

Community Health Coalition, Inc.

407 Crutchfield Street P.O. Box 15176

Durham, NC 27704

Phone: (919) 470 - 8680

Fax: (919) 470 - 8688

Email: Healthcoali@aol.com

Website: www.healthc.org

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A Clear Vision to Healthy Living !

Health Sunday Topic: **THE BLOOD PRESSURE CHALLENGE**

This is **Stroke Prevention Month**. So, will you join **the Leaders of Durham** in taking the blood pressure challenge? It's your health, it's up to you to take the initiative to **Check It, Change It** – your blood pressure!



L to R: Elaine Hart-Brothers, MD administering the pledge. Mayor of the City of Durham, Honorable William 'Bill' Bell taking the pledge.

The Blood Pressure Challenge/Pledge

We the leaders of the Durham Community and its surrounding counties do hereby pledge to lead a healthier life by

- monitoring our blood pressure regularly and sharing it with our doctor,
- increasing our physical activity, aiming to exercise daily,
- managing our stress by keeping a positive attitude, and
- drinking more water, eating whole grains, fruits, more vegetables and fewer salty, sugary and fatty foods.

We realize that it is important to know our blood pressure. **We understand that the normal blood pressure range is 120/80 or less.**

We take this pledge seriously and sincerely hope that the community will take ownership of its health seriously also. ***The Leaders of the Durham Community.***



Heart disease and stroke are the second and third leading causes of death for men and women in North Carolina. About 1 in 3 adults in the U.S. has high blood pressure, a big risk factor for heart disease and stroke!



L to R: Administering the Pledge is Elaine Hart-Brothers, MD. Taking the Pledge (**L to R**) are: State Representative Mickey Michaux; Director of the Durham County Health Department – Gayle Harris; Chair of Durham County Commissioners – Rev. Michael Page; the Interdenominational Ministerial Alliance of Durham & Vicinity – Rev. William Everett

Dear Community,

The Community Health Coalition's goal is to encourage you to support the mission of Healthy People 2020 which is to eliminate racial health disparities and, to start leading the way to better health for you and your love ones. Start by monitoring your blood pressure! Take the Blood Pressure Challenge!

We at the Coalition believe that many diseases can be prevented and illnesses reduced when people are aware of the risks and make smart choices to create safe, healthy habits and lifestyles.

The Community Health Coalition as part of the national initiative of Healthy People 2020 is promoting a 'clear vision' for health at all stages of our lives...from being active in our childhood and keeping productive and strong over the age of 55.

We are encouraging African Americans to stop believing that they are destined to be obese, have diabetes and hypertension because it's a family trait. However if medicine is necessary, ask questions, and please take the medicine as prescribed. Exercise more, eat better and improve your lifestyle behavior as it relates to better health habits!

As a reminder, this is **Stroke Prevention Month**. The best way for you to prevent strokes is to control your blood pressure. Thank you for your willingness to start checking and managing your blood pressure.

Sincerely,



Elaine Hart-Brothers, MD, MPH, FACP
Board President, Community Health Coalition, Inc.

You can monitor your blood pressure for FREE at the Community Health Coalition, on Tuesday and Thursday from 1:00am to 4:00pm. Call 919-470-8680

Remember Your ABC's: **A**lways eat smart, move more, increase your physical activity daily.. **B**ecome responsible for your health. **C**ontrol and monitor your blood pressure. Act Now!

For More Information, contact: Community Health Coalition, Inc. at www.chealthc.org or 919-470-8680; www.powertoendstroke.org; www.checkitchangeit.org

A message from Elaine Hart-Brothers of the Community Health Coalition in partnership with North Carolina Mutual Life Insurance Company, the Interdenominational Ministerial Alliance of Durham & Vicinity, The Durham Academy of Medicine, Dentistry and Pharmacy (DAMDP) and Durham Regional Hospital.

**REMEMBER Healthy People 2020: A Clear Vision to Healthy Living!
A Healthy Durham Includes 'YOU'**