



BINATIONAL HEALTH WEEK
A VOLUNTEER'S PERSPECTIVE

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Volunteer Community Navigator

VOLUNTEER INTERVIEWER

- Kansas City, Kansas
- Kansas City, Missouri
 - Consulate of Mexico
 - Samuel U. Rogers Health Center
- St. Joseph, Missouri



Samuel U. Rogers Health Center 2009 BHW LUNCH & LEARN

- Topic: The impact of obesity on the family
- Panel of healthcare professionals
 - Healthy weight in children – Michelle Anderson
 - Heart health and diabetes – Dr. Steve Mesa
 - Cancer – Dr. Yolanda Huet Vaughn
 - Living with complications – Bernardo Bravo
- We enjoyed a healthy Mexican meal



BHW SCREENINGS INCLUDED:

- Glucose
- Cholesterol
- Blood pressure
- Dental
- Vision
- Mammogram referrals
- HIV tests
- Flu prevention
- Nutrition



OTHER SERVICES:

- Mental health
- Senior health
- Health insurance available in Missouri
- Follow-up care if needed



EXPERIENCES AS A VOLUNTEER

- Participants' willingness to answer questions
- Freedom and confidence
- Spanish language
- Participants appreciate that:
 - They don't have to make an appointment
 - Screenings are free
 - They get immediate feedback
 - Medical volunteers and staff are most helpful



FROM THE INTERVIEWS, I LEARNED:

- There were many newcomers in the Kansas City area
- They did not know:
 - How to find a pediatrician for children
 - Where to go for healthcare service for themselves or their children
 - What healthcare services are available in the area
 - What agencies provide such services



FROM THE INTERVIEWS, I LEARNED:

- Many didn't have health coverage.
- Others had never visited a doctor:
 - Lack of money
 - Lack of time, or
 - They were afraid to learn bad news regarding their health.



IN ST. JOSEPH, A FAMILY OF 6 LEARNED ABOUT:

- Affordable medical insurance for the family
- Where to go to start a business
- How to buy a house
- Financial counseling
- Community agencies and services

Get involved in BHW events.

We can do it!

