



# Healthy Air Education Series

DR. TRACEI D. BALL

CMO, ONCALL MOBILE MEDICAL AND WELLNESS

# Nice to Meet You

- ▶ 21 years as a physician
- ▶ Internal Medicine, Pediatrics, Addiction Medicine
- ▶ Community Service
- ▶ Equity Advocate

# Nice to Meet You

- ▶ Media Expert, Health Content Writer
- ▶ Executive Boards, Health Initiatives: Tobacco-Free Network, Clean Air Advocacy, COVID-19 Taskforce TLCC
- ▶ Doctorpreneur

# OnCall Mobile Medical and Wellness

- ▶ Leap of Faith 2012
- ▶ Go back, Move Forward
- ▶ Remote, Mobile, Non-Stationary Care
- ▶ Remove barriers of access to quality healthcare

# Call-To-Action COVID-19



- ▶ Taskforce
- ▶ Collaborative Physician, Equity Project
- ▶ Train, Manage, Deploy Teams across NC: 11 Counties to test, vaccinate and treat in areas of disparity.

# What Did We See?

- ▶ Worsening of equality and equity
- ▶ Impact in Black and Brown populations
- ▶ Exposure of the healthcare (and other systems)

# Chronic Conditions

- ▶ Diabetes
- ▶ High Blood Pressure/Hypertension
- ▶ Cardiovascular Disease/Heart conditions
- ▶ Kidney Failure/Chronic Kidney Disease
- ▶ HIV
- ▶ Sarcoidosis
- ▶ COPD
- ▶ Emphysema
- ▶ Asthma

# How Can We Take Action Today?

## Home:

- plants, purifiers
- carpets, curtains
- stuffed animals and toys
- don't allow smoking in home
- change bedroom linens
- rid home of pests



# How Can We Take Action Today?



## Work:

- more plants, purifiers in workspace
- change smoking policies
- take part in employee wellness program
- be an advocate, find an advocate

# Help Your Doctor to Help You

- ▶ Keep diary of health condition
- ▶ Bring all your medications to your appointment (esp. new ones)
- ▶ Take medications as directed
- ▶ Exercise
- ▶ Keep all your appointments, please be on time
- ▶ Ask questions and share good health information

Now We Know, Now We Can Glow!

Level Up