

Why Join? Key Facts about Health Disparities in African Americans

- In Colorado, blacks have the highest overall death rate and the shortest life expectancy.
- African Americans are almost twice as likely to have diabetes as whites.
- The death rate for African-American women with breast cancer is 1-1/2 times that of white women.
- Black men have the highest incidences of prostate and colon/rectal cancers.
- The death rate among African Americans for stroke is almost twice that of whites.

Step 3:

Live Well! You and your members will benefit from the Center's integrated spirit, mind and body approach to living a healthy life. Our resources include:

- **Free** health education materials specifically targeting African Americans about: diabetes, depression, colon cancer, prostate cancer, breast cancer, cardiovascular disease, and more.
- **Free** health screenings for high blood pressure, diabetes, prostate cancer, colon cancer, breast cancer, and more.
- **Free** classes on living well with diabetes and other chronic diseases.
- **Free** workshops on nutrition and healthy cooking, senior wellness, and heart, breast and prostate health.
- **Free** special events and programs such as the breast cancer navigator program, annual health fair, home safety checks, and emergency preparedness information.



**The Center for
African American Health**

Empowering the Community to

Live Well!

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303-355-3423, Fax 303-355-1807, www.caahealth.org



*“Beloved,
I pray that
you may
prosper in
all things
and be in
health, just
as your soul
prosper.”*

— 3 John 1:2 (NKJV)

Faith and HEALTH Ministries

We invite you to join with us to become part of Faith & Health Ministries, the central program at the Center for African-American Health for improving the health and wellbeing of our people. Faith & Health Ministries is a dynamic partnership with more than 80 black churches in metro Denver to promote healthy lives and lifestyles, and prevent disease.

Volunteer health outreach liaisons from churches, appointed by their pastors, work with Center staff to coordinate the routine delivery of culturally appropriate health education and free health screenings, and to promote increased physical activity and healthy eating habits among your congregation members.

Getting involved is as easy as **1-2-3...**

“Do you not know that your body is a temple of the Holy Spirit, who is in you, whom you have received from God? ...Therefore, honor God with your body.”

— 1 Corinthians 6:19-20 (NIV)

Step 1:

Learn more from the Center for African-American Health about the benefits of your church participating:

- access to an abundance of free health education materials
- regular information about special free health screenings and local health events and activities
- opportunities for church-based health events, such as classes and screenings
- special opportunities for members to attend the Center’s regularly scheduled programs on living with diabetes and other chronic diseases, plus more
- personalized health education materials promoting your church’s health ministry.

Call Rosalyn Reese at 303-355-3423 for more information about the benefits of participating in Faith & Health Ministries.



“The church is the ear of the African-American community and should help educate the community about the health disparities affecting us.”

Gladys Hampton
Faith & Health
outreach liaison,
Shorter Community
A.M.E. Church

Step 2:

Appoint a health outreach liaison to coordinate your partnership with the Center for African-American Health. Liaisons increase the health resources available to your congregation. They:

- benefit from ongoing training about health issues and health resources for African Americans
- receive assistance from Center staff in organizing health related events for your church family
- help promote health-related activities and educational events within your congregation/ community
- assist the center with community-wide health events like the annual African-American Health Fair, Diabetes Expo, Juneteenth, and other cultural events
- collect and report data on church-based health activities and events.

