

**Mujer Poderosa: Helping Latinas Access Key Health Care Resources and
Information
Transcript**

Betsy Lorenzo: A lot of us women, we take care of everyone, the family, husband, kids, but we don't take care of ourselves.

SUPER: CDC partners with local organizations, like Mujer Poderosa, so that all people can live their healthiest life

Diane J. Ollivier, Med. PA-Wise Program Manager, Pennsylvania Department of Health: Heart disease is a silent killer. Some women don't know that they need to get assessed. They don't know that they're walking around with hypertension.

SUPER: Only one in three Latina women are aware that heart disease is their number one killer.

Betsy Lorenzo. Community Health Worker, Latino Connection: Mujer Poderosa, known as Powerful Women in English is a program to empower women to live a healthy lifestyle.

Diane J. Ollivier, Med: The Pennsylvania Department of Health receives funding from CDC so that we can connect to community organizations like the Latino Connection.

Betsy Lorenzo: The goal is to lower cases in cardiovascular disease.

Delia Ortiz: Yo conocí a la Señora Betsy en el food bank. Me ha ayudado grandemente. (I met Betsy at a food bank. She has helped me so much.)

Betsy Lorenzo: We've had a great outcome connecting with these women. We go to churches, barbershops, beauty salons.

Delia Ortiz. Client, Mujer Poderosa: Aprendí sobre diabetes, sobre colesterol, sobre cuidado profundo de la mujer, En términos de lo que abarca todo lo que es la salud. (I learned about diabetes, cholesterol, and gained extensive knowledge about women's health.)

SUPER: Delia has since used this knowledge to lead healthy cooking classes for Mujer Poderosa.

Delia Ortiz: Aquí está, el silicone steamer. Por favor, úselo, porque me parece que es muy buena herramienta para poder cocinar tus vegetales riquísimos. (Here it is, the silicone steamer. Please use it, because it's a great way to cook your vegetables. They turn out delicious.)

Delia Ortiz: Hace 10 años me mudé de Puerto Rico para la ciudad de Reading. Poder aprender el idioma es lo que ha sido un poco difícil. (10 years ago, I moved from Puerto Rico to Reading. Learning the language has been a bit difficult.)

Betsy Lorenzo: Our participants have very little knowledge on what to do when they go to a doctor or what to say if they have any questions. So they're afraid of asking, sometimes.

Diane J. Ollivier, Med: Being able to get them into a doctor, reassuring them that they can go here, they're not going to get this huge bill. It's one of the reasons that I love this program.

Betsy Lorenzo: Being able to connect women to resources, empowering them to connect other women to those resources, it's my goal.

Delia Ortiz: Necesitamos más programas como este donde nos hagan sentir, que de verdad, somos personas interesantes e importantes, y donde nos enseñen a cómo cuidarnos más. (We need more programs like this where they truly make us feel like we are people who are interesting and important and where we can learn more about how to care for ourselves.)

Exercise students: 9, 10.

Diane J. Ollivier, Med: The support from the CDC has been critical to reducing health disparities in our communities.

Betsy Lorenzo: I am very proud of the work we do with the Latino connection and Mujer Poderosa to keep women healthy and their heart healthy as well.

SUPER: Helping people live their healthiest lives
cdc.gov/chronicdisease/healthequity