

October 2021 Edition

The Advance

The Voice and Resource for Advancing Black Health Equity in California

"The Advance" is a quarterly newsletter published by the California Black Health Network providing news, information, and resources that aim to improve outcomes and create a more equitable future and "health story" for all Black Californians.



www.cablackhealthnetwork.org

Message from the Executive Director: Rhonda Smith

Welcome to the first edition of "The Advance", our quarterly newsletter that serves as the voice and trusted resource for news, information, and events that aim to advance Health Equity for Black Californians.

[Click Here to read more](#)

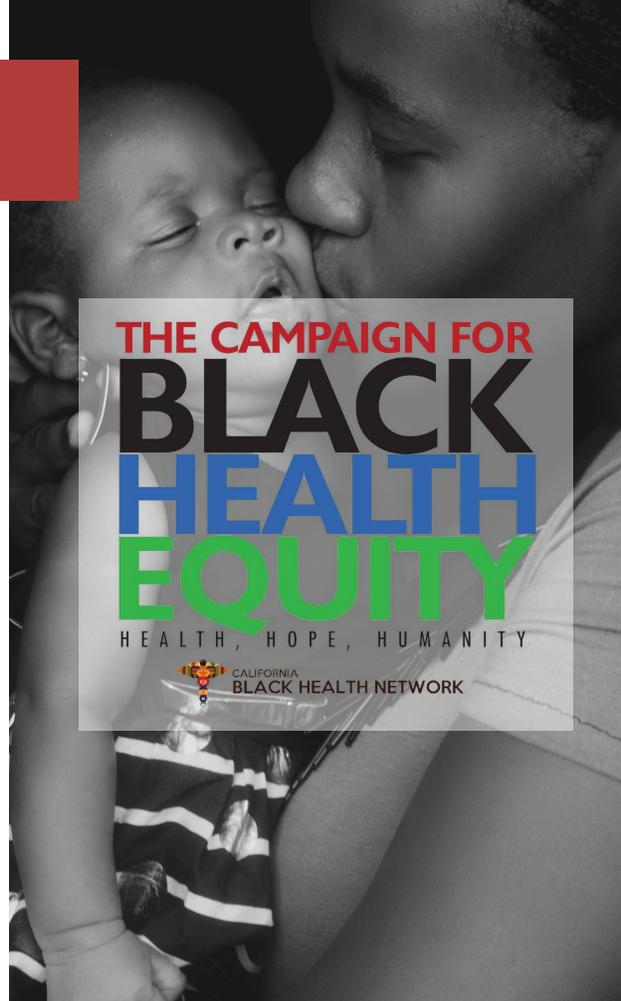


Advancing Health Equity

The [Campaign for Black Health Equity](#) is our strategy for building the foundation for an equitable future for all Black Californians. The Campaign is a multi-year initiative that aims to drive growth, capacity building, and long-term sustainability for CBHN. Our goal is, by 2023, the Campaign will raise \$2 million to support critical programmatic work and policy initiatives to decrease measurable instances of health disparities by 15%. CBHN will use a three-pronged approach to achieve these goals:

1. Drive key policy changes through our advocacy and policy initiatives.
2. Enhance educational program offerings for healthcare professionals and patients/individuals.
3. Increase brand visibility to become the “go to” thought-leader and trusted resource amongst health equity, public health, and healthcare professionals, and the Black community.

Join the Campaign!



Reports & Research

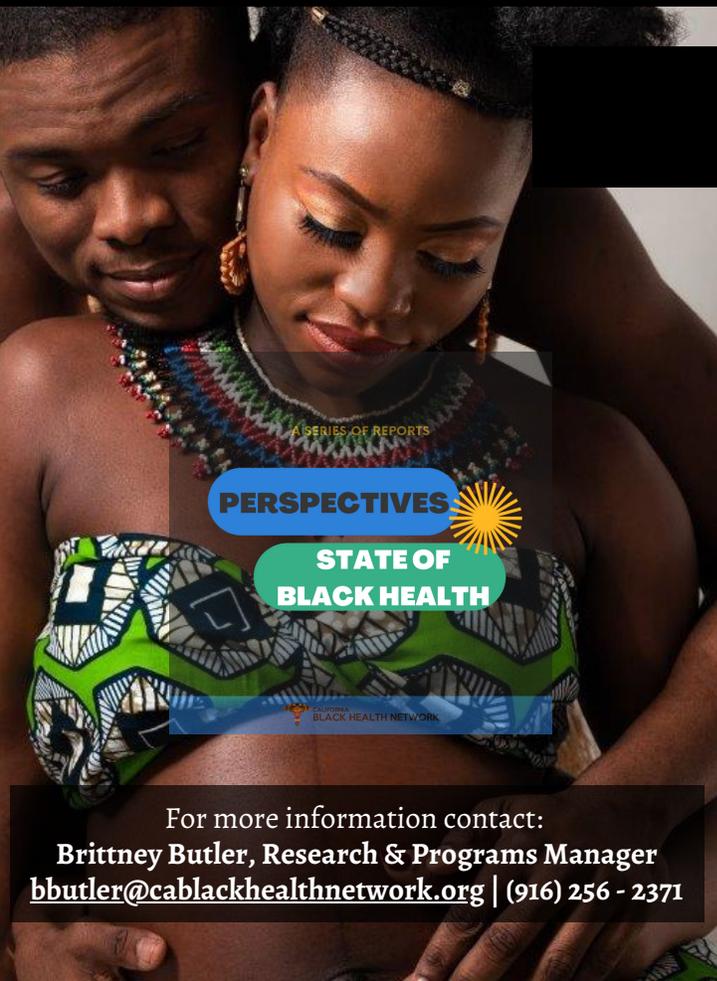
The State of Black Health

The California Black Health Network has launched “CBHN Perspectives: The State of Black Health”, a series of evidenced-based reports that address health, structural, social, and policy issues that impact the health and well-being of Black communities in California and the United States. Our first reports feature data and insights that highlight the State of Black Health, comparatively, based on geography, race, and ethnicity on Black Maternal Health, Mental Health, and COVID-19. These reports include a comprehensive and current landscape of Black Health in California relative to Black Maternal Health, Mental Health, and COVID-19.

[Click Here to read the first Perspectives Report: Black Maternal Health in CA](#)

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Policy and Advocacy

On October 9, 2021, Governor G. Newsom signed the final bills of the first year of the 2021-2022 legislative session. Over the past year, CBHN, alongside our partners, strongly advocated for legislative and administrative proposals that aim to improve the health and wellbeing in African American and Black communities throughout California. The Legislature and the Governor made critical policy and budgetary decisions related to healthcare, housing, education, law-enforcement, and other issues that impact the longevity and vitality of our communities.

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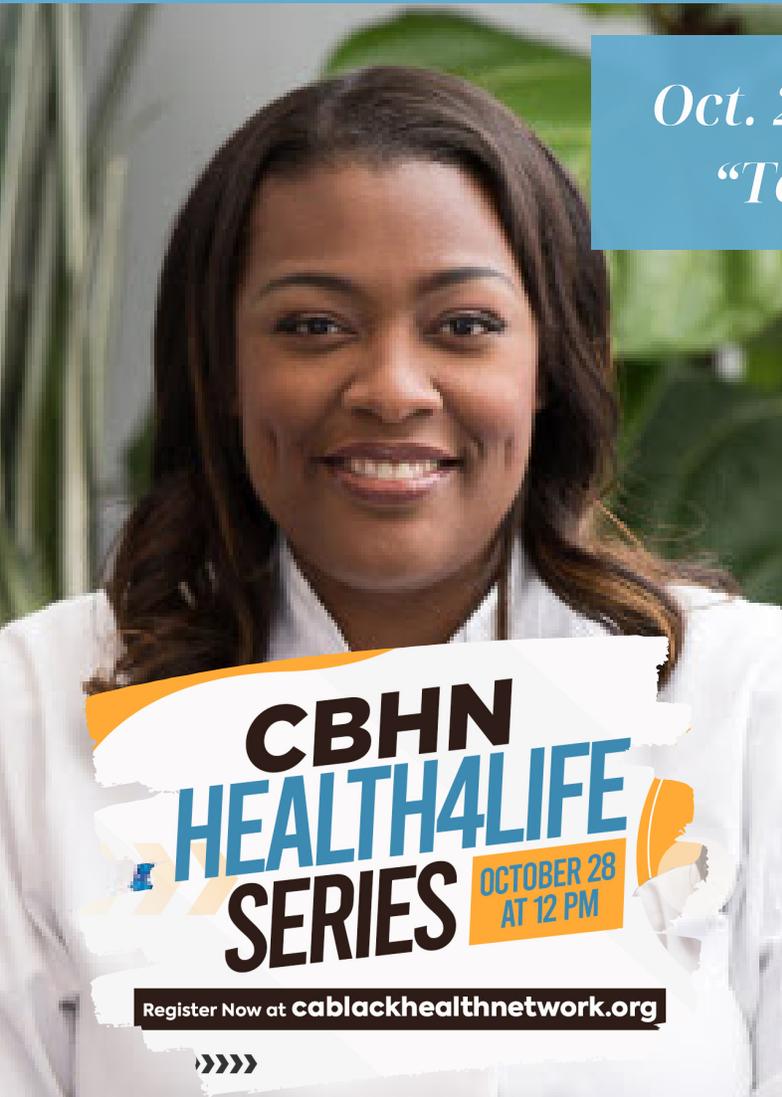
Events

Oct. 28 Celebrity Chef Event with "Top Chef" Alum Tiffany Derry

Join CBHN on October 28, as we kick-off our "Health4Life" Initiative with our first ever virtual cooking class featuring Celebrity Chef, reality TV chef and entrepreneur, Tiffany Derry. This is a FREE, interactive event and an opportunity to learn how to keep the "flavor" in your meals, and making them healthy and nutritious without giving up your joy of cooking or eating!

Tiffany is best known as a fan-favorite on Bravo TV's "Top Chef." She is a Novo Nordisk Diabetes ambassador for healthy cooking demonstrations and educational workshops.

[REGISTER NOW!](#)



Breast Cancer Awareness Month



This October, CBHN challenges you to become breast health aware! Breast health awareness begins with a sense of knowing what is normal for you and your breasts. Being proactive about all aspects of your health can help you live a long, healthy life! While there's no sure-fire way to prevent breast cancer from occurring, there are things you can do to minimize your risks. You can be more breast health aware by doing these four things:

1. Know Your Risk
2. Get Your Annual Mammogram
3. Know What is Normal for You
4. Make Healthy Lifestyle Choices

[*Learn More*](#)

Share Your Story

For the month of October, CBHN is partnering with KBLA 1580 Talk Radio to promote Breast Health Awareness, celebrate breast cancer survivors, and help amplify their voices. It's simple. All you have to do is download the KBLA 1580 TALK mobile app and record your story.

[*Download the app and Share Your Story!*](#)



*Connect with Us
@yourCBHN*



[*Visit Our Website*](#)

Member Spotlight



*Pastor Rhonda
breast cancer survivor, advocate,
and founder of Celebrate Life*

This year, CBHN created the Black Health Network (BHN), a virtual community of like-minded health equity leaders, professionals, policy makers, advocates, individuals, and partners who work to ensure that Black Californians live a life free from violence, racism, and health inequities. The BHN is space where members are able to interact with one another, exchange information, and develop professional or social contacts through virtual networking. In each edition of our newsletter, we will spotlight a member to show our appreciation for their commitment and dedication to advancing health equity in the communities they serve. In this edition, we celebrate Pastor Rhonda. Watch her interview with our Executive Director and learn more about her story.

[Watch Video](#)

Meet the Board

Message from the Board of Director: Brenda Shipp

In 2019, the United States was devastated by the mysterious Coronavirus pneumonia that would later become known as the COVID-19 pandemic and the world was turned upside down as it spread across the country causing illness and death. COVID-19 would cause the declaration of a Public Health Emergency and things as we knew them would never be the same. No one was more impacted by the viciousness of this than Black Americans. Like most events in our society, Black Americans were the last to be admitted or treated and in some instances were even turned away when going to hospitals to receive treatment.

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