



Healthy People  
2020

Improving the health of Durham  
& NC communities since 1989

## Community Health Coalition, Inc.

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**Date: April 27, 2014**

### **Healthy Sunday Topic: Power of Prevention**

April is Minority Health Month. Since 1989, the Community Health Coalition (CHC) has been working to reduce health disparities of African Americans in Durham and the surrounding communities. As we celebrate the 25<sup>th</sup> anniversary since the establishment of CHC we are asking community members and community leaders to join in the effort to reduce health disparities and health inequalities.



Elaine Hart-Brothers, MD, MPH  
Co-Founder & Board President of CHC

Elaine Hart-Brothers, MD, MPH states, **“It is now 2014. No longer should African Americans be striving for just reducing health disparities, but should be striving for health equity and for a life full of purpose and promise.”**

Health disparities are defined as health differences that are closely linked with social and economic disadvantage. For example, African Americans are affected by diseases such as heart disease, obesity, diabetes, hypertension, cancer and HIV/AIDS compared to other racial communities.

### **Why Do We Need to Prevent Health Disparities?**

Our nation’s health depends on minority health. As a nation, we must prevent and manage our health to reduce multiple chronic conditions. According to the North Carolina office of Minority Health, African Americans only make about 20% of the population in North Carolina but make up a large percentage of those affected by HIV/AIDS, infant mortality, Diabetes, and cancer. For instance between 2004 and 2008, the death rate from diabetes in African Americans was 163.8 per 100,000, compared with 80.2 per 100,000 for non-Hispanic whites, an absolute difference

of 83.6 per 100,000. In other words, for every 100,000 persons, about 84 more African Americans die of conditions related to diabetes than non-Hispanic whites do.

### **What can you do to help prevent health disparities?**

- Take care of yourself and those you love by actively taking a part in your health care and visiting your doctor regularly
- Adopt a healthy lifestyle which includes plant-based nutrition with vegetables, fruits, and fish, and regular exercise.
- Educate yourself on health care. Set goals for blood pressure like 120/80; for fasting blood sugar less than 100; cholesterol less than 200
- Achieve the ideal body weight and avoid tobacco use
- Track your family health and know your risks



#### **REMEMBER**

**Prevention is power. A commitment to prevention is also a commitment to a healthy lifestyle. A healthy lifestyle is the gift that keeps on giving. A healthy community includes you.**

**For more information go to**

- [www.cdc.gov/minorityhealth](http://www.cdc.gov/minorityhealth)
- 1-800-DIABETES
- HealthyPeople.gov
- Blackdoctor.org



### **REMEMBER YOUR ABC's**

**Achieve the ideal body weight and avoid tobacco, **B**e active and exercise regularly, and **C**heck-up with your doctor regularly**

**Health Tip** is a message from **Community Health Coalition, Inc.** and is written in partnership with Central Carolina Black Nurses' Council Inc., The Interdenominational Ministerial Alliance of Durham and Vicinity, and Duke Regional Hospital.

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