

Organization: Migrant Benevolent Association

County: Sampson**Address:** P.O. Box 6
Salemberg, N.C. 28385**Phone:** 910-525-3655**Website:** None available**Project:** Educational Sessions on Minority Health and Personal Health and Wellness**Additional counties served:** Duplin*****Below are excerpts from their final report*****

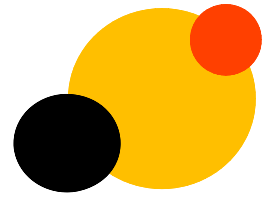
About the Project: The Migrant Benevolent Association (MBA) sought to increase awareness of the health disparities among African Americans in Duplin and Sampson counties. With this heightened awareness, participants would be empowered to take action to reduce health disparities in their communities. Through this project, nearly 125 African American women in Sampson and Duplin counties were given education materials and information about asthma, heart disease, diabetes, infant mortality, HIV/STIs, and cancer. Rural African American women of all ages were targeted at women's forums (conducted at two African American churches, a women's ministry meeting, and a women's conference in Duplin and Sampson counties).

Information Dissemination—MBA worked together with Tri-County Community Health Center and the targeted ministries to meet the objectives of this project.

Public Outreach—MBA partnered with community churches and women ministry groups to disseminate materials. Forums were tailored to the specific interests of the participating ministries. Staff also attended state and local meetings and seminars.

Professional Education—MBA staff received education and training in diabetes care, heart disease and infant mortality. Training resources included educational materials developed by the N.C. Healthy Start Foundation's toolkit, materials from the CDC, March of Dimes, Teens for AIDS Prevention (TAP), University of North Carolina at Chapel Hill, N.C. Department of Environment, Health and Natural Resources' Division of Maternal and Child Health, Minority Infant Mortality Reduction Project, the Office of Minority Health and the First Step Campaign.

Successes: The first Women's Health Forum was held on March 20, 2009 at the Faith Temple Pentecostal Church in Clinton, North Carolina (Sampson County). The topic for discussion was diabetes. Salt Shakers (a multi-church, non-denominational women's ministry) was the host for the second Women's Health Forum. The attendees chose to discuss heart disease and heart healthy diets. On April 4, MBA made a presentation about infant mortality reduction at a women's ministry conference held in Clinton. A display table was set up with incentives, multivitamins were distributed to all women in



attendance (with the importance of its benefits stressed), and educational materials from a diversity of sources were made available to attendees. The fourth forum was held at Joyous Praise Christian Fellowship Church in Warsaw (Duplin County) on April 15. Diabetes was the topic of the evening, and all women received multivitamins with at least 400 mcg of folic acid (thanks to Tri-County for providing those vitamins at a discount).

This grant gave MBA an opportunity to provide outreach services in the African American community. The response from the churches was overwhelmingly supportive. The leaders at the ministries where the forums were held want their members enlightened about health matters and healthy lifestyles. Most expressed an interest in continuing the forums about chronic diseases as an ongoing monthly practice.