

Community Health Coalition, Inc.

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Health Sunday Topic: Health Disparities

All American have chronic diseases. Diabetes and hypertension are the most common for African Americans and Caucasian Americans. We would like African Americans to change bad habits to good habits. Eat healthy and keep a positive outlook. Tap into the many strengths of our community. Get in a routine to do healthy things.

Get screened for cholesterol, blood pressure, STD's and cancer including **colon cancer**.

Dr. Elaine Hart-Brothers, an Internist at Metropolitan Durham Medical Group and Chair of the Community Health Coalition, states, "We can be stronger than health disparities. Make health a habit. A healthy Durham includes you!"



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

Healthy Carolinians
www.healthycarolinian.org;

Healthy People 2010
www.healthypeople.gov;

Center for Disease Control & Prevention
www.cdc.gov

**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:
"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.

Make health a habit, TODAY!!.

Health Disparities

Know the facts to eliminate health disparities (or the difference between races). Make yourself healthier in 2006 by increasing your physical activity. By increasing walking or exercise you could make yourself feel better, which will help your community.

The average life expectancy at birth is 70 years for African Americans in North Carolina compared to 76 years for Caucasian Americans. According to the North Carolina Office of Minority Health, African Americans are at least twice as likely to die from diabetes, kidney disease, HIV, and homicide than are Caucasian Americans.

African Americans have more hypertension and more severe hypertension so we need to make sure we ask our doctors questions about preventing strokes and heart attacks, and take our medicine as directed. African Americans in North Carolina are less likely than Caucasian Americans to engage in physical exercise and less likely to eat the recommended fiber, and nine fruits and vegetables a day. African American women are also much more likely than Caucasian American women to be obese.



To close the healthcare gap, we need to keep our appointments and be prepared with questions for the healthcare team. Ask if we need help to stop smoking and for programs to teach us good nutrition and good diagnostic (tests) to understand our diseases and risks. If necessary, we need to take a friend or loved one with us to fully understand and communicate with the doctor, nurse, dentist and pharmacist. Emotional health should also be a focus in our general knowledge of health disparities.

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.