

Community Health Coalition, Inc.

308 Crutchfield Street, Suite E
P.O. Box 15176
Durham, NC 27704
Phone: (919) 470-8680
Fax: (919) 470-8688



Email: Healthcoali@aol.com Website: www.chealthc.org

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Health Sunday Topic: Your Health is Your Responsibility

Dr. Augustus Grant a heart specialist at Duke University Medical Center and past president of the American Heart Association states, “**Heart disease is the leading casue of death in the United States. The major factors for heart disease that are controllable are hypertension, diabetes, obesity, cigarette smoking and high cholesterol.**”



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

the American Heart Association
www.americanheart.org;

the Association of Black Cardiologists
www.abcardio.org;
www.everydaychoices.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 goers
each 4th Sunday.

Today's Health Tip is:
“Heart Health”
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.

Are you taking care of your heart?

Heart Month by Dr. Augustus Grant

Black History Month and Heart Month both occur in February. History has taught us a lot about heart disease in the black community. We have long moved past the perception that coronary heart disease is rare in blacks to the recognition that it is the major cause of death and disability in the black community. The disparities in health care have been documented in numerous studies. However, we must move beyond those data and take greater ownership for the high disease burden in our community.

The starting point is “Cardiovascular Disease is largely preventable.” We know what the major risk factors for cardiovascular disease are and we have the measures to address them. To reverse the trend in cardiovascular disease we must embrace prevention. We should embrace this at the community level. We should join the chorus that indoor smoking is no longer acceptable in our communities; not in barber shops; not in indoor social events. We should embrace prevention at the personal level. In this heart month each of us should make a commitment to have our blood pressure checked. I would like you to bare four simple measures in mind:

1. **“...eat right,**
2. **Exercise regularly,**
3. **Do not smoke, and**
4. **See your doctor once a year.”**

I would encourage our religious leaders to make your church a central site for the screening for risk factors and for health education in the community.



Your Health Sunday Coordinator is: _____

A Message from your Community Health Coalition in association with
The Interdenominational Ministerial Alliance of Durham and Vicinity, North Carolina Mutual Insurance Company, Central Carolina Black Nurses' Council Inc., and Durham Regional Hospital.