

2010 Minority Health Mini-Grant Awardees Share Their Success Stories

Nutrition

Bread of Healing

TTT: Turning, Tuning and Toning

It is exciting to see the changes that have occurred in the environment of the Bread of Healing Clinic as a result of this project. Those who purchase food for the Wednesday meal program and the Food Pantry bags are now looking for healthier food options at Second Harvest. Rather than get bags of cookies, they are finding veggie tortillas. Rather than getting white rice, they are looking for brown rice. Those who are eating are asking each other: “Where is the color on your plate?” They are challenging each other to eat better foods and to find healthier options. More important than the “measureable outcomes” achieved with this project are the immeasurable outcomes like the change in atmosphere, the shift in paradigms, the building changes (sometimes very small) that will hopefully bring us to lasting lifestyle change.

Fondy Foods

Fondy Farmers' Market Capacity Enhancement

The Fondy Food Center’s WIC Match Program was launched at the Fondy Farmers Market in May 2010. Under this new offering, clients from the Women, Infants, and Children (WIC) federal assistance program get their free produce vouchers matched, dollar-for-dollar, effectively doubling their purchasing power and introducing locally-grown fruits and vegetables into the diets of low income Milwaukee residents. The program was modeled on successful efforts in San Diego, New York, New England and Maryland. The WIC Match Program was made possible through a grant from the Wisconsin Department of Health’s Minority Health Mini-grant program, which allowed the Fondy Food Center to hire a permanent full time Farmers Market Manager. Matching funds were secured from the Greater Milwaukee Foundation and the Northwestern Mutual Foundation.

United Community Center

Healthy Latino Families

The Hernandez Family participated in the program and attended most of the sessions. They were very enthusiastic and engaged. The mother, Graziela Hernandez, said “Participating in the program has changed our lifestyles by making all of us think about the foods we eat. The whole family participates in the decision making about eating and exercise.”

Partnership-building

African American Breastfeeding Network: Mothers, Breastfeeding and Working Initiative (MBWI)

Doris, an expectant mother and soon-to-be-graduate of Bryant Stratton College, had dealt with ear infections and respiratory illnesses in her older children. She and her husband wanted their baby to have a better experience and were interested in how breastfeeding could help. Despite her desire and her husband's support, however, Doris still had some reservations. She had secured post-graduation employment with the college, and was particularly concerned about how she would manage a breastfeeding schedule while at work. Her WIC clinic referred her to the *Pumpin' It Out, Workin' It Out* project (PIO/WIO), where she attended class and gained the skills and confidence to breastfeed. She also attended a Sista2Sista support group before having her baby. Doris utilized the relationship she developed in class with the PIO/WIO lactation specialist to obtain postpartum guidance in developing a lactation plan before her release from the hospital. Through these relationships Doris gained efficient at-home visits and phone consultations when she had concerns about her milk production, and when the baby developed jaundice. She was able to raise a healthy baby and she returned back with very little formula use. Today, Doris has even more confidence to help other women who are contemplating breastfeeding.

Rosalie Manor Baby Be Safe

Rosalie Manor Community & Family Services collaborated with Marquette University's School of Nursing to create "Baby Be Safe," a workshop informing teen/young mothers on basic baby care. While positive experiences were had by all who participated, perhaps the most outstanding was the relationship that was formed by our two organizations, justifying our priority area "Capacity Building." Rosalie Manor and Marquette's School of Nursing are already discussing future projects in which nursing students can work with Rosalie Manor families.

Social Cohesion

Alianza Latina Aplicando Soluciones ALAS Youth and Family Special Needs Case Management Program: South

Ms. Sara P. is the mother of a child with a cognitive disability. Sara first came to ALAS in 2007 seeking the support and information that many parents like her need. Sara, like many ALAS clients, speaks fluent Spanish and prefers information and materials that are presented in her native tongue. Since many of the ALAS staff members are themselves Latina, we are easily able to communicate with our clients in the language that is most comfortable to them. Many years of experience have also resulted in ALAS staff being able to provide written translations and explanations of complex government forms, programs and registration processes. This sort of help has led both to Sara receiving the services she and her family needs, and to her decision to join ALAS and our Parent-to-Parent Latino program. As a volunteer for over three years Sara now acts as a trained

parent mentor assisting other parents in how to navigate the world of healthcare for children with special needs.

Hispanic Community Health Resource Center Community Gardening Project

As a result of the nutrition education the program provides, as well as the opportunities for easy access to fresh vegetables through the gardening project, participants have substantially increased the amount of vegetables in their diet. Equally important, however, is the growing sense of social cohesion as these individuals, who come from five different countries and have their own ways of preparing foods, enthusiastically share recipes and preparation technique. The participants have also been extremely supportive of one another and motivate one another to engage in physical activity and healthier eating.

One of our participants received the very difficult diagnosis of breast cancer during the program. Although she was given the option of attending sessions intermittently, the client stated that the group provided her with a great deal of strength and support, and she intended to attend all the remaining sessions. She further indicated that the activity of gardening was a relaxing diversion that helped her cope with the stress she was experiencing.

Wise Women Gathering Place Discovery Dating - Healthy Relationships in Oneida

One aspect of the Wise Women Gathering Place's Discovery Dating—Healthy Relationships program included mentor communication training to Oneida elders through the "Grandparents Legacy" session. This training experience was very successful, as evidenced by the grandparents' enthusiastic participation: they came early and stayed late; and they expressed great appreciation for the opportunity to share and discuss their family her/histories, the impact on their families, and how they talk about it with their families. It proved a safe means to explore historical trauma in a grassroots way, allowing families to see the impacts without guilt, and providing the tools to move on with their lives in a healthier manner.

Additionally, participants in the Discovery Dating classes expressed positive experiences with the sessions, reporting that they "looked forward to Discovery Dating, not like some of the other classes." There were deep, reflective conversations, as well as several Domestic Violence referrals made at each class.

Physical Activity

United Asian Services Hmong Senior Health Project

Although the program conducted physical activity classes, the Hmong seniors tend to view Western exercise as a curiosity. Therefore, the acts of walking to and attending their gardens have proven to be good exercise to complement the Western regimen the program introduced to them.

“Fat” can be construed as healthy by Hmong seniors, because back in Asia a fat person eats well and has more wealth. The notion that an overweight person is not as healthy as a skinny person does not sink in well against this long, traditional belief held by Hmong seniors, but walking to and working in the garden is natural to them.

Social Justice

YWCA

Girls Get Fit

Kia (not her real name) is a girl from Hmong culture. Her parents are immigrants to this country and continue to hold traditional values closely. One of those values is about the role of females in a family. Kia has three older brothers and being older and being male, their interests came before Kia's. Kia's parents decided that they would focus their resources on activities for their sons, which meant nothing was left to help Kia with her desire for athletics. Her involvement with Girls Inc. has given Kia a place to participate in sports and expand her horizon. Without Girls Inc., and the programming we were able to offer with generous funding from the Wisconsin Minority Health grant, Kia would have been involved in chores at home every day after school rather than sports and nutrition education. Girls Inc. has given Kia an opportunity and a privilege that she would have been denied otherwise, based solely on her gender.