

Oregon State University Extension Service

METRO CONNECTION

October 2019

My Hair My Health PDX!



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The Third Annual My Hair My Health PDX! event brought together over 130 participants to promote healthy eating and physical activity, and to encourage African American women and their supporters to celebrate beauty and wellness from the inside out. OSU Extension Diversity, Equity and Inclusion and the Extension SNAP-Ed program were just two of the sponsors of the event held September 7 in Northeast Portland.

The program included a session titled "Generational Healing" with a panel discussion on historical trauma and how it can negatively impact families, communities and individuals. Panelists discussed how this particular form of trauma is passed down and its long-term effects on African American families. Another panel discussion was held after the screening of the film **My Nappy Roots: A Journey Through Black Hair-itage**.

Attendees enjoyed delicious snacks from the local restaurant Miss'ipi Chef and recipes from the OSU Extension-developed **Food Hero** website. The day ended with a jubilant performance by the dance troupe 503 Portland Sliders who got folks up and moving.

My Hair My Health PDX! is adapted from the My Hair My Health program developed by the San Bernardino County Department of Public Health in California to address health issues common to African American women. The Portland event offered attendees tools and resources to:

- Promote healthy behaviors, such as increased fruit and vegetable consumption and regular physical activity;
- Boost knowledge and skills to overcome barriers to healthy behaviors; and
- Improve self-image and self-acceptance, and heal body, mind and soul.

Visit the **My Hair My Health PDX** website for additional information about the event and speakers, or contact **Adejoke Babatunde** for information about the My Hair My Health PDX project.

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