



CHN Weekly Update

Week of February 1st, 2021



February Fun Fact:
Your heart pumps about 2,000 gallons of blood every day.



February Fun Fact:
Isaiah Tuppins was the first African American man in Ohio to earn a medical degree.
[Click here](#) to learn more.

MEMBER REMINDERS

Education Committee Survey

DUE: Friday February 5th, 5PM

[Click here](#) to complete.

MEMBER LINKS

[Ohio COVID-Vaccine Locator Tool](#)

[*FREE* COVID Testing Sites](#)

[COVID-19 Resource Page](#)

[Member Resource Page](#)

Member Resources:

February is American Heart Month

Did you know that heart disease is the number one cause of death for Americans? This is the time of the year when everyone can focus on their cardiovascular health and learn more about how to keep their heart healthy.

The Columbus Recreation and Parks Health and Wellness team is passionate about promoting healthy habits to all residents. They recommend regular exercise, healthy eating habits and an active lifestyle for maintaining a healthy heart and reducing your risk for cardiovascular disease.

Columbus Recreation and Parks Department offers 19 Get Active sites throughout the community, with classes, activities and equipment for every skill level.

Find your new heart-healthy activity [here](#).

Important News

Vaccine Data by Race, Ethnicity Sorely Lacking in U.S.

Early data shows that Black Americans have gotten the COVID-19 vaccine at disproportionately low rates. The Biden Administration stated that for 47% of the vaccinations received, they are lacking in race and ethnicity data, making it more difficult to track the equity of COVID vaccine distribution in America.

[Click here](#) to view the full article.

ICE Won't Make Arrests at COVID-19 Vaccination Sites

The Department of Homeland Security said it fully supports equal access to the vaccine for immigrants in the country illegally. Quoted in this U.S. News and World Report article, the department of homeland security (DHS) has stated,

"DHS and its Federal government partners fully support equal access to the COVID-19 vaccines and vaccine distribution sites for undocumented immigrants. It is a moral and public health imperative to ensure that all individuals residing in the United States have access to the vaccine".

[Click here](#) to view the full article.

Educational Opportunities:

Celebrate One's Safe Sleep Ambassador Training

Columbus Public Health's and CelebrateOne's infant safe sleep experts will teach you the ABC's of safe sleep and certify you as a Safe Sleep Ambassador. You will be ready to share your knowledge with friends, parents and anyone caring for newborns and infants, and you'll be part of the solution to ensure our babies thrive. ALL are welcome!

Multiple dates/times are available. [Click here](#) to register.

Suicide Prevention Training, QPR Certification

QPR stands for Question, Persuade, and Refer—the 3 simple steps anyone can learn to help prevent suicide. The most widely taught gatekeeper training in the world, QPR is designed to help any and everyone learn how to recognize the warning signs of suicide, offer hope, and help save lives. Participants will learn how to intervene with an individual at-risk, persuade them to get help and guide them to the appropriate resources.

The 60-90 minute QPR Training includes an hour of instruction, followed by role-playing exercises, and time for questions and discussion. Take the first step in saving lives by [signing up](#) for QPR training today.

[Click here](#) to register.

Integrating Behavioral Health and Primary Care Services: Lessons Learned From Three Ohio Practices.

The program, hosted by The Ohio Cardiovascular and Diabetes Health Collaborative (Cardi-OH), will be presented by Trygve Dolber, MD, Assistant Professor, Psychiatry and Internal Medicine, Associate Director of Population Behavioral Health, University Hospitals Cleveland Medical Center, Case Western Reserve University.

This event, being held on February 12th from 12pm to 1pm, will highlight the magnitude of unmet mental health need in the population and its role in physical health burden, present the rationale, evidence, and outcomes for integrated care to address unmet mental and physical health needs, and address the practical, stepwise application of integrated care into an existing practice.

To register or learn more, [click here](#).

Monthly COVID-19 Discussion Group:



The Charitable Healthcare Network is hosting a **monthly** virtual discussion group for Ohio's charitable health care organizations. Here we will check-in with one another and share resources/strategies on our approach to handling the pandemic. Meetings will be held on the third Wednesday of each month from 11am-12pm.

If you wish to participate, please re-register by [clicking here](#). Registration from last year has not rolled over into the new year.

11AM, Wednesday February 17th

CHN staff will be sitting down with COVID-Call participants to field questions about the vaccine, the future of COVID-19 and what clinics can do to help their communities! Come ready to discuss these pressing public health issues and connect with other clinics just like you!

Would you or someone you know be interested in hosting a discussion? [Click Here](#).

[Download, view, or watch meeting recordings here](#)

[Register for our Discussion Group](#)

Have News with Your Clinic?

Let Us Know to Get Featured in the Weekly Update!



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