

# Learn to...Live Well!

## Results of the 2008 African-American Health Survey



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

In 2008 the Center for African American Health continued its query of Faith & Health Ministries (FHM) community partners in metropolitan Denver. The Faith and Health Ministries' program is a collaboration of over 75 black churches committed to improving the health and wellbeing of the African-American community. This collaborative has successfully implemented a small (compared to overall need) but growing matrix of health initiatives in metropolitan Denver that have been instrumental in addressing health disparities through community partnerships. Two thousand one hundred and seventy-seven were distributed among 38 churches.



### CARDIOVASCULAR DISEASE (CVD)

**The Disparity:** Heart disease is the leading cause of death in the United States. However, the African American death rate for CVD is substantially higher than the general population.

**The Survey Results:** There was an increase from 20 to 30 percent of those who could recognize the four warning signs of heart attack and stroke from 2007 to 2008. With more knowledge more African Americans can seek treatment early and survive CVD.

**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% reported poor health in 2007 compared to 14% in 2008
- 60% of women take personal responsibility for their health compared to 24% of the men.
- Women reported have far more knowledge about their rights as a patient than men.

See complete survey results at [www.caabealth.org](http://www.caabealth.org)



### DIABETES

**The Disparity:** In Colorado, blacks are diagnosed with diabetes at more than two times the rate than whites and nearly double the state average. The African American death rate from diabetes is second in the state following Latinos.

**The Survey Results:** The low level of diabetes knowledge among African Americans was virtually unchanged between the 2007 and 2008 annual surveys (30 % in 2007 and 31% in 2008).

**Know the Facts:** The Center for African American Health will initiate Project Power; a church outreach initiative developed by the American Diabetes Association to educate the African-American community on the importance of diabetes prevention and self-management.



### HEALTH SCREENING

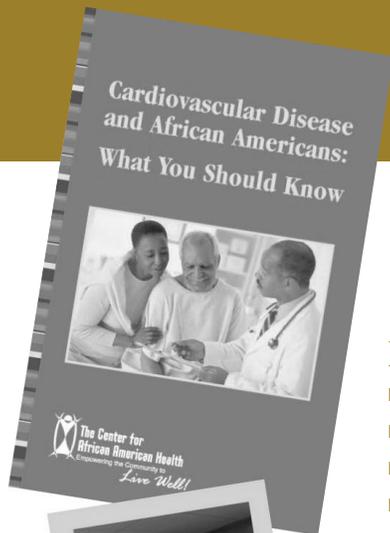
**The Disparity:** Results of the 2008 annual health survey reveal a gender disparity. Women (40%) were far more likely to be screened or referred for health screenings than men (16%).

**The Survey Results:** Women were two and in some cases three times more likely to be screened in the past two years for diabetes, cholesterol and high blood pressure than men.

**Know the Facts:** Early detection through health screenings is paramount when dealing with disease. Regular health screening and examination is very important to preventive health care. In the absence of regular health screenings; disastrous results could ensue.

# 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 programs and educational materials to help African Americans prevent disease and help those living with chronic diseases to better manage their conditions, and ...Live Well!



## Health Education Materials

- Learn to Live Well with Diabetes
- African Americans and Colon Cancer
- Depression and African Americans
- An African-American's Guide to Breast Health
- The African-American Man and His Prostate
- The African-American Man's Playbook on Cardiovascular Disease
- Cardiovascular Disease and African Americans: What You Should Know

## ■ Chronic disease self-management

People living with heart disease, high blood pressure, arthritis, asthma and other chronic health problems learn the skills needed for the day-to-day management of their conditions. The class is offered for two hours, once a week, for six weeks.

## ■ Nutrition/healthy cooking

Learn to shop and prepare healthy and tasty foods, with an emphasis on culturally popular specialties, by attending nutrition and cooking classes offered throughout the year, including special classes around holidays.

## ■ Exercise and nutrition classes for seniors

Regularly scheduled exercise and nutrition classes for adults 65 and older are designed to extend their independence and quality of life.

## Health Screenings

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

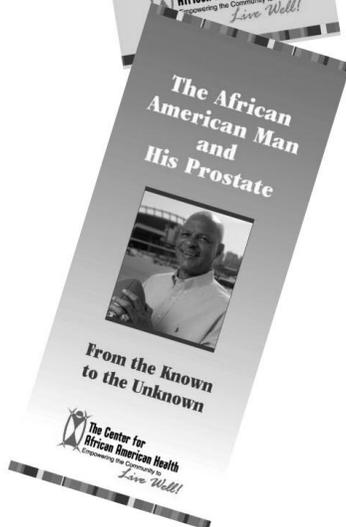
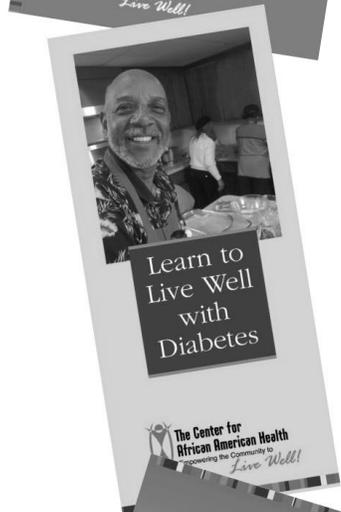
- High blood pressure
- Diabetes
- Prostate cancer
- Colon cancer
- Breast cancer

## Special Health Events/Programs

- Breast health navigator program
- Emergency preparedness information
- 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)

## Disease Management and Health Promotion Classes

- Diabetes self-management
- This highly interactive class teaches individuals with diabetes, and their caregivers, skills related to proper nutrition, exercise, medications, and communicating with their health care providers. It is offered for two hours, once a week, for six weeks.



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](http://www.caahealth.org)

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