



Vote like your health depends on it, because it does

In Virginia, health and voting are interconnected issues that greatly impact the well-being of communities. Access to healthcare and health education can influence voter turnout, as individuals who are healthier and more informed are more likely to engage in the electoral process.

Virginia's initiatives to enhance healthcare access, including expanding Medicaid, aim to improve health outcomes for residents, which can lead to higher participation rates in elections. Furthermore, the voting rights of various groups—including people of color and specifically all of us living in Hampton Roads—are vital to ensuring equitable health policies.

As such, promoting health equity and improving access to voting are essential for fostering a more inclusive democracy in Virginia, ensuring that all voices are heard and that public health policies reflect the needs of the entire population. Please get out and vote.

Early Voting started on September 20 and will continue until the last weekend before the election. Let's all exercise our right to vote and definitely support moving toward an even better healthcare system that is fair to all. See you at the polls!

Health and Wellness Committee x

If you have contributions to the newsletter or would like to get involved with the Health and Wellness committee...

Let Us
Know!

October is Breast Cancer Awareness Month

1 IN 8 WOMEN

will develop breast cancer in their lifetime.



► Time from medical consultation to the initiation of treatment was longer than three months for 22.4% for black women compared with 14.3% of white women.



► Black women have a 40 percent breast cancer mortality rate — the highest of any U.S. racial or ethnic group.
 ► Black women are two times more likely to be diagnosed with triple negative breast cancer, a subtype of the disease that is more aggressive and associated with a higher mortality rate.

40%



► The mortality rate for Black women diagnosed with breast cancer is 42% higher than the comparable rate for white women.



► Breast cancer is the most common cause of death in Black and Latina women between the ages of 45 and 60 years old.



► Indigenous women are 7 percent more likely to get breast cancer and 10 percent more likely to die from it than non-Hispanic white women.

20-30%

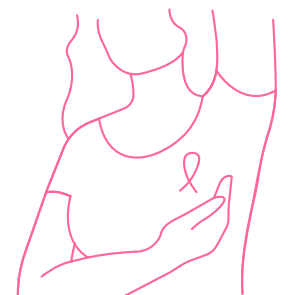
of women diagnosed early are likely to experience a recurrence of breast cancer.

SOURCE: American Cancer Society

The best methods to breast cancer prevention

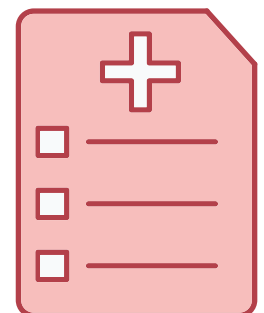
Regular Breast Cancer Screenings

The longer cancer goes undetected, the more opportunity it has to grow and spread. Regular screening beginning at the age of 40 are the best way to detect cancer early, when it is easier to treat



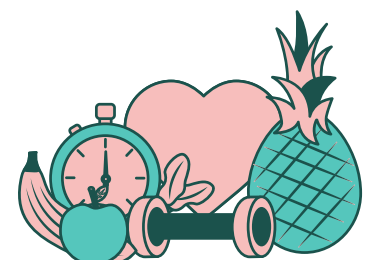
Know Your Risk Factors

Give your doctor a full picture of your risk factors, including lifestyle choices and medical history. Knowing your family history with cancer is beneficial, but you can also perform genetic testing to know your risk.



Strive to live a healthy lifestyle

Taking care of your body is an easy start to breast cancer prevention. You should exercise regularly, eat a nutritious diet, limit alcohol consumption, and avoid use and exposure to tobacco products



DOMESTIC VIOLENCE

Awareness
Month



OCTOBER

The Iceberg of Domestic Violence

One of the most dangerous and insidious truths about domestic violence is it's easy to ignore if it's not visible. Like an iceberg, there's a lot more than what is visible above the surface, and that's true for individuals, communities, and cultures. **In the depiction below, we've listed outward acts that society doesn't accept, where survivors are supported and the offenders are held accountable. Ask yourself: WHY don't we do the same with acts found below the water's surface?**

Socially Unacceptable Domestic Violence

Intimate Partner Homicide

Intimate Partner Rape and Sexual Violence

"Severe" Forms of Physical Violence
(e.g. beating, burning, strangulation)

Experienced by victim due to...
offender's actions

Financial abuse, emotional abuse, coercion, including reproductive

bystander's actions

Victim blaming/asking "Why don't they leave?"
"It's a private matter and it's not my place to intervene."

community's actions

Making and/or not challenging jokes about domestic violence
Supporting abusers in their career/work/art (e.g. artists, athletes, politicians) without accountability for their violence

Socially Acceptable or Tolerated Domestic Violence

Modified with permission; original language from NCADV's 2020 DVAM Toolkit.

Continued on next page

If you or someone you know is in an unhealthy or abusive relationship...

Call Virginia's 24-hour Family Violence and Sexual Assault hotline at 1-800-838-8238

UPCOMING *events*

OCTOBER

TUESDAY

22

5:00PM

Living Room Conversation: Public Health

Enjoy coffee, cookies, and conversation as you discuss the role of public health and how to prioritize the needs of communities

Location: Kempsville Area Library

Register: <https://vbpl.librarymarket.com/index.php/copy-living-room-conversation-public-health-9>

SATURDAY

26

5:00PM

Spooky Spades & Costume Night

Monetary Prize for 1st, 2nd, and 3rd place for Spades Tournament & Best Costume

Location: Black Eyed Peas Restaurant 1005 Lynnhaven Mall Loop

Hosted by Sugalump. \$10 Entry Fee to support Sickle Cell Disease

SATURDAY

26

12:00PM

La Petite Fete in Pink

Enjoy a day of celebration, support, and community

Location: Mill Point Park, 100 Eaton St Hampton, VA

Open to the public

WEDNESDAY

30

1:00PM

Virginia Department of Health Information Session

Health resource session including topics from winter wellness to vaccines.

Location: Meyera E. Obendorf Central Library, Virginia Beach

Open to all. No registration required.

NOVEMBER

SATURDAY

2

1:00PM

Mind over Laughs :Mental Health Awareness Show

Join us for a night of laughter and support for mental health.

Location: Venue on 35th, 631 W.35th St. Norfolk, VA

Tickets: <https://www.eventbrite.com/e/mind-over-laughs-mental-health-awareness-show-tickets-1026785823037>

FIRDAY

15

11:00AM

Blended Adult Mental Health First Aid

Learn to help others in our community when you become a Certified Mental Health First Aider.

Location: 258 N. Witchduck Road Suite# 2c Virginia Beach, VA

Free to Attend, Lunch Provided!

Register: <https://www.eventbrite.com/e/blended-adult-mental-health-first-aid-tickets-1037764921817?aff=erelexpmlt>