

Providing Culturally-Sensitive Health Education



NDSU pharmacy students provide free health screenings.

NDSU Pharmacy Students Screen for Prediabetes and Hypertension

Imagine relocating to a place with unfamiliar food, customs, and culture. Would you be able to identify healthy foods at the store? Would you be able to access the local health system to manage your health? New immigrants in the Fargo-Moorhead area find themselves in this exact scenario. A 2017 event coordinated by local organizations addressed this situation and 50 new Americans received free blood pressure, blood glucose, and cholesterol screenings as well as education on immunizations and safe nonprescription medication use.

In addition to PartnerSHIP 4 Health (PS4H) and the New American Consortium for Wellness and Empowerment, participating organizations included the University of Minnesota Extension, Community Health Service Inc., North Dakota State University (NDSU) Academy of Student Pharmacists, and Moorhead Adult Basic Education. NDSU pharmacy students offered screenings and education related to test results, and gave participants hard copies of their results. After participants were screened, they had access to an onsite nurse and outreach coordinator

from Community Health Service Inc. to provide additional education on the screening results and immediately schedule a clinic appointment for those individuals who presented as high risk for diabetes and/or heart disease. In addition to the screenings, participants had access to healthy lifestyle-focused education. For example, one display featured models of healthy produce labelled in multiple languages. "Through this partnership, we were able to serve a group of individuals who are considered underserved in our community," said Elizabeth Skoy, an Associate Professor in the NDSU School of Pharmacy. "We were able to encourage positive changes in those that were screened and interact with a group that we do not normally get the chance to serve."

Event Part of Collaborative Project to Address Health Disparities

Reducing health disparities in our region requires carefully considering the issues faced by community members as well as their specific needs. Working to address these issues is the first step to creating a healthier community.

The local Eliminating Health Disparities Initiative (EHDI), a partnership between PS4H and the New American Consortium led by Maryann Harris, funds culturally appropriate efforts such as this event in communities most impacted by health disparities. Current initiative priorities include working with Africans and African-Americans in Moorhead and Pelican Rapids to reduce risk factors leading to diabetes, heart disease, and stroke.

Learn more about PartnerSHIP 4 Health's work in Becker, Clay, Otter Tail and Wilkin counties at <http://partnership4health.org>

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