

Community Health Coalition, Inc.

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Community Health Coalition, Inc.



Healthy People
2020

Improving the health of Durham
& NC communities since 1989

August 2019

Healthy Sunday Topics: Infant & Maternal Health and Family Health Screenings



Infant & Maternal Health

According to the U.S. Department of Health and Human Services Office of Minority Care, African-American women experience worse birth outcomes than any other major ethnic group, by far. According to data collected, black infants are between two-and-a-half to three times more likely to die within their first year than white infants, due largely to premature birth, low birth weight or birth defects.

Maria Small, MD. MPH., an Associate Professor Obstetrics & Gynecology and Medicine at Duke University states, **“Taking action on health issues before pregnancy can prevent many future problems for the mother and baby. It is important for all women of reproductive age (between 18yrs and 44yrs) to adopt healthy behaviors.”**

Here are some preventive measures:

- Talk to your health care provider about health screenings and proper management of chronic diseases.
- Talk with your health care provider about taking any medications.
- Visit your health care provider at the recommended scheduled time periods for your age and discuss if or when you are considering becoming pregnant.
- Get tested for Sickle Cell Anemia, HIV/AIDS.



Family Health Screenings

Rickey Baskett, Jr. MD. a family medicine specialist in Holly Springs, NC states, “screenings begin at birth and continue through age 80+. The purpose of screening is early detection of certain conditions; helping to reduce the risk of disease, or to detect a condition early enough to treat it most effectively. The list below encompasses conditions that your provider may offer a screen.”

Alcohol Misuse
Aortic Aneurysm
Breast Cancer

Cervical Cancer
Chlamydia & Gonorrhea
Cholesterol

Prostate Cancer
Depression
Diabetes

Hearing
Hepatitis C
Hypertension

Upcoming FREE Men's Health Screenings



Saturday, September 7th from 8am – Noon
Lincoln Community Health Center
1301 Fayetteville Street
Durham, NC 27707

Sunday, September 8th from Noon – 4pm
Duke Primary Care Croasdaile
1821 Hillandale Road, Suite 24B
Durham, NC 27707

Remember the ABC's for healthy pregnancy and healthy living!

- **A**lways eat a well-balanced diet with a multivitamin supplement and exercise regularly. Always get regular health screenings yearly.
- **B**efore trying to conceive, learn about your family history (some illnesses are inherited), and If you have pre-existing health conditions, discuss your desire for attempting pregnancy with your healthcare provider first then, follow your healthcare provider's recommendations.
- **C**autious: Stop smoking; do not drink alcohol while trying to conceive and after conceiving; seek prenatal care early; check your blood pressure regularly; and check for gestational diabetes.

For More Information

www.womenshealth.gov/pregnancy

www.cdc.gov/ncbddd/bd/abc.htm

www.nchealthystart.org

www.marchofdimes.com

For Men's Screening: Call 919-684-0409 or <http://dukecancerinstitute.org/ohe>

Please Donate: Community Health Coalition provides free health tips, free 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: Did you know that Community Health Coalition is an approved SECC charity? If you are a state employee or retiree, choose (Code 3770) to send your SECC gift to us! Thank you.



Click below to make a payment↓



<http://www.chealthc.org/makeadonation.html>

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



Duke Energy encourages you to enjoy the summer activities, remain vigilant and put safety first.

ADOPT Healthy People 2030!