



# NCCAF Technical Assistance Toolbox

*Increasing the capacity of communities to respond to the HIV epidemic locally*  
[www.NCcommunityAIDSfund.org](http://www.NCcommunityAIDSfund.org)

Section 11 – Resources

December 2011

- Approximately 1.1 million people are living with HIV in the United States
- In North Carolina, approximately 35,000 people are living with HIV
- African Americans account for about 64% of those newly diagnosed with HIV annually in NC
- The rate of HIV in Latinas is 4 times higher than in white women; it is 7 times greater in Latino men than non-Latino men
- People over 50 make up about 10% of the new HIV diagnoses in North Carolina
- 16% of new HIV cases in North Carolina are in people under age 24
- Heterosexual contact accounted for about 90% of the newly diagnosed cases of HIV in North Carolina women
- Men who have sex with men (MSM) account for 54% of the new HIV cases in NC

## HIV Awareness Days

Over 1 million people are living with HIV in the United States and in North Carolina, it is estimated that over 35,000 people are living with HIV. HIV impacts all races, classes, genders, and ages, and HIV has been reported in all North Carolina Counties.

Throughout the year, there are opportunities to shed light on the impact HIV has on certain groups. This may provide a great opportunity for you to start the conversation about HIV with your staff or clients.

Check out the NCCAF Toolbox for more information about how to incorporate HIV education into your current programs.

### February 2012

7<sup>th</sup> National Black HIV/AIDS Awareness Day <http://www.blackaidsday.org/>

### March 2012

4<sup>th</sup> – 10<sup>th</sup> National Week of Prayer for the Healing of AIDS

<http://www.nationalweekofprayerforthehealingofaids.org/>

10<sup>th</sup> National Women and Girls HIV/AIDS Awareness Day

<http://www.aids.gov/awareness-days/#event-details>

20<sup>th</sup> National Native HIV/AIDS Awareness Day

<http://www.aids.gov/awareness-days/#event-details>

### May 2012

19<sup>th</sup> National Asian and Pacific Islander HIV/AIDS Awareness Day

<http://www.aids.gov/awareness-days/national-asian-pacific-islander/>

### June 2012

8<sup>th</sup> Caribbean American HIV/AIDS Awareness Day

<http://www.aids.gov/awareness-days/caribbean-american/>

27<sup>th</sup> National HIV Testing Day

<http://www.hhs.gov/aidsawarenessdays/days/testing/>

### September 2012

18<sup>th</sup> National HIV/AIDS and Aging Awareness Day

<http://www.theaidsinstitute.org/programs/education/national-hivaids-and-aging-awareness-nhaaa>

27<sup>th</sup> Gay Men's HIV/AIDS Awareness Day

<http://www.napwa.org/content/napwa-national-gay-mens-hivaids-awareness-day-ngnhaad>

### October 2012

15<sup>th</sup> National Latino AIDS Awareness Day

<http://www.cdc.gov/features/latinoaidsawareness/>

### December 2012

1<sup>st</sup> World AIDS Day <http://www.worldaidsday.org/>

## General Health Promotion

### Health Education Resources

Center for Disease Control and Prevention - health information on a wide range of topics  
<http://www.cdc.gov/>

North Carolina Division of Public Health - health issues in NC  
<http://publichealth.nc.gov/>

National Institute of Health - general health information  
<http://health.nih.gov/>

### Other Opportunities for Health Promotion

**February** Black History Month ✧ 14<sup>th</sup> National Condom Day

**March** National Nutrition Month

**April** STD Awareness Month <http://www.cdcnpin.org/stdawareness/> ✧ Alcohol Awareness Month ✧ National Minority Health Awareness Month ✧ Sexual Assault and Awareness Prevention Month ✧ National Stress Awareness Month

**May** Hepatitis Awareness Month <http://www.cdc.gov/features/viralhepatitis/> ✧ Mental Health Month ✧ Teen Pregnancy Prevention Month ✧ Older Americans Month ✧ National Women's Health Week

**June** National Men's Health Month

**September** National Alcohol and Drug Addiction Recovery Month ✧ Adult Literacy Awareness Week ✧ Fruit and Veggies—More Matters Month ✧ National Women's Health and Fitness Day ✧ National Hispanic Heritage Month

**October** National Dental Hygiene Month ✧ National Domestic Violence Awareness Month ✧ Mental Illness Awareness Week ✧ National Breast Cancer Awareness Month ✧ World Food Day ✧ Health Literacy Month

**November** National Hunger and Homelessness Awareness Month ✧ American Diabetes Month ✧ Great American Smokeout

### Other Health Promotion Activities

- Promote health activities that other agencies are hosting
- Create a bulletin board of ways to spot the signs of a dangerous relationship in October
- In November provide laundry detergent for clients trying to stop smoking
- Provide new toothbrushes, toothpaste, and dental floss to your clients in October
- Host a healthy cooking class in March
- In April lead a meditation for your staff, encourage them to take a walk at lunch, or go to a ball game together
- Give out free books in September or offer your space to host an adult reading class on-site
- Offer mental health screening for your clients in October
- Highlight great people from the past to reinforce the importance of staying healthy and contributing to the future



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