



ABIPA Health Highlights

CELEBRATING 14 YEARS OF SERVICE TO THE COMMUNITY

LOCATE • EDUCATE • NAVIGATE • ADVOCATE

COMMUNITY

ON SITE ACTIVITIES
56 Walton St., Asheville

**Building Brothers
BREAKFAST**

Saturday, April 14
Prostate & Diabetes
Health. 8 a.m. at the
ABIPA office.

Healthy Breakfast
Options provided
by



Call (828) 251-8364 to schedule
ABIPA for your organization or
church events.

Donate to ABIPA

Tax deductible donations
can be made by sending a
check to: ABIPA, PO Box
448, Asheville, NC 28802;
or click the donation tab at
www.abipa.org. Thank you
for your support!

Thank you to our funding partner
and community partner agencies for
making our work possible.



and the
**Buncombe County
Service Foundation**

ABIPA

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Asheville, NC 28801

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PO Box 448
Asheville, NC 28802

Asheville Buncombe Institute of Parity Achievement

ABIPA promotes economic,
social, and healthy parity
achievement for African
Americans and other people
of color in Buncombe
County through advocacy,
education, research, and
community partnerships.

www.ABIPA.org



Be Aware. Care. Be An Agent of Change.

By JéWana Grier-McEachin, Executive Director
Photo: Pro16 Productions

April is Minority Health Awareness Month

The major minority population breakdown according to data from the 2015 census:

- 56.5 million Hispanic/Latino Americans
- 40.7 million African Americans
- 17.3 million Asian Americans
- 5.2 million American Indians
- 1.3 million Native Hawaiian and other Pacific Islanders

I want to share some interesting facts about the African American demographic as reported by the National Office of Minority Health.

Demographics Overview

In July 2015, 40.7 million people in the United States were black, which represents 12.7% of the total population. African Americans are the second largest minority population, following the Hispanic/Latino population. In 2015, most blacks lived in the South (58% of the black U.S. population), while 35% of the white

population lived in the South. The ten states with the largest black populations in 2015 were Texas, Florida, Georgia, New York, California, North Carolina, Illinois, Maryland, Virginia, and Louisiana. Combined, these 10 states represent 59% of the total black population. Of the 10 largest places in the United States in 2010 with populations of 100,000 or more, Detroit, Michigan had the largest proportion of blacks (84%), followed by Jackson, Mississippi (80%).

Educational Attainment

In 2015, as compared to non-Hispanic whites 25 years and over, a lower percentage of non-Hispanic blacks had earned at least a high school diploma (84.8% and 92.3%, respectively). 20.2% of non-Hispanic blacks have a bachelor's degree or higher, as compared with 34.2% of non-Hispanic whites.

More black women than black men had earned at least a bachelor's degree (22.4% compared with 17.7%), while among

non-Hispanic whites, a higher proportion of men than women had earned at least a bachelor's degree (34.4% and 34.0%, respectively).

Economics

According to a 2015 Census Bureau report, the average non-Hispanic black household median income was \$36,515 in comparison to \$61,394 for non-Hispanic white households. In 2015, the U.S. Census Bureau reported that 25.4% of non-Hispanic blacks, in comparison to 10.4% of non-Hispanic whites, were living at the poverty level.

For 2015, the unemployment rate for blacks was twice that for non-Hispanic whites (11.4% and 5.0%, respectively). This finding was consistent for both men and women.

Insurance Coverage

In 2015, 54.4% of non-Hispanic blacks in comparison to 75.8% of non-Hispanic whites used private health insurance.

Lunch & Learn

Every Wednesday
Led by Kathey Avery RN, BSN, from 12 noon to 1 p.m. at the Linwood Crump Shiloh Recreation Complex.

Also in 2015, 43.6% of non-Hispanic blacks, in comparison to 32.7% of non-Hispanic whites, relied on Medicaid, public health insurance. Finally, 11.0% of non-Hispanic blacks, in comparison to 6.3% of non-Hispanic whites, were uninsured.

Health Conditions

The death rate for African Americans is higher than whites for heart diseases, stroke, cancer, asthma, influenza and pneumonia, diabetes, HIV/AIDS, and homicide. This month I encourage you to be aware of our community's health, care about the policies and practices that impact us, and be an agent of change to make our community a better place.

Stress Awareness Month

What You Need to Know

By Kathey Avery RN, BSN

"Slow down," "take a deep breath," "count to ten."

I am sure we all remember these phrases. April is Stress Awareness Month. American's, more than ever, need to understand the affects of long-term stress. Stress affects every cell in our body!

Your Liver – What Happens
Surge in glucose. If it continues: Type 2 Diabetes.

Your Adrenal Glands – What Happens
Cortisol and adrenaline spike. If it continues: reduced ability to control inflammation.

Your Brain – What Happens
Hypothalamus orders adrenal glands to release cortisol and adrenaline (to prepare body for



Kathey Avery, RN
Photo: Pro16 Productions

action) and endorphins (to blunt pain). If it continues: headaches, insomnia, depression, increased dementia risk.

Your Heart – What Happens
Heart rate and blood pressure rise. If it continues: higher risk of heart attack and stroke.

African American women at every socioeconomic level have higher rates of pre-term and infant mortality (death) than white women who haven't finished high school, or black women who immigrated here from other countries. A lifetime of racism can cause constant high levels of cortisol and literally affect the health of our newborns.

Infant mortality is a priority in Buncombe County, and for ABIPA, because locally and statewide, African American babies are

dying at twice the rate of white babies. The infant mortality rate is also a strong predictor of health equity in a community.

ABIPA, working with Mothering Asheville and collaborating with MAHEC, BCHHS, and other partners, will be working on this issue thanks to a grant from Blue Cross Blue Shield, and as part of the Buncombe County Community Health Improvement Process.

As the nurse for ABIPA, it is my duty to address the issues facing our communities. Our faith-based PRAISE project continues for the fourth year. Funded by a grant from the Mission Community Investment, PRAISE gives me the opportunity to provide health education to our community through this faith-based initiative.

Stay tuned to ABIPA for ways to decrease stress for everyone.

Ladies Night Out



Second Thursday of each month from 4-8 p.m.

FREE physicals, mammograms, and health education for qualifying uninsured or underinsured women. Transportation provided. Free childcare, refreshments, blood-pressure checks, cholesterol screenings, and pap smears. Call (828) 250-6006 to make your appointment.

PRAISE



PRAISE 2018 is Underway!

Programming for the 2018 PRAISE initiative has begun. Call or email us today so that your church or congregation can be included. (828) 251-8364 or info@abipa.org.