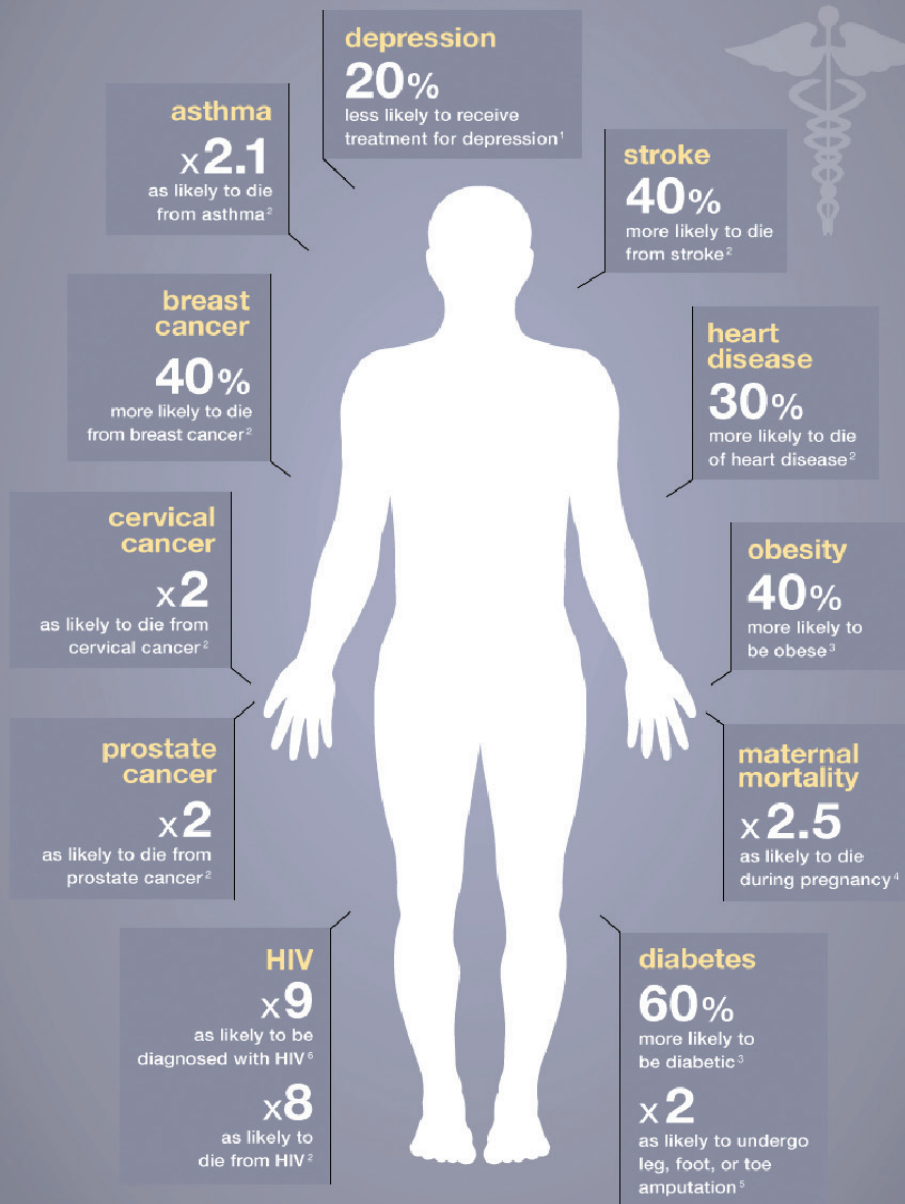


African American Health Disparities Compared to Non-Hispanic Whites

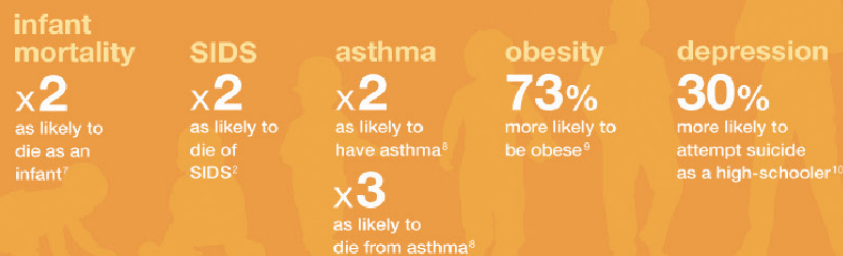
Racial and ethnic health disparities are undermining our communities and our health system. African Americans are more likely to suffer from certain health conditions, and they are more likely to get sicker, have serious complications, and even die from them. These are some of the more common health disparities that affect African Americans in the United States compared to non-Hispanic whites.

AFRICAN AMERICAN HEALTH DISPARITIES: ADULTS



AFRICAN AMERICAN HEALTH DISPARITIES: CHILDREN

Compared to non-Hispanic white children, African American children are more likely to suffer from the following:



How do we reduce racial and ethnic health disparities? We must work together to improve our health care system to make it high-quality, comprehensive, affordable, and accessible for everyone.

Dealing with Chronic Disease



Chronic disease is not fair!

So what can we do about it? You can turn these numbers into action steps that will improve your health if you:

- Increase Your Activity Level
- Lose Weight
- Don't Smoke
- Eliminate Substance Abuse
- Engage in Responsible Sexual Behavior: Use Protection
- Reduce Injury and Violence
- Get Access to Healthcare

If you have a condition such as diabetes, cancer, or heart disease, please consider attending the six-week workshop, **Living Healthy with a Chronic Condition**, to help you feel better, healthier and happier.

Living Healthy with a Chronic Condition

Every Wednesday, May 13 – June 17

6 p.m. to 8:30 p.m.
at Mt. Zion Baptist Church, Asheville.

To register contact ABIPA (828) 251-8364. No charge. Donations accepted, not required.



Learn how to:

- Achieve a healthy weight
- Decrease pain
- Relax and manage stress
- Work with your health care team
- Reduce Frustration
- Set goals and work toward them

Buncombe County Partners Improving Health

The Land of Sky Chronic Disease Self-Management,
(828) 251-7438

Mt. Zion Community Development, Inc.,
(828) 350-9821

ABIPA, (828) 251-8364

YWCA, (828) 254-7206

The Board of Directors of Mount Zion Community Development, Inc. would like to express sincere thanks and appreciation to Buncombe County's Minority Health Project and the NC Office of Minority Health & Health Disparities.

For more information about health disparities in Buncombe County please contact Alma Atkins (828) 250-5319.



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