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Delta Health Watch



Delta Sigma Theta Sorority, Incorporated
Philadelphia Alumnae Chapter
Physical and Mental Health Committee

Celebrate Life: World AIDS Day 2008

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Upcoming topics:

January: Renewal of Spirit, Mind, and Body

World Aids Day was started on December 1, 1988 with the purpose of raising money, increasing awareness, fighting prejudice and improving education worldwide. Twenty years after it began World Aids Day remains an important reminder that HIV has not gone away and that there are still many things still to be done.

According to UNAIDS estimates, there are now 33.2 million people living with HIV, of which 2.5 million are children. In 2007, 2.5 million people became newly infected with the virus. Approximately, half of all people who become infected with HIV do so before the age of 25 and are killed by AIDS before they are 35. An estimated 3 million people are now receiving antiretroviral treatment in low and middle-income countries.

In the United States, Centers for Disease Control and Prevention estimates 1.1 million people are living with HIV. These numbers will most likely increase over time, as antiretroviral drug treatment extend the lives of

those with HIV and more people become infected, as the number of people living with HIV grows, so does the opportunity for those with HIV to pass on the virus to others.

Around 95% of people with HIV/AIDS live in developing nations. But HIV today is a threat to men, women and children on all continents around the world.

Protecting Health

CDC currently estimates that approximately, one in five persons living with HIV in the United States is unaware of his or her infection and may unknowingly transmitting the virus to others. Since anyone can be at risk for HIV, CDC recommends that adults between the ages of 13 and 64 years of age be routinely screened for HIV infection in healthcare settings. Pregnant women in the U.S. should be screened for HIV infections as part of their routine prenatal testing.

Once tested, individuals can take steps to protect their health or, if infected, they can gain access to health sustaining treatments and care, and help prevent the spread of the disease to others.

On this World AIDS Day 2008, we all need to commit to expanding

the reach of effective prevention efforts to those at risk and those living with HIV in the United States.

What Can You Do?

Wherever you work, or whatever you do you can join CDC and its partners in supporting World AIDS Day. Your support will help end the HIV/AIDS pandemic.

Individuals can:

GET tested for HIV. To find a testing site center near you, visit hivtest.org OR on your cell phone, text your zip code to Know It (566948)

Stand up against the stigma, racism and other forms of discrimination with HIV/AIDS

Donate time and money to HIV/AIDS organization.

December 1 is World Aids Day: a time to celebrate life the many lives saved by HIV prevention and treatment programs. It also serves as a reminder that we all must do more as individuals, communities, and as world citizens to fight the spread of HIV and AIDS.

More information visit

CDC HIV Testing Database

Locate an HIV testing site near you

CDC's website for HIV/AIDS in the United States

Baked Lamb Meatballs

Adapted from *Healthy Entertaining*
And *Essence.com*

36 Meatballs

1 pound of ground lamb	2 tablespoons minced cilantro
¼ cup minced onion	1 teaspoon salt (optional)
¼ cup minced red bell pepper	½ teaspoon of black pepper
2 teaspoons minced jalapeno	½ teaspoon ground cumin
3 teaspoons minced garlic	Optional: purchase mango salsa or salsa

Heat oven to 375 degrees F. Combine all ingredients except salsa. Shape into 1 inch balls; place on a baking sheet coated with cooking spray. Bake 10 minutes. Place under broiler 1 to 2 minutes for more browning. If desired. Transfer to serving dish; garnish with cilantro sprigs. Serve warm with salsa or chutney.

Nutritional Analysis per serving (Per Meatball)			
Calories	26	%CFF	2%
Total Fat	2g	Saturated Fat	0.5 mg
Protein	26g	Cholesterol	8g
Carbohydrates	0g	Sodium	7mg



Spiritual Prescription for the New Year

Adapted from *Essence*, December 2008 (T.D. Jakes)

1. Build your Faith

More than going to church and carrying your bible everywhere; this is about a deeply personal relationship with God, about letting God alone feed your soul and defines who you are. It's about letting God's grace, peace, and mercy bear fruit in your life.

2. Revisit your Priorities

What are your long standing goals? Actively, seek new perspectives, approaches and information to help achieve them.

3. Be a loving friend

As you surround yourself with positive, upward thinking people, practice being to others the dedicated friend you've yearned for yourself.

That kind of love and devotion, poured out on someone else, inevitably comes back to you.

4. Empower your inner circle

Your trusted kin, friend, and advisers are your team. Encourage them to speak the truth to you to help ensure that you function optimally

5. Give Back

Share your blessings, resources, time, and talent as they start to flow and become clearer in your own eyes.

Blessings!

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