

Community Health Coalition, Inc.

308 Crutchfield Street, Suite E
P.O. Box 15176
Durham, NC 27704
Phone: (919) 470-8680
Fax: (919) 470-8688

Email: Healthcoali@aol.com Website: www.chealthc.org



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Health Sunday Topic **“RACIAL DIFFERENCES IN HEALTH CAN BE OVERCOME”**

Dr. Elaine Hart-Brothers is Chair of the Community Health Coalition, Inc. and an Internist at Metropolitan Durham Medical Group, which is a Duke University Affiliated Practices

“We shall overcome and eliminate health disparities in Durham”.

America and Durham, North Carolina are “unequal in health”. Health disparities means there is a gap in health status between the minority and the majority populations. This means we all have to engage in Healthy Living through diet and physical fitness.

For more information, read today's Health Sunday Flyer; and refer to the following websites:

**www.cancer.org
www.askme3.org
www.healthycarolinians.org**



HEALTHSUNDAY IN THE BLACK COMMUNITY

is a program of Health Tips.

It is provided by the Community Health Coalition in cooperation with the Interdenominational Ministerial Alliance of Durham and Vicinity for church goes each 4th Sunday.

Today's Health Tip is:
“Health Disparities”

**REMEMBER:
A HEALTHY DURHAM
INCLUDES YOU !!**

Note: Please make enough copies of the attached flyer and distribute to each morning service attendee. PLEASE return the enclosed POSTCARD.

Health Sunday in the Black Community – March 25, 2007

Understand visual and written materials can help us achieve a healthy living. We must ask the right questions of our doctors, pharmacists, dentists and health team to make sure that we have answers to the questions: Are we taking medications correctly? Are we getting screened for preventable cancers? Are we getting blood pressures and glucoses checked to overcome the racial differences in cardiovascular health? Are we doing what we can for ourselves, our families and our communities to increase Healthy Living in order to close the gap, which means eliminate health disparities?

The Community Health Coalition has dedicated itself to eliminating health disparities by the year 2010. We as a community have to be acknowledgeable and increase our “health literacy” by participating in the health workshops in the community and in the workplace if available. Be active in the church ministry. Support the Community Health Coalition, especially in the diabetes program. African Americans die at higher rates from colon rectal cancer, yet are screened or tested at lower rates. Cervical cancer is often 3 times higher in African-American women and can possibly be prevented with a new vaccine. The African-Americans in Durham County can overcome health disparities by eating 5-9 fruits and vegetables/day, exercising or dancing or walking 30 minutes, possibly divided into intervals, 5 days a week.

Get colon cancer checks, pap smears, prostate checks, mammograms and, do not use tobacco products.

Don't be satisfied with partial treatment of blood pressure, hypertension, and cholesterol.



Remember “Reach Your Goal. We will overcome health disparities.”

Your Health Sunday Coordinator is: _____

A Message from your Community Health Coalition in association with
The Interdenominational Ministerial Alliance of Durham and Vicinity, North Carolina Mutual Insurance Company, Central
Carolina Black Nurses' Council Inc., and Durham Regional Hospital.