113)**
- Community Forums **(2)**
- Ask the Doctor Show **\*\* (70,000 Listeners)**
- Volunteers **(9,400 hours)**

*Data obtained from Arkansas Minority Health Commission post event forms as of 8/30/18*

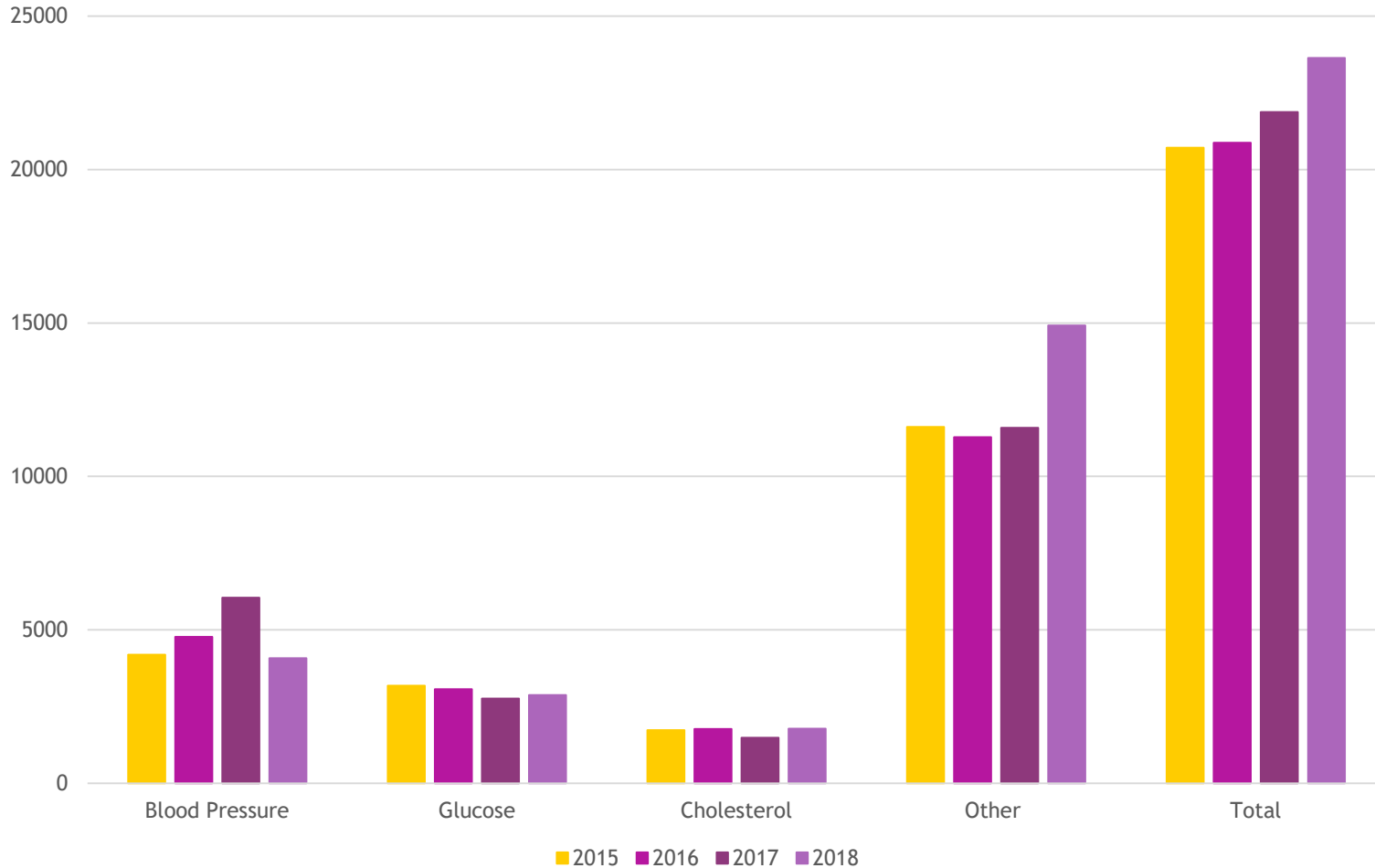
*\*\*Based on 2018 Arbitron Ratings*

# ACTIVITIES IN MEETING GOALS/MANDATES - FY2019

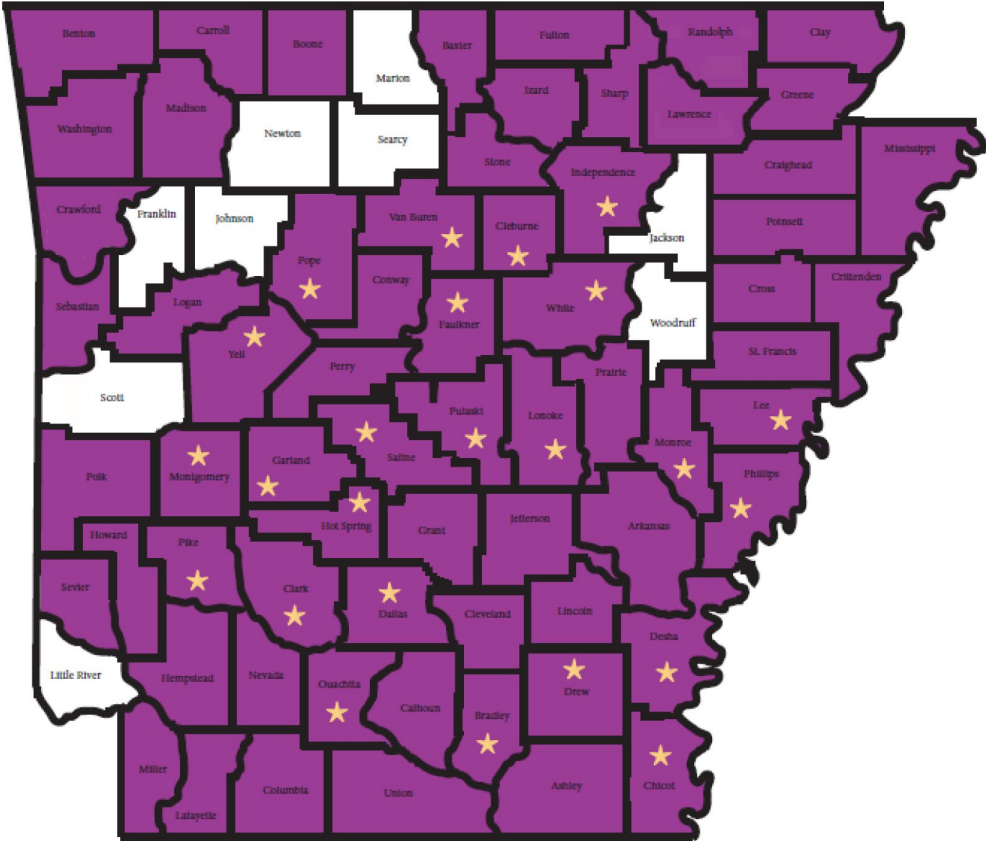
INCREASE SCREENINGS (Goal 1)	OUTREACH/ EDUCATION (Goal 2)	Resource Database (Goal 3)	Stakeholders (Goal 4)	COLLABORATION/ COORDINATION (Goal 5)	CONSTITUENCY (Goal 6)	POLICY (Goal 7)
Hypertension Initiative	Southern Ain't Fried Sundays	Public Health in Arkansas Communities Search system (PHACS)	Workforce Diversity Report	Arkansas Minority Health Consortium	Public Forums	State of Minority Health Summit
Statewide Initiative	Radio, TV, Print		Society for Public Health Education (SOPHE)	Public Health Leaders' Roundtable	Health Fairs	Tobacco Policy Initiatives
Red County Initiative	Sponsorship/ Partnership					Legislative Policy Summary

# INCREASE SCREENINGS

FY 2019 Screenings



# JULY 2018– JUNE 2019 AMHC COMMUNITY HEALTH EVENTS & MOBILE HEALTH UNIT MAP BY COUNTY



Key:

- Counties screened
- ★ Mobile Health Unit screenings



# INCREASE HEALTH EDUCATION

## Plain Language materials developed at 5<sup>th</sup> grade reading level

### How Eating Candy and Other Sweets Affects Your Smile



#### WHY ARE CANDY AND OTHER SWEETS BAD FOR MY TEETH?

Candy and other sweets have sugar in them. Sugar causes tooth decay (cavities) by creating acid when it comes into contact with plaque. The acid destroys your tooth enamel.



#### WHAT CAN I DO TO PROTECT MY TEETH FROM SUGAR?

**Limit how much sugar you eat.** Children should eat no more than 12 grams (3 teaspoons) of sugar each day and adults should eat no more than 50 grams (12.5 teaspoons) of sugar a day. To limit how much sugar you eat, read the nutrition facts so you know how much sugar is in food. Look for ingredients that end in “-ose,” such as fructose or glucose. Also look for these ingredients (all of them have a lot of sugar):

- Corn sweetener
- Dextrin
- Cane Juice
- Honey
- Corn syrup
- Syrup
- Molasses



**Limit or avoid foods that are high in sugar.** These include:

- Soft drinks
- Energy drinks
- Sports drinks
- Fruit juices
- Sweet tea
- Cakes and pies
- Ice cream
- Candy
- Cookies
- Pastries
- Cereal

**Talk to your doctor or a registered dietitian.** They can tell you more about foods to avoid.

### Cómo el Comer Caramelos y Otros Dulces Afecta Su Sonrisa



#### ¿POR QUÉ LOS CAMELOS Y OTROS DULCES SON MALOS PARA MIS DIENTES?

Los caramelos y otros dulces tienen azúcar. El azúcar causa caries dental (cavidades) creando ácido cuando está en contacto con el sarro. El ácido destruye el esmalte de sus dientes.



#### ¿QUÉ PUEDO HACER PARA PROTEGER MIS DIENTES DEL AZÚCAR?

**Limite la cantidad de azúcar que come.** Los niños no deben de comer más de 12 gramos (3 cucharaditas) de azúcar diario y los adultos no deben de comer más de 50 gramos (12.5 cucharadas) de azúcar diario. Para limitar la cantidad de azúcar que come, lea los datos de nutrición para que sepa cuánto azúcar hay en los alimentos. Busque los ingredientes que terminan en “-osa,” tales como fructosa o glucosa. También busque estos ingredientes (todos tienen mucho azúcar):

- Endulzante de maíz
- Dextrina
- Jugo de caña
- Miel
- Miel de maíz
- Almibar
- Melcocha



**Limite o evite los alimentos altos en azúcar.** Estos incluyen:

- Refrescos
- Bebidas energéticas
- Bebidas deportivas
- Jugos de fruta
- Té azucarado
- Pasteles y tartas
- Nieve
- Dulces
- Galletas
- Postres
- Cereal

**Hable con su doctor o un dietista registrado.** Ellos le pueden decir más sobre cuáles alimentos evitar.





# RESOURCE DATABASE

Public Health in Arkansas' Communities Search

County Health Data and Healthcare Resources

PHACS is a summary of indicators that can affect the health of Arkansans. Community groups, students, and researchers can use PHACS to find county health data from several different sources.

Begin your search by selecting the county from the map or choose your county below.

Choose Your County

<http://uams.edu/phacs/default.aspx>

# STAKEHOLDERS

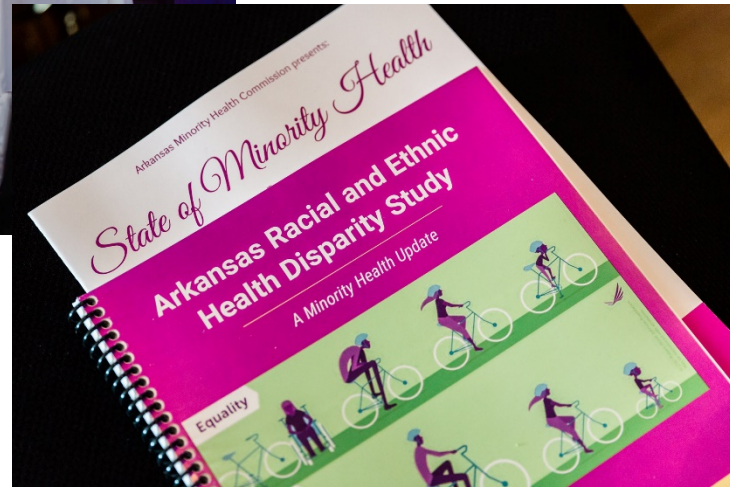


# COORDINATION & COLLABORATION





# CONSTITUENCY



# POLICY





# 2019-2020 PLANNED WORK





# QUESTIONS





**Arkansas  
Minority  
Health  
Commission**

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