



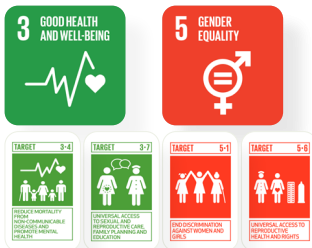
Black Women's Health Alliance

Millennial Sister Circle

Location: US (Philadelphia)

Target group: Black women
20-39 years of age

Budget: \$25,000 a year
(2021-2022).



Primary outcome

Improve healthcare outcomes and eliminate or reduce health disparities experienced by Black women prior to and after age 40 through advocacy, education, research and support activities.

Overview

The [Philadelphia Black Women's Health Alliance](#) was first established in 1983 by 100 Philadelphia women who attended the First National Conference on Black Women's Health Issues in Atlanta, GA. Its mission is critical: to improve health care outcomes and reduce health disparities for African American women and families through advocacy, education, research and support services. Health and racial disparities, as well as systemic inequalities, are stark: African American women are 60% more likely to have high blood pressure compared to non-Hispanic white women and 1.8 times more likely to have diabetes. They also are more likely to die from breast and cervical cancer, and less likely to be diagnosed with it.

The PBWHA's Millennial Sister Circle (MSC) Initiative builds on the success of their earlier program, the Prime-Time Sister Circle, a which dramatically improved the health outcomes of more than 310 African American women, aged 40-75 years through a holistic approach to health and well-being and is being delivered in partnership with the Gaston & Porter Health Improvement Center and the Strategic Live Solutions Group. The MSC seeks to increase knowledge and improve attitudes and behaviors, empowering Millennial African American women to take charge of their health outcomes and reduce their emotional and physical health disparities earlier in their lives. The program aims to educate, equip, and encourage participants to own their health in the areas of stress management, mental and emotional health, substance use, financial wellness, and romantic relationships.

Goals

- Develop and deliver the curriculum for the Millennial Sister Circle
- Empower women to make health their first priority and improve their health outcomes
- Reduce risk factors for obesity and chronic illness, especially uncontrolled hypertension
- Teach women to live daily lives of primary and secondary prevention
- Help women to take ownership of their health in partnership with their primary care team.

Activities and milestones

- MSC Pilot evaluation completed and community report was shared with the first cohort of 15 women
- Establishment of the Millennial Health Advisory Group (MHAG)
- Development of program features (collaborative effort between PBWHA, MHAG, and the Gaston and Porter Health Improvement Center (GPHIC))
- Development and compilation of program materials, including toolkits, resource guides and the expansion of topics available in the mobile app

Sustainability and future plans

- The MSC program has engaged interest from several community partners and funders. Based on that, BWA is now looking to ensure MSC's sustainability by seeking additional funding from organizations interested in supporting MSC's population and outcomes. MSC aims to provide the program on a seasonal basis to multiple cohorts and multiple external institutions who have requested BWA to offer the program on-site at their facilities. The project has attracted several community partners and funders.
- Hold future MSC series with the second cohort in early 2023.
- Host a health event/equity summit to report out to their community.
- Mentor and recruit members of the Millennial Health Advisory Group for future board membership.

“Working with the Millennial Sister Circle, I was able to witness the powerful impact of sisterhood and support, not only among the Black women we served, but among the advisory board as well. MSC is a powerful message, group, and support system that provides evidence-based guidance to young Black women in a world that is not always conducive or attuned to their growth and development. Its value and power are rooted in the attention to detail in the nuances that occur in the lives of young Black women and the provision of tools to manoeuvre life's challenges, all through a culturally sensitive lens that promotes Black joy and wellbeing.”

— KENNA YADETA - Millennial Health Advisory Group member