



## EVENTS & ACTIVITIES POSTPONED

All in-person group education sessions have been canceled until further notice. Be on the lookout for virtual group session opportunities. Visit us online for updates at [www.ABIPA.org](http://www.ABIPA.org)

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](http://www.abipa.org). Thank you for your support!

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



and the  
**Buncombe County Service Foundation**

## ABIPA

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## Asheville Buncombe Institute of Parity Achievement

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

[www.ABIPA.org](http://www.ABIPA.org)

# ABIPA Health Highlights

CELEBRATING 16 YEARS OF SERVICE TO THE COMMUNITY

LOCATE • EDUCATE • NAVIGATE • ADVOCATE



## Looking to 2030 After 2020

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

### Social Determinants of Health rose to stardom last year.

This is not a new concept, but a national crisis highlighted why these determinants are so important. One of Healthy People 2030's five overarching goals is specifically related to Social Determinants of Health (SDOH): "Create social, physical, and economic environments that promote attaining the full potential for health and well-being for all."

### What are Social Determinants of Health?

Those public health references that shape our lives, whether you know what they are or not. Our lives are impacted by them. Policy is developed for them. Money is acquired to offer services to impact them.

Social Determinants of Health are the conditions in the environments where people are born, live, learn, work, play, worship, and age that affect a wide range of health, functioning, and quality of life outcomes and risks.

Social Determinants of Health. Healthy People 2030

of Health can be grouped into five domains: 1) Economic Stability; 2) Education Access and Quality; 3) Health Care Access and Quality; 4) Neighborhood and Built Environment; 5) Social and Community Context.

### Examples of SDOH

- Safe housing, transportation, and neighborhoods
- Racism, discrimination, and violence
- Education, job opportunities, and income
- Access to nutritious foods and physical activity opportunities
- Polluted air and water
- Language and literacy skills



### The Goals of the Five Identified Domains

- Help people earn steady incomes that allow them to meet their health needs
- Increase educational opportunities and help children and adolescents do well in school.
- Increase access to comprehensive, high-quality health care services to meet their health needs.
- Create neighborhoods and environments that promote health and safety.
- Increase social and community support.

This national focus is brought close to home by all of the conversations and strategies we have personally and collectively undertaken. We must use this momentum to make a difference.

There is so much work to be done that the thought of it can be overwhelming. However, the more people who get involved, the better off we will all be.

What are you passionate about? I challenge everyone reading our page today to pick at least one of the five points listed to get involved locally. Make sure a better 2030 is not a distant dream but a reality we can revel in knowing we made it together.

Source: Healthy People 2030, U.S. Department of Health and Human Services, Office of Disease Prevention and Health Promotion, [health.gov/healthypeople/objectives-and-data/social-determinants-health](https://health.gov/healthypeople/objectives-and-data/social-determinants-health).

## April is National Minority Health Month

by Kelly White, MHE, MPH, ABIPA Health Education Program Manager

*In the midst of this pandemic, taking care of yourself is more important now than it has ever been.*



Kelly White, MHE, MPH, Photo: Pro16 Productions

We not only have had to worry about Covid and possible long-term effects, but we have also had to worry about keeping up with any chronic diseases that we are dealing with as well.

Studies have shown that last year and into this year, people in African American and Latinx

communities have been hit hard with Covid-19 and are dying at a higher rate than other races. One of the main reasons is the health disparities we have had to face historically. This list includes inadequate access to healthcare and insurance. Also, most of us are frontline workers in industries where we are unable to stay home. Lastly, there has been a very large gap in testing and supplies within our communities.

This year the Office of Minority Health is focused on everyone being vaccine ready. As of today in North Carolina, we are vaccinating anyone in Group 4. This group includes those 16 and older, essential workers, and people who are living with chronic conditions.

If you are part of this group but not quite ready to get vaccinated, I challenge you to take some time to find out all there is

to know about getting vaccinated. Write down any questions you may have about the vaccination. How was it made? Are there any side effects that could occur? Then speak with your healthcare provider. Make time to speak with your family about your reasons and considerations for getting vaccinated.