



CFWC Health and Wellness Program

Myrna Binford, Chairman

This week I am moving off this CSP program into an Affiliate Organization program that GFWC is partnered with through the UN Foundation, specifically Shot@Life. This program is tied to the Health and Wellness program just by its name. I got involved with this program several years ago at a CFWC Convention and then had it as my District President's project. Last month I finally "attended" the Shot@Life's Champions Summit. There were a few club ladies there from CA, but also other states. It was a terrific two days and the speakers were some of the best I have heard. Usually the summit is in Washington, D.C., but due to Covid-19, it was held virtually (but, that's ok because we had more speakers since we didn't get to walk around to the Congressional offices. We did get to visit them virtually).

I am sure most of you are aware of this program, but just in case, here is an overview:

- Polio, measles, pneumococcal, and rotavirus are the childhood vaccines that are administered.
- Every 20 seconds, a child dies from a vaccine-preventable disease.
- More than 82 million vaccines have been provided to children around the world. Immunizations currently prevents 2-3 million deaths every year.
- Viruses don't need passports. An outbreak anywhere is a threat everywhere (we have learned this sad lesson this past year), and a growing number of measles cases in the U.S. underscores the importance of vaccine education and access around the world because we are a global community. There are only two countries where polio has not been eradicated- Pakistan and Afghanistan.
- One in five children have no access to be vaccinated.

Mothers with children under five years of age in underdeveloped countries may not name their child as most children unvaccinated may die before age five.

Because of COVID19, vaccination coverage is dropping to levels last seen in the 1990s.

The Shot@Life program calls for Champions to educate, advocate, and fundraise. There are two big events a year: Advocate to Vaccinate in April and Race to Erase in October/November. These are primarily Advocacy.

The Internet can give you more information (shot@life.org/training and shot@life.org). There is also information on the [GFWC.org](https://gfwc.org) website. GFWC gives up to a \$100 grant to help you plan local advocacy events and fundraisers for the Shot@Life Campaigns to help put a stop to preventable childhood diseases. Funding is provided by Shot@Life.

As women, mothers/grandmothers, and caring club women, we know how precious children are to all women and we should make an effort to give all children a Shot@Life.