



XIII Bay Area Binational Health Week

Binational Health Week is one of the largest Latino health initiatives in the Americas. Instituted 13 years ago by the Mexican government in conjunction with the Health Initiative of the Americas, a program of the UC Berkeley School of Public Health, BHW promotes Latino health and provides opportunities for routine medical examinations for underserved Latinos.

In the Bay Area, BHW aims to not only work on a large scale, but also to make use of community-level expertise. The BHW social network has fostered innovation, alliances, and strategic partnerships that allow for collaboration between organizations nationwide. During the year, the Bay Area task force meets to plan and prepare health promotion activities for BHW in their local area. Members of taskforces this year include

Colombia, Peru and Nicaragua, American Red Cross, Bay Area Chapter, The Rainbow Community Center, La Clinica de La Raza, The San Francisco AIDS Foundation, On Lok Lifeways, Lifelong Medical, Tiburcio Vasquez Health Center, Health Net of California, Inc., Centers for Medicare & Medicaid Services, Univision, among others.

The 13th Annual BHW took place from October 1-21, 2013, in the United States and Canada. Local planning committees estimate that almost 500,000 people benefitted from 4,073 activities realized by 7,500 agencies and 15,000 volunteers under the leadership of 133 consulates that worked in coordination with 178 planning committees. The Bay Area Opening Ceremony took place on October 9, 2013 from 10-12pm at La Clinica de La Raza located in Oakland.

Throughout October, Binational Health Week partners in the Bay Area planned free workshops, services and health fairs to the community. *(See pg. 4 for calendar of events)*

This year, the XIII Bay Area BHW Events were kicked off by the Monument Community Carnival of Health. The Carnival of Health is a collaborative project of the Monument Community Partnership/Michael Chavez Center, City of Concord, Kaiser Permanente, John Muir Health and La Clinica de La Raza, along with many other important agencies serving the residents of the Monument community such as Rainbow Community Center. The goal of the event was to improve the access and awareness of health and community services available to the 37,000 residents that live in the community.

The Health Fair offered free health screenings, disseminated relevant educational information to low income families, particularly those lack health care insurance and access to the medical system. Health screenings included testing for: blood pressure, diabetes, dental, vision, asthma, bone density. Besides Health screening, the fair also offered support to the LGBTQ youth and adult community and people living with HIV/AIDS, etc.



Claudia Velasco, Program Coordinator at Monument Community was in charge of this event.

Partners of the Bay Area Taskforces focused on topics that varied according to community needs and resources. Examples of topics addressed included: Infectious Diseases, Chronic Diseases, Mental Health, Occupational Health, Women’s Health and Emergency Preparedness.

The following table displays the impact the American Red Cross had on educating and preparing the community for emergency situations:

Programs and Services	Monthly Progress	YTD Progress	FY14 Goal	Total % Achieved
COMMUNITY TRAINING				
Individuals Prepared for Disasters w/Plan		43,845	96,000	46%
Bay Area		39,158	90,000	44%
Asian	2,040	11,295	30,000	38%
English	2,617	7,052	30,000	24%
Spanish	18,720	20,811	30,000	69%
Monterey	468	751	1,275	59%
San Benito			225	0%
Santa Cruz	41	3,445	2,000	172%
Silicon Valley	198	491	2,500	20%
Individuals trained in Citizen CPR / 1st Aid		1,010	6,025	17%
Bay Area		960	4,800	20%
Asian	300	760	2,500	30%
English	50	105	300	35%
Spanish		95	500	19%
Save-A-Life			1,500	0%
Monterey			25	0%
San Benito			100	0%
Santa Cruz	50	50	600	8%
Silicon Valley		0	500	0%
Individuals Engaged at Events		51,883	118,500	44%
Bay Area		31,269	100,000	31%
Asian	800	5,540	5,000	111%
English	3,349	15,589	90,000	17%
Spanish	40	10,140	5,000	203%
Monterey	1,493	10,366	2,000	518%
San Benito			500	0%
Santa Cruz	3,121	7,245	8,000	91%
Silicon Valley	1,613	3,003	8,000	38%

Calendar of Events

SONOMA

Date	City	Event	Time	Contact	Location
September 7	Santa Rosa	Health Fair	9:00 a.m - 4:00 p.m.	Rev. Thomas Devereaux 707-894-3932 domtwd@sonic.net	St. Rose Catholic Church/ 398 10th street
October 5	Healdsburg	Health Fair	9:00 a.m. - 12:30 p.m.	Ray Holley, Alliance 707-206-1867/ rayholley@alliancemed.org	Healthy Healdsburg Coalition West Plaza Green in downtown Healdsburg
October 6	Petaluma	Health Fair	1:00 - 4:00 p.m.	Abraham Solar abrelia@sbcglobal.net	Sr. Vincent de Paul Church 35 Liberty street
October 6	Windsor	Health Fair	11:00 a.m.- 3:00 p.m.	Martha Nuñez707-495-3238/ martha.nunez@chdcorp.org	Mary Agatha Furth Center 8400 Old Redwood Highway,
October 10	Santa Rosa	Health Fair	7:30 a.m.- 4:30 p.m.	Wanda Tapia 707-799-2577/ wtapia@latinoserviceproviders.org	Latino Health Forum Flamingo Conference Resort 4th street and Farmers Lane
October 12	Cloverdale	Health Fair	11:00 a.m. - 3:00 p.m	Daisy Ruvalcaba-Lopez 707-894-8660 Cafe8660@gmail.com	Citrus Fair Grounds. 1 Citrus Fair Drive,
October 17	Santa Rosa	Health Fair	3:00 p.m.- 8:00 p.m	Gricelda Correa 707-547-2220 ex773 gricelda@srhealthcenter.com	Santa Rosa Community Health Centers (Lola's Market (Sebastopol Road & Dutton Ave)
October 19	Sonoma	Health Fair y Mobile Consulate	10:00 a.m.- 2:00 p.m.	Sabina Rafaela 707-235-2038 sabina.rafaela.gonzalez@yahoo.com	Flowery School. 100 West Verano

October 27	Sonoma		3:00 p.m.-7:00 p.m.	Martha Nuñez/ martha.nunez@chdcorp.org707-495-3238	North Fair Youth Initiative
November 2	Santa Rosa	Health Fair y Consulado Móvil	10:00 a.m. - 3:00 p.m	Vanessa Bergamo 707-521-4715/ vanessa.bergamo@chdcorp.org	Santa Rosa Wells Fargo Center. 50 Mark West Springs Road

CONTRA COSTA

Date	City	Event	Time	Contact	Location
September 14	Oakley	Health Fair	9:00 a.m. - 1:00 p.m.	Patty Dalbey 925-776-8217 pdalbey@laclinica.org	St. Anthony Church 971 O'Hara Avenue
October 5	Concord	Carnaval de la Salud	11:000 a.m. - 3:00 p.m.	Claudia Velasco 925-682-8248 ext 2220	Sunshine Dr. and Detroit Avenue
November 5	Antioch	Holy Rosary Health Fair	8:30 a.m. - 3:30 p.m.	Ramon Coria (925)778-6071 racorias@yahoo.com	Holy Rosary Catholic Church 1313 A Street, Antioch, CA in the Gym

LAKE

Date	City	Event	Time	Contact	Location
September 5	ClearLake	Health Fair	11:00 - 3:00 p.m	Ana Santana anamonasantana@gmail.com	Campamento de Lake County Tribal Health

NAPA

Date	City	Event	Time	Contact	Location
September 22	Napa	Health Fair	10a.m. -2:00 p.m.	Catalina Chavez cchaveztapia@gmail.com	Kaiser Permanente Napa Medical Office Building # 2 located at 3285 Claremont Way

MARIN

Date	City	Event	Time	Contact	Location
September 28	San Rafael	Health Fair	8:30 a.m. - 3:00p.m.	Cio Hernandez 415-473-2848 rhernandez@marincounty.org	Marin Health and Wellness Campus
October 3	San Geronimo	Health Fair	2:00 - 5:00 p.m.	Cio Hernandez 415-473-2848 rhernandez@marincounty.org	San Geronimo Valley Community Center 6001 Sir Francis Drake Blvd, San Geronimo, CA 94963
October 5	San Rafael	Health Fair	11:00 - 2:00 p.m	Cio Hernandez 415-473-2848 rhernandez@marincounty.org	Bahia Vista School, 125 Bahia Way
October 10	San Geronimo	Health Fair	3:00 - 6:00 p.m.	Cio Hernandez 415-473-2848 rhernandez@marincounty.org	West Marin Wellness Day Pt. Reyes Dance Palace
October 17	Bolinas	Health Fair	12:00 p.m. - 2:00 p.m.	Cio Hernandez 415-473-2848 rhernandez@marincounty.org	Bolinas Community Center
October 23	San Rafael	Health Fair	9:00 a.m. - 3:00 p.m.	Cio Hernandez 415-473-2848 rhernandez@marincounty.org	Senior Fair , Marin Center
October 24	Tomales	Health Fair	1:00 - 5:00 p.m.	Cio Hernandez 415-473-2848 rhernandez@marincounty.org	Tomales Town Hall

SAN FRANCISCO

Date	City	Event	Time	Contact	Location
September 28	San Francisco	Walk to stop diabetes	10:00 a.m.	American Diabetes Association diabetes.org/stepout 1-888-DIABETES ext. 7524	Golden Gate Park
October 8	San Francisco	HIV Workshop	6:00 p.m. - 8:00 p.m	Jorge Zepeda 415-487-8034	1035 Market St., Suite 400, SF, CA 94103
October 15	San Francisco	Healthy Diet Workshop	6:00 p.m. - 8:00 p.m.	Jorge Zepeda al número de teléfono: 415-487-8034	1035 Market St., Suite 400, SF, CA 94103

October 22	San Francisco	Diabetes Workshop	2:30 - 4:00 p.m.	Jorge Zepeda al número de teléfono: 415-487-8034	1035 Market St., Suite 400, SF, CA 94103
October 29	San Francisco	Cholesterol and your diet Workshop	2:30 - 4:00 p.m.	Jorge Zepeda al número de teléfono: 415-487-8034	1035 Market St., Suite 400, SF, CA 94103
October 29	San Francisco	Medi-Cal Workshop	10:00 - 12:00	Daniel Frias de On Lok p 415.292.8333 f 415.921.1359 c 415.999.0671	225 30th Street, 2nd Floor, San Francisco, CA 94131
November 12		Cardiovascular Health Workshop	2:30 - 4:00 p.m.	Jorge Zepeda al número de teléfono: 415-487-8034	1035 Market St., Suite 400, SF, CA 94103
November 19	San Francisco	Prevention against Cardiovascular diseases Workshop	2:30 - 4:00 p.m.	Jorge Zepeda al número de teléfono: 415-487-8034	1035 Market St., Suite 400, SF, CA 94103
October 19	San Francisco	Medi-Cal Workshop	10:30 a.m. - 12:00 p.m.	Daniel Frias-Vidal 415-999-0671 dfriasvidal@onlok.org	Calle 30 en el Segundo piso, San Francisco, CA 94131

ALAMEDA

Date	City	Event	Time	Contact	Location
October 2	Fremont	Health Fair / Affordable Care Act Presentation	9:30 a.m. - 12:00 p.m	Johara Arduz 510-828-2529 jarduz@onlock.org	On Lok Lifeways / 3683 Peralta Blvd. Fremont CA 94536
October 10	Hayward	Self-Esteem Workshop	9:00 - 11:00 a.m.	(510) 723- 3900 Consuelo Jiménez ext. 30128 o Maria Haro Lupe O. Nuñez (510) 471-5907 ex. 3121	27211 TYRRELL AVE. HAYWARD CA. 94544.
October 12	Oakland	"Walk to stop diabetes"		American Diabetes Association diabetes.org/stepout 1-888-DIABETES ext. 7524	Lake Merrit

October 15	Newark	Balance and transform your energy with the Mayan Wisdom	9:00 - 11:00 a.m.	(510) 471 - 5880 ext. 3143 o por correo electrónico sespinoza@tvhc.org, con Sandra Espinoza	Distrito de Newark, 5715 Musick Ave. Newark Ca.94560
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SAN MATEO

Date	City	Event	Time	Contact	Location
October 8	Redwood City	Take Care of your Bone Health	5:00 p.m. - 6:00 p.m.	Vicky Ávila 650-533-4199 Vickyavilam@aol.com	Biblioteca Fair Oaks 2500 Middlefield Rd.
October 12	Redwood City	Covered California and Dance for your Health	5:00 p.m. - 6:00 p.m.	Vicky Ávila 650-533-4199 vickyavilam@aol.com	Plaza Comunitaria de Redwood City
October 15	Redwood City	Take Care of your Bone Health	5:00 p.m. - 6:00 p.m.	Vicky Ávila 650-533-4199 vickyavilam@aol.com	Biblioteca Fair Oaks 2500 Middlefield Rd.
October 22	Redwood City	Take Care of your Bone Health	5:00 p.m. - 6:00 p.m.	Vicky Ávila 650-533-4199 vickyavilam@aol.com	Biblioteca Fair Oaks 2500 Middlefield Rd.

HUMBOLDT

Date	City	Event	Time	Contact	Location
October 20	Eureka	Celebrating our Health	12:00 - 4:00 p.m.	Guillermo Gomez Jr. agg67@humboldt.edu or text/call (714)875-1651	Redwood Acres Fairgrounds in Eureka
October 22	Eureka	Health Fair	10 a.m. - 4 p.m.	Georgianna Wood, DHHS Public Health, (707) 268-2180 / gwood@co.humboldt.ca.us	Wharfinger Building, Eureka