

Community Health Coalition, Inc. (CHC)

308 Crutchfield Street Suite D P. O. Box 15176
Durham, NC 27704
Tel: (919) 470-8680

www.chealthc.org healthcoali@gmail.com
www.facebook.com/chealthc www.twitter.com/chealthc



Improving the health of Durham
& NC communities since 1989

April 2019

SUNDAY HEALTH TOPIC: Healthy People: Progress & Policy Eliminating Racial Health Disparities in Durham and Surrounding Areas

In April, we mark **National Minority Health Month** by raising awareness about the health disparities that continue to affect racial and ethnic minorities. African Americans are at a higher risk than White Americans for obesity, high blood pressure, stroke, cancer, heart disease and infant mortality. While African American life expectancy has increased, and heart attack rates are lower, progress in closing the economic gap that impacts health disparity remains an issue. By becoming active and informed participants in our health care decisions, we can achieve improved health outcomes. We deserve a chance for longer productive life. We all need comprehensive health care!!!



Elaine Hart-Brothers, MD, MPH, FACP

Community Health Coalition is launching HEALTHY PEOPLE 2030, moving forward with positive possibilities and leaving inequities in the past. Healthy People 2030 plans to be more inclusive, policy driven and more complete physical and mental health promotion federal programs. **Dr. Elaine Hart-Brothers, MD, MPH – Co-Founder and Board President of Community Health Coalition** says, “In society’s journey toward Health Equity, our community can move forward with good health as individuals, families and population as a whole.”

What Can We Do? What Must We Do?

The following actions can be taken to eliminate racial health disparities and improve the health of our African American population and to achieve HEALTH EQUITY.

- acknowledge, address and raise awareness of this critical issue,
- explore and participate in programs, include all races, sexual identity, abled and disabled in activities to reduce health inequalities,
- maintain a regular and accessible primary care provider,
- adopt a healthy lifestyle toward prevention of stress and disease,
- advocate and demand quality healthcare while taking charge of your health,
- maintain an adequate personal support system for your mind, body and soul,
- ask your health care system to track and report racial disparities and actions to correct them,
- fund community-based organization working for health equity,
- assist in alleviating inadequate determinants of health--- poor jobs, lack of food, homelessness, and
- manage your own health, focusing on healthful recommendations for diet and exercise (or nutrition and physical activity) which are like meds, but also take medication prescribed.

Remember your ABC's

Adopt a healthy lifestyle.

Be bold health--for better jobs, food and peaceful life -**B**eautiful mind, body and soul health.

Collaborate—work together with compassion

For more information on Health Equity and Health Disparities

www.minorityhealth.hhs.gov – 1-800-444-6472

www.healthypeople.gov/2020

www.blackdoctor.org

www.Eatright.org

A Special Invitation



Community Health Coalition, Inc.

INVITES YOU TO

Healthy People: Progress & Policy

Eliminating racial health disparities in Durham and surrounding areas

MAY 30, 2019 | 5:00PM
DURHAM CONVENTION CENTER
301 WEST MORGAN ST. | DURHAM, NC | 27701


Free Annual Meeting + Launch of Healthy People 2030
\$30 to Attend 30th Year Anniversary
Celebration After Party

[Click Here → https://www.chealthc.org/](https://www.chealthc.org/)

For sponsorships and tickets visit chealthc.org
919.470.8689 | healthcoali@gmail.com

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

with  **DUKE ENERGY** that wants to remind you to be healthy and safe! Comply with all basic safety precautions provided by the manufacturer of the electrical equipment you are using. Stay away from down power lines.

ADOPT Healthy People 2030!