

# BRANCATI CENTER BULLETIN



## DEAR NEIGHBORS,

We have reached the halfway mark of 2023. This month, we celebrate LGBTQ+ Pride Month, review new COVID-19 vaccine guidance and announce the launch of our Spanish language Diabetes Prevention Program. We are also excited to be back at so many events in our community. We want to remind everyone that they should have received an updated bivalent COVID-19 vaccine (available since Fall 2022) and that some of you may be recommended to receive 2 doses of the updated vaccine. Wish your loved ones a Happy Pride Month and let us know what you would like to see in the next issue of the Bulletin. Wishing everyone the best of this warm summer.

-The Brancati Center Team

## LGBTQ+ HEALTH

June is Pride Month and commemorates the 1969 Stonewall Uprising in Manhattan, a turning point in the quest for equal rights for the lesbian, gay, bisexual, transgender, and queer (LGBTQ+) community. Members of this community face unique health issues.

- Lesbians are less likely to get preventive health care and are more likely to have overweight or obesity which impacts many health conditions.
- Transgender women are more at risk for HIV and sexually transmitted infections (STIs), violence, mental health issues, and suicide and are less likely to have health insurance.
- Bisexual women are at greater risk of rape, physical violence, and stalking than lesbian and heterosexual women.
- Gay, bisexual and other men who have sex with men experience higher rates of HIV and other sexually transmitted diseases (STDs); tobacco and drug use; and depression.
- LGBTQ youth are often rejected by their families and are
  - 8 times more likely to have tried to commit suicide
  - 6 times more likely to report high levels of depression
  - 3 times more likely to use illegal drugs
  - 3 times more likely to have risky sex



Social support is key to reducing these risks. To see how you can be part of the solution and help the LGBTQ+ members of our community live healthier and safer lives, check out the [US government website](#) dedicated to LGBTQ+ health and the [It Gets Better Project](#).

## COVID CORNER

As we have learned more about COVID-19, the COVID-19 vaccine has been updated to cover more variants of the virus.

If you have not received the updated bivalent mRNA COVID-19 vaccine, you are not fully vaccinated against COVID-19. This updated bivalent mRNA vaccine became available in the US in Sept. 2022. If you have not received a COVID-19 vaccine in the fall of 2022 or after, you are not up-to-date. Most pharmacies have the bivalent COVID-19 vaccine.

Everyone 6 months and older is recommended to receive at least one dose of the bivalent mRNA COVID-19 vaccine. People who are pregnant and breastfeeding are recommended to be vaccinated against COVID-19.

Most people need only 1 bivalent mRNA vaccine dose. People who are 65 or older or who are immunocompromised are eligible to receive a 2nd bivalent mRNA vaccine dose 2 months after their prior dose.

<https://www.cdc.gov/vaccines/covid-19/clinical-considerations/interim-considerations-us.html>

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The Johns Hopkins Brancati Center is based in Baltimore, Maryland





## Community-Based Health Services

The Brancati Center is pleased to offer additional community-based health services:

Beginning in April 2023, the Brancati Center was approved by the Maryland Department of Health to offer community-based hemoglobin A1c screening. This is a blood test that measures your average blood sugar levels over the past three months. It can help you know your diabetes risk. We are excited to be able to offer this service and increase awareness of prediabetes and diabetes in our community.

In March 2023, we received a grant from the Baltimore City Health Department and Civic Works to address COVID-19 vaccine hesitancy and increase vaccination rates in the Midway-Coldstream, Clifton-Berea, Madison/East End, and Greenmount East neighborhoods of Baltimore City. We partnered with Garden of Prayer Christian Church, Greenmount West Community Center, Israel Baptist Church, Amazing Grace Lutheran Church, and Walgreens to conduct COVID-19 education sessions and host vaccine clinics. As a result of these efforts, education was provided to 721 people and 58 people received up-to-date COVID-19 vaccines.

In addition to A1c screening and COVID-19 vaccines, the Brancati Center also provides blood pressure screening and general health education. To request health services for a community event, please contact Brancati Center Program Director, Megan Brown, at [brancaticenter@jhmi.edu](mailto:brancaticenter@jhmi.edu) or 410-614-6441.

## The Sydney Kimmel Comprehensive Cancer Center Education Sessions

### Join our Webinar:

What You Need to Know About Cancer Screening

July 18, 2023  
at 6:00 pm

REGISTER  
HERE



## Spanish Language DPP

The Brancati Center is proud to announce the launch of our first Spanish language Diabetes Prevention Programs in partnership with Johns Hopkins Centro Sol. The collaboration resulted in a better understanding of how to best recruit, enroll, deliver, and retain Latinx participants in a yearlong lifestyle change program. Cultural adaptations to the DPP curriculum and its delivery were the main focus because of the strong impact on participant's ability to make and sustain healthy lifestyle changes. Consideration of family values, religious and holiday beliefs, food preferences and methods of preparation, healthy food availability, views on exercise, and health perceptions needed to be recognized while maintaining fidelity to the DPP research-based curriculum.

Two groups of participants (total 20) meet weekly at Our Lady of Pompei and Mora Crossman Recreation Center. With the start of these programs, we are hopeful that we are taking another great step to lower diabetes risk in our community.

### *Free Summer Meals for Students!*

Baltimore City is offering free nutritious meals to youth 18 and under during the summer. Please visit the Maryland Meals Site Search to find a location near you:

[https://mars.msde.maryland.gov/mars\\_sitesearch/](https://mars.msde.maryland.gov/mars_sitesearch/)

## Upcoming Community Events

**July 5th from 8:00-10:00am:** Hatton Senior Center, DPP education

**July 7th from 10:00-12:00pm:** Oliver Senior Center, Hemoglobin A1c screening and DPP education

**July 23rd from 1:00-4:00pm:** Liberty Grace Church of God Friends and Family Event. Hemoglobin A1c screening, blood pressure measurements, education related to heart health. Lunch will be served.