

April 2024



Minority Health and Eye Safety Awareness

Ensuring Health Equity

April is National Minority Health Month, a time to bring attention to the persistent health disparities faced by racial and ethnic minorities. Achieving health equity requires health promotion and taking action to address social injustices, such as racial disparities and inequalities.



Dr. Elaine Hart-Brothers,
Internal Medicine

Did you know? That individuals living in underserved communities often face barriers (such as transportation, access to fresh and nutritious food, and lack of education along with safe neighborhoods) to accessing quality healthcare leading to health problems? These disparities can lead to higher rates of disease, lower life expectancy, and overall poorer health outcomes. To achieve health equity, we must address disparity and healthcare access, creating a more equitable and healthy society for everyone.

We can work towards reducing health disparities by adopting healthier lifestyles, seeking medical care when needed, and by addressing barriers to healthcare access. By prioritizing health equity, we can cultivate a society that values the well-being of every individual regardless of their background.

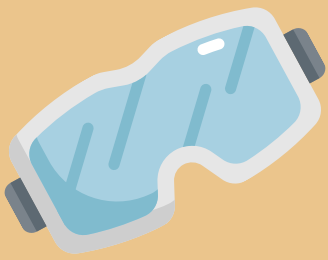


For more information on Health Equity and Disparities

- **Eat Smart Move More NC** encourages individuals to incorporate more vegetables into their diet, increase physical activity, and adopt a Mediterranean style eating plan (vegetables, fruit and seafood)
- **The Move Your Way campaign** motivates individuals to setting specific action goals and working towards them consistently. You can increase your level of physical activity and contribute to a healthier lifestyle in alignment with the Healthy People 2030 objectives.
- Seek **Health.gov** and **Medicaid.nc.gov** for costless/affordable healthcare options.

For more information, a healthful tip behavior document can be accessed by scanning the **QRCode above**.

Remember, a healthy community includes **YOU**.



Sports Eye Safety

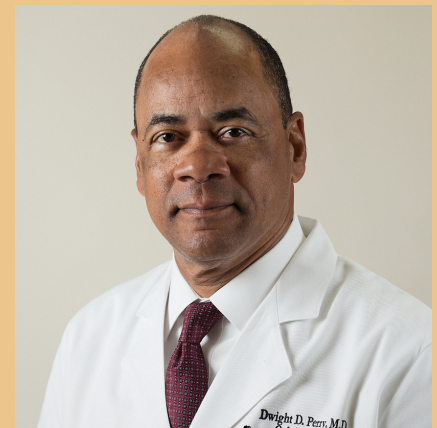
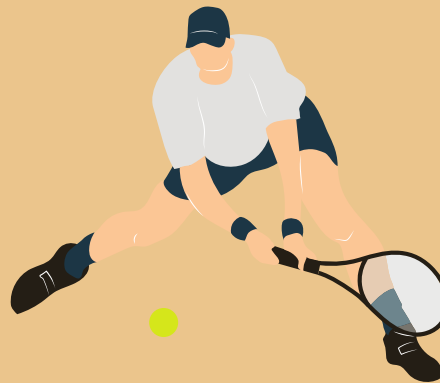
April is Sports Eye Safety Month. The American Academy of Ophthalmology reports that nearly 30,000 people suffer from sports-related eye injuries every year, most of which could be avoided by wearing protective eyewear.



It is essential for all athletes to protect their eyes while playing sports. North Carolina Eye, Ear, Nose & Throat, along with the American Academy of Ophthalmology, emphasizes the importance of wearing protective eyewear to prevent potentially blinding sports-related injuries.

Common sports-related eye injuries that ophthalmologists usually treat include corneal abrasions, bruising around the eye, retinal detachments, and internal bleeding. To ensure eye safety, here are some tips that all athletes should practice:

- Athletes who wear contacts or glasses should still wear eye protection.
- Use only protective eyewear made of polycarbonate material.
- Consider replacing eyewear once yellowed or damaged to ensure the best protection.
- For outdoor sports, consider eyewear with UV protection to avoid sunburn or glare.



**Dr. Dwight D. Perry,
Ophthalmology**

If you experience an eye injury, see an ophthalmologist or go to the ER immediately. Sometimes noticeable symptoms develop later.

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This Health Tip is a message from Community Health Coalition, Inc featuring Dr. Elaine Hart-Brothers and Dr. Dwight D. Perry.