ARKANSAS MINORITY HEALTH COMMISSION


ShaRhonda J. Love, MPH
Director
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
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

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JULY 2018– JUNE 2019 AMHC COMMUNITY HEALTH EVENTS & MOBILE HEALTH UNIT MAP BY COUNTY
Plain Language materials developed at 5th 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 in 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
- Dextrose
- 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 CARAMELOS 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 esmalte. El ácido daña el esmalte de los dientes.

**¿QUÉ PUEDO HACER PARA PROTEGER MIS DIENTES DEL AZÚCAR?**
Limita la cantidad de azúcar que comes. Los niños no deben comer más de 12 gramos (3 cucharaditas) de azúcar diario y los adultos no deben comer más de 50 gramos (12.5 cucharaditas) de azúcar diario. Para limitar la cantidad de azúcar que comes, lee los datos de la composición 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
- Doctora
- Jugo de caña
- Miel
- Miel de maíz
- Almíbar
- Melcocha

Limita o evite los alimentos altos en azúcar. Estos incluyen:

- Refrescos
- Bebidas energéticas
- Bebidas deportivas
- Alimentos de fruta
- Te 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.
http://uams.edu/phacs/default.aspx
STAKEHOLDERS
COORDINATION & COLLABORATION

Benton, Washington, Carroll and Madison County Health Statistics

BRIDGE
2019 Annual Edition

ARTKANSA MINORITY HEALTH COMMISSION

Guided by Passion, Purpose & Perspective

Suicide Prevention in Arkansas
1-800-273-TALK (8255) 877-7677
2019-2020 PLANNED WORK

5th Biennial Arkansas Minority Health Commission
“Mobilizing Health Equity Together”
QUESTIONS