



Milwaukee Consortium for Hmong Health, Inc. Newsletter



New Staff On The Way

Our size and reach has been steadily increasing since our start in 2008, and we are looking to hire four new community health workers to aid in combating Covid. Through our partners we have had valuable resources and time invested as well as many helpful interns along the way. In the future we are looking to expand our Youth Health Ambassador Program (YHA). All the work that we do could not be done without our dedicated team.

OVERVIEW:

- New Staff on the Way
- Our year at a glance
- H.E.A.R.T. Workshops
- What it means to be a Youth Health Ambassador

Empowering families: Saving lives through education and screening.

Serving the Hmong & Southeast Asian community since 2008



Health in all Areas: Our Year at a Glance

With the Covid-19 pandemic taking a big toll on us all we have worked throughout the long year to continue as best as we can to educate and care for our Southeast Asian American communities here in Milwaukee. In the first few months of last March we were a bit stumped on how we would reach clients and stay in contact with our community but we quickly came up with ideas and solutions to step up for those who needed it. We were able to stay in contact with clients thanks to social media and continued to make calls although our face to face capacity was limited.

Although our organization mainly works to educate on breast and cervical cancer and the importance of screening, health in all areas is what we truly work on.



That is why it was so important for us to all work with food distributions and civic engagement during voting season. It was very valuable work for us to educate many people in the community on the voting process and help register them to vote and to fill out their census information.

Being a Youth Health Ambassador

By Julia K

As a Youth Health Ambassador, my role is to help educate my community and those around me. I help raise awareness of chronic diseases such as diabetes, hypertension, and high cholesterol. I also help increase access to health services through information sharing at health fairs, outreach events, and trainings.

Being a YHA, skills needed to support our communities in approaching persistent health challenges and successfully drive positive changes are developed. As a YHA, my role is to also lead a new generation of health educators. In choosing to train to become a youth health ambassador, critical thinking,

communication, problem solving, and collaboration skills will be developed or strengthened all while becoming leaders in our communities. In teaching our communities about these chronic diseases, we are also learning more. We will learn how to explain what the disease is confidently and how we should take care of our health.

Being A Youth Health Ambassador

By Htee M

Working and learning as a Youth Health Ambassador is a really good experience for my future because it exposes me to field that I have not been in before. Health is important to our life because if you are healthy, you will live long. Working as an ambassador I learn about my health and health of others, how to care for myself and for others.

With experiences like these I have more knowledge and more awareness about health. I know that my future will improve because of this knowledge. While working as a youth ambassador I also have CHIP mentors that guide me. With my mentors I have learned a lot of new things and do a lot of fun things.

My mentors try to turn health facts into something that can be enjoyed by everyone and easy to learn. With them I enjoy work every day because they always try to make the health field positive and fun. Every day is like a surprise because we never know what we will learn next, but I know that it will be fun thanks to my mentors.

Learning something new is always fun for me because it exposes me to something new to do, my mentors do a good job at teaching us even when they are students their selves. Their dedication and their devotion really inspired me to do better because I am someone who has a lot of free time but now, I want to do something to improve and help others.

H.E.A.R.T Workshops

Each month we host a workshop called a H.E.A.R.T clinic:
(HEALTH. EDUCATION. ACTION. RESOURCE. TEACH)

During the workshops we do various forms of patient education to help our communities better understand their bodies and their health. It is important that when we educate we are aware of what we are saying and how we must approach our community members with respect and cultural competence.

Knowing that topics such as breast and cervical cancer are difficult topics to talk about leads us to design strategies to best speak with our community

members to help them understand the importance of early detection through screening and prevention. We also have a community garden at our office in which we help educate based on healthy eating habits and not only what you should be eating, but what you should be using when cooking, eating, and storing.

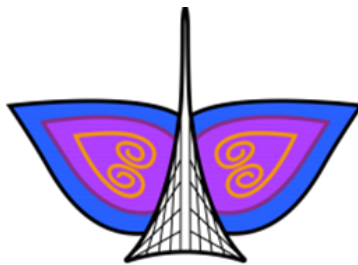


For example limiting our exposures to bad chemicals that are present in many of the plastics that we use everyday. Due to the pandemic we were not able to have as many in person workshops but we persevered and when vaccines were available we were able to host a Mother's Day workshop in May and a Healthy Family Summer day in July.



Who We Are

The Milwaukee Consortium for Hmong Health consists of both statewide and local stakeholders, addressing chronic disease and cancer disparities in the Asian American community. Since its inception, the Consortium has engaged in a variety of grant-funded projects designed to increase knowledge of barriers to preventive cancer screenings for Milwaukee Hmong and providing education on chronic diseases and cancer. The Consortium has expanded its services to other Southeast Asian American communities.



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Mission

To engage the Southeast Asian American community for positive change regarding chronic diseases and cancer health and wellness

Vision

To advance strategies for reducing the burden of chronic diseases and cancer in the Southeast Asian American Community

Goals

1. Provide communication, education, and outreach on chronic diseases and cancer issues.
2. Build capacity to address chronic diseases and cancer issues
3. Address barriers to and encourage screenings and follow-up with clients and physicians