

BLACK & WELL

Healthy Living Guide

CORONAVIRUS DISEASE 2019
COVID-19

2021

➤ COVID-19

- The Basics
- Vaccine Resources

➤ EAT

- Eating well on a budget
- Soul Food & Black Health
- African Heritage Diet

➤ MOVE

- 10 ideas for staying active
- Do we need 10,000 steps daily?
- Spotlight on Walking

➤ SLEEP

- How much sleep do we need?
- Tips for getting a good night's rest

➤ BWell COLLABORATIVE

- LB Healthcare Facilities
- Mental Health Services & more



Collard green & chicken salad

**OLDWAYS
AFRICAN
HERITAGE
& HEALTH**

PLUS

Understanding the impacts of stress on eating patterns and health, and strategies that may help control it.

Elite Skills Development, www.eliteskillsdev.org
a 501(c)3 nonprofit organization

Created by:



Sharon Diggs-Jackson

Lazette Scott-Bowens

Ginger Moore

Jasmine Croom

Rebecca Jackson

3515 Linden Avenue #56, LB, CA 90807

www.eliteskillsdev.org

(562) 739-5276

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SCHOOL OF PUBLIC HEALTH
Department of Nutrition



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Navigating Health During COVID-19 and Beyond

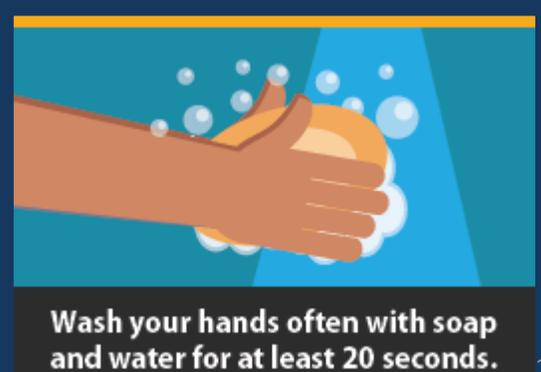
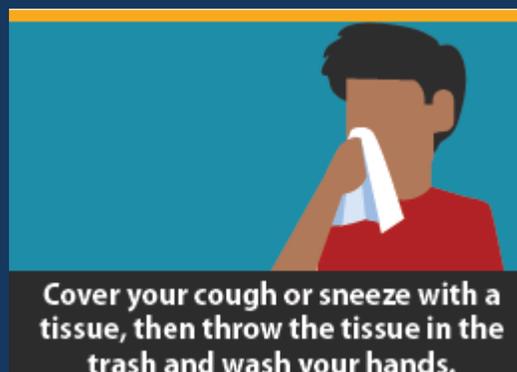
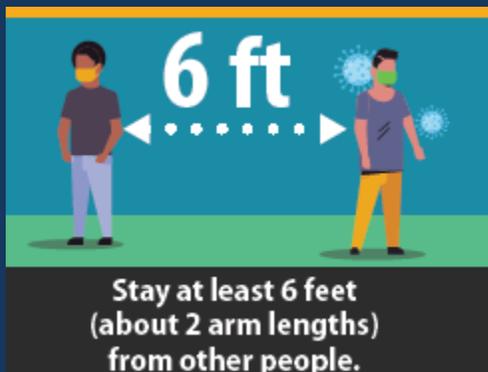
As we transition from 2020 into 2021, the COVID-19 pandemic continues to affect nearly every aspect of our lives. For many, this health crisis has created a range of unique and individual impacts—including food access issues, income disruptions, and emotional distress.

Although we do not have concrete evidence regarding specific dietary factors that can reduce the risk of COVID-19, we DO know that smoking and being obese increases your risk of being hospitalized or dying from COVID. Additionally, eating well and getting physical exercise decreases your risk of developing diabetes, which is also a risk factor for serious complications of COVID.

Maintaining a healthy lifestyle is critical to keeping our immune system strong. Beyond immunity, research has shown that individuals following five key habits—eating a healthy diet, exercising regularly, keeping a healthy body weight, not drinking too much alcohol, and not smoking—live more than a decade longer than those who don't. Plus, maintaining these practices may not only help us live longer, but also better.

While sticking to healthy habits is often easier said than done, we created this guide with the goal of providing some tips and strategies that may help. During these particularly uncertain times, we invite you to do what you can to maintain a healthy lifestyle, and hopefully (if you're able to try out a new recipe or exercise or pick up a fulfilling hobby) find some enjoyment along the way.

Learn more about food safety, nutrition, and wellness during the COVID-19 pandemic: longbeach.gov/covid19



CORONAVIRUS DISEASE 2019

COVID-19

There is currently an outbreak of respiratory disease caused by a novel (new) coronavirus called coronavirus disease 2019 (COVID-19). The virus was first detected in China and has now been detected across the globe.

WE'RE ENTERING WHAT MAY BE THE TOUGHEST AND DEADLIEST PERIOD OF THE VIRUS. WE MUST SET ASIDE POLITICS AND FINALLY FACE THIS PANDEMIC AS ONE NATION. - President Joe Biden

Over the course of a year, COVID-19 has decimated cities, devastated families, shuttered stores, evaporated jobs, tore through towns, cancelled weddings, sidelined performers, depleted health care workers, upended schools, ambushed nursing homes, pounced upon prisoners, emptied cupboards, filled hospitals and overrun morgues. Sadly, as of March 2021, over 541,000 Americans have died as a result of complications from the virus. In Long Beach there have been over 900 deaths and over 51,000 confirmed cases.

The Centers for Disease Control and Prevention (CDC) has found that African Americans account for 33 percent of COVID hospitalizations, largely because African Americans have high rates of chronic health conditions that weaken the immune system and make them more vulnerable to the virus. It all boils down to a simple fact: structural racism in the U.S. and particularly in the food system, has left people of color more susceptible to the health and economic crises of the coronavirus pandemic.

Everyone is at risk of getting COVID-19, regardless of their race or ethnicity. Human coronaviruses most commonly spread to others from an infected person who has symptoms through:

- When people with COVID-19 cough, sneeze, sing, talk or breathe they produce respiratory droplets.
<https://cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/how-covid-spreads.html>
- Close personal contact, such as caring for an infected person
- Less commonly, through touching an object or surface with the virus on it, then touching your mouth, nose or eyes before washing your hands

- Additionally, smoking, vaping, obesity, and underlying health conditions are associated with worse health outcomes with COVID-19.

WHAT TO DO IF YOU'RE SICK

- Stay home except to get medical care.
- Isolate yourself from other members of your family to prevent spread to them and the people that they may have contact with, like grandparents.
- Even if you don't feel sick, you can spread COVID-19 to others.
- Get care immediately if you are showing emergency warning signs, like trouble breathing, pain or pressure in the chest.

HOW TO GET A TEST FOR A CURRENT INFECTION

FREE diagnostic testing in Long Beach is available for anyone interested in getting tested for COVID-19.

Visit:

- www.longbeach.gov/covid19
- Call (562) 570-INFO (4636) for information on testing sites and to schedule an appointment
- Check the LB Health Department's Instagram and Facebook pages

If you have symptoms of COVID-19 call your healthcare provider.

If you have symptoms of COVID-19 it is important to stay home and self-isolate for at least 10 days.

VACCINES

THE COVID-19 VACCINE IS FREE!

<http://longbeach.gov/covid19>

COVID-19

longbeach.gov/covid19

LONG BEACH
HEALTH & HUMAN SERVICES



Rev. Ricky Brown, Pastor of New Hope Baptist Church receiving his first dose of the Pfizer vaccine at the City's first Mobile Clinic at St. Mark Baptist Church

The new year has brought hope that the three vaccines currently available, Moderna, Pfizer-BioNtech and Johnson & Johnson Janssen, along with others in development, will help to snuff out the virus, and somewhere on the horizon, the resuming of activities, gatherings and hugs. But we all have a part to play in creating a COVID Free LBC.

Vaccines are an important tool in stopping the spread of COVID-19. Vaccines are a safe and effective way to prevent disease and save lives. When we get a vaccine, we are not just protecting ourselves, but also those around us like our family members and friends. Some people may not be able to get vaccines because of health conditions. They depend on the rest of us to get vaccinated and help slow the spread of the disease.

THE COVID-19 VACCINE IS FREE. There is no cost for getting the COVID-19 vaccine.

It is recommended that everyone who is able to get the COVID-19 vaccine gets it, including people who already had COVID-19. It is possible to get COVID-19 more than once. Since COVID-19 can cause people to become very sick, and in some cases even die, it is important that even those who had the virus before get the vaccine.

After being vaccinated you still need to wear masks and take other precautions to stay safe. We need to use all of the tools we can to stop this pandemic.

We know that not everyone will be able to get the COVID-19 vaccine at once. You can find out when it's your turn to get vaccinated by signing up at <https://myturn.ca.gov> or calling (562) 570-INFO (4636). For the latest and most update information on the City's response to the virus, testing sites, vaccinations and information on how you can help to stop the spread of the virus visit www.longbeach.gov/vaxlb.



RESOURCES

If you have questions or need help connecting to resources, please call the Long Beach Resource Line at 562-570-INFO (4636), select option 5 and leave a message for a return call

Long Beach Vaccine Info:

www.longbeach.gov/vaxlb

<https://myturn.ca.gov>

Long Beach COVID-19 INFO LINE:

562-570-INFO (4636)

9am - 5pm

Los Angeles County Department of Public Health:

<http://publichealth.lacounty.gov/media/Coronavirus>

Centers for Disease Control and Prevention:

<https://www.cdc.gov/coronavirus/novel-coronavirus-2019.html>

California Department of Public Health:
<https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/Immunization/nCOV2019.aspx>

World Health Organization:

<https://www.who.int/health-topics/coronavirus>

10 Things to Know About the COVID-19 Vaccine

Effective April 15th everyone age 16+ will be eligible to receive the vaccine!

1. Vaccines help stop the spread of COVID-19

Vaccines are a safe effective way to prevent disease and save lives. When we get a vaccine, we are not just protecting ourselves, but also those around us like our family members and friends. Some people may not be able to get vaccines because of a health problem. They depend on the rest of us to get vaccinated and help slow the spread of disease.

2. COVID-19 vaccines are available now

The City of Long Beach and other organizations have already started giving the COVID-19 vaccine to many people, starting with healthcare workers, and then older adults, educators, and food workers. We will continue to get the COVID-19 vaccine out in an equitable way to everyone who wants to get it following federal and state guidelines. Effective April 15th everyone age 16+ will be eligible to receive the vaccine!

3. Vaccines help our bodies fight disease

Vaccines play an important role in keeping us healthy. They protect us from serious and sometimes deadly diseases by getting our body's immune system ready to recognize certain germs and fight off infections. The COVID-19 vaccine protects us from the virus that causes COVID-19 without having to get the illness. If you later come into contact with someone who has COVID, your immune system will help you not get sick from it.

4. The COVID-19 vaccines have been shown to be safe and effective against COVID-19

Safety is the most important priority when it comes to getting vaccines approved. Research found that these vaccines do not contain the COVID-19 virus, so a person cannot get COVID-19 from getting the vaccine.

5. You need to wait two weeks after your second dose of Pfizer or Moderna, or two weeks after the first dose of the one shot Janssen (J&J) vaccine, to be fully vaccinated

Your second dose should be given 21-42 days after the first dose of the Pfizer vaccine, or 28-42 first dose of the Moderna vaccine. You will have the full protection of the vaccine two weeks after your second dose of Pfizer or Moderna, or two weeks after the first dose of the Janssen vaccine.

6. You can get the vaccine even if you had COVID-19 before

It is recommended that everyone who is able to get the COVID-19 vaccine gets it, including people who already had COVID-19. It is possible to get COVID-19 more than once. Since COVID-19 can cause people to become very sick, it is important that even those who had the virus before get the vaccine.

10 Things to Know About the COVID-19 Vaccine

7. You may have some temporary side effects from the vaccine

It is normal for some people to have pain in their arm, a fever, chills, fatigue or tiredness, or a headache. These side effects usually will go away after 1 or 2 days.

8. We still have to wear masks and take precautions to stay safe

Together, the COVID-19 vaccine along with other steps to protect ourselves and hers will offer the best protection from COVID-19. Vaccines help our bodies to be ready to fight a virus if we come into contact with it. Other steps, like masks and physical distancing, help reduce our chances of spreading the virus.

9. The COVID-19 vaccine is free

There is no cost for getting the COVID-19 vaccine.

10. You can find out when it's your turn to get the vaccine

We know that not everyone will be able to get the COVID-19 vaccine at once. You can find out when it's your turn to get vaccinated by signing up at MyTurn.ca.gov or calling (562) 570-INFO (4636.)

You can sign up to get vaccinated at MyTurn.ca.gov.

For more information or assistance with obtaining a vaccination please call (562) 570-INFO (4636) or go to www.longbeach.gov/vaxlb



The City of Long Beach is following Centers for Disease Control and Prevention (CDC) and California Department of Public Health (CDPH) guidelines to distribute the vaccine. The City of Long Beach is committed to making sure everyone who lives, works or learns in Long Beach can receive a vaccine.



Effective April 15th everyone age 16+ will be eligible to receive the vaccine!

GET NOTIFIED WHEN IT'S YOUR TURN at *My Turn*

Sign up to the [State's My Turn](#) system to get notified when it's your turn to get vaccinated for COVID-19! You will receive instructions for booking your appointment when the vaccine is available for your group.

While the City's webpage, longbeach.gov.vaxlb will continue to be your vaccine information hub, everyone seeking to be vaccinated should sign up for *My Turn*, even if you have already signed up for VaxLB notifications.

My Turn will serve as the primary vaccine notification system for the state and will provide additional opportunities for vaccination beyond those provided by the Long Beach Health and Human Services Department (Health Department).

WHERE TO GET VACCINATED

People in eligible groups can make appointments at the locations listed below.

Demand for vaccines is high, but new appointments continue to be added as more vaccine becomes available. We appreciate your patience.

PRIMARY CARE PROVIDERS

• People who meet eligibility determined by the California Department of Public Health (CDPH) as described in the Eligibility Section below may be able to get vaccinated through their primary care provider. Contact your doctor's office for more information.

CVS

- Limited quantities are available now at select locations for people who meet eligibility determined by CDPH as described below.
- Appointments are required. Do not contact individual stores for appointments. Do not visit a CVS store seeking a vaccination without an appointment.
- Eligible individuals may schedule an appointment by visiting www.cvs.com/immunizations/covid-19-vaccine
- Appointments can also be scheduled via the CVS pharmacy app. Eligible individuals without internet access can call CVS at 800-746-7287 for help scheduling an appointment.

RALPHS

- Limited quantities are available now at select locations for people who meet eligibility determined by CDPH as described below.
- Note: Residents must reside in the county they are receiving vaccines, per local public health regulations.
- Note: Patients who received their first dose of COVID-19 vaccine from Ralphs will be assigned a second dose appointment.
- Visit www.ralphs.com/covidvaccine for more information. [Check appointment availability](#)

VACCINES

RITE AID

- Limited quantities are available now at select locations for people who meet eligibility determined by CDPH as described below.
- Appointments are required. Do not contact individual stores for appointments. Do not visit a Rite Aid store seeking a vaccination without an appointment.
- Eligible individuals may schedule an appointment by visiting www.riteaid.com/pharmacy/covid-qualifier

WALGREENS

- Limited quantities are available now at select locations for people who meet eligibility determined by CDPH as described below.
- Visit www.walgreens.com/schedulevaccine for more information.

LONG BEACH HEALTH DEPARTMENT CLINICS

Effective April 15th everyone age 16+ will be eligible to receive the vaccine!

• The City will continue to provide up to 500 non-appointment opportunities to get vaccinated for eligible Long Beach residents and workers at the Convention Center Monday through Saturday from 11 a.m. to 2 p.m., depending on vaccine availability. Once those opportunities are full, anyone arriving onsite without an appointment will be scheduled for a future opportunity.

Bring a form of documentation with your name on it:

- The name on your documentation should match the name on your appointment confirmation.
- Examples of acceptable documentation with your name include a driver's license, business card, work ID, library card, letter from your employer or school, bank/ATM cards, electrical bill, matricula consular, paystub, passport, money transfer receipt, etc.
- The document does **not** need to be a government-issued ID to receive a vaccine.

Bring proof of first dose:

- Those scheduling their second dose of the COVID-19 vaccine must bring the original vaccination record card given to them with their first dose showing they were vaccinated by the Long Beach Department of Health and Human Services.
- When you received your first dose, your information was recorded in the state-wide vaccine registry database. If we cannot verify that you received your first dose from the Long Beach Department of Health and Human Services, you will be turned away at the site.

COVID Vaccination cards: Your COVID-19 vaccination card is valuable, and may be hard to replace, so keep it safe!

- Double check all of your information-including your name, date of birth, and the date and location of the vaccine-for accuracy.
- Seriously, stop sharing your vaccine cards on social media, they contain sensitive medical information.
- Make sure you have a backup. You should definitely create a backup of your card before laminating it. Consider taking a photo of it on your phone after getting the first shot, then after the second one too, in case you lose the physical card. Keep the picture on your phone and email yourself a copy to be safe.
- It is also recommended that you make a hard photocopy of the card and keep the original in that same place as other important documents, like your birth certificate or passport.
- After this, if you want to laminate your card, go for it! Currently, Staples and Office Depot will laminate the cards for free.

MOBILE VACCINATION TEAM

Mobile vaccination is being offered as a service for individuals who are not able to travel to the Long Beach Convention & Entertainment Center vaccination site, such as those in skilled nursing, elder care, sober living and other facilities, and older adults who cannot leave their homes. Mobile vaccination will be available weekdays for Long Beach residents in an eligible tier with mobility issues and Long Beach facilities.



Nutrition and Immunity

During the flu season or times of illness, people often seek specific foods or vitamin supplements that are believed to boost immunity. Vitamin C and foods like citrus fruits, chicken soup, and tea with honey are popular examples. Yet the design of our immune system is complex and influenced by an ideal balance of many factors.



WHAT IS OUR IMMUNE SYSTEM?

Our immune system is made up of special organs, cells and chemicals that fight infection. Our immune system recognizes harmful viruses, and parasites and takes immediate action to protect us.

Humans possess two types of immunity: innate immunity (protective barriers such as our skin, mucus, stomach acid, enzymes, and immune system cells) and adaptive or acquired immunity (a system that learns to recognize and attack germs that enters our body).

However, a range of factors can depress the immune system, such as environmental toxins (e.g. smoke and air pollution), certain diseases (e.g. autoimmune and immunodeficiency disorders), excess weight, chronic stress, lack of sleep, and poor diet.

DOES AN IMMUNE-BOOSTING DIET EXIST?

Eating enough nutrients as part of a varied diet is required for the health and function of all cells, including immune cells. Certain dietary patterns may better prepare the body for germ attacks and excess inflammation, but it is unlikely that individual foods offer special protection. Each stage of the body's immune response relies on the presence of many micronutrients. Examples of nutrients that have been identified as critical for the growth and function of immune cells include vitamin C, vitamin D, zinc, selenium, iron, and protein. They are found in a variety of plant and animal foods. Diets that are limited in variety and lower in essential nutrients, such as vitamins and minerals, can negatively affect a healthy immune system.

There is growing evidence that our Western diet, high in refined sugar and red meat and low in fruits and vegetables, can promote disturbances in healthy intestinal microorganisms, resulting in chronic inflammation of the gut, and associated suppressed immunity.

DO VITAMIN OR HERBAL SUPPLEMENTS HELP?

A deficiency of just a single nutrient can alter the body's immune response. Animal studies have found that deficiencies in zinc, selenium, iron, copper, folic acid, and vitamins A, B6, C, D, and E can alter immune responses. These nutrients help the immune system protect healthy cells, support growth and activity of immune cells, and produces antibodies. Scientific studies find that those who are poorly nourished are at greater risk of bacterial, viral, and other infections.

Learn more about the complexities of the immune system, and conditions that trigger an immune response: hsph.me/nim20

Eating a good quality diet can prevent deficiencies in these nutrients

However, there are certain situations in which one cannot always eat a variety of nutritious foods, and certain populations that have increased nutrient needs. Low-income households, pregnant and lactating women, infants and toddlers, and the critically ill are examples of groups at risk. In these cases a vitamin and mineral supplement may help to fill nutritional gaps. These supplements are relatively inexpensive, typically costing less than 10 cents per day. Studies have shown that vitamin supplementation can improve immune responses in these populations.

The elderly are also a particularly high-risk group. The immune response generally declines with increasing age as the number and quality of immune cells decreases.

Related



Vitamin D's role in regulating the immune system has led to considerable research in this area. Learn more about vitamin D and health: hsph.me/vd20



From "Ask the Expert: The role of diet and nutritional supplements during COVID-19" hsph.me/aco20

8 Tips to help support a

Healthy Immune System



Eat a healthy and balanced diet. Use the Healthy Eating Plate as a guide.



If a balanced diet is not readily accessible, **consider taking a multivitamin** containing the RDA for several nutrients.



Don't smoke (or stop smoking if you do).



Limit alcohol.

Perform moderate **regular exercise.**



Aim for 7-9 hours of **sleep** every night.



Although easier said than done, aim to **manage stress.**



Wash your hands throughout the day.

“We have known for a long time that nutrition is intricately linked to immunity and to the risk and severity of infections. Poorly nourished individuals are at a greater risk of various bacterial, viral, and other infections. Conversely, chronic or severe infections lead to nutritional disorders or worsen the nutritional status of affected people. Therefore, it is imperative for all of us to pay attention to our diet and nutritional status during the ongoing COVID-19 pandemic.”

- Dr. Wafaie Fawzi, Dr. Walter Willett, and Dr. Ibraheem Abioye

HEALTHY EATING PLATE

Use healthy oils (like olive and canola oil) for cooking, on salad, and at the table. Limit butter. Avoid trans fat.

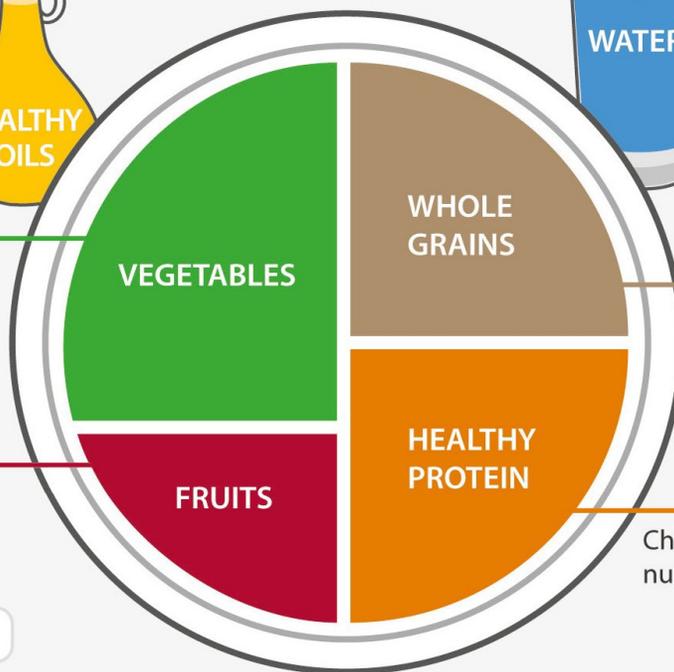


The more veggies – and the greater the variety – the better. Potatoes and French fries don't count.

Eat plenty of fruits of all colors.



© Harvard University



Drink water, tea, or coffee (with little or no sugar). Limit milk/dairy (1-2 servings/day) and juice (1 small glass/day). Avoid sugary drinks.

Eat a variety of whole grains (like whole-wheat bread, whole-grain pasta, and brown rice). Limit refined grains (like white rice and white bread).

Choose fish, poultry, beans, and nuts; limit red meat and cheese; avoid bacon, cold cuts, and other processed meats.

Build a Healthy Meal

Kid's Healthy Eating Plate



Eating a variety of foods keeps our meals interesting and flavorful. It's also the key to a balanced diet because each food has a unique mix of nutrients. At a glance, the Healthy Eating Plate and Kid's Healthy Eating Plate provide a blueprint to creating healthy meals—whether served at the table or packed in a lunch box.

Learn more about these resources and access other downloadable tools, including a Kid's Plate coloring page, and over 25 translations of the Healthy Eating Plate: hsph.me/hep20



Read food labels carefully. Be aware of which foods you commonly eat that are high in sodium. People are often surprised to know that ketchup, cereals and even healthy choice-type soups are high in sodium.

7 Practices of Mindful Eating



Adapted from SAVOR: Mindful Eating, Mindful Life

Mindful eating focuses on the eating experience, body-related sensations, and thoughts and feelings about food, with heightened awareness and without judgment- ‘think while you eat, about what you eat.’

ENGAGE ALL SENSES

Notice the sounds, colors, smells, tastes, and textures of the food and how you feel when eating.

SERVE IN MODEST PORTIONS

This can help avoid overeating and food waste. Use a dinner plate no larger than 9 inches across and fill it only once.

HONOR THE FOOD

Acknowledge where the food was grown and who prepared the meal. Eat without distractions to help deepen the eating experience.

SAVOR SMALL BITES, AND CHEW THOROUGHLY

These practices can help slow down the meal and fully experience the food’s flavors.

EAT SLOWLY TO AVOID OVEREATING

If you eat slowly, you are more likely to recognize when you are feeling satisfied, or when you are about 80% full, and can stop eating.



DON'T SKIP MEALS

Going too long without eating increases the risk of strong hunger, which may lead to the quickest and easiest food choice, not always a healthful one.

EAT A PLANT-BASED DIET, FOR YOUR HEALTH AND THE PLANET’S HEALTH

Production of animal-based foods like meat and dairy takes a heavier toll on our environment than plant-based foods.

Learn about the research on mindful eating, and other tips for applying this strategy in daily life: hsph.me/mie20



Eating Well on a Budget

From the supermarket to the kitchen, here are some strategies to get the biggest nutrition bang for your buck.

An all-too-common mantra says, “It’s too expensive to eat healthy.” It’s true that when comparing specific foods like organic fruits with conventional fruits, the former tends to be a few dollars more per pound. And when a shopping cart filled with fresh produce, poultry, and fish is compared to one loaded with boxes of macaroni and cheese, ground hamburger, and cookies, the latter will likely ring lower at the cash register.

Certainly, policy improvements and other actions are needed to create a food environment where the healthy choice is the easy and accessible choice. In the meantime, know that creating nutritious meals can be more affordable than one might think.

A NOTE ON FOOD AFFORDABILITY

If you (or someone you know) are struggling with food access, there are several options to help. Along with a nationwide network of food pantries, the U.S. federal government offers food assistance programs for citizens and legal noncitizens whose income meets certain guidelines and/or who have certain nutritional needs.

Learn more about navigating these resources:

hsph.me/sup20



Shop your pantry first. Commit to taking inventory of all the food in your kitchen twice a month. Bring forward the buried items and use what you have before buying more.

Consider meatless meals. Plant-based proteins are nutritious and generally more affordable than meats and fish. If you still crave meat, incorporate smaller amounts, while focusing on plant proteins like canned beans or tofu so that you can save on cost, increase volume of the meal, and boost nutrition and heartiness.

Don’t shop on an empty stomach. Munch on a piece of fruit or some nuts before entering the store.



Purchase foods and snacks that are satiating and filling. How easy is it to eat a half a package of chips in one sitting? In contrast, how many apples or handfuls of nuts can you eat at one time? Even though a 3-pound bag of apples may cost \$4.00 versus \$2.50 for a large bag of chips, consider which will satisfy your hunger longer.

Scan the discounted produce cart that usually sits in a corner. This cart is filled with fruits and veggies starting to age but still tasty if you can eat them the same day or the next day.



Shop with a list but allow for flexibility if items like fresh produce or poultry and fish are on sale. If they are foods you enjoy, you might purchase extra quantities and freeze them for later use. Fresh meats, fish, and some produce (bananas, berries, avocados, broccoli, cauliflower, brussels sprouts generally freeze well. Be sure to label and date the bags or containers before placing in the freezer!

Plan out a few meals you want to prepare the next week and create your shopping list based on those ingredients. Although it takes a bit more effort up front, meal prep can ultimately help save time and money, as well as reduce the stress that comes with last-minute decisions about what to eat. Some quick tips to get you started:

- ✓ Discuss with your family what types of foods and favorite meals they like to eat.
- ✓ Start a monthly calendar or spreadsheet to record your meal ideas, favorite recipe sites, and food shopping lists.
- ✓ Consider specific meals or foods for different days of the week: Stir-Fry Mondays, Fish Fridays, etc.

Access the full meal prep guide along with recipes that lend well to bigger batches at hsph.me/pre20



Consider purchasing nonperishable staple foods in bulk.

Even though it may cost more upfront to buy “family-sized” packages of products like whole grains, lentils, and dried beans, the cost per unit is usually cheaper. To determine this, find the common unit of measurement when comparing two products. For example, a bag of brown rice may be in pounds. Divide the price by total pounds, which is the price per unit.

Brown Rice 1-lb. Price per unit: \$1.59/lb.

Brown Rice 5-lbs. Price per unit: \$0.80/lb.

Buy generic or store-brand. You will notice when comparing the ingredients list that similar if not identical ingredients are used.

The generic brand is generally cheaper because less money is spent on advertising and creating fancy food labels.

Stretch your fresh herbs. Unless a recipe calls for a whole package (e.g. a bunch of basil for pesto), you’ll be left with extra sprigs. Careful storage can help extend the shelf life (e.g. cilantro in a cup of water covered with a bag), but if you don’t plan on using within one week, consider other ways to extend their utility. One idea is to chop and freeze herbs in an ice cube tray filled with olive oil—ready to be popped in a pan to sauté vegetables.



Don’t buy more highly perishable items than you can use in one week (unless you plan to freeze them), or else you run the risk of spoilage and waste. Foods with short shelf-life include some bagged salad greens, mushrooms, berries, avocados, and bananas.

Eat attentively. Practicing mindfulness during meals can increase enjoyment of the food. You may even be satisfied with smaller portions.

Popular Diets

Do they actually work? Can Soul Food be healthy?

From bookstores to social media to blogs, there's no shortage of information on diet. So how to differentiate what "works" from an overhyped fad?

It's important to remember that even if a particular diet may be successful for one person, it may not be effective for another due to individual differences in genes and lifestyle. Diets are also more likely to

be successful when they are easier to follow, so tailoring a strategy to suit your own lifestyle is key.

Where does traditional 'soul food' fit into a healthy diet? Peel away the excess salt, fat and sugar and soul food can be one of the healthiest diets available. **Turn the pages for detailed information on the African Heritage Diet and Pyramid, the relationships between diet and COVID-19 and how to do soul food 'right'.**



Ketogenic Diet

The ketogenic or "keto" diet is a low-carbohydrate, fat-rich eating plan that has been used for centuries to treat specific medical conditions. However in recent years, this diet has received considerable attention as a potential weight-loss strategy.

Learn more about the keto diet, potential pitfalls, and what the research says: hsph.me/ket20



Intermittent Fasting

This diet regimen cycles between brief periods of fasting, with either no food or significant calorie reduction, and periods of unrestricted eating. The most common methods are fasting on alternate days, for whole days with a specific frequency per week, or during a set time frame.

Learn more about intermittent fasting, potential pitfalls, and what the research says: hsph.me/int20



Gluten-Free Diet

A gluten-free diet eliminates all foods containing or contaminated with gluten. As the sole treatment for the 1-2% of Americans who have celiac disease, this diet is not new. What is relatively new however, is the use of a gluten-free diet for weight loss.

Learn more about a gluten-free diet, potential pitfalls, and what the research says: hsph.me/gfd20



Heart Healthy Tip: Avoid adding extra salt while cooking.

Look for other ways to flavor food, such as fresh and dried herbs, a squeeze of lemon juice and/or pepper. Low-sodium broths, salt-free seasonings and cooking wine can also be good flavor enhancers. When eating canned items, choose the low-sodium option and be sure to rinse canned items like beans, tuna or veggies. By rinsing you can reduce the sodium by up to 40 percent, even if they are already low-sodium products.





OUR AFRICAN HERITAGE

Diabetes is not part of our heritage.
Neither is heart disease.

What is in our heritage is a healthy heart, a strong body, extraordinary energy, vibrant and delicious foods, and a long, healthy life.

We have the power to reclaim all of these!

OUR HEALTHY HERITAGE

Our ancestors brought many wonderful food traditions to parts of the Caribbean, South America and the southern states of the U.S.

Over the generations, many of these food traditions have been lost, with the influences of modern, American eating habits. And our health has suffered because of this loss.

The African Heritage Diet is a way of eating based on the healthy food traditions of people with African roots. This healthy way of eating is powerfully nutritious and delicious, and naturally meets the guidelines that health professionals promote today.

HEALTH THROUGH HERITAGE

The African Heritage Diet Pyramid is based on scientific research that shows eating like our ancestors can help:

- Lower our risk of heart disease, high blood pressure and stroke
- Avoid or help treat diabetes
- Fight certain cancers and many chronic diseases
- Reduce asthma, glaucoma and kidney disease
- Nurture healthy babies
- Achieve a healthy weight and avoid obesity
- Reduce depression



Oldways, a nonprofit organization, created the African Heritage Diet Pyramid in 1990 with the help and knowledge of experts in African American and African Diaspora history, cuisine, nutrition, and public health. This healthy eating model was designed specifically for African Americans, and African descendant populations everywhere, to introduce them to their Healthy Heritage.

The Pyramid celebrates the individual foods and the traditional healthy eating patterns of African Heritage, with roots in America, Africa, the Caribbean, or South America. The foods of African Heritage contain lots to be celebrated, and they begin with the main ingredient of African American cooking today—flavor! **Heaps of herbs, spices, and savory sauces jazz up simple, healthful vegetable-focused meals, showing us that “healthy eating” also means great taste.**

It is this “big picture” framework of the [African Heritage Diet Pyramid](#) that all people can use to claim their best health. Starting at the base of the pyramid, you’ll find:

- Foods to enjoy every day: colorful fruits and vegetables, especially leafy greens; tubers like yams and sweet potatoes; beans of all kinds; nuts and peanuts; rice, flatbreads and other grain foods, especially whole grains.
- Moving upward, foods to eat a few times each week, or in moderation.
- At the top, foods to save for special occasions: meats and sweets.

Healthful links to get you started:

www.oldwayspt.org

[Common Foods & Flavor guide](#) to the African Heritage Diet
[Guide to Buying and Storing Herbs and Spices](#), includes list of Latin and African Heritage spices

The [African Heritage Power Plate](#) booklet

Common African Heritage [Food Swaps](#) chart

African Heritage Diet Pyramid

The African Heritage Diet Pyramid is a guide to the healthy traditional diets of African American ancestors. Base your meals mostly on a variety of foods nearest the base of the pyramid.

- **Go for Greens.** Greens like **spinach, collards, mustards and turnip greens** are a big part of African heritage cuisine; they help keep your blood, liver and kidneys in top health. Cook them lightly to retain all of their extraordinary nutrients!
- Every day enjoy **vegetables, fruits, mostly whole grains** and cereals, **beans, herbs and spices, peanuts and nuts**, and healthy tubers like **sweet potatoes**. These are the core African Heritage foods to shop for, prepare and eat most often.
- **Tuna, mackerel** and salmon are rich in heart-healthy omega-3 fatty acids. **Sardines** and other small, bony fish are rich in **calcium** and **vitamin D**. Enjoy them grilled, broiled or lightly pan cooked in water and a tiny bit of oil.



Illustration by George Middleton
© 2011 Oldways Preservation and Exchange Trust

www.oldwayspt.org



- Use small amounts of **healthy oils**, like sesame or olive for dressings and canola, red palm oil or extra virgin coconut oil for cooking.
- Drink **plenty of water** throughout the day. If you drink alcohol, limit it to one glass per day for women, two for men.
- Eat **eggs, poultry** and other meats moderately, in **small portions** or use as **garnishes** for other dishes.
- Consume **dairy** in **small portions**, and if you are lactose intolerant, enjoy other **calcium-rich foods** like **greens, beans and almonds**.
- **Sweets**, at the top of the pyramid, are foods to **eat less often**, limiting them to once a week or at special meals.



Oldways website: www.oldwayspt.org

COMMON FOODS

The Traditional Foods of Africa, the Caribbean, South America, and the American South

LEAFY GREENS	beet greens, callaloo, chard, collard greens, dandelion greens, kale, mustard greens, spinach, turnip greens, watercress
VEGETABLES	asparagus, beets, brussels sprouts, broccoli, cabbage, carrots, cauliflower, eggplant, garlic, green beans, lettuce, long bean, okra, onions, peppers, pumpkin, radish, scallions, squashes, yambean (or jicama), zucchini
FRUITS	avocados, baobab, bananas, blackberries, blueberries, cherries, dates, dewberry, figs, grapefruit, guava, horned melon, lemons, limes, mangos, oranges, papaya, peaches, pineapples, plums, pomegranates, oranges, tamarind, tomatoes, watermelon
STARCHES & WHOLE GRAINS	amaranth, barley, couscous, fonio, kamut, maize/corn, millet (pearl and finger), rice, sorghum, tef, wild rice
TUBERS	breadfruit, cassava, plantains, potatoes, sweet potatoes, yams, yucca
BEANS	black-eyed peas, broad beans, butter beans, chickpeas, cowpeas, kidney beans, lentils, lima beans, pigeon peas
NUTS, SEEDS	benne seeds, Brazil nuts, cashews, coconuts, dika nuts, groundnuts, peanuts, pecans, pumpkin seeds, sunflower seeds
HERBS, SPICES & HOMEMADE SAUCE INGREDIENTS	apple cider vinegar, annatto, arrowroot, bay leaf, cinnamon, cilantro, cloves, coconut milk, coriander, dill, ginger, mustard, nutmeg, oregano, paprika, parsley, peppers, sage, sesame, (other) vinegar
FISH & SEAFOOD	bream (or porgy), catfish, cod, crappie, crayfish, dried fish, mackerel, mussels, oysters, perch, prawns, mackerel, rainbow trout, sardines, shrimp, tuna
POULTRY, EGGS, & OTHER MEATS	chicken, turkey, eggs, lamb, beef
OILS	coconut oil, olive oil, palm oil, peanut oil, sesame oil, shea butter
DAIRY (if tolerated)	buttermilk, yogurt (non-lactose sources: almond milk, rice milk, soy milk)
SWEETS	cakes, custards, cobblers, pies made with fruits, nuts, and whole grains, and light on added sugars

SETTING UP YOUR KITCHEN

Give your kitchen a healthy uplift by adding delicious staples of the African Heritage Diet. It's not necessary to have everything on this list to be healthy. Use it to help you keep a variety of items on hand so you can always make a healthy meal.

IN THE PANTRY

- ✓ **Beans** (low-sodium canned or dried): Black eyed peas, kidney beans, pigeon peas, fava or broad beans, butter beans, black beans, chickpeas, and lentils
- ✓ **Whole Grains & Flour:** Barley, millet, oats, sorghum, brown rice, wild rice, cornmeal, teff, and whole-grain flours
- ✓ **Breads:** Flatbreads and other breads (mostly whole grain)
- ✓ **Light Coconut Milk** (canned)
- ✓ **Canned Seafood:** Dried shrimp, saltfish, anchovies, clams, salmon, sardines, and tuna
- ✓ **Cereals:** Oatmeal, plus other hot or cold cereals using rice, Kamut®, corn, and other whole grains. The best choices list the first ingredient as "whole grain."
- ✓ **Preserves & Pickles:** Jams and pickled fruits, like mango, and vegetables
- ✓ **Garlic & Onions:** Keep a garlic bulb or two within easy reach. Red, yellow, and Vidalia onions keep best in a cool, dark pantry.
- ✓ **Coffee and Teas** (for iced or hot)
- ✓ **Herbs & Spices:** Cinnamon, cloves, coriander, crushed red pepper, cumin, curry powder, dill, garlic powder, ginger, oregano, paprika, rosemary, saffron, sage, thyme, turmeric, dried peppers, or blends like Caribbean seasonings.
- ✓ **Low-Sodium Soups & Stocks:** Lentil, Vegetable, Tomato, Potato and Leek, Red Bean and Rice
- ✓ **Nuts:** Peanuts, cashews, pecans, brazil nuts, almonds
- ✓ **Honey, Molasses, and/or Brown Sugar**
- ✓ **Oil:** Red palm oil, extra-virgin olive oil, sesame oil, peanut oil, and coconut oil
- ✓ **Pastas:** Whole wheat couscous and pastas; rice, quinoa, and corn pastas and macaroni are also available.
- ✓ **Tubers & Plantains:** Sweet potatoes, yams, yucca, cassava, breadfruit, potatoes
- ✓ **Seeds:** Sesame, pumpkin, sunflower seeds
- ✓ **Tomatoes:** Canned, paste, sauce

IN THE REFRIGERATOR

Certain Fruits

(berries, watermelon)

Hot Sauce & Salsa

Hummus • Pickles • Eggs

Vegetables

(cooking greens & salad greens)

Fresh Herbs

Dried Herbs & Spices

Natural Peanut or Almond Butter

Fresh Seafood

Yogurt • Milk

(soy, rice or lactose-free milk are available alternatives)

Water & Sparkling Water

Leftovers!

IN THE FREEZER

Frozen Fruit

Frozen Poultry

Frozen Seafood

Frozen Beans & Peas

Frozen Vegetables

ON THE COUNTER OR KITCHEN TABLE

- ✓ **Fresh Fruit:** Select favorites from the African Heritage fruit list, including: avocados, apricots, cherries, grapefruit, lemons, limes, oranges, melons, bananas, mangos, apples, peaches, or papayas. These fruits keep best at room temperature.
- ✓ **Squashes & Tomatoes:** Squashes are healthy and filling, and best stored at room temperature too (like butternut squash and pumpkin), as are tomatoes.

Black Health & Soul Food

“What’s the difference between Southern food and soul food?” Easy answer: black cooks. And I’m one of them. A lot of the dishes, seasonings, and techniques are the same, but there’s an extra oomph in soul food. It’s like the difference between a hymn and a spiritual. Both sound beautiful and express the same message, but the spiritual’s got a groove.”

Carla Hall, TV chef on the CHEW & author, CARLA HALL’S SOUL FOOD



The Centers for Disease Control and Prevention (CDC) has found that African Americans account for 33 percent of COVID hospitalizations, largely because Black people have high rates of chronic health conditions—called comorbidities—that weaken the immune system and make them more vulnerable to the virus. But much less discussed is how food, class, and race have intersected in ways that perpetuate the health disparities and social inequities unfolding today.

“Outside of being Black, obesity, diabetes, and hypertension have been identified as the comorbidities that make coronavirus more deadly amongst anyone worldwide,” said Daphne Altema-Johnson, the food communities and public health program officer at John Hopkins University’s Center for a Livable Future. “When you look at the United States, Blacks have higher rates of these chronic conditions and the reasons they have those comorbidities are ... driven by poverty and by food insecurity.”

“Communities of color have long struggled to access fresh and unprocessed food, and minority workers make up a disproportionate percentage of the food industry, often working for low wages and without medical benefits. All the while, traditional cuisines, such as soul food, have taken blame for the health problems African Americans face—a critique that overlooks how obesity and Type 2 diabetes weren’t widespread in the Black community until after makers of processed and fast foods established a foothold in minority neighborhoods in the late 20th century. Moreover, stress from racial discrimination and other sources has been tied to heart disease, hypertension, and obesity.

There’s also the psychological aspects of being Black in America and the environments of communities of color, where you have lack of access to care and disparities that exist in the healthcare system,” Altema-Johnson said.

However, the mountain of research showing the correlation between environment, racial segregation, and health disparities hasn’t stopped some people from blaming Black culture, and soul food, for the chronic health conditions that can lead to COVID complications.

This argument overlooks that “soul food can be prepared without pork fat, salt, or sugar,” says Adrian Miller, author of *Soul Food: The Surprising Story of an American Cuisine One Plate at a Time*, winner of the 2014 James Beard Foundation Book Award. “Pathologizing African-American cuisine also ignores that soul food predates the nation’s obesity crisis, which grew as the number of fast-food restaurants in the U.S. doubled between 1972 and 1997. It disregards the rising popularity of vegan soul food as well.

If you look at soul food—the dark leafy greens are a superfood,” Miller said. “Okra is a superfood. Collards are a superfood. Fish—all these things are the building blocks of soul food.”

Miller adds that the term “vegan soul food” isn’t an oxymoron, as the traditional soul food diet contained more vegetables than meats; enslaved people had more access to the former than the latter. “It was celebration food,” he explained of soul food. “It was the food you got on weekends when the work-day slowed down enough. It was seasoned vegetables, maybe a little bit of meat and cornbread.”

Today, soul food should be seen as “celebration food,” meaning that it’s not to be eaten on a daily basis. And, increasingly, since African Americans aren’t making it at home but patronizing restaurants that do, Miller questions “why soul food, eaten only once in a while, could singlehandedly be responsible for the obesity, hypertension, and diabetes epidemics in the Black community?”

5 Ways to Make Soul Food Healthier

Merriam-Webster.com defines soul food as, “the type of food traditionally eaten by African-Americans in the southern U.S.” I define it as the food I grew up on. Growing up in the rural south, I had soul food on a regular basis. Greens seasoned with fatback, peas or beans with ham hocks, and fried chicken and macaroni and cheese were staples and continue to grace many tables every Sunday.

What makes soul food so good is that it comes from the heart. For many people, it's associated with love, family, tradition and other fond memories. When done right, soul food is a delight for the taste buds. It's a bite of macaroni and cheese with just the right amount of creaminess and chew. It's savory, tender greens with perfectly baked cornbread on the side. It's knowing that someone spent a lot of time in the kitchen developing those deep, delicious flavors.

Yes, it tastes great on the tongue, but some of the traditional preparations are what make soul food less-than-healthy. But there's good news. Peel away the excess salt, fat and sugar and you'll uncover one of the healthiest diets available. I love the research that

[Oldways did in creating the African Heritage Diet Pyramid](#), which emphasizes eating more leafy greens, vegetables, beans, fruit, nuts and whole grains and less sugar and animal products. Packaged foods are limited and so is the sodium. This is all supported by a healthy and active lifestyle as the base of the pyramid. Unlike the high-calorie fried chicken, macaroni and cheese and greens common to many soul food or Southern tables, **the traditional foods of people of African heritage are actually very healthy.**



Marisa Moore, MBA, RDN, LD
is an Atlanta Registered Dietitian Nutritionist specializing in media, food and nutrition communication, recipe development and consulting.

www.marisamoore.com



Food & Nutrition Magazine, [June 3, 2016](#)

“Of course, sometimes, you’re going to eat the fried chicken ... and that’s OK! I don’t believe in strict diets that abolish the foods you love. Instead, the key is to find the right balance and make sure the foods you choose on a regular basis are good for you.”

- **Fill Up on Vegetables**
Cabbage, collards, peas, beans, [okra](#) and sweet potatoes — vegetables are soul food superstars. Fill your plate with these options for incredible nutrition and to naturally lower the total calories in the meal.
- **Remix Traditional Recipes**
Try a spicy okra and tomato stew instead of the standard fried okra side dish. Or lighten up macaroni and cheese and get an almost undetectable vegetable boost by adding pureed butternut squash or cauliflower to the mix.
- **Skip the Deep Fryer**
Dredge fish in crushed nuts or panko, then bake it for a crispy finish. Marinate chicken in citrus to impart incredible flavor. Try pan-seared chicken with lemon and rosemary or orange and thyme for a flavorful change of pace from typical fried chicken.
- **Make Meat a Part-Not the Heart-of the Meal**
Small pieces of meat can go a long way on flavor. Use them to flavor greens or other foods traditionally made with a smoky flavor.
- **Fruit for Dessert**
Instead of making double-crust cobbles, bake peaches or blueberries with maple syrup and cinnamon topped with a crunchy topping made of oats and nuts.

10 Steps Health & Heritage

1. Make Room for Celebration

Foods. We all have special foods that have always been in our families. Some of these foods may fall outside the guidelines of the African Heritage Pyramid. Save these foods of meaning and memory for special occasions. Enjoy them infrequently, but when you do have them, them whole-heartedly!



10. Drink to Your Health.

A splash of flavor can make water your go-to drink. Add crushed fruits or small amounts of 100% fruit juice to water or sparkling water to make refreshing “ades” (like lemonade!). Iced tea with a little honey is another refreshing alternative to soda and other highly sugared drinks.



9. Family Support & Food Fellowship.

Food is meant to be shared, and so is good health. Think of your dinner table as a “healing table,” a place where people come to share beautiful, fresh foods and reinforce a long, happy and healthy life.



2. Boost Flavor with Spice. Curries, peppers, coconut, fresh herbs, garlic, onions, fresh lemon, and all spices are low-sodium ways to add incredible flavors to grains, beans, vegetables, and seafood. Try a different herb every week for a touch of African heritage.

3. Make Vegetables the Star of Your Plate. Steamed, sauteed, roasted, grilled or raw, enjoy veggies like okra, cabbage, green beans, or eggplant in larger portions than the other parts of your meal. If you’re grabbing seconds, go for the veggies!



4. Jazz Up Fruits for Dessert. Fresh or frozen fruits like melons, peaches, berries and mangos-plain or sprinkled with chopped nuts or coconut-add a sweet taste of satisfaction at the end of a meal.

5. Change the Way You Think About Meat.

Use lean, healthy meats in small amounts for flavor. Replace ham-hocks with smoked turkey or fish, or pile on the herbs and spices instead! With the zesty flavors of African heritage, you may not even notice the meat is not there. We’ve got plenty of vegetarian recipes and a guide to help you on the Oldways website, www.oldwayspt.org



6. Make Rice & Beans Your New Staple. Fiber-filled Rice & Beans is a favorite meal all over the world. Add onions, garlic, peppers and cumin for extra flavor.

7. Mashies & Medleys.

Bake or boil sweet potatoes, yams and potatoes or mash them with eggplants, beans, grains, onions and seasonings. On-Pot Cooking lets flavors sing together! Let okra, corn and tomatoes collide in a “Mix Up,” or add extra color and flavor to your greens with purple cabbage and leeks.



8. Find Real Foods Everywhere.

At a corner store, buy peanuts or fruit; at a lunch buffet, load up your plate with salad, veggies, fruit and beans. Look to African heritage whole foods, in their natural state, to crowd out processed and packaged “convenience foods.”

Soulful Cookbooks & Recipe Links:

African Heritage Diet	www.Oldwayspt.org
Jessica B. Harris	http://www.africooks.com/wordpress/
Patti LaBelle	Patti LaBelle's Lite Cuisine, Patti LaBelle's Diabetics Cookbook and others are readily available on Amazon
Fabiola Demps Gaines & Roniece Weaver	https://www.diabetes.org/healthy-living/recipes-nutrition The New Soul Food Cookbook for People with Diabetes
Angela Shelf Meadearis	https://www.medearis.com/ The Kitchen Diva's Diabetic Cookbook
Chef Joe Randall	https://africanamericanchefshalloffame.org/the-inductees/joe-randall/ A Taste of Heritage – The New African American Cuisine
Albert G. Lukas & Jessica B Harris	Sweet Home Café Cookbook: A Celebration of African American Cooking, available for purchase on Amazon
Carla Hall	https://www.carlahall.com Carla Hall's Soul Food: Everyday and Celebration
Adrian Miller	https://adrianemiller.com/ Soul Food-The Surprising Story of an American Cuisine
Cametria Hill	http://www.blackvegansrock.com/blog/2020/7/20/feature-cametria-hill A Southern Girl's Guide to Plant Based Eating
Lauren Hartmann	https://www.rabbitandwolves.com/ Southern Vegan
Marissa Moore	https://www.marissamoore.com
G. Garvin	https://www.chefgarvin.com/
Tabitha Brown	YouTube: https://www.youtube.com/channel/UCB_AXXiVoEIHbJrYQMsZK7g https://www.southernliving.com/recipes/tabitha-brown-vegan-mac-and-cheese
Café Delites	https://cafedelites.com/mashed-cauliflower Mashed Cauliflower
Southern Living Magazine	https://www.southernliving.com/recipes/tabitha-brown-vegan-mac-and-cheese https://www.southernliving.com/recipes/collard-green-salad-with-chicken-bell-pepper-squash
Toni Tipton Martin	"Jubilee: Recipes from Two Centuries of African American Cooking: A Cookbook"
Jerelle Guy	"Black Girl Baking: Wholesome Recipes Inspired by a Soulful Upbringing"
Snoop Dog	"From Crook to Cook"



Staying Active

Sleep

Stress & Health

**Black Wellness
Collaborative**

Staying Active

Beyond weight management, exercise plays a key role in our overall well-being.

Although many people view exercise as a way to lose weight, it plays a key role in the well-being of the body beyond weight loss. Research strongly supports its benefits across a range of physical and mental health conditions for people of all ages. However, busy lifestyles and an environment that encourages being sedentary for many hours of the day have led to exercise ranking low as a priority for many people.

CHOOSING AN EXERCISE

All exercises offer health benefits, and performing different types of exercises can expand the range of benefits even further. But it is important to remember that some exercise is better than none, and that most everyone can participate in some form of exercise safely.

Here are some factors to consider when choosing an exercise regimen:

- Frequency: How often will you do the activity—once a day, three times a week, twice a month?
- Duration: How long is the exercise session—20 minutes, 1 hour, 30 minutes split into two sessions in one day?
- Intensity: How much energy is needed—light versus vigorous activity?



TYPES OF EXERCISE

Aerobic/Cardiovascular physical activity—These are activities that are intense enough and performed long enough to maintain or improve one's heart and lung fitness. Examples: walking, jogging, dancing, bicycling, basketball, soccer, swimming.



Muscle-strengthening activity—This may be referred to as resistance training. These activities maintain or increase muscle strength, endurance, and power. Examples: weight machines, free weights, resistance elastic bands, Pilates, daily activities of living (lifting children, carrying groceries or laundry, climbing stairs).



Flexibility training—This may be referred to as stretching. It lengthens or flexes a skeletal muscle to the point of tension, and holds for several seconds to increase elasticity and range of motion around a joint. Improving flexibility can enhance the overall physical performance of other types of exercise. Examples: dynamic stretches performed with movement (yoga, tai chi), static stretches without movement (holding a pose for several seconds or longer), passive stretching (using an external force like a strap or wall to hold an elongated pose), and active stretching (holding a pose without an external force).



Balance training—These activities are intended to throw off one's balance to improve body control and stability. They can help to prevent falls and other injuries. Examples: standing on one foot, walking heel-to-toe in a perfectly straight line, standing on a balance or wobble board.





HOW ACCURATE ARE ACTIVITY TRACKERS?

Pedometers, heart rate monitors, and other wearable devices often paired with smartphone apps—provide tracking tools to better manage personal health, and can be an effective source of motivational support. But, how reliable are they?

Generally these trackers are pretty accurate when measuring steps taken. But other measures, such as calories burned, may overestimate or underestimate.



Tracking devices can be useful for personal motivation and accountability, but the data should be interpreted with caution as there are variable readings among devices. The accuracy of the data may also vary within the same device when performing different intensities of exercise.

Learn more about tools for measuring physical activity, including the Borg Scale, METs, and target heart rate. hsph.me/sa20

PHYSICAL ACTIVITY THROUGH THE LIFE COURSE

Guidelines for physical activity for different life stages and conditions:⁴

Children ages 3 through 5—Try to be physically active throughout the day. Adult caregivers should encourage children this age to engage in active playing for at least 3 hours daily.

Children and adolescents ages 6 through 17—At least 1 hour daily of moderate-to-vigorous activity with both aerobic and strength movements.

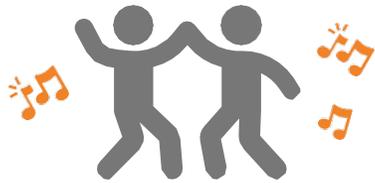
Adults—Move more frequently throughout the day and sit less. Engage in at least 150 to 300 minutes weekly (spaced throughout the week) of moderate-intensity aerobic exercise and at least 2 days weekly of muscle-strengthening exercises. Greater health benefits may be seen with more than 300 minutes weekly of exercise.

Women who are pregnant or postpartum—Aim for 150 minutes weekly (spaced throughout the week) of moderate-intensity aerobic exercise. If vigorous exercise was performed regularly prior to pregnancy, one may continue this throughout pregnancy after discussing with their doctor.

Adults with physical disabilities and chronic conditions—Follow similar activity guidelines as those for adults if able to exercise, but discuss with one's doctor about the types and amounts of activity that would be appropriate for specific conditions. Any exercises within one's ability is encouraged, to avoid being completely sedentary.

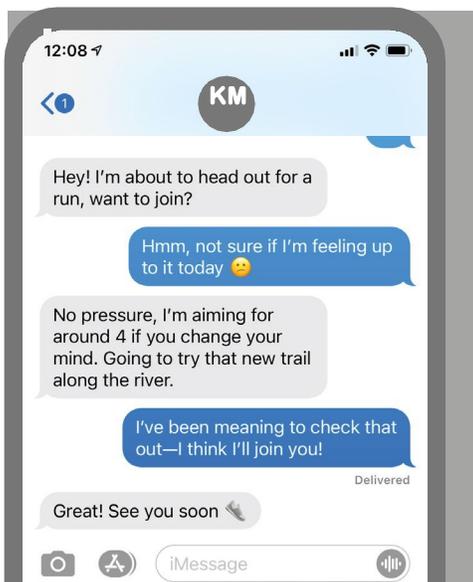
Older adults—Follow similar activity guidelines as those for adults but also focus on balance training. Discussing the start of a new exercise regimen with one's doctor is a good practice for all ages, but it's especially important with this age group because of the higher likelihood of having health conditions or physical limitations that may require modified exercises.

10 Tips to Keep Moving



Plan exercise into your day. Intention is an important first step. Set aside a specific time in your schedule to exercise and write it in your planner.

Try counting steps. Step-counting apps or pedometers are an easy way to remind yourself to move. Working up to 10,000 steps per day can be a good general goal. If that seems too intimidating, measure your steps on an average day and increase by 1,000 steps every two weeks.

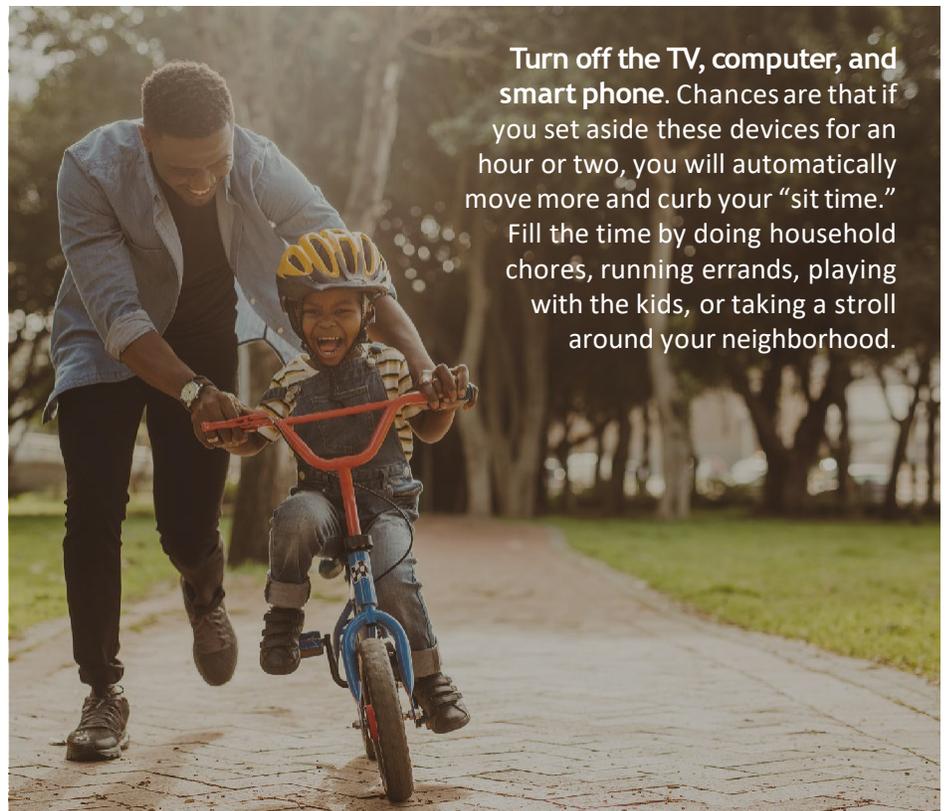


Accountability helps.

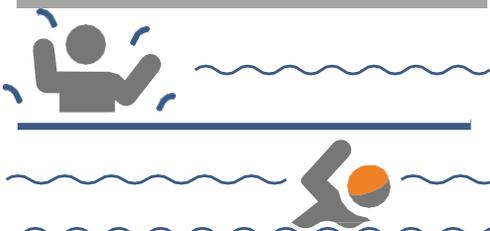
If your motivation is lagging, connect with a friend or family member with a similar goal to move more. A workout partner can help keep you on track and motivate you to get out the door.



Keep it brisk. When you walk, make it brisk, since this may help control weight better than walking at a leisurely pace. What is brisk enough? Walk as though you are meeting someone for lunch and you are a little late.



Turn off the TV, computer, and smart phone. Chances are that if you set aside these devices for an hour or two, you will automatically move more and curb your "sit time." Fill the time by doing household chores, running errands, playing with the kids, or taking a stroll around your neighborhood.



Turn sit time into fit time. Try to combine exercise with a sedentary activity that you already do. For example, perform basic exercises like squats, marching in place, jumping jacks, push-ups, or sit-ups while watching TV or throughout each commercial.



For inspiration on how to move “creatively” wherever you are, check out VMove-Activating a Move-Friendly World: hsph.me/vmv20



Move at the office. If you work long shifts or care for a busy family after hours, fitting in a workout can be daunting. So focus on moving at the office even if you have a sedentary desk job. Make climbing stairs and avoiding elevators the norm, park as far from the front office door as possible, set a reminder to get up and walk for 5 minutes each hour (that could add up to 40 minutes in a day!), or follow a short desk exercise video online.



Reward yourself.

Set short-term goals—then acknowledge and reward yourself when achieving them. Positive affirmations are key to building confidence as you commit to ongoing fitness goals. Treat yourself to new exercise shoes, clothing, or workout gear; a new book; or a massage.

Split the workout. If you are new to exercise and find a 30-minute session challenging, split it into two 15-minute sessions. The fitness benefit may actually be greater if you can exercise with higher energy and intensity in two shorter bouts, than if you tried to exercise for 30 minutes but slowed down from fatigue towards the end.



Sign up for a class or an event.

Check out the fitness class schedule at your local gym, yoga studio, or community center. Some offer virtual classes with a live instructor which you can do at home. Or, sign up for a specific event like a road race or walk-for-charity a few months out; this can help drive you to train regularly in the weeks leading up to the event. You may find that having a target date or the structure of a weekly class keeps you consistent.

- ★ Set a sleep schedule and stick to it. Try to go to bed at night and awaken in the morning around the same times, even on weekends. This helps to regulate the body's sleep cycles and circadian rhythms.
- ★ Try to exercise at some point in the day but avoid vigorous activity (running, fast dancing, high-intensity interval training) one hour before bedtime. Regular exercise of adequate intensity can promote muscle relaxation and deeper sleep later on.
- ★ If you're in the habit of napping during the day, aim for a 10-20 minute power nap to achieve the goals of reduced fatigue and increased alertness. It's best to take naps in the early afternoon to avoid interference with nighttime sleep.
- ★ Try to avoid large meals, heavy snacking, or alcohol 2-3 hours before bed.
- ★ If you are sensitive to caffeine, try to avoid drinking caffeinated beverages 4-6 hours before bedtime.
- ★ Stop using electronic devices an hour before bed, especially those emitting blue light such as smartphones, tablets, and televisions.
- ★ Schedule before-bed activities to signal that you are winding down, such as changing into pajamas and brushing teeth.
- ★ Create a quiet, dark, relaxing environment in your bedroom. Dim the lights and turn off your cell phone's sound and vibration modes if possible.
- ★ Ensure a comfortable temperature, as feeling too hot or cold can disrupt sleep.
- ★ Create calming bedtime rituals such as practicing deep breathing exercises, doing light yoga stretches, or listening to soothing relaxing music.
- ★ If you awaken and can't return to sleep, don't stay in bed. Get up and do quiet relaxing activities, such as reading, until you feel tired enough to fall back asleep.

Sleep Hygiene Tips

A balanced diet can support a healthy immune system and the repair of damaged cells. It provides the extra energy needed to cope with stressful events. Early research suggests that certain foods like polyunsaturated fats, including omega-3 fats, and vegetables may help to regulate cortisol levels.

Mindful eating practices can help counteract “stress-eating” by encouraging deep breaths, making thoughtful food choices, focusing attention on the meal, and chewing food slowly and thoroughly. Mindful eating can also help us realize when we are eating not because of physiological hunger but because of psychological turbulence.

Physical activity will help to lower blood pressure and stress hormone levels. Aerobic exercise like walking and dancing increases breathing and heart rate so that more oxygen reaches cells throughout the body. This reduces tension in muscles, including the heart.

Fast, shallow breathing and erratic thoughts occur in response to stress. Therefore, take slow deep breaths to reduce muscular tension, lower the heart rate, and calm the mind. Whenever you feel stressed, breathe slowly, focusing on each in- and out-breath. Through this simple act, you can slow down your heart rate and it can help you to calm down.

Feeling alone can add to stress. It can help to talk through feelings and concerns with a trusted individual. Often, just realizing that you are not alone and that your feelings are not unusual can help lower stress.

Stress can cause a heightened sense of alertness, which delays the onset of sleep, as well as cause interrupted sleep throughout the night. This can prevent one from entering the deeper sleep stages in which the body repairs and grows tissue and supports a healthy immune system. The REM (rapid eye movement) sleep stage in particular helps with mood regulation and memory.

Use vacation and personal time, or just set aside an hour a day. A periodic escape from the pressures of work can do wonders to reduce stress, increase productivity, and decrease the risk of physical and mental illnesses that are associated with workplace burnout.

Gardening, reading, enjoying music, getting a massage, hiking in nature, and cooking a favorite recipe are examples of welcome stress relievers.



Control Stress

Feeling stressed or anxious about the COVID-19 pandemic?

If you are feeling overwhelmed with emotions such as sadness, depression, anxiety, or feel like you want to harm yourself or some else, call 911 or the National Suicide Prevention Lifeline at 1(800) 273-TALK (1800-273-8255).

USE THESE TIPS TO REDUCE YOUR STRESS AND ANXIETY:

Tune Out

Limit or avoid news coverage if it causes you more stress and anxiety.

Control

Focus on positive things in your life that you can control

Exercise

Keep stress under control by exercising, eating healthy, reading, or by trying relaxation techniques such as yoga.

Talk & Share

Talk about your experiences and feelings to loved ones and friends, if you find it helpful.

Renew your spirit

Take time to renew your spirit through meditation, prayer, or helping others in need.



ADDITIONAL RESOURCES:

The Substance Abuse and Mental Health Services Administration (SAMHSA) Disaster Distress Helpline (DDH) provides counseling and support before, during, and after disasters.

Contact the DDH at 1(800) 985-5990 or text TalkWithUs to 66746.

SAMHSA's National Helpline:
1(800) 662-HELP (1800-662-4357)

SAMHSA's mission is to reduce the impact of substance abuse and mental illness on America's communities. <https://www.samhsa.gov>

Stress and Health

Understanding the impacts of stress on eating patterns and health, and strategies that may help control it.

Stress is a common problem in America. There are three main types of stress that may occur in our everyday lives:

- acute (a brief event such as a heated argument or getting stuck in a traffic jam),
- acute episodic (frequent events such as work deadlines), and
- chronic stress (persistent events like unemployment from a job loss, physical or mental abuse, substance abuse, or family conflict).

Many of us may experience a combination of these three types however, chronic stress can be especially problematic.



HOW DOES CHRONIC STRESS AFFECT EATING PATTERNS?

Chronic stress can be especially problematic because it can affect the body's use of calories and nutrients in various ways. It raises the body's metabolic needs and increases the use and excretion of many nutrients. If one does not eat a nutritious diet, a deficiency may occur. Stress also creates a chain reaction of behaviors that can negatively affect eating habits, leading to other health problems down the road.

- Stress places a greater demand on the body for oxygen, energy, and nutrients. Yet people who experience chronic stress may crave comforting foods such as highly processed snacks or sweets, which can be high in unhealthy fats, sugar, and calories but low in nutrients.
- People feeling stress may lack the time or motivation to prepare nutritious, balanced meals, or may skip or forget to eat meals.

Stress can disrupt sleep by causing lighter sleep or more frequent awakenings, which leads to fatigue during the day. In order to cope with daytime fatigue, people may use stimulants to increase energy such as with caffeine or high-calorie snack foods. The reverse may also be true that poor-quality sleep is itself a stressor. Studies have found that sleep restriction causes a significant increase in cortisol levels.

- During acute stress, adrenaline suppresses the appetite. But with chronic stress, elevated levels of cortisol may cause cravings, particularly for foods high in sugar, fat, and calories, which may then lead to weight gain.
- Cortisol favors the accumulation of fat in the belly area, which is associated with insulin resistance and an increased risk of type 2 diabetes, cardiovascular disease, and certain breast cancers. It also lowers levels of the hormone leptin (that promotes satiety) while increasing the hormone ghrelin (that increases appetite).

Learn more about the impacts of chronic stress: hsph.me/str20



Spotlight: Walking

See the research on walking for exercise and health, along with tips for planning a safe walking routine: hsph.me/wlk20

Walking is one of the most popular forms of exercise worldwide. It doesn't require expensive equipment or special skills, and it provides a wide range of health benefits. Whether you choose an outdoor solitary path in nature, a busy route on city sidewalks, a treadmill workout, or a few rounds around your office building, walking is a relatively accessible way to stay active.

Walking is a type of cardiovascular physical activity, which increases your heart rate. This improves blood flow and can lower blood pressure. It helps to boost energy levels by releasing certain hormones like endorphins and delivering oxygen throughout the body. Brisk walking is considered a moderate-intensity, low-impact workout that does not exert excess strain on joints (hip, knee, ankle) that are susceptible to injury with higher-impact workouts.

WALKING AND HEALTH

People may think that walking is not as effective as higher-impact workouts. Yet a large study of runners and walkers found that after 6 years of follow-up, when expending an equal amount of energy, moderate-intensity walking offered similar benefits as higher-intensity running in reducing the risk of high cholesterol, and diabetes. The

faster the walking pace, the greater the risk reduction observed.

The 2018 Physical Activity Guidelines recommends that adults with chronic conditions do at least 150-300 minutes of moderate-intensity aerobic physical activity weekly, if able. Walking is an exercise that meets this aerobic component and is associated with improving high blood pressure and body mass index, and lowering the risk of diabetes, stroke, and cardiovascular disease, and early death. Walking speed, duration, and frequency can be adjusted depending on one's starting fitness level.

MINDFUL WALKING

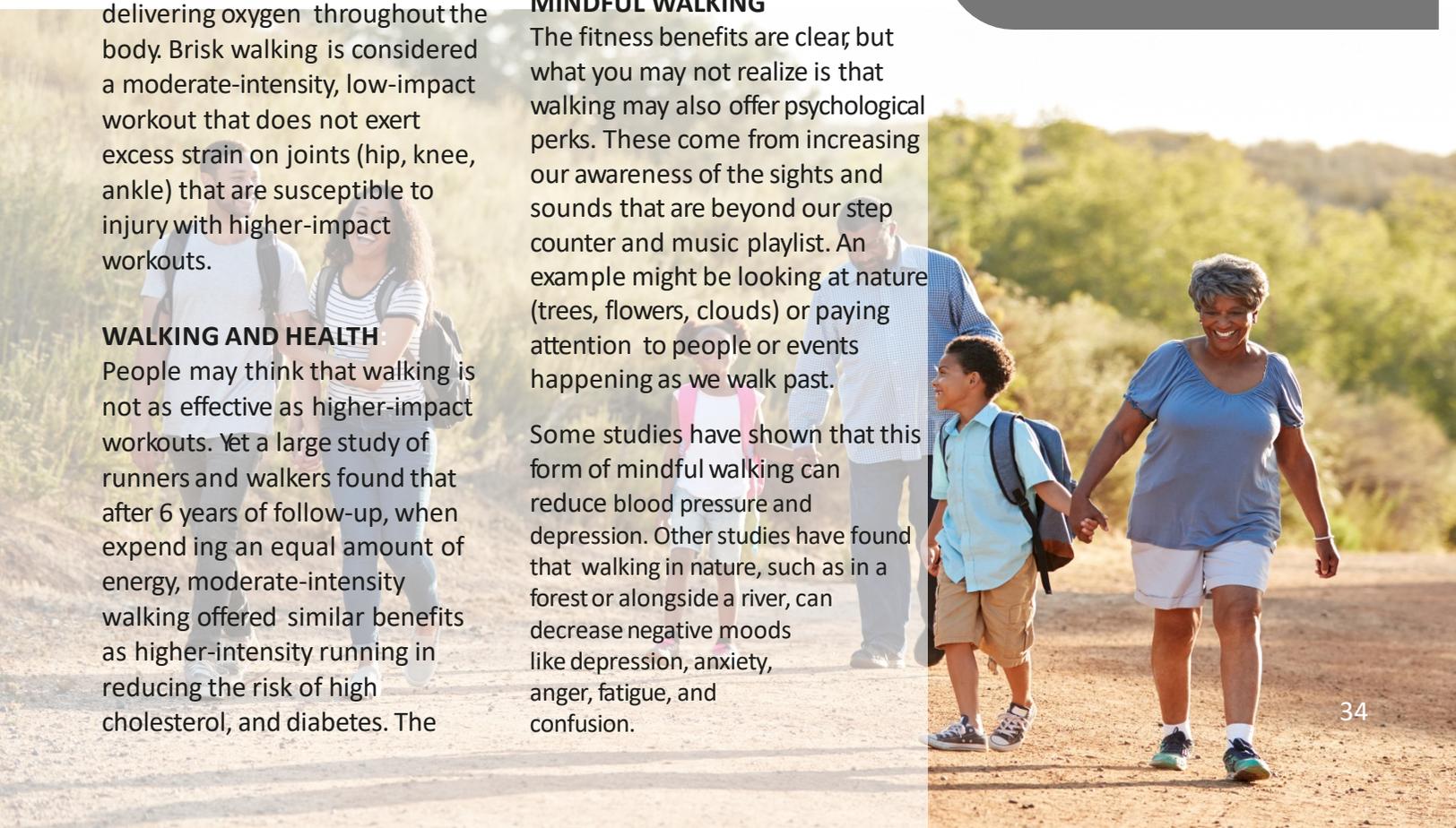
The fitness benefits are clear, but what you may not realize is that walking may also offer psychological perks. These come from increasing our awareness of the sights and sounds that are beyond our step counter and music playlist. An example might be looking at nature (trees, flowers, clouds) or paying attention to people or events happening as we walk past.

Some studies have shown that this form of mindful walking can reduce blood pressure and depression. Other studies have found that walking in nature, such as in a forest or alongside a river, can decrease negative moods like depression, anxiety, anger, fatigue, and confusion.

Do I really need to take 10,000 steps per day?

It may surprise you to learn that the benchmark number of 10,000 steps is not based on science but was created as a marketing tactic in the 1960s by a company making pedometers.

So is there any evidence to support stepping it up? Generally, research finds that more steps are better but even a lower amount can achieve health benefits. There's nothing wrong with aiming for 10,000 steps or even higher, except when it becomes so daunting that you lose motivation, or you feel discouraged that a lesser amount is not good enough. Rather than feeling chained to a specific step count, listen to your body, challenge it, and feel good about what it can accomplish!



We are going back to Black.
Back to the basics.
Back to our history, our heritage,
our collective wisdom, skill
and ability.



www.bwellcollab.com

We are a diverse grassroots group of Black SoCal neighbors and allies who simply care about our community's wellbeing. Many of us first connected in 2020 with similar interests around social justice via the Black Lives Matter, Long Beach Chapter. We began working on a Black mental health public education and awareness campaign, which resulted in the formation of our Black Wellness Collaborative. We support coalition building and resource sharing, without regional borders.



A Quest for Knowledge Around Mental Health and Wellbeing

In the following pages, you will find resources to support mental wellness and mental health, gathered for you by the Long Beach Black Wellness (B-Well) Collaborative. B-Well has curated a selection of helpful information, hotlines, books, apps, web sites, and more resources to support your, or your loved one's overall mental health and wellness. For many, the first step in mental wellbeing is seeking out information to build a better sense of understanding around these complicated issues. Help is available. Learn more at bwellcollab.com/gethelp.

"If you are struggling with mental health challenges, or you have family members who struggle, the quest for knowledge symbolizes an active form of love." —B-Well Collaborative Co-founder Maagic Collins

"Without understanding there cannot be true love, and without love there cannot be true understanding." —
Thich Nhat Hanh

» How COVID-19 and Recent Protests Impact Our Black Mental Health

In a recent Black Enterprise Magazine article, Dr. Shaun Fletcher was asked: ***"How has the COVID-19 pandemic and protests negatively impacted young Black Americans in terms of mental health?"*** Dr. Fletcher's response follows:

The confluence of COVID and social unrest sparked by police shootings of young Black people can have significant negative consequences. African Americans are already 20% more likely to experience serious mental health problems than the general population (Health and Human Services Office of Minority Health), and our children are more likely to be exposed to violence and violent crimes, which are risk factors of mental health anxiety. It stands to reason that seeing more violence and social unrest in our communities only exacerbates those contributing risk factors.

Access to—and trust in—the health care system has been a historical barrier for the Black community, and now with COVID restrictions, many aren't able to have regular access to culturally familiar mental health coping mechanisms, like family, community, and faith-based gatherings. On top of that, many young Black Americans are trying to reconcile their place in the fight for social justice, which can bring about undue emotional labor, cultural taxation, and even imposter syndrome. All of which are associated with significant mental health anxiety.

—Dr. Shaun Fletcher on the Rising Rates of Depression and Anxiety Among Young Black Americans, blackenterprise.com, 2020.

» Emergency Phone Numbers

CRISIS

- 24/7 Crisis Helpline, 1-800-854-7771 (ALWAYS OPEN)
- 24/7 Crisis Text Line, text: HOME to: 741741
- LA Warmline (10pm-6am daily), (855) 952-9276
- Postpartum Support International, 1-800-944-4773 or text to: 503-894-9453
- 24/7 Trevor Project Lifeline - Crisis intervention and suicide prevention counselors for LGBTQ youth, 1-800-788-7386, or text: START to: 678-678, Chat at: thetrevorproject.org/get-help-now
- Long Beach Resource Warm Line for basic needs, (562) 570-INFO (4636) option 5

MENTAL HEALTH

- National Suicide Prevention Lifeline, 1-800-273-TALK (8255)
- LA County Mental Health or Substance Use Services, 1-888-807-7250
- 24/7 LA County Mental Health Emergency and Non-Emergency Hotline, 1-800-854-7771
- TEEN LINE, 1-800-852-8336 Toll-Free or text: TEEN to: 839863
- National Alliance on Mental Illness (NAMI) Helpline, (Mon-Fri, 10am-6pm, EST), 1-800-950-NAMI (6264) or text: NAMI to: 741741

VICTIMS OF VIOLENCE OR CRIMES

- 24/7 National Sexual Assault Hotline - RAINN (Rape, Abuse & Incest National Network), 1-800- 656-HOPE (4673)
- National Helpline for Male Survivors, 1-855-897- 5910
- Department of Defense Safe Helpline service for members of the U.S. military and their families, operated by RAINN, 1-877-995-5247
- 24/7 National Domestic Violence Hotline for Domestic and Dating Violence, 1-800-799-SAFE (7233), 1-800-787-3224 TDD
- VictimConnect - National Center for Victims of Crime, 855-VICTIM (84-2846)
- National Human Trafficking Hotline, 888-373-7888
- National Center for Missing and Exploited Children, 800-THE-LOST (843-5678)
- Peace Over Violence 24 hour Hotline for victims of stalking, domestic or sexual abuse, 310-392-8381
- LA County Elder Abuse Hotline, 877-477-3646

» Long Beach Area Healthcare Facilities and Mental Health Services

Long Beach Memorial Medical Center Hospital

2801 Atlantic Avenue, Long Beach
(562) 933-2000 / (562) 427-3897 Wellness Psychiatry memorialcare.org/locations

Long Beach Mental Health Services Adult Clinic (County of LA Department of Mental Health)

Mental health services for adults.
2600 Redondo Ave, 3rd floor, Long Beach, CA 90806
(562) 256-2900 / (562) 256-7717
locator.lacounty.gov/dmh

Long Beach Mental Health Services Center

1975 N Long Beach Blvd, Long Beach, CA 90806
(562) 599-9401 / (562) 599-9280

Star View Community Services

Youth/family clinic and behavioral health services.
100 E Wardlow Rd, Long Beach, CA 90807
(562) 427-6818
starsinc.com

Behavioral Health Urgent Care Clinic

Mental Health emergency room for children and adults experiencing a mental health crisis.
Open 24 Hours a Day, 7 Days a Week.
3210 Long Beach Blvd. Long Beach, CA 90807
(562) 548-6565
starsinc.com

The Guidance Center Long Beach

Mental health services and outpatient therapy for children, teens, young adults, and parents of youth; psychiatric and medication support; psychological testing.
1301 Pine Ave, Long Beach, CA 90813
(562) 485-3085 / (562) 595-1159
tgclb.org

Dr. Sandra Hardy, Center for Best Living Inc.

Faith-based, multi-ethnic, multicultural professional counseling center, life and transitional coaching for personal growth and abundant living, helping patients live an extraordinary life.
3939 Atlantic Ave, Long Beach, CA 90807
(562) 673-8817 centerforbestliving.com

Dr. Mary Simms Family Outreach Counseling

Services Faith-based, multi-ethnic, multicultural professional counseling center.

4401 Atlantic Ave. Ste. 200, Long Beach, CA 90807
(562) 984-2012

familyoutreachcounseling.com

West County Medical Corps

Treatment center, primary care, and outpatient substance abuse services.

2272 Pacific Ave. Suite A Long Beach, CA
90806 (562) 427-8018

americanhealthservices.org

West County Medical Clinic

Treatment center.

100 East Market Street Long Beach, CA
90805 (562) 428-4222

Daybreak Counseling Center

Psychotherapy, counseling, and mental health services for children, teens, adults, and couples.

4182 N. Viking Way, Suite 203, Long Beach, CA
90808 (562) 566-4257

patrickcleveland.com

The LBGTQ Center Long Beach

Culturally responsive advocacy, education, programs, and services for the LGBTQ community.

2017 E 4th St, Long Beach, CA 90814
(562) 434-4455 ext. 228

centerlb.org

Mental Health America of Los Angeles (MHALA)

Integrated services, including mental health, medical, housing, employment, wellness, and financial services. 1955 Long Beach Blvd., Long Beach, CA 90806

(562) 285-1330 / (562) 437-6717

mhala.org

City of Long Beach Main Health and Human Services Facility

Free or low-cost health care and services for children, adults and families.

2525 Grand Avenue, Long Beach, CA 90815
(562) 570-4000 / (562) 570-4315 Information

Desk longbeach.gov/Health

Multi-Service Center for the Homeless

Outreach services, intake and assessment services, case management, referrals to shelters and other social service programs for individuals and families experiencing homelessness. 1301 West 12th Street, Long Beach, CA 90813 (562) 570-4500

longbeach.gov/health/services/directory/homeless-services

Center for Families and Youth

6335 Myrtle Avenue, Long Beach, CA 90805
(562) 570-3300

longbeach.gov/health/services/directory/cfy

Black Infant Health Program

Group sessions, case management, health and family support referrals, support services from a Public Health Nurse and Social Worker, stress/depression management. (562) 570-4323

longbeach.gov/health/services/directory/black-infant-health

Tarzana Treatment Centers

Outpatient treatment for substance abuse, mental health services, residential rehab alcohol and drug treatment, housing, day treatment, partial hospitalization, family services, teen and adult services, women's services.

5190 Atlantic Avenue, Long Beach, CA 90805 / 2101
Magnolia Avenue, Long Beach, CA 90806
(877) 777-8565

tarzanatc.org

Behavioral Health Services

Medical services, substance abuse, mental health, transitional living, housing for women with HIV, and prevention services.

Flossie Lewis Center - 351 East 6th Street, Long Beach, CA
90802 (562) 435-7350

Long Beach Family Recovery Center - 514 West Pacific
Coast Highway, Long Beach, CA 90806 / (562) 432-0713

Redgate Memorial Recovery Center - 1775 Chestnut Ave.,
Long Beach, CA 90813 / (562) 599-8444

bhs-inc.org

Helpline Youth Counseling

Mental health counseling and wraparound services, substance abuse, domestic violence, homeless services.

920 Atlantic Ave., Ste. 101, LB, CA 90813
(562) 380-0261 / (562) 273-0722

hycinc.org

For the Child - Sarah Center

Family focused mental health care.

4001 Long Beach Blvd., Long Beach, CA 90807

(562) 427-7671 / (562) 422-8472

forthechild.org

Jewish Family & Children's Service (JFCS) of Long Beach & West Orange County

Counseling, support groups, referral to available resources.

3801 East Willow Street, Long Beach, CA 90815

(562) 427-7916

jfcslongbeach.org

» **Black mental health providers in Long Beach**

Ginger Lavender Wilkerson, LMFT

Marriage and Family Therapist, offers individual therapy and counseling groups for teen girls and young women. Licensed Marriage and Family Therapist.

gingermft@gmail.com

gingerlavendertherapy.com

Kim Fuller, LMFT

Marriage and Family Therapist, offers individual and family therapy, specialization in anxiety and depression in women, adolescents, and children.

Long Beach, CA 90807

(323) 334-0064

fullerlifeconcepts@gmail.com

fullerlifeconcepts.com

Dr. Asheena Lee, M.D.

American Board of Psychiatry and Neurology certified psychiatrist and reproductive psychiatrist.

6615 E Pacific Coast Hwy Ste 225, LB, CA 90803

(888) 628-3789

fullylivingclinic.com

Josie E. Myles, LMFT

Marriage and Family Therapist, offers online and in person therapy related to anxiety, trauma, sexual abuse, relationship issues, PTSD, and adolescents involved in the criminal justice system.

6272 Pacific Coast Highway, Long Beach, CA 90803

(562) 262-8695 x1

mindfulcenters.com

Dr. Sandra Hardy, Center for Best Living Inc.

Faith-based, multi-ethnic, multicultural professional counseling center, life and transitional coaching for personal growth and abundant living, helping patients live an extraordinary life.

3939 Atlantic Ave, Long Beach, CA 90807

(562) 673-8817 centerforbestliving.com

» **Black Holistic Providers / Healers**

Angelique Jackson, MBA, MAFP (Master of Arts in Forensic Psychology), Certified Transformational Life Alchemist, Holistic Wellness and Energy Healer, Be-L'evated

Holistic therapy and wellness, holistic life coaching, holistic and spiritual healing, retreats, divine feminine circles.

ajackson@belevatedllc.com

belevatedllc.com

Shelley Bruce, Energy Healer, Poet, Artist, Community Organizer

Wellness services, energy healing, Reiki Japanese energy healing, aura clearing, Chakra balancing, spiritual coaching, meditation, visualization.

ojoabierto.ooo/reiki-healing-shelley

[instagram.com/artistsshelleybruce](https://www.instagram.com/artistsshelleybruce)

Queen Hollins, Founder, Earthlodge Center for Transformation

Black Indigenous Healing Practices for womyn, LGBTQI, children, gender non conforming communities, cis men and allies to heal trauma, build community, fellowship, learn about nature based spiritual principles and herbs. No one is turned away due to economic circumstances.

(562) 470-76-LODGE (56343)

earthlodgecenter@gmail.com

earthlodgecenter.org



» Mental Health Tips

These tips are a small part of a much bigger practice of wellness, as the path to wellness and discovery is ongoing and unique to each individual.

Toxic Stress

- Acknowledge any societal pressures around you.
- Join groups to help you break unhealthy patterns.
- Be aware of your actions, thoughts, and feelings, as awareness is the first step to breaking negative patterns.

Suicide

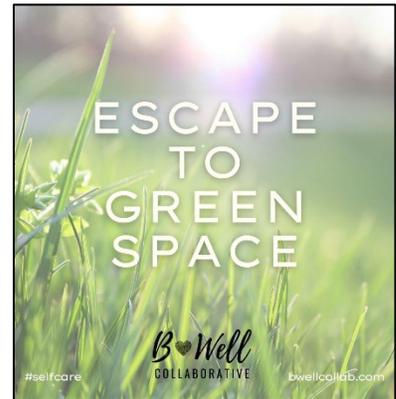
If you suspect a family member is experiencing suicidal thoughts, have an honest conversation with them about it and share resources, including hotlines.

Depression

- Talk with someone who you feel can understand your challenges.
- Acknowledge your feelings by writing down your thoughts.
- Go for a walk or stretch your body.
- Take a shower.
- Seek help.

Anxiety

- Focus on 5 things you see in front of you to ground yourself.
- Move your body to get out any physical stress.
- Acknowledge your worries and write down what's on your mind.



Bipolar Disorder

- Try simple cathartic activities, such as gardening, working on a car, going to the gym, getting exercise.
- Learn the individual effects of positive/negative stimulation.
- Find honest spaces to talk through toxic shame and behavior. Explore this with a trusted counselor.

» Using Poetry for Healing

The arts can often help people heal. These tips may help you use poetry for healing.

1. Choose a journal to use for writing poetry.
2. Carve out 1 hour every day, preferably the same time every day, and don't let anything get in the way of this sacred hour.
3. Dedicate 30 minutes to reading and 30 minutes to writing -OR- read at least 1 page and write 1 page every day. Writing can be purge writing or creative freewriting. Just develop a daily habit--it can work miracles!
4. Check out any of these poets for inspiration: Nikki Giovanni, Toni Morrison, Maya Angelou, Tupac Shakur, and Rupi Kaur.

Also, find more at: oprahmag.com/entertainment/books/g27141414/poetry-books

» Mental Health Book

Recommendations for Children

- [Breathe Like a Bear: 30 Mindful Moments for Kids to Feel Calm and Focused Anytime, Anywhere](#), by Kira Willey
- [Coping Skills for Kids Workbook: Over 75 Coping Strategies to Help Kids Deal with Stress, Anxiety and Anger](#), by Janine Halloran
- [But What If](#) by Sue Graves

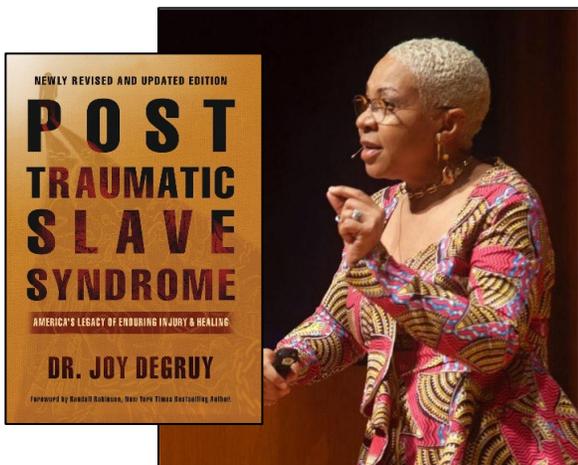
This is a cheerful brightly illustrated story that will help kids understand how their emotions and actions are related—and how they can learn to manage both.

» Mental Health Book

Recommendations for Adults

Post Traumatic Slave Syndrome by Dr. Joy Degruy

With over thirty years of practical experience as a professional in the mental health field, Dr. DeGruy encourages African Americans to view their attitudes, assumptions, and behaviors through the lens of history and to gain a greater understanding of how centuries of slavery and oppression have impacted people of African descent in America. Post Traumatic Slave Syndrome helps to lay the necessary foundation to ensure the well-being and sustained health of future generations and provides a rare glimpse into the evolution of society's beliefs, feelings, attitudes and behavior concerning race in America.



Black Pain: It Just Looks Like We're Not Hurting: Real Talk for When There's Nowhere to Go But Up by Terrie Williams

Terrie had made it: she had launched her own public relations company with such clients as Eddie Murphy and Johnnie Cochran. Yet she was in constant pain, waking up in terror, overeating in search of relief. For thirty years she kept on her game face of success, exhausting herself daily to satisfy her clients' needs while neglecting her own. Terrie finally collapsed, staying in bed for days. She had no clue what was wrong or if there was a way out. She had hit rock bottom and she needed to get help. Black Pain encourages us to face the truth about the issue that plunges our spirits into darkness, so that we can step into the healing light.

Black Men and Depression: Saving our Lives, Healing our Families and Friends, by John Head

In mainstream society depression and mental illness are still somewhat taboo subjects; in the Black community they are topics that are almost completely shrouded in secrecy. As a result, millions of Black men are suffering in silence or getting treatment only in extreme circumstances—in emergency rooms, homeless shelters, and prisons. The neglect of emotional disorders among men in the Black community is nothing less than racial suicide. In this book, award-winning author John Head argues that the problem can be traced back to the time of slavery, when it was believed that Blacks were unable to feel inner pain because they had no psyche. This myth has damaged generations of African American men and their families, creating a society that blames Black men for being violent and aggressive without considering that depression might be a root cause.

Dating with Purpose: A Single Woman's Guide to Escaping No Man's Land

by Dr. Erica Holmes

Written by clinical psychologist Dr. Erica Holmes, this book guides women of all ages through a journey of self-discovery, self-acceptance, and self-empowerment on the path to finding the love they desire. This workbook includes a series of easy-to-follow reflective exercises designed to bring awareness to the patterns and behaviors that set up roadblocks to happiness in intimate relationships.

The State of Black Girls: A Go-To Guide for Creating Safe Spaces for Black Girls

by Marline Francois-Madden, LCSW

Self-esteem, depression, failed friendships, grief, anxiety, domestic violence, and heartbreak all take their toll on the lives they impact, but there are answers to help you win in life. This book aims to empower young black girls in the face of the obstacles that stand before them each day. It offers perspectives, activities, and prompts that can help you to know what factors are at play in life and in society, and how to navigate them with poise and success. It is crucial to understand what the terms are for success, why they are that way, and how best to turn the tides in your favor. Coping skills, self-care, affirmations, goal-setting and more are the tools you will incorporate into your strategy in life that will give you that power.

» Apps and Websites for Mental Wellness

Apps:

- Exhale: emotional wellbeing
- Headspace: meditation, mindfulness
- Calm: meditation, sleep stories
- Meditopia: guided meditation
- Sleep Cycle: sleep tracker
- Smoke free: app to help you quit smoking
- Daylio Journal: bullet diary, mood tracker
- healthinherhue.com - a digital telehealth service that matches Black women to Black healthcare providers.

Virtual Experience

Night Night: Bedtime Stories by Black Men - Free program offered every Wednesday night on Zoom facilitated by a Black therapist who integrates activities and wellness activities.

[instagram.com/onegiftgroup](https://www.instagram.com/onegiftgroup)
onegiftgroup.lpages.co/night-night-bedtime-stories-by-black-men-2

NAMI Long Beach Area (National Alliance on Mental Illness)

Learn how to navigate a mental health crisis. Find free online support groups that provide support to families and individuals living with mental health conditions.
(562) 435-2264 / (562) 314-6191

Black Fatigue: How Racism Erodes the Mind, Body, and Spirit, by Mary-Frances Winters

This book is the first of its kind to define and explore Black fatigue, and the intergenerational impact of systemic racism on the physical and psychological health of Black people. Winters explains why and how society needs to collectively do more to combat its pernicious effects.



nami@namilongbeach.org
org.namilongbeach.org

OpenCounseling - Affordable Counseling *Free or Low-Cost Counseling in Long Beach.*
opencounseling.com/California/Long-Beach

Therapy for Black Girls
therapyforblackgirls.com

Therapy for Black Men
therapyforblackmen.org

National Queer and Trans Therapists of Color Network (NQTTTCN)

Healing justice organization committed to transforming mental health for queer and trans people of color (QTPOC), in order to increase access to healing justice resources for QTPOC. nqttcn.com/directory

Black Women for Wellness

4340 11th Ave, Los Angeles, CA 90008 (323) 290-5955
/ (323) 290-5955
info@bwwla.com
bwwla.com

<p>Try a new type of exercise</p> 	<p>Turn off screens at least 1 hour before going to bed</p>	<p>Plan vacation or personal time away from work</p> 	<p>Alternate between sitting and standing throughout the day</p>	<p>Try a new fruit</p> 
<p>Prepare a dinner using the African Heritage Diet Pyramid as a guide</p>	<p>Find a workout buddy</p> 	<p>Shop your pantry and use what you have before buying more to minimize food waste</p>	<p>Spend time doing a fun activity or favorite hobby</p> 	<p>Schedule exercise time in your calendar</p>
<p>Put on some favorite music and dance!</p> 	<p>Set an alarm for intervals throughout the day; when it rings, breathe for 2 minutes</p>	<p>BLACK & WELL LBC</p>	<p>Design a meal plan for the upcoming week</p>	<p>Find your ideal sleep schedule and aim to stick to it</p> 
<p>Take a walk without screens or headphones; see what you notice</p>	<p>Freeze leftovers you won't eat right away for an easy future meal</p> 	<p>Set a long- or short-term fitness goal</p>	<p>Create a calming bedtime ritual (deep breathing, music, etc.)</p> 	<p>Practice mindful eating for at least a portion of a meal</p>
<p>Try a new whole grain</p> 	<p>Avoid large meals, heavy snacking, or alcohol 2-3 hours before bed</p>	<p>Try an aerobic activity while watching TV</p> 	<p>Prepare a meal featuring lentils (or another legume)</p>	<p>Try a new vegetable</p> 

Play the healthy living bingo challenge!

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Contact: Sharon Diggs-Jackson (562) 739-5276