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September 2018

Healthy Sunday Topics: Childhood Obesity, Prostate Cancer & Sickle Cell Disease **September is National Childhood Obesity and Prostate Cancer Awareness Month**

Childhood Obesity:

As kids return to school this fall, we are reminded that it truly takes a village to raise a child. Many children will eat at least one meal a day provided by the school system. Also, with the school day and potential after school care accounting for the majority of a child's awake hours, it can be difficult to ensure an active, healthy lifestyle. There have been advances in the nutrition and exercise programs provided by the schools, but it is important for the families to be informed and active in preventing childhood obesity.

The rates of childhood obesity among communities of color are still high, despite the significant declines in the prevalence of childhood obesity overall. This is particularly important for Durham County as a recent study showed that our community ranked 52nd and 75th among the other North Carolina counties for overweight and obesity, respectively. As we know that healthy children are more likely to be healthy adults, a recent report of 30% of students in Durham Public Schools reported as overweight or obese is reassuring compared to the 65% of Durham County adults. However, we must continue to encourage and support families to continue to instill healthy habits into their home culture to sustain and improve these trends.

Dr. Matthew Brothers, a Pediatric Cardiologist at Novant Health Pediatric Cardiology in Charlotte, NC says, "In addition to the recommendations to remove beverages with sugar from everyday drinking and playing and exercising at least 3 times a week for at least 30 minutes, it is important for the community to become involved in maintaining a healthy environment in the schools. Family advocacy groups in many communities across the country have been successful in initiative such as improving the quality of snack foods and beverages sold to students and increasing the amount physical activity offered in schools."



Matthew Brothers, MD

Sickle Cell Disease:

Sickle cell disease is an inherited red blood cell disorder that affects the shape of the cell. This can cause blockages in the blood vessels, resulting in repeated episodes of severe pain, organ damage, serious infections, or even stroke. The disease occurs among about 1 of every 500 Black or African-American births and among about 1 out of every 36,000 Hispanic-American births. To date, the only cure for SCD is a bone marrow or stem cell transplant.

To learn more, volunteer and support the Sickle Cell cause, Contact: DURHAM Chapter of SCDA - Bridges Pointe, Inc - 800 N Mangum Street, Suite 103 - Durham NC 27701. Phone Numbers: [919 680 3059](tel:9196803059); [919 450 5683](tel:9194505683)



Prostate Cancer:

African American men are diagnosed with prostate cancer at a higher rate than white men, and they die from it more often. Prostate cancer is cancer that begins in tissues of the prostate gland. Located just below the bladder and in front of the rectum, the prostate is the male sex gland responsible for the production of semen.

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.

According to Dr. Arnett Coleman, a Retired Internist, “prostate cancer is one of the most treatable if it is 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.”



Arnett Coleman, MD

Remember the ABC's

- A-** Ask your doctor about screening for prostate cancer and sickle cell disease
- B-** Be physically active at all ages, and exercise regularly with your children.
- C-** Choose to avoid beverages with sugar from routine consumption.

For More Information

- www.cancer.org
- www.cancer.gov
- www.prostatecancerfoundation.org
- www.choosemyplate.gov

To Donate

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