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April 2023 Health Equity Month

In these uncertain times and with strength and positivity, we truly realize that health is wealth. We all have the power to achieve wellness and the experience well-being. Wealth gap and the health disparities are connected but there are “powerful” solutions. April should bring hope, “spring” to a new focus to our community. Healthy babies, active elders and everyone in-between make up a beautiful community.

During the Covid-19 pandemic, we saw how poor health, lack of wealth and resources gravely impacted African Americans. Communities that were already marginalized and underserved were at a greater disadvantage. Covid-19 widened the gap in underserved communities receiving care and resources. The Covid-19 pandemic also highlighted Social Determinants of Health, those barriers such as lack of transportation, housing, unemployment, food insecurity and health literacy, etc. that impact health! We witnessed first-hand the detrimental outcome of having chronic diseases along with Covid-19 in African Americans. We also saw how myths and untruths deterred some from getting a potential lifesaving vaccine. We saw already fractured systems in place to provide services and resources to communities' break!

What did we learn? We are resilient, we come together as a community to help each other, community and faith-based organizations are essential to getting resources and services to communities and lastly, many organizations, healthcare systems and industries are understanding how Health Equity and Social Determinants of Health align to help reduce health disparities.

We are all connected Please realize you have power and are part of the Community Health Coalition’s vision, Healthy people 2030 objectives. The vision of CHC is a society in which all people live long , healthy, active lives full of purpose and promise.



Gun violence death is a particular tragedy in the Black community because it is preventable and is a racial disparity, a tragic waste . Learn to find your own emotional health and calmness in any situation. Either do not own a gun or practice very strict gun safety.

April is also Stress Awareness Month!

Finding ways to manage stress is very important and can be an important part in staying healthy. Below are some things that can help stress

Allow friendship, relationships to flourish, try trust, love, not chronic stress, not anger.

Always eat 5 a day vegetables and fruit

Always stay active “Move”

Get your sleep

Be positive and be patient

Control what you can , let go what you cannot control

Connect spiritually. Connect virtually.

Adopt wellness, the culture of health and be proud of this culture.



Always remember the power of prevention!

For more information please visit www.communityhealthcoalition.com

Call us at (919) 470-8680 and/or email
contact@communityhealthcoalition.com

Please Consider Giving

Community Health Coalition provides FREE health tips, blood pressure checks, glucose screenings, community health education workshops, and a library of brochures and pamphlets about chronic diseases.

You may give to Community Health Coalition, Inc. through SECC or PayPal.

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