



## Community Health Coalition, Inc.

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### **RACE MATTERS**



#### **African-American Lives Matter**

April is minority health month. The fate of the nation's health depends on the status minority health. Soon "minority health" will be "majority health" and race matters now and will matter in the future as it relates to health disparities. People who have low incomes, low education levels, and are under-employed are associated with the worse health problems in North Carolina. Even if they further their education and increase their income, there will still be health disparities due to race. In North Carolina, the death rates are almost twice as high in blacks than in whites with heart disease, cancer, infant mortality, stroke, diabetes, kidney disease, HIV and homicide. The Durham Public Health department statistics in March 2016 stated that the major causes of death will be tracked by race because blacks die at a much higher rate than whites. Two books;

Race Rules by Michael Eric Dyson and Race Matters by Cornell West give profound intellectual arguments that racism and prejudice are the roots of the problem. Do not despair or be discouraged about disparities, even with racism, we can improve our health and community by loving ourselves and others. **Dr. Elaine Hart-Brothers believes, "Even though race matters in the differences of most diseases, we can help ourselves. We are part of the change and the conversion to good health, prosperity, and hope."**

Healthy People 2020 defines *health equity* as the "attainment of the highest level of health for all people. Achieving health equity requires valuing everyone equally with focused and ongoing societal efforts to address avoidable inequalities, historical and contemporary injustices, and the elimination of health and health care disparities."

Healthy People 2020 defines a *health disparity* as "a particular type of health difference that is closely linked with social, economic, and/or environmental disadvantage. Health disparities adversely affect groups of people who have systematically experienced greater obstacles to health based on their racial or ethnic group; religion; socioeconomic status; gender; age; mental health; cognitive, sensory, or physical disability; sexual orientation or gender identity; geographic location; or other characteristics historically linked to discrimination or exclusion.



## April is Oral Cancer Awareness Month



Don't let fear keep you from the doctor -- oral cancer that is caught early is treatable and curable.

If you notice:

- \*a mouth sore or a lump that doesn't go away
- \* Unexplained numbness in the face, mouth, or neck
- \*problems such as hoarseness, or trouble chewing, speaking or swallowing

These are a few symptoms of oral cancer and should be reported to your dentist immediately. Risk factors for oral cancer include smoking cigarettes and using smokeless tobacco, drinking heavily, overexposure to the sun, and a family history of cancer. Oral cancer has also been linked to the human papillomavirus, or HPV. **“An oral cancer screening should be a regular part of your dental visit, including patients who are edentulous”** says **Desiree T. Palmer, DMD**

### Remember the ABC's – Always our Blessings be Counted

- **Act** –Eat apples and avocados and be aware of good nutrition, **Be active** - Incorporate exercise as your best behavior. **Care** for community, church, yourself, your family, and be at your best behavior.
- Always exercise regularly, **Become** an organ donor, **Control** and monitor your blood glucose and blood pressure.
- Always eat a well-balanced diet with a multivitamin supplement and exercise regularly. Before trying to conceive, learn about your family history (some illness are inherited), and if you have preexisting health conditions, discuss your desire for attempting pregnancy with your healthcare provider first then, follow your healthcare provider's recommendation. Caution: Stop smoking; do not drink alcohol while trying to conceive and after conceiving; seek prenatal care early; check your blood pressure regularly; and check for gestational diabetes.
- Arm yourself with knowledge on heart health, **Be** more active, and **Choose** good nutrition.
- Aim to limit your child's TV or computer screen time, **Be** active as a family, **Children** need 60 minutes of play with moderate to vigorous activity every day. We have a positive vision of the future founded on the belief that the gap between the promise and reality of America can one day be finally closed. We believe that.

For More information, please visit the websites below

- Blackdoctors.org
- Everydaychoices.org
- NCminorityhealth.org or call 1800-444-6472 or email [info@minorityhealth.hhs](mailto:info@minorityhealth.hhs)



### Please Make A Donation through SECC or PayPal:

- Did you know that Community Health Coalition is an approved SECC charity? If you are a state employee or retiree, choose (Code 3770) to send your SECC gift to us! Thank you.

Go to **HYPERLINK** "<http://www.chealthc.org/makeadonation.html>" <http://www.chealthc.org/makeadonation.html> Thank you.

Health Tip is a message from **Community Health Coalition, Inc.** and is written in partnership with **Central Carolina Black Nurses' Council Inc.**, **The Interdenominational Ministerial Alliance of Durham and Vicinity, NC** **Mutual Life Insurance Company** and **Duke Regional Hospital.**

**REMEMBER Healthy People 2020: A Clear Vision to Healthy Living!**