

Community Health Coalition, Inc.

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Health Sunday Topic: Health Disparities

Elaine Hart-Brothers, MD MPH, Internal Medicine Metropolitan Durham Medical Group states,

“We have the power to achieve parity (Parity is the opposite of disparity or unequal health status) if we eat healthy foods and get physical activity, we can achieve parity.”

April is Minority Health Month!!!!

For more information, read today's Health Sunday flyer; and refer to the following websites:

Centers for Disease Control and Prevention (CDC), Office of Minority Health and Disparities (OMHD)

Website: <http://www.cdc.gov/omhd>
www.blackdoctors.org



HEALTH SUNDAY IN THE BLACK COMMUNITY is a program of Health Tips. It is provided by the **Community Health Coalition** in cooperation with the **Interdenominational Ministerial Alliance of Durham and Vicinity** for church goes each 4th Sunday.

Today's Health Tip is: “Stop Health Disparities” in the African American Community.

**REMEMBER:
A HEALTHY DURHAM
INCLUDES YOU !**

Note: Please make enough copies of the attached flyer and distribute to each morning service attendee. PLEASE return the enclosed POSTCARD.

Health Disparities Affecting African Americans

Major health Disparities for African Americans are:

- **HIV/AIDS** - African American women are at risk, African Americans accounted for more than 50% of all new HIV/AIDS diagnosis.
- **Heart Disease and Stroke** - in 2001, the African American age adjusted death rate for heart disease was 30.1 % higher than white Americans and 41.2 % higher than white Americans for stroke.
- **Cancer** - the age adjusted death rate for cancer was 25.4% higher for African Americans than for white Americans in 2001. The cancer disparity in prostate, cervical, colon, breast, and lung cancer has not changed.
- **Diabetes** - the age adjusted death rate for African Americans in 2001 was more than twice that for white Americans.

What you can do to eliminate health disparities

- Think prevention - see a healthcare provider annually, even if you feel healthy.
- Eat more fruits and vegetables.
- Stop smoking.
- Take loved ones to a healthcare provider.
- For youth, young adults, and women eat smaller portions and breastfeed to avoid chance of becoming obese.



African Americans in Durham County communities should take responsibility for their health through healthy habits.

- Exercise or walking five times a week for 30 minutes
- Eating less sodium and fat
- Relaxation
- Get mammograms, colonoscopy, HPV vaccine at appropriate age.
- Ask about prostate screenings and aspirin use

**Join with others to promote community-wide health activities and campaigns.
Those healthy habits will achieve parity and make healthier people by year 2010!**

A Message from your Community Health Coalition in association with The Interdenominational Ministerial Alliance of Durham and Vicinity, North Carolina Mutual Insurance Company, Durham Academy Dentistry and Pharmacy, and Durham Regional Hospital.

Your Health Sunday Coordinator is: _____