

Learn to...Live Well!

Results of the 2007 African-American Health Survey



African Americans have the highest overall death rate and shortest life expectancy of any group.

In 2007, the Center for African-American Health surveyed nearly 1,200 African Americans at 33 black churches in metro Denver. This was the largest health survey ever conducted of African Americans in Colorado.

The purpose was to learn if people's knowledge, beliefs, and attitudes about health, as well as their behaviors, could contribute to the overall poorer health of African Americans. The survey results also significantly inform the Center's health programming.

By taking a few minutes to read the results of the survey, you can increase your knowledge about your health, learn how to take better care of yourself – and the ones you love – and . . . Live Well!



CARDIOVASCULAR DISEASE

The Disparity: In Colorado, African Americans consistently have the highest death rate from heart disease.*

The Survey Results: Only one in five African Americans (20%) recognized the four warning signs of heart attack and stroke.

Know the Facts: It's important to know the warning signs of a heart attack and a stroke, because the sooner treatment is received, the better the chance of surviving.

Heart Attack Warning Signs:

- Discomfort in the jaw, neck, or back
- Discomfort in the arms or shoulders

Stroke Warning Signs:

- Sudden trouble walking, dizziness, or loss of balance
- Severe headache with no known cause

Know the warning signs and call 911 right away if you or anyone has these signs.

Other Important Survey Results

How African Americans Responded:

- 37% described themselves as being in poor health.
- 28% said they have no one they think of as "their own" doctor.
- 15% reported being uninsured.

See complete survey results at www.caabealth.org



DIABETES

The Disparity: In Colorado, the death rate for African Americans from diabetes is twice the state average.* One in every 13 African Americans has diabetes.

The Survey Results: 30% of African Americans stated (incorrectly) that diabetes can be cured.

Know the Facts: While there is no cure for diabetes, it can be controlled with a proper diet, exercise and medication.



DEPRESSION

The Disparity: Research shows that fewer African Americans than whites receive treatment for depression.

The Survey Results: Two-thirds of African Americans said that that depression is something black people do not want to talk about, and more than a third (37%) said they would rather have a physical illness than a mental illness.

Know the Facts: Depression is a serious medical illness, but one that can be well treated with medication, therapy, or a combination of both. Seeking help for depression is a sign of strength, not a sign of weakness!

*Source of disparity data: "Racial and Ethnic Health Disparities in Colorado 2005", Colorado Department of Public Health and Environment, Office of Health Disparities

Resources and Programs Offered by the Center for African-American Health for Disease Prevention and Chronic Disease Management

The Center for African-American Health creates educational materials and programs to help African Americans prevent getting diseases and help those with chronic conditions to better manage their diseases and...Live Well!



Educational Materials

- Living Well with Diabetes for African Americans
- Depression and African Americans
- African Americans and Colon Cancer
- African Americans and Prostate Cancer
- An African American's Guide to Breast Health
- The African-American Man's Playbook on Cardiovascular Disease

Call for copies of these materials and ask about other educational materials for African Americans

Screenings

Call the Center for African-American Health for information about screenings for:

- High blood pressure
- Diabetes
- Prostate cancer
- Colon cancer
- Breast cancer

Classes

- Diabetes self-management
- Chronic disease self-management
- Cardiovascular disease
- Health literacy
- Nutrition/healthy cooking

Special Events/Programs

- Breast cancer navigator program
- Emergency preparedness project
- Senior wellness initiative
- Annual African-American health survey
- Annual African-American Health Fair (February)
- American Heart Month (February)
- National Colon Cancer Awareness Month (March)
- Prostate Cancer Awareness Month (September)
- National Breast Cancer Awareness Month (October)
- American Diabetes Month (November)

For more information about these health programs, services and materials, contact:



3601 Martin Luther King Jr. Blvd. ■ Denver, CO 80205
Call: 303-355-3423 ■ Go to: www.caahealth.org