

INSTITUTE FOR PREVENTIVE HEALTHCARE & ADVOCACY



Kathey Avery, RN, BSN

Avery Health - Education and Consulting brings extensive experience and knowledge to help individuals and groups achieve positive health outcomes and implement equity.

Kathey Avery, founder and owner of Avery Health - Education and Consulting, has more than 35 years of experience in healthcare and community activism. She is dedicated to raising awareness about, and helping in the prevention of, chronic diseases and preventable cancers through patient and public education and personal accountability.

Contact Kathey Avery today at 828-768-2369 to schedule a talk or workshop. For more details, please visit www.AveryHEC.com



The mission of the **Institute for Preventive Healthcare & Advocacy** is to promote optimum health for all residents of Buncombe County and surrounding areas by addressing the social determinants of health and the inequities in access to affordable and preventive healthcare.

www.ifpha.org

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Black History Month & Heart Health Month

BY KATHEY AVERY, RN, BSN

It is clear that during the Covid-19 pandemic, the virus profoundly impacts people with heart disease and disproportionately impacts African American populations.

More research is needed because the many manifestations of these disparities remain unclear, particularly for one group regularly left out of medical research.

“African American women are often at the intersection of the worst economic and health disparities,” said Dr. Michelle Albert, a cardiologist and professor of medicine at the University of California, San Francisco. “They are a group that is often overlooked.”

According to the American Heart Association, the prevalence of high blood pressure (or hypertension) in African Americans in the United States is among the highest in the world. More than 40% of non-Hispanic African American men and women have high blood pressure.

According to the Centers for Disease Control and Prevention:

- Having high blood pressure may increase the risk of severe illness from COVID-19.
- African Americans ages 35-64 years are 50% more likely to have high blood pressure than whites.
- African Americans ages 18-49 are two times as likely to die from heart disease than whites.
- Research shows significant health benefits of an active and healthy lifestyle that incorporates even small amounts of moderate-to-vigorous physical activity throughout the day.

Heart Disease Statistics for African Americans

Every year, Americans suffer more than 1.5 million heart attacks and strokes. Nearly 44% of African American men, and 48% of African American women,

have some form of cardiovascular disease that includes heart disease and stroke.

Major Symptoms Prior to Heart Attack

- Unusual fatigue
- Difficulty sleeping
- Shortness of breath, anxiety
- Indigestion

What You Can Do to Avoid Being at Risk

Make colorful vegetables the main part of your meal. Fill up with those rather than other foods. Even healthy food can pack in calories.

If you're thirsty, drink water, not juice—and drink water first, you could be dehydrated instead of hungry.

Learn Serving/Portion Sizes

- 1 Serving =
- 1/2 Cup of Cooked or Raw Vegetables
- 1 Cup of Leaf Vegetables
- 1 Medium Fruit
- 1/4 Cup Dried Fruit
- 1/2 Cup Fresh, Frozen, or Canned Fruit
- 1 Slice of Bread
- 1/2 Cup Dry High-Fiber Cereal
- 1/2 Cup Cooked Rice or Cooked Cereal
- 3 Ounces of Meat
- 1/4 Cup Nuts
- 2 Tablespoons of Seeds or Nut Butter
- 1 Teaspoon Fat

IFPHA (Institute for Preventive Healthcare and Advocacy) is dedicated to educating our community about



If the coronary arteries, the blood vessels that bring blood, oxygen, and nutrients to your heart, become clogged, that can result in chest pain (angina), shortness of breath, or, if totally blocked, heart attack.

chronic illnesses, preventable diseases, and Covid-19 viruses during this pandemic. As the community nurse, it is my purpose and passion to serve African Americans and all underserved people in the WNC region.

Our trusted community health workers are trained to provide the extra support our community nurses need to help individuals make long-term change in their lifestyles. This will help individuals become healthy and avoid being at risk when the next health crisis comes along.

Black History month is a great time for our community to take charge of our most precious asset, our health. Our team is out every day to support and provide health education, resources, and healthy food items to African Americans and low-wealth communities thanks to our many funders and donors.

Sources: American Red Cross; CDC; and the American Heart Association.

