

# Annual Health Conference

## Health Justice and Equity

October 12th 8am-2:30pm • Belhurst Castle, Geneva

We hope you'll join us for this year's professional development conference as we'll be shedding light on health, justice and equity. We are excited to have partnered with experts in their field so we can gain a true understanding of food insecurities, substance use and paraphernalia, adverse childhood experiences, human trafficking, age appropriate sex-ed and other social determinants of healthcare. It's vital that we learn to recognize the signs of these threats so we can help those affected and promote healthier communities overall. Together, we will learn more and acquire the tools needed to create change.

*Get ready to network and make a difference!*

**Who should attend?** Medical professionals, school staff, community-based organizations, public health professionals, and anyone else interested in a day of professional improvement.

**Registration:** Cost \$65. Due at time of registration. Registration closes September 30th. Non-refundable after October 1st. (Limited scholarships available.)

**Register Here:** <https://forms.office.com/r/hn5JRapAYs>

**Questions:** Contact Olivia Catalano at (315) 521-7787 or [OliviaC@flchealth.org](mailto:OliviaC@flchealth.org)

A detailed sketch of two hands, one in a red sleeve and the other in a green sleeve, cupping a heart. The drawing is done in a loose, artistic style with visible pencil or charcoal lines.

#AHC23

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### Keynote Speaker:

- **Adolfo G. Cuevas, Ph.D., Center for Anti-racism, Social Injustice and Public Health**

### Presentation Overview: Racial Health Disparities

Research suggests that health differences between Afro-Latinos and White-Latinos parallel that of non-Latino Black and non-Latino White Americans. In this talk, Dr. Cuevas will highlight the emerging evidence on racial health disparities. He will offer an exploration of the underlying causes that contribute to existing disparities, including anti-Black systems of racialization, stereotyping, and discrimination in the US that have health harming effects for Afro-Latinos. Dr. Cuevas will conclude with recommendations for future directions in Latino health research that address the intersections of race and ethnicity.

### Bio:

Adolfo G. Cuevas, Ph.D., is Assistant Professor in the Department of Social and Behavioral Sciences at NYU's School of Global Public Health and a core faculty at the Center for Anti-racism, Social Justice, & Public Health. As a community psychologist, he has written extensively on the interrelationship between race/ethnicity, discrimination, and aging-related diseases. His work has been published in scientific journals, such as Proceedings of the National Academy of Sciences and American Journal of Public Health and featured in HuffPost and NPR's Code Switch.



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### Afternoon Break-Out Sessions:

- **John Kriegelstein, Council on Alcoholism & Addictions of the Finger Lakes**

**Presentation Overview: Hidden In Plain Sight**

The Hidden in Plain Sight presentation looks to give parents information on signs of substance use as well as substance paraphernalia items. Participants will get to practice finding these items in our mock bedroom before going through all the paraphernalia items in a presentation format. Following the paraphernalia explanations, the presentation goes into talking about these substances and their associated risks. Included in this talk about substances will be substance breakdowns, statistics, emerging trends, signs of use, risk factors, and protective factors.

- **Jennifer Hatch, Pivotal Public Health Partnership**

**Presentation Overview: Healthy Eating & Food Security in the Finger Lakes: Transforming Results into Action**

Food insecurity has a significant impact on health equity. People who experience food insecurity have a higher risk for poor nutrition and diet-related conditions, such as obesity, diabetes, hypertension, and cancer. As we know, food access is not equal for all. Survey results indicate that food insecurity is occurring most in households with children. Food-insecure households reported more unhealthy eating and less fruit and vegetable consumption than food-secure households. This presentation hopes to bring attention to the solutions to bridge the gap on accessibility to healthy foods to those who need it most.



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### Afternoon Break-Out Sessions (continued):

- **Rebecca Godwin, Safe Harbors of the Finger Lakes**

**Presentation Overview: Building Resiliency - Practical Steps a Service Provider Can Take to Add Resiliency to a Teen's Life.**

The negative consequences of Adolescent Childhood Experiences (ACEs) can be counteracted with support, care, and appropriate intervention. We will review the results of the 2017 "ACEs and Resilience" study conducted by the National Health Service in Wales and explore how ACEs play a role in mental illness in adults. Focusing on the 40 Developmental Assets, as outlined by The Search Institute, this presentation will explain how different types of service providers can work on small, incremental changes to add resiliency to a teen's life.

- **Olivia Catalano, Finger Lakes Community Health**

**Presentation Overview: Age Appropriate Sex Education**

This presentation will discuss the importance of sex education throughout life. We will discuss the topics included in sexual health education and at what age they are recommended. This presentation will offer guidance on how sex education ties in with NYS and National Teaching standards at various ages.