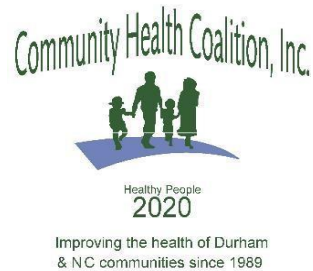


# Community Health Coalition, Inc.

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**September 2019**

## **SUNDAY HEALTH TOPICS: Teaching Children About Eating Healthy, Prostate Cancer & Sickle Cell Anemia Awareness**

### **Teaching Children About Eating Healthy**

*Adapted from “How to Teach Children About Health Eating, Without Food Shaming”, New York Times, Erica Sweeney, July 25, 2019*

With the rise in childhood obesity, particularly in communities of color, more parents are talking with their children about health lifestyles. But families have a difficult time balancing the emphasis on healthy eating and introducing an unhealthy relationship with food. Researchers describe several tips for teaching healthy eating to children.

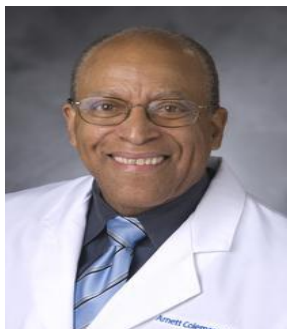
The most important step is modelling healthy eating habits, as best you can. Exposing children to healthy food choices and being a “positive food role model” can be critical to their relationship to food. MyPlate, a website that outlines the dietary guidelines for people, can help parents plan a healthy balanced meal that includes lots of fruits and vegetables, with some whole grains and proteins. The next tip is to try to eat together as a family as often as possible. The 3rd is to keep conversations about food positive and avoid making certain foods “forbidden”. **Dr. Matthew Brothers**, a pediatric cardiologist at Novant Health Pediatric Cardiology in Charlotte, NC says, “Avoid making negative comments about someone’s appearance or eating patterns.” The 4<sup>th</sup> tip is to avoid using foods as rewards or punishments, as this may have an unintended effect of assigning different values to foods. Instead of focusing on weight during conversations about food, researchers recommend targeting positive outcomes and behaviors that interest the child, such as athletic ability or fitness.



Matthew Brothers, MD

### **Prostate Cancer Awareness**

African American men are diagnosed with prostate cancer at a higher rate than white men, and they die from it more often. Every case of prostate cancer is different. The disease may behave differently from one patient to another. By age 50, about half of all men experience small changes in the size and shape of the cells in the prostate, as part of the typical aging process. Understanding whether those changes are signs of disease and knowing your risk for developing prostate cancer are the first steps in protecting your health.



Arnett Coleman, MD

**According to Dr. Arnett Coleman**, a retired internist, “prostate cancer is one of the most treatable cancers if caught early. Routine screening has improved the diagnosis of prostate cancer in recent years. Consultation with three types of prostate cancer specialists – a urologist, a radiation oncologist and a medical oncologist – will offer the most comprehensive assessment of available treatments and expected outcomes.”

## Sickle Cell Awareness

Each September, Sickle cell Community Based organizations and their affiliates around the country who, are members of SCDAAs commemorate Sickle Cell Month. In Durham, this year we will observe the month with a brunch on September 28, 2019 at Union Baptist Church. Under the auspices of the Health and Wellness Ministry. Sponsors include the Durham Sickle Cell Support Group, Bridges Sickle Cell, Inc (the local SCDA member organization), and Duke University Health System.

Learn about the Ancestry and Impact of Sickle Disease. Support your neighbors who are affected. Show them you care and acknowledge their strength in the struggle to live with this disease. Sickle Cell Disease has not gone away and remains incurable for the majority of children and adults who are affected. Sickle Cell patients in the Triangle use the most Blood for treatment each month. Help them survive. Donate Blood for life giving care treatment.

## Remember your ABC's

- A-** Ask your doctor about screening for cancer and sickle cell
- B-** Be physically active at all ages, start with children
- C-** Choose to eat healthy

## For More Information

- [www.cancer.org](http://www.cancer.org) or [www.cancer.gov](http://www.cancer.gov) or [www.prostatecancerfoundation.org](http://www.prostatecancerfoundation.org)
- [www.choosemyplate.gov](http://www.choosemyplate.gov)
- Call Cheryl Bivens or Elaine Whitworth from Bridges Sickle Cell at 919-864-5579

## Duke Energy Safety Tips for Children

- Don't allow children to touch or go near fallen wires or to climb trees near power lines.

**Please Donate:** Community Health Coalition provides **FREE** health tips, blood pressure checks, glucose screenings, community health education workshops, and a library of brochures and pamphlets about chronic diseases. Without donations from individuals like you, the Coalition will be forced to limit its current outreach efforts.

You can Make a Donation to Community Health Coalition through SECC or PayPal. If you are a state employee or retiree, choose (Code 3770) to send your SECC gift to us!



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Thank you.

Health Tip is a message from Community Health Coalition, Inc., and is written in partnership with



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