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To: Gloria Emmanuel
From: Ms. Assistant
Date: November 01, 2012
Subject: Report on APHA Expo 2012

From October 27-31st, I traveled to San Francisco, CA to attend this year's APHA Expo. The trip was successful and I learned about new studies and invaluable expert advice regarding the following issues: educating and encouraging cigarette- smoking mothers to breastfeed their babies, strategies to make discriminated populations aware that they have access to healthcare, and how implementing interventions is the first step in preventing cancer and obesity in Latino and Asian immigrant communities.

1. Smoking and Breastfeeding: Practices of Low-Income Mothers

Contact: Caitlin Cross-Barnet, PhD

Discussion: In a study done on non-Hispanic and black mothers, it was found that having low income is proportional to the likelihood of the mother being a cigarette smoker. Survey shows that mothers who are smokers were five times more likely to rely on milk formula to sustain their children, with the belief that smoking and breastfeeding are incompatible and harmful to the baby. Nonetheless, it was concluded that the benefits of breastfeeding outweigh the harmful effects of tobacco in infants. Although eliminating smoking is still the primary concern, efforts must be employed in educating mothers the benefits of breastfeeding.

Next step: At Wellness Village, we must implement a program that focuses on helping and educating low-income mothers. Emphasis should be given on how they could maximize their income in order to raise a happy and healthy baby. As always, much focus should be on quitting smoking cigarettes, but emphasis must be put on the benefits of breastfeeding.

2. Linking Vulnerable Drug Using Populations to Quality Care and Services

Contact: Dionne J. Jones, PhD

Discussion: Populations who are considered vulnerable are those who are discriminated upon based on race, sexual orientation, and language spoken, young delinquents, men and women living with HIV or STD and those who experience social injustices. Although many are unaware of the health care available, most choose not to access it because of discrimination. Intervention was also emphasized in dealing with the drug habit of adolescent delinquent.

Next Step: I have invited Dr. Dionne J. Jones to attend our November meeting to discuss strategies for engaging vulnerable populations of San Fernando Valley to Wellness Village. She gladly accepted the invitation. Volunteers and employees of Wellness Village must attend this meeting, as the strategies discussed will be of invaluable use for our organization given the demographics of the community we serve.

3. Cancer and Obesity Patterns among Latinos and Asians – A Continuing Education session

Contact: Sylvia Guendelman, PhD, LCSW

Discussion: Immigrant Latinos and Asians are projected to constitute the US population by one-third in 2050. The session focuses on research done to relate the behavioral and immigration patterns of Latinos and Asians to their likelihood of developing obesity and cancer. Data was presented relating socioeconomic status and length of living in the United States to developing cancer and obesity. Since this is a continuing study, more research was needed, and the session recommended the development of intervention programs that specifically cater to Latino and Asian communities.

Next Step: Wellness Village must play a role in setting up intervention programs for our Latino and Asian clients. I am meeting with our volunteers this week in order to brainstorm possibilities on how this program can be set up, such as whether two programs should be created – one for the Latino population and the other for the Asian population.



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