



**BPHC
Outreach Program
1010 Massachusetts
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Boston, MA 02118**

[www.bphc.org/
faithbasedinitiative](http://www.bphc.org/faithbasedinitiative)

Fall Greetings from Outreach!

Welcome to the 2nd issue of the Boston Faith Based Leaders Newsletter! Please note the important Flu Vaccination information below. Inside you will find important Faith Based Initiative updates, BPHC program highlights as well as helpful nutrition tips to follow during the upcoming holiday season. Please email Michaela Byrnes at mbyrnes@bphc.org if you have events or other ideas you'd like to see included in our next issue! We wish you, your family and your loved ones a healthy, happy Fall season.

Outreach Team

Faith-Based Leaders Flu Training

Thursday October 6th and Thursday October 20th
1010 Mass Avenue, Hayes Conference Room – 2nd Floor
5:30 p.m. to 7:30 p.m.

Register today at: www.regonline.com/fbo_clinician

Preventing the Flu

Here are some easy tips for preventing the Flu this season:

1. Get Vaccinated! Visit www.bphc.org/infectiousdisease and use our “Flu Clinic Finder” to find clinics near you.
2. Sneeze or cough into your elbow or sleeve. Always throw-away tissues after you've used them.
3. Wash your hands for 20 seconds (Sing through Happy Birthday twice!) or use an alcohol based hand sanitizer.
4. Avoid contact with people who already have flu symptoms.
5. If you have symptoms (fever, cough, muscle aches, headache) **STAY HOME!** Avoid spreading the flu by staying home at least 24 hours after symptoms stop.



NEW! Faith Based Initiative Tools

Do you want to provide health resources within your community such as a monthly food pantry, annual health fair or regular health screening? There's nothing worse than providing a resource that no one uses or hosting a health fair that no one attends. Get off to a great start by asking the community what resources they need before you plan something big. The Boston Public Health Commission's Outreach Division can help your faith based organization collect data on the health needs of your congregation members and residents of your community with our new **Member Health Survey**. It's easy to use and Outreach staff can help your members and the general public fill it out after Sunday, Saturday or evening service or during a time when your faith based organization is hosting a large group of people. Outreach staff will compile and present the data to you so you can see exactly what health programs your community wants and needs.

Finding Volunteers

Now that you've identified the health needs and concerns of your community, how will you address those needs with little resources and a tight budget? You may have to rely on your congregation members to volunteer their time. To help you identify the skills and talents congregation members may be willing to provide to help your health programs become a great success, BPHC Outreach created an **Assets Survey**. By administering the survey you may discover that one of your members is a licensed nurse and can give flu vaccines to the public or maybe a member has experience with creating flyers and marketing events. This could be a great way to promote your programs and events to the general public so you can have a successful event.

Each survey can be adjusted to fit your needs.

Call Michaela Byrnes at 617-534-2340 for more information or to request copies of the surveys.

NEW! Outreach Event Request Form

Planning a health fair or special event? With advance notice, the Boston Public Health Commission may be able to staff a resource table, send a guest speaker or provide promotional materials. Complete the Outreach Request Form at: www.bphc.org/outreach. Outreach staff will then contact you to let you know how we can support your event. Contact Michaela Byrnes at 617-534-2340 or mbyrnes@bphc.org if you need assistance completing the form.

Host a Pink & Black Workshop!

Black women are more likely to die after being diagnosed with breast cancer than women of other races. By increasing awareness among communities of color we can help to eliminate this disparity. Pink and Black Ambassadors are breast cancer survivors and patients who lead peer-to-peer education workshops in the community.

Ambassadors teach women of all ages about breast cancer risk reduction, advocacy and survivorship skills.

Invite Pink & Black to your church or community group to learn more. Visit www.bphc.org/outreach to complete the Pink & Black workshop request form.



BPHC Highlights



Did you know that drinking one 20-ounce can of a sugary drink daily can result in a weight gain of an extra 25 pounds per year? The Boston Public Health Commission has launched a sugar-sweetened beverage campaign to reduce consumption of high-calorie beverages which may lead to obesity, type 2 diabetes and other health problems. Sugar-sweetened beverages won't quench your thirst but they will increase your appetite by filling your body with empty calories! Choose healthier options like water, low-fat milk or 100% fruit juice.

Learn more about our campaigns by visiting:

www.fatsmack.org

www.sugarsmarts.com

Get Your Hubway Membership

The Boston Public Health Commission is providing a \$5 subsidized annual membership for income qualifying Boston residents. With your membership you have access to hundreds of bicycles at stations around Boston. Use the bikes to run errands, connect to the T, get some exercise or simply just for fun. Pick up and return a bike at any New Balance Hubway station.

Usage fees (per trip)

0-30 minutes = NO CHARGE

31-60 minutes=\$1.50

61-90 minutes=\$4.50

Each additional 30 minutes = \$6.00

For more information call

617-918-4456

www.thehubway.com

10 Tips for Building a Healthy Meal



1. Make half your plate veggies and fruit.
2. Add lean protein like beef, pork, chicken, turkey, beans or tofu. Add seafood to the mix twice a week!
3. Include whole grains—look for “100% whole grain” on your food labels.
4. Make your dairy fat-free or low-fat or try soymilk as an alternative.
5. Avoid extra fat found in gravies, cheese sauces and other cream based sauces.
6. Eat slowly and enjoy your food! This will help you remain mindful of how full you are.
7. Have issues controlling portion sizes? Try measuring the amount you eat or use a smaller plate!
8. Check nutrition information when you eat out and choose lower calorie, lower fat options (choose baked over fried!).
9. Try new things! Look for alternatives to your favorite recipes by looking them up online.
10. Love dessert? Substitute fresh fruit or make a parfait with yogurt as an alternative for your sweet tooth cravings.



Boston's Faith Based Leaders

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To subscribe to our free electronic newsletter please contact us at:
617-534-2340
mbyrnes@bphc.org

www.bphc.org/outreach

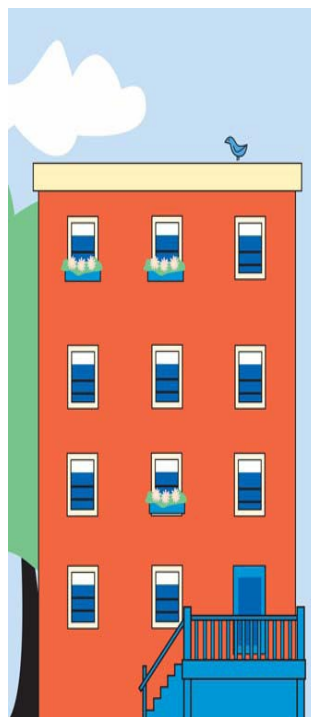
Our mission is to protect, preserve, and promote the health and well-being of Boston Residents, particularly those who are most vulnerable.

Healthy Homes

Your environment directly affects your health. Our Environmental Health Department can help tenants and landlords with the following free resources:

1. Lead paint inspections
2. Pest management
3. Window safety for kids
4. Reduction of in-home asthma triggers and more...

Call 617-534-5966 today!



What Concerns You?

Boston Public Health Commission's Infectious Disease Bureau is interested in finding out which infectious diseases (i.e. the flu, salmonella, TB, etc) are most concerning to you and your community. Please take a minute and fill out this online survey and help your health commission better serve you!

<http://www.surveymonkey.com/s/BPHC2011>