

Community Health Coalition, Inc.



Healthy People
2020

Improving the health of Durham
& NC communities since 1989

Community Health Coalition, Inc.

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Healthy Sunday Topic: Every Life Matters

April is Minority Health Month. Since 1989, the Community Health Coalition (CHC) has been working to reduce health disparities of African Americans and other minorities in Durham and the surrounding communities.



Elaine Hart-Brothers, MD, MPH
Co-Founder & Board Pres President of CHC
Retired Internist from Duke Primary Care

According to Dr. Elaine Hart-Brothers, MPH, and Chair of Community Health Coalition, Inc., “It is no longer acceptable to have health disparities based on race. It is imperative that we are equipped with the knowledge and tools necessary to seek and demand better health. We must continue to be vigilant in our efforts to gain equality in health. I am asking community members and leaders to join in the effort to reduce health disparities and inequalities. I am also asking you to please help us continue in our mission by donating to CHC.”

Donate to our Eliminating Health Disparities Mission by going to www.chealthc.org and click on the Make a Donation icon. Give through PayPal. Thank you.

Healthy People 2020 defines *health equity* as the “attainment of the highest level of health for all people. Achieving health equity requires valuing everyone equally with focused and ongoing societal efforts to address avoidable inequalities, historical and contemporary injustices, and the elimination of health and health care disparities.”

Healthy People 2020 defines a *health disparity* as “a particular type of health difference that is closely linked with social, economic, and/or environmental disadvantage. Health disparities adversely affect groups of people who have systematically experienced greater obstacles to health based on their racial or ethnic group; religion; socioeconomic status; gender; age; mental health; cognitive, sensory, or physical disability; sexual orientation or gender identity; geographic location; or other characteristics historically linked to discrimination or exclusion.”



How to Eliminate Health Disparities

Eliminating health disparities will require a team approach, and require knowledge about the determinants of disease, causes of health disparities, and effective interventions for prevention and treatment. It will also require improving access to the benefits, including quality preventive and treatment services. The Affordable Care Act (ACA) national insurance program under President Obama has made a terrific positive impact on the uninsured, lack of care and poor health of millions of Americans. For more information about enrolling or signing up for health coverage, call Project Access of Durham County at 919-470-7266; NC Mutual Insurance Company at 919-698-9065; Lincoln Community Health Center at 919- 956-4000. Healthy People 2020 and Community Health Coalition create innovative ways of working in partnership with health care systems, state and local governments, academia, national and community-based organizations, and communities.



What Can We Do?

- Bring together professionals from a range of sectors (e.g., transportation, health, environment, labor, education, and housing) with community representatives to ensure that community health needs are identified and that needs and barriers are addressed.
- Provide Internet access and skill-building courses to help people find reliable health information and services.
- Participate in community-led prevention efforts such as health fairs, focus groups, workshops and walkathons
- Use community resources (e.g., libraries, literacy programs, doctor offices) to improve knowledge on health.

REMEMBER YOUR ABC's

Avoid Violence;

Be active; **B**alance calories and healthy meals

Cut salt; **C**hoose MYPLate.gov for portion sizes

FOR MORE INFORMATION, GO TO:

- www.minorityhealth.hhs.gov 1-800-444-6472
- HealthyPeople.gov
- Blackdoctor.org



"BLACK LIVES MATTER, ALL LIVES MATTER"

Health Tip is a message from Community Health Coalition, Inc. and is written in partnership with Durham Academy of Medicine, Dentistry & Pharmacy, Central Carolina Black Nurses' Council Inc., NC Mutual Life Insurance Company, The Interdenominational Ministerial Alliance of Durham and Vicinity, and Duke Regional Hospital.

REMEMBER Healthy People 2020: A Clear Vision to Healthy Living!