



**On Fire to SERVE!**  
Expanding Local Mobilization  
for Global Impact  
Sigma Gamma Rho Sorority Inc.

# NATIONAL HEALTH AWARENESS MESSAGES

H<sup>3</sup> It's All About Me: Healthy Choices, Health Living, Healthy Generations

PROJECT REASSURANCE



Go to [www.Sgrho1922.org](http://www.Sgrho1922.org) for more detailed information

Healthy Choices | Healthy Living | Healthy Generations  
Sigma Gamma Rho Sorority, Inc.

THE NATIONAL HEALTH AWARENESS MESSAGES IS A PROJECT REASSURANCE HEALTH INITIATIVE DESIGNED TO EDUCATE OUR SISTERHOOD AND AFFILIATES ON HEALTH ISSUES AND OBSERVANCES, HIGHLIGHT INTERNATIONAL PARTNERSHIPS, AND ACCENTUATE SIGMA GAMMA RHO'S H<sup>3</sup> NATIONAL PROGRAMS. CHAPTERS ARE ENCOURAGED TO USE THE MONTHLY MESSAGES TO HEIGHTEN THEIR KNOWLEDGE AND ENHANCE COMMUNITY SERVICE EVENTS. SELECT ACTIVITIES YOU FEEL YOUR CHAPTER CAN DO. IT IS RECOMMENDED THAT CHAPTERS DEDICATE AT LEAST 7 MINUTES DURING MONTHLY MEETINGS TO DISCUSS THE HEALTH TOPICS. CHEERS...TO A LIFE TIME OF HEALTHY CHOICES, HEALTHY LIVING, AND HEALTHY GENERATIONS! BE SURE TO REVIEW THE PR AT-A-GLANCE FOR HIGHLIGHTED ACTIVITIES.

## SEPTEMBER 2011

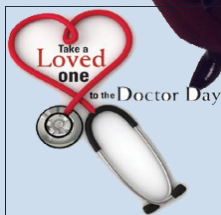
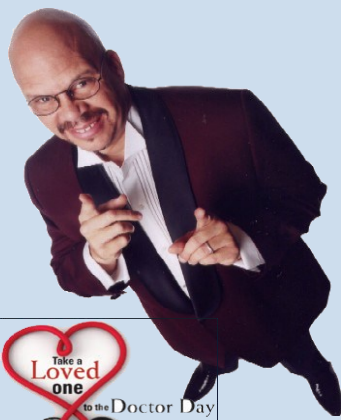
### Healthy Living: CDC Partnership

Looking for a brighter future? Try eating a diet rich in colorful fruits and vegetables. The potential benefits associated with eating more fruits and vegetables stack up quickly: Reducing your risk of certain chronic diseases is only the beginning.



### Fruits & Veggies-More Matters Month

- Go to [www.fruitandveggiesmorematters.org](http://www.fruitandveggiesmorematters.org)
- Download healthy tips and recipes
- Add fruit and veggies to your monthly meeting menu
- Take small steps to add more fruits and veggies to your family meals
- Materials available at the CDC, contact Toni Eaton: [TEaton@pphfoundation.org](mailto:TEaton@pphfoundation.org)



### Healthy Living: Take a Loved One to the Doctor Day Partnership

Have you had your annual examination? Let your health be number one, then Pass-it-on.

#### September 30, 2011

- Access Blackamericaweb.com
- Click "Make The Pledge" to take a loved one to the doctor (Child, parent, sibling, friend)
- Complete requested information
- Select Sorority/Fraternity: **Sigma Gamma Rho Sorority** and Submit Form

#### Live broadcast events in major cities near you!!!

- Talk to your doctor about ways to improve your health, the health of your children and aging love ones. Commit to bringing a loved one to the doctor
- Tune-in every last Wednesday of the month for health topics on the Tom Joyner show (May 1 –Sept. 30, 2011)
- Take 7 minutes in your monthly meeting to discuss ways to improve your health

## OCTOBER 2011

### Healthy Choices: Hattie McDaniel Breast Cancer Awareness Month

Breast cancer is the second leading cause of death from cancer in American women. According to the National Cancer Institute, women at the age of 40 and older should have a mammogram annually. Self-breast exams must be a routine. Are you adhering to the screening requirements for your age group?

#### Suggested Activities

- **Unity Pink Ribbon Day (Oct. 26, 2011), Sorors, Philos and Rhoers wear pink ribbons and Sigma/Affiliate pin**
- All chapters take 7 minutes in October's meeting to discuss awareness, self-examination, and annual check-ups
- Partner with your local Cancer Society
- Distribute breast cancer awareness information
- Include information on male breast cancer awareness
- National Mammography Day (Oct 21, 2011)
- Download cancer awareness tips from [SGRHO1922.org](http://SGRHO1922.org) website



### Healthy Choices: National Drive Safely Work Week

There are three main types of distraction: *Visual*— taking your eyes off of the road; *Manual*— taking your hands off the wheel; *Cognitive* — taking your mind off what you're doing. While all distractions can endanger drivers' safety, texting is the most alarming because it involves all three types of distraction (U.S. Department of Transportation).



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## Healthy Choices: National Drive Safely Work Week - continued

October 3 -7, 2011

- Go to [www.trafficsafety.org](http://www.trafficsafety.org) to download materials for DSWW 2010 & 2011 (2011 DSWW materials available for download Aug. 2011)
- Refrain from texting and using hand-held devices while driving
- Place flyers in the workplace to support the week
- Download and distribute Sigma Gamma Rho's **Focused Driving Pledge**
- Partner with local highway safety organizations
- Educate others on the dangers of distracted driving



## Healthy Choices: Tom Joyner Virtual College Fair (Partnership)

This event is a "one stop shop" experience for those who are interested in higher education and scholarships. Prepare teens for higher education early. Take them on a Virtual College tour.

### Sigma Gamma Rho will be featured as a Tom Joyner Virtual College Fair "Partner of the Week"

- Target audience: Rhoer affiliates, undergrads, graduate sorors interested in higher education advancement
- Access <http://virtualcollegefair.blackamericaweb.com> and have participants register for the appropriate category (i.e. student, parent, counselor, etc.)
- You may want to:
  - ⇒ Coordinate your efforts with local middle/high schools, libraries, and partner colleges to attend the Virtual College Fair
  - ⇒ Set up a laptop and have Rhoers list three colleges. Allow them to visit those colleges in the VCF.

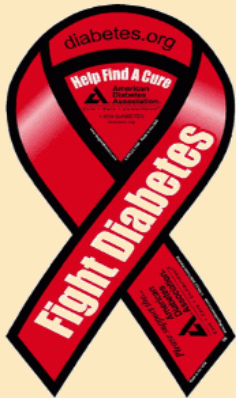
## NOVEMBER 2011

### Healthy Generations: Prematurity Awareness Day (MOD Partnership)

Every year, 20 million babies are born too soon, too small, and very sick. Half a million of them are in the United States. November is Prematurity Month. November 17, 2011 is Prematurity Awareness Day.

#### Suggested Activities

- **Wear Purple Day**– Every Monday in November (Project CRADLE Care observance )
- Have prenatal physician/nurse give a talk on Prematurity awareness
- Begin formation of 2012 March For Babies Teams
- Plans for Project CRADLE Care, **Annual Prenatal Education Fair** is well on its way (Jan. 21, 2012)



### Healthy Choices: American Diabetes Month

You can prevent or delay the onset of type 2 diabetes through a healthy lifestyle. Change your diet, increase your level of physical activity, maintain a healthy weight...with these positive steps, you can stay healthier longer and reduce your risk of diabetes (American Diabetes Association).

#### Suggested Activities

- Partner with your local Diabetes Association to get resources and materials
- Host glucose testing and blood pressure checks in your community (contact local hospital diabetic clinic/laboratory)
- Take 7 minutes in your monthly meeting to have a sisterhood share

## DECEMBER 2011

### Healthy Living: World AIDS Day December 1<sup>st</sup> (CDC Partnership)

What is your HIV status? Get tested, increase your knowledge about HIV/AIDS, and help to dispel the myths. **A<sub>3</sub> for Life- Ask, Accept, Act.**



#### Suggested Activities

- Partner with local AIDS Service Organizations or Health Departments
- Host HIV/AIDS awareness meetings, distribute information, provide local test site
- Contact CDC for Sigma Gamma Rho/CDC co-branded materials
- Encourage chapter members, family and friends to get tested
- Record and document your chapter's activities and forward to director
- Contact [SGRHIV/AIDS@gmail.com](mailto:SGRHIV/AIDS@gmail.com) for more information about training.
- Visit [www.actagainstaids.org](http://www.actagainstaids.org) for partnership information and more resources.



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## JANUARY 2012

### Healthy Generations: National Birth Defect Prevention Month

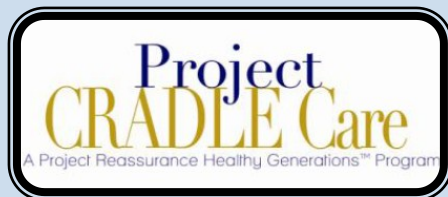
The causes of nearly two-thirds of all birth defects are unknown. To design effective prevention strategies, we must first have a better understanding of what risk factors are associated with birth defects.

#### *National Birth Defect Prevention Month (March of Dimes Partnership)*

- Log on to [www.nbdpn.org/bdpm2012](http://www.nbdpn.org/bdpm2012) to download the Preventing Birth Defects brochure, Ten things you need to know about birth defects and Birth Defect Prevention Month posters. 2012 materials available soon.
- Save the date for your local "March for Babies"
- Visit [www.MarchforBabies.org](http://www.MarchforBabies.org) and register your team under the name of Sigma Gamma Rho Sorority
- Actively begin collecting pledges from family, friends, church members and co-workers. These pledges will help your chapter to reach its \$1922.00 goal. Use the tool provided on the MOD website using social media
- Take care of last minute details for your **Project CRADLE Care, Prenatal Education Fair** scheduled for Jan.21, 2012
- Purchase yellow and blue diaper pins and attach one fact about birth defects and distribute at public gatherings. Include your Project Reassurance logo on information
- Take seven minutes in your January sorority meeting and talk about Birth Defect Prevention



March  
of Dimes®  
*Saving babies, together®*

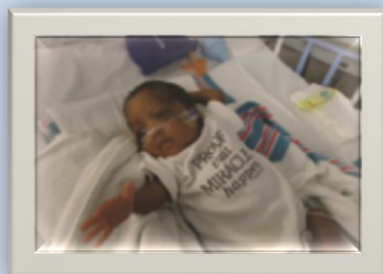


### Healthy Generations: Project CRADLE Care

Project CRADLE Care, A Project Reassurance Healthy Generations Program seeks to improve pregnancy outcomes in the community among women of childbearing age through assisting with prenatal education; Increase awareness and understanding among women of childbearing age regarding infant care and child development; and Collaborate with hospitals, managed care organizations, community-based prenatal care providers, churches, and other organizations.

#### *1<sup>st</sup> Annual Project CRADLE Care, Prenatal Education Fair January 21, 2012*

- Download Project CRADLE Care Packet from the SGRHO1922.org Sorors Only Page
- Partner with your local March of Dimes Chapter
- Collaborate with your local hospitals and community-base prenatal care providers. Use the sample outreach letter in your packet
- Use the suggestive agenda or use your own but be sure to utilize your community specialist for your panel
- Secure sponsors for refreshments and request fair participants to provide give-a-ways. List your fair participants and sponsors on your promotional material
- Invite your local teen pregnancy agencies
- Pre and Post surveys are critical to the success of Project CRADLE Care
- Complete your Chapter Report form located in your packet and forward to your regional program coordinator



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## FEBRUARY 2012

### Healthy Living: National Black HIV/AIDS Awareness Day (CDC Partnership)

National Black HIV/AIDS Awareness Day, February 7<sup>th</sup> of every year, is a national HIV testing and treatment community mobilization initiative targeted at Blacks in the United States. By race/ethnicity, African Americans face the most severe burden of HIV in the United States (US). In 2006, the rate of new HIV infection for black women was nearly 15 times as high as that of white women and nearly 4 times that of Hispanic/Latina women.



#### *National Black HIV/AIDS Awareness Day (February 7)*

- 2012 theme: "It takes a village to fight HIV/AIDS"
- Partner with your local AIDS Service Organizations or Health Departments on one of four specific focal points: education, testing, involvement and treatment.
- Distribute Sigma Gamma Rho/CDC co-branded awareness information at the workplace, college campuses and community gatherings
- Host activities with other African American organizations
- Be the example - Get tested and encourage others to get tested and know their status.
- To find a local testing site call 1-800-CDC-INFO, visit: [www.hivtest.org](http://www.hivtest.org), or text your zip code to Know IT (566948)
- Record the results of your HIV/AIDS activities to [sgrhohiv aids@gmail.com](mailto:sgrhohiv aids@gmail.com) for reporting to the CDC

### Healthy Choices: Bone Marrow Donor Program

"Valentine's Day is the gift of love and donation is the gift of life". National Donor Day is focused on five points of life: organs, tissues, marrow, platelets, and blood. As of February 1, 2010, there were 105,525 people waiting for an organ for transplant.



#### *National Donor Day (February 14)*

- Become an organ and/or tissue donor. There is a great need for minority marrow donors
- Register with your state donor registry
- Partner/volunteer with local Red Cross and/or National Marrow Donor Programs
- Host a blood or marrow donor registry drive on your college campuses
- Go to: [www.organdonor.gov/student/activities](http://www.organdonor.gov/student/activities) for student interactive activities
- Take seven minutes in your monthly meeting to focus on raising awareness and encouraging blood, marrow, organ and tissue donations
- For more suggestions go to: [www.marrows.org](http://www.marrows.org), [www.organdonor.gov](http://www.organdonor.gov) or [www.mottep.org](http://www.mottep.org)

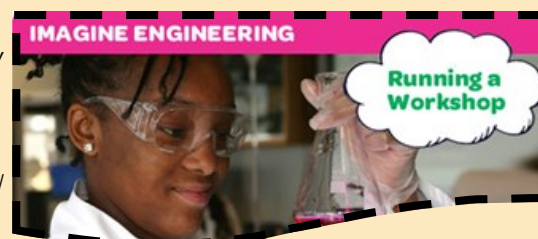
## MARCH 2012

### Health Choices: STEM

This year as a primary focus, under **Healthy Choices**, chapters should take the opportunity to encourage students to excel in or look at careers in Science, Technology, Engineering and Math. Nationally, we continue our partnership with the STEM program to promote math and the sciences, particularly among children of color. Additionally, we are teaming with the Girl Scouts of the USA and the National Science Foundation to utilize their program: "Imagine Engineering" a workshop, handbook series and website based tools. Meanwhile, Obesity continues to impact children emotionally, psychologically, socially as well as physically. To further address this pressing issue, **Healthy Living** is the secondary theme of the 2012 Youth Symposium with a focus on Childhood Obesity.

#### *Youth Symposium March 10, 2012*

- Download your Youth Symposium packets and flyer from the Sorors Only section of the National Website, [www.Sgrho1922.org](http://www.Sgrho1922.org)
- Plan in advance and utilize the checklist provided to keep you on track
- Send Save the Date notifications from January to February
- Partner with local universities and National Society of Black/Hispanic Engineers/Chemists to participate in the career fair
- Make "IMAGINE ENGINEERING" workshop part of your Youth Symposium. Go to [www.girlscouts.org/engineering](http://www.girlscouts.org/engineering) and get complete workshop details
- Think outside of the box, make your event exciting and fun for youth and involve your undergraduate chapters
- Plan a college or career fair in addition to the STEM Panel
- Go to [www.letsmove.gov/about.php](http://www.letsmove.gov/about.php) for program information on First Lady Michelle Obama's "Let's Move" campaign
- Partner with community organizations and youth groups
- Work with our international partnerships to obtain interactive resources and materials
- Contact your state and local agencies on Childhood Obesity and the STEM program



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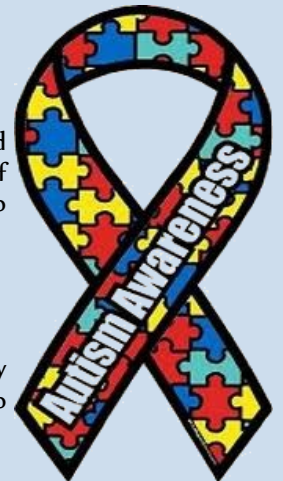
## APRIL 2012

### Healthy Generations: National Autism Awareness Month

Autism is a complex developmental disability that typically appears during the first three years of life and affects a person's ability to communicate and interact with others. Autism is defined by a certain set of behaviors and is a "spectrum disorder" that affects individuals differently and to varying degrees. There is no known single cause for autism, but increased awareness and funding can help families today.

#### *Suggested Activities*

- Visit the CDC website about autism [www.cdc.gov/autism](http://www.cdc.gov/autism).
- Partner or volunteer with your local Autism Society for resources and to help to inform the community on signs and symptoms for early detection of autism. For more information and support go to [www.autism-society.org](http://www.autism-society.org)
- Take seven minutes in your monthly meeting and discuss Autism



### Healthy Generations: March of Dimes (Partnership)

When you walk in "March for Babies", you give hope to the more than half a million babies born too soon each year. The money you raise supports programs in your community that help moms have healthy, full-term pregnancies, and it funds research to find answers to the problems that threaten our babies.

#### *2012 March for Babies*

- Visit [www.MarchforBabies.org](http://www.MarchforBabies.org) and register your team under the name of Sigma Gamma Rho Sorority
- Individual walkers register under your Sigma Gamma Rho team to get sponsor forms
- Continue to collect your pledges from your friends, family and co-workers. How close are you to your chapter's goal?
- In addition to sponsorships and pledges, be creative in ways to raise funds such as movie night, bake sales or parties, etc.
- Design a Sigma Team t-shirt (Sorors, Philos, Rhoers) or wear your favorite Sigma t-shirt at the walk
- Be creative and make a Sigma Gamma Rho support sign to walk with or post at the walk
- Take pictures to post on your webpage, Facebook or scrapbook and submit to "The Aurora"
- Get permission to collect donations (Rhoer Club) at your local department store or community gatherings.
- Purchase support buttons to give for the donations you receive
- Don't forget to make copies of your final donation report to submit to your Syntaktes



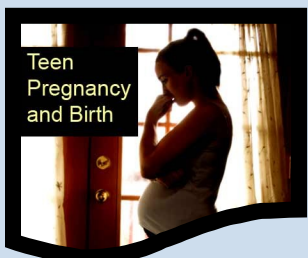
## MAY 2012

### Healthy Choices: National Campaign to Prevent Teen and Unplanned Pregnancy

Teen pregnancy is not only a scary and life-changing event; it is also a nationwide problem. Our focus is three-fold; family and personal values, education, and communication.

#### *National Teen Pregnancy Prevention Month*

- Distribute informational flyers stressing the importance of teaching family and personal values
- Download the [National Teen Pregnancy Prevention Month \(NTPPM\) Planning Guidebook](#) (Pdf) and materials from: [www.advocatesforyouth.org](http://www.advocatesforyouth.org)



- Sponsor a parent's night on how to talk about sex with children from elementary to high school on the appropriate level.
- Download teen friendly brochure and activities from <http://www.thenationalcampaign.org> for workshops
- Partner with your community health department and local organizations
- Sponsor positive self-esteem workshops for your Rhoer Affiliates



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## MAY 2012—continued

### Healthy Living: Mental Health Month

Cope with stress. Improve your overall health, mood, productivity and relationships. Did you know that research suggests that people who feel connected are happier and healthier—and may even live longer?

#### *Suggested Activities*

- Go to [www.livewell.org](http://www.livewell.org) for invaluable information and “the ten tools”
- To help change moods, choose a target group within your chapter and sponsor a “Thank you, Smile week”. Have the group to be conscious of saying thank you and giving a smile to others often. At the end of the week, report on how it affected your mood. Share the info at your meeting
- Host a workshop on stress management with speakers and/or panelists
- Plan a Girls Night Out or Spa Day to teach stress management techniques
- Encourage physical activities which statistics show to reduce stress



# take 25

Make time to talk about child safety.

### Healthy Generations

Each year approximately 800,000 children are reported missing to law enforcement. Approximately one in five of these children are African American. While the vast majority of these children are recovered quickly, there are many who never return home. In 1983, President Ronald Reagan declared **May 25<sup>th</sup>** as National Missing Children’s Day.

To commemorate this day, the **National Center for Missing & Exploited Children** (NCMEC) launched **Take 25**, a national campaign encouraging parents, guardians, communities, and others to take 25 minutes to talk to children about safety.

### National Missing Children’s Day- May 25, 2012 (*Partnership*)

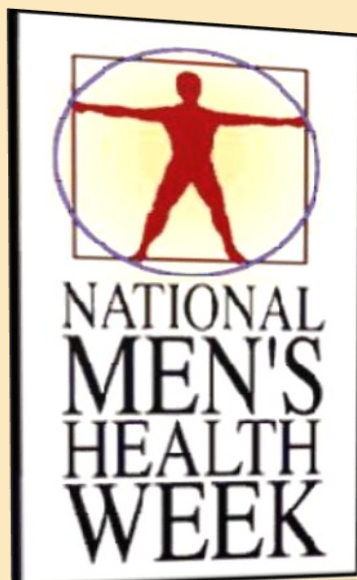
- To get started visit [www.Take25.org](http://www.Take25.org) and click on [Add an Event](#). This will take you to a form which asks some basic questions about your Take 25 event. Once your event has been entered you will receive a confirmation email
- Within your confirmation email you will receive a link which prompts you to enter your event ID, log in and order your **FREE** resources
- You can utilize “**Take 25**” resources in your chapters Operation BigBookBag event
- Distribute safety materials in local elementary schools, libraries, and/or hospitals
- Host safety presentations in local schools - visit [www.NetSmartz.org/presentations](http://www.NetSmartz.org/presentations) for free downloadable presentations
- Partner with local organizations or law enforcement to host a child ID event
- Work with your local elected official to issue a proclamation in support of National Missing Children’s Day
- Everything you need for a successful event is provided for you. Contact Chantay Carter, Special Program Coordinator: [ccarter@ncmec.org](mailto:ccarter@ncmec.org) , 1.877.446. 2632 ext. 6448 or **703-837-6448**



## JUNE 2012

### Healthy Living: National Men’s Health

*“Recognizing and preventing men’s health problems is not just a man’s issue. Because of its impact on wives, mothers, daughters, and sisters, men’s health is truly a family issue.”* Congressman Bill Richardson. Men’s Health Week is celebrated each year as the week leading up to and including Father’s Day. The purpose of Men’s Health Week is to heighten the awareness of preventable health problems and encourage early detection and treatment of disease among men and boys.



### *National Men’s Health Week (June 11-17)*

- Go to [www.menshealthmonth.org/week/](http://www.menshealthmonth.org/week/)
- Partner with your local health agencies and the local barber shops
- Sponsor free health screenings
- Distribute health hints/tips to the men in your community. Make sure you end with “Sigma Women care about your health”
- Sponsor a 1 mile couple walk. Every female has to find a male to walk with, young or old, (husband, son, brother, friend, father or co-worker). Prepare healthy snacks for the end of the walk. Have FUN!!



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