



Kappa Alpha Psi Fraternity, Inc. Southwestern Province



Healthy Kappas Healthy Communities' initiative is spearheaded by the fraternity's National Health and Wellness Committee

Healthy Kappas Healthy Communities objective is to provide health and wellness information with measurement tools and metrics for our membership, their families and their surrounding communities; to educate them on ways to monitor their personal health status as well as to keep personal health as a priority

Healthy Kappas Healthy Communities initiative will provide ongoing communication on health and wellness issues through the use of web based digital media and other means



100 Years and Building...The Journey Continues





Kappa Alpha Psi Fraternity, Inc. Southwestern Province



The following screenings/evaluations were offered during the **78th Southwestern Province Council** in Austin, TX

- ◆ Mental Health Screening
- ◆ Cholesterol Evaluation
- ◆ Pulse Evaluation
- ◆ HIV/AIDS
- ◆ Sleep Apnea Evaluations
- ◆ Blood Pressure Evaluation
- ◆ Glucose Evaluation
- ◆ BMI

Total number of brothers screened during the **78th Southwestern Province Council** was **157**



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Southwestern Province



The following screenings/evaluations will be offered during the **79th Southwestern Province Council** from March 25- 29, 2015 in Little Rock, AR

- ◆ Blood Pressure Evaluations
- ◆ Cholesterol/Glucose Evaluations
- ◆ Mental Health Screenings
- ◆ Breast/Colon Cancer Screenings
- ◆ Prostate Health Education
- ◆ Diabetes Education
- ◆ Preventive Medicine
- ◆ Foot Care
- ◆ Tobacco Cessation
- ◆ Height, Weight, Body Mass Indexes



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The following screenings/evaluations will be offered during the **82nd Grand Chapter Meeting** from August 11 - 16, 2015 in New Orleans, LA

Seven Domains of Healthy Kappas Healthy Communities

- ◆ CV Disease
- ◆ DM
- ◆ Cancer (breast/prostate/colon)
- ◆ Oral Health
- ◆ Mental Health
- ◆ HIV/AIDS (*safe sex*) /Preventive Medicine
- ◆ Height, Weight, Body Mass Indexes



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The objective of the **79th Southwestern Province Council** is to continue to increase the number of screenings/evaluations; ultimately to grow those numbers (seven - ten fold) at the **82nd Grand Chapter Meeting** August 11 - 16, 2015 in New Orleans, LA

Some ***protective factors*** to consider regarding your personal health & wellness:

- ◆ Bi-annual medical appointments not limited to physicals
- ◆ Bi-annual dental appointments for cleaning/exam
- ◆ Monitor carbohydrate intake (diet)
- ◆ Monitor various types of stress (activity)
- ◆ Adopt a 'healthy lifestyle' exercise before going to bed and at the start of the day w/ a walk/run/swim/ride bicycle X3 weekly



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