

PHYSICAL & MENTAL HEALTH

Hello Sorors,

As it relates to Physical & Mental Health, our 23rd National President, Dr. Louise A. Rice, has charged our sorority to continue to enhance efforts aimed at leading our communities to better health. YOU continue to be the key to making a difference! Chapters are being asked to focus on two major areas for the upcoming year:

- 1) Enter in the 50 Million Pound Challenge
- 2) Participate in the Total Woman Healthy Weight Competition Phase II, which includes the 50 Million Pound Challenge, other health programs implemented, and partnerships/collaborations formed.
- 3) The implementation of a Summit VI program

The Total Woman Healthy Weight Competition will continue during the 2007-08 sorority year. Delta Sigma Theta in partnership with Dr. Ian Smith and State Farm is encouraging chapters to enter the 50 million pound challenge for African Americans across this country. We are asking chapters to enroll online at www.50millionpoundchallenge.com and log in as a new team under the Sorority and Fraternity sub group. Please highlight in your registration that you are members of Delta Sigma Theta. Delta Sigma Theta wants to win the overall sorority and fraternity category. Deltas across the country will lose weight, feel great, and continue the work of Delta practicing healthy lifestyles and showing others how to practice healthy lifestyles.

The Program Planning and Development Committee continues to be **HERE** to support you! And we say, "TAKE THE CHALLENGE!"



Delta Sigma Theta Sorority, Incorporated

Delta Sigma Theta Sorority Incorporated

Program Planning and Development Committee

Physical and Mental Health

TOTAL WOMAN HEALTHY WEIGHT COMPETITION

2007-2008

Chapter Reporting Form

General Guidelines:

1. Chapters must submit this form along with required documentation in order to be reviewed for the healthy weight competition.
2. ALL information must be mailed, no electronic submissions accepted.
3. All required documents should be sent together.

Name of Chapter: _____ Region: _____

Name of Program/Project: _____

Chapter President: _____

Program Coordinator Contact: _____

Contact Phone: _____ Contact Email: _____

1. Did your chapter participate in the 50 Million Pound Campaign?
YES _____ NO _____

2. Number of active (financial) members _____

Number of members registered as campaign participants _____

Percentage of Campaign Participants _____

[(Number of Participants / Number of Active Members) X 100]

3. Total weight loss goal for chapter _____
(Sum of Individual Member Weight Loss Goals)

Number of participants who achieved weight loss goals _____

Total percentage of achieved weight loss goals _____

4. What strategies did your chapter use to assist participating sorors with their weight loss? *(Use additional sheet, if necessary)*

5. Please name additional health programs your chapter has implemented. (i.e. Summit VI)

6. Describe existing partnerships and initiatives including but not limited to American Heart Association, American Diabetes Association.

7. Photos provided *(Limited to 10 photos, preferably on CD, no scrapbooks)* **Photos will not be returned.**

YES _____ NO _____

Applications are to be sent to Delta Sigma Theta Sorority's Headquarters

Applications are due by April 30, 2008

Delta Sigma Theta Sorority, Inc.
1707 New Hampshire Avenue, N.W.
Washington, DC 20009



Delta Sigma Theta Sorority, Incorporated

Delta Sigma Theta Sorority Incorporated

Program Planning and Development Committee

Physical and Mental Health

TOTAL WOMAN HEALTHY WEIGHT COMPETITION 2007-2008

Scoring Sheet and Instructions – Committee Use Only

8. Did your chapter participate in the 50 Million Pound Campaign? (20)
YES (20 points) NO (0 points) _____

2. Percentage of Campaign Participants (20) _____

[(Number of Participants / Number of Active Members) X 100]

- 0-25% (5 points)
- 26-50% (10 points)
- 51-75% (15 points)
- 76-100% (20 points)

3. Total percentage of achieved weight loss goals. (20) _____

- 0-25% (5 points)
- 26-50% (10 points)
- 51-75% (15 points)
- 76-100% (20 points)

4. Please name additional health programs. (i.e. Summit VI, and Diabetes) (30)

One program (10 points) _____

Two programs (20 points)

Three or more programs (30 points)

5. Describe existing collaborations, partnerships and initiatives including but not limited to American Heart Association, American Diabetes Association.

One partnership (5 points) _____

Two partnerships (10 points)

Three or more partnerships (15 points)

6. Photos provided (*Limited to 10 photos, preferably on CD, no scrapbooks,*) **Photos will not be returned (10)** _____

Yes (10 points)

No (0 points)

7. What strategies did your chapter use to assist participating sorors with their weight loss?
(No Points)

Total Points: _____

Summit VI

Chapters should continue to develop and implement Summit VI programs in the final year of this biennium. Attached is the Summit VI Action Plan.



SUMMIT VI EXEMPLARY PROGRAM

SUBMISSION FORM

2007 – 2008



Name of Chapter: _____

Region: _____

Name of Program/Project: _____

Chapter President: _____

Program Coordinator Contact Name: _____

Scope of Program-

1) Please describe your program (If necessary add additional pages for description):

2) Please name all the community partners of your program and describe their roles:

3) Did your chapter receive funding from additional resources? If so please name them.

4) How many financial chapter members are on record? _____

5) How many members participated in your program? _____

6) Did you collaborate with other chapters in your area? If so please name them and describe your partnership.

7) Please provide us with any additional information to determine the success of your chapter's program? Please include pictures, correspondence etc.



Delta Sigma Theta Sorority, Incorporated

SUMMIT VI

ACTION PLAN

FOR

2008

TABLE OF CONTENTS

Message from the National President.....	3
Introduction.....	4
The Problem: Health Issues That Disproportionately Impact Our Community...5	
The Call to Service.....	5
Program/Project Suggestions.....	6
Implementation Strategies.....	7
National Resources.....	8
Program Planning and Development Committee.....	9

Message from the National President

Historically, Delta summits have addressed a multitude of social and health problems facing the African-American community, ourselves, our mothers, sisters, daughters and sisters of the Diaspora. The pandemic of international health issues has reached epidemic proportions. There continues to be significant disparities in health issues and health care which contribute to adverse outcomes in our community. Though there have been strides in health care, especially in the United States, studies show that there are clear and significant differences in the penetration and severity of common chronic diseases between population groups and genders.

Members of Delta Sigma Theta, Inc., you are called upon to collaborate with other organizations in our global community to raise awareness of the disproportionate impact of health issues in our community. Every Delta chapter is asked to present a program/project or activity that replicates the SUMMIT VI conference which was convened in Montego Bay, Jamaica. In addition, we hope chapters will use the information provided during this convention to develop and implement its community Summit VI program.

This guide provides some ideas to assist in planning your program/project. Some chapters may already have a model that would be suitable for adaptation. I want to acknowledge and thank the co-chairs and members of the Program Planning and Development Committee for providing this guide. Sorors, we have been chosen, we have our mission, and as Deltas committed to preserving our health, we must continue to accept and embrace the challenge to make a difference.

Sisterly and sincerely,

Louise A. Rice, Ph.D.
National President

Introduction

Summit VI marked the silver anniversary of Delta Summits. In April of 2006, Delta held an international health conference, Summit VI: Health Issues That Impact Women of African Descent in Montego Bay, Jamaica. This international health conference was Phase I of Delta's efforts to expand our knowledge and awareness of disparities in health and healthcare within our community and the urgency to spread the word.

For the 2004-2006 biennium, Delta Sigma Theta Sorority, Inc. will focus on The Total Woman: Mind, Body, and Spirit that supports Summit VI which is in keeping with Delta's Physical and Mental Health and International Awareness and Involvement components of the sorority's Five Point Program. The Summit VI conference sessions, panels and workshops focused on health issues that related to the mind, body and spirit.

Phase II will be implemented during this convention with a recap of information presented at Phase I. Delta will continue its commitment to service with a broader focus on health issues that disproportionately impact African American women and our community. Former Secretary of Health, Education and Welfare, John Garner said "Life is filled with golden opportunities, carefully disguised as irresolvable problems." Delta always seeks opportunities to address challenges and resolve issues. We never give up.

The Problem: Health Issues that Disproportionately Impact Our Community

The National Center for Health Statistics Report lists a myriad of causes of death in the African American Community that has reached epidemic proportions. This list includes: HIV/AIDS, cancer, diabetes, obesity, and cardiovascular and cerebrovascular issues. Approximately, 78% of HIV infected women are minorities. HIV/AIDS remains an urgent priority and continues to affect us disproportionately.

Heart disease and cancer, while decreasing, continue to be the leading causes of death among adults. Obesity and Type 2 diabetes in adults and children exploded during the 1990's. Obesity is the primary risk factor for Type 2 diabetes. More women die annually from diabetes than breast cancer. Women of African descent are nearly four times more likely than white women to die during childbirth or from pregnancy related complications. Health issues are not limited to infirmities of the body. We must also remember to include in the program/project mental and spiritual health.

The Call to Service

The African American community continues to have a higher mortality rate than many other communities. Some health issues that lead to death are preventable. African Americans are one of the largest population groups who seek medical diagnosis, treatment and support on an infrequent basis. Delta Sigma Theta Sorority, Inc., must continue to be a leader and accept the challenge of providing awareness and information about health disparities in our community, especially for women.

Every chapter of Delta Sigma Theta Sorority throughout the world must launch or culminate a program/project dealing with health issues that disproportionately impact the African American community. Deltas will be seen and heard as advocates for quality health care for all, but most especially the African American community.

Program/Project Suggestions

Members of Delta Sigma Theta Sorority continually and consistently demonstrate resourcefulness and creativity. Your chapter is encouraged to design a program/project that mirrors the needs of your community, chapter interests and available resources. The following are suggestions and not mandated activities and are not in priority order. Remember, the goal is to present a viable program/project.

- Partner with another chapter(s) organization (s) to sponsor a health summit.
- Identify physicians and other health care practitioners and providers in your community who can provide expert information.
- Identify and contact local and national organizations that may provide in-kind and/or sponsorship resources.
- Establish a chapter SUMMIT committee to plan the program/project. Areas of consideration should include but not be limited to topics, speakers, logistics, publicity, and funding.
- Secure an appropriate location.
- Get written confirmation from panelists, presenters, facilitators, volunteers and any others who may be necessary for program success.
- Determine if there will be refreshments or meals served. Contact food service if it is associated with the site.
- Determine individuals and/or organizations with whom Delta will collaborate. The local Health Department, American Red Cross, The American Heart Association, the School District, community clinics and hospitals and local colleges and universities are a few to explore.
- Invite public officials and community leaders to participate.
- Work with mayors, county executives, county supervisors, state and national legislators to develop proclamations highlighting the work being done by Delta Sigma Theta on Summit VI.
- Establish a budget.
- Publicize the event using local newspapers, radio stations, television networks and other available media outlets.
- Conduct letter writing campaigns to your senator and congressperson, telling them about your chapter's program/project and enlisting their support for legislation addressing disparities in health and health care.
- Review models already existing in chapter programs and, as appropriate, adapt them to focus on health issues that impact our community.

Implementation Strategies

- Start planning immediately!
- Select and design the program/project you will implement, establishing both short and long term objectives.
- Prepare an evaluation form for participants and other persons to complete after the event.
- Determine the distribution and retrieval process for evaluation forms.
- Send thank you letters to presenters, supporters, and all others who contributed to the event.
- Hold a committee meeting as soon as possible after the event to review evaluation forms to document the successes and challenges of the event.
- Document your Summit VI event(s) for historical purposes and for forwarding to Delta Sigma Theta Sorority, Inc. National Headquarters for recognition of “Best Practices” from chapters that apply for Community Service Awards given at the National Convention.

Remember, good planning brings the best results!

National Resources

1. Black Women's Health Imperative
600 Pennsylvania Ave., S.E.
Washington, D.C. 20003
2. Association of Black Psychologists
P.O. Box 55999
Washington, D.C. 20040-5999
3. National Medical Association
1012 10th Street, N.W.
Washington, D.C. 20001
4. National Institutes of Health
6707 Democracy Blvd., Suite 800
Bethesda, Maryland 20892-5465
5. American College of Obstetricians and Gynecologists
409 12th Street, S.W.
Washington, D.C. 20090
6. Curves International
100 Ritchie Road
Waco, Texas 76710
7. Jenny Craig, Inc.
5770 Fleet Street
Carlsbad, Calif. 92008-9446
8. Centers for Disease Control
1600 Clifton Rd,
Atlanta, GA 30333,

**Program Planning and Development Committee
2006-2008**

Louise A. Rice, Ph.D.
National President

Maxine R Cormier, Co-Chair
Pamela A. Ross, MD, Co-Chair

Taryn Adkins
Shavon Arline
Diane G. Bloodsaw
Marcia Bowden
S Sharelle Daily
Barbara Mosley-Davis
LaVerne Davis
Sheila Dobbins
Shaquela Ford
Venida Hamilton
Kelly Haley
Doris McEwen Harris
Mary Henry
Georgia Humphrey
Linda Bates Leali
Felicia Jones Nickerson
D. Denise Peterson
Betty Scull
Vicki Young

National Staff

Roseline McKinney, Executive Director
Ella Mc Nair, Director, Program and Public Relations
Carolyn McCrea, Program Specialist

Delta Sigma Theta Sorority, Inc.
1707 New Hampshire Avenue, N.W.
Washington, D.C. 20009
(202) 986-2400
www.deltasigmatheta.org

FOR YOUR INFORMATION

The Health Policy Institute of the Joint Center for Political and Economic Studies and the Black Women's Agenda sponsored a health forum during the September 2007 Annual Congressional Black Caucus Foundation Legislative Weekend. Delta Sigma Theta Sorority, Inc. was represented in a panel discussing policy issues and advocacy opportunities to reduce and eliminate ethnic and racial disparities in health.

The documentary series *Unnatural Causes: Is Inequality Making Us Sick?* will be scheduled for PBS broadcast Winter 2008. It investigates the root causes of alarming socio-economic and racial/ethnic disparities in health – and searches for solutions. Specific outreach efforts and opportunities to use the series as a tool to educate, organize and advocate for health equity. The Program Planning & Development Committee is pleased to provide you this one page, optional, additional RESOURCE as your chapter looks to future program planning.

UNNATURAL CAUSES ***Is Inequality Making Us Sick?***

Copyright © California Newsreel 2006

Ten Ways to Take Action

Produced by California Newsreel with Vital Pictures. Presented by the National Minority Consortia
In Association with the Joint Center Health Policy Institute

UNNATURAL CAUSES: Is Inequality Making Us Sick? brings together a pioneering PBS documentary series, DVD release and a companion web site with an ambitious outreach and public impact campaign to help reframe the nation's debate over health and what we as a society can—and should—do to reduce our devastating socio-economic and racial health disparities.

The four-hour series—produced by California Newsreel and presented by the National Minority Consortia of public television—will, for the first time on television, investigate the sources of our health disparities. The broadcast and DVD release will trigger a public impact campaign offering a unique opportunity to put health equity on the public agenda.

TEN ACTION STEPS TO GET INVOLVED

1. Identify who is working to address health inequities within your organization
2. Identify allies and friends interested in learning more about the social determinants of health
3. Organize a Brown Bag screening to explore how your organization might want to use the series to support its work
4. Identify existing assets, programs, or initiatives within your organization that provide avenues for action
5. Post information about the series and what your organization is doing to address health disparities on your site
6. Send information about the social determinants of health to members
7. Define a local angle for media: identify three health disparities you are focusing on and what you're doing about it
8. Work with your local PBS station to organize an event around the national broadcast
9. Identify other organizations and agencies doing work that promotes health equity
10. Organize a screening event to educate, mobilize and advocate for initiatives that promote health equity

ABOUT CALIFORNIA NEWSREEL

California Newsreel, producer of the series, is the country's oldest non-profit documentary production and distribution center. Our releases have won many awards over the years including National Emmys and an Oscar. Among our recent series broadcast by PBS are *Race – The Power of an Illusion* and *The Rise and Fall of Jim Crow*.

CONTACT

Larry Adelman
Executive Producer
LA@newsreel.org

Rachel Poulain
Director of Outreach
RP@newsreel.org

CALIFORNIA NEWSREEL
500 Third Street, #505
San Francisco, CA 94107
Tel (415) 284-7800
Fax (415) 284-7801

www.unnaturalcauses.org
www.newsreel.org