

ABIPA – ASHEVILLE BUNCOMBE INSTITUTE OF PARITY ACHIEVEMENT



JéWana Grier-McEachin. Photo: Pro16 Productions

How Plans Affect Us and How We Affect Plans

By JéWana Grier-McEachin, Executive Director

As we focus on Minority Health Awareness this month, think about the ways national and local plans affect our population's health and your health.

Do you know anything about Healthy People 2030? I pose this question because this initiative, that has been in place for five decades, drives focus and resources that impact our health. You ultimately see or experience programming and policy that has been developed because of these plans.

History of the Healthy People Initiative

In 1979, Surgeon General Julius Richmond issued a landmark report titled "Healthy People: The Surgeon General's Report on Health Promotion and Disease Prevention." Then, in 1980, the Office of Disease Prevention and Health Promotion (ODPHP) released Healthy People 1990, which was followed in later decades by new iterations of the Healthy People initiative, each building on the last.

Healthy People 1990 included the first set of ambitious, measurable 10-year objectives for improving health and well-being nationwide. It focused on decreasing deaths and on increasing independence among older adults.

Healthy People 2000, the second iteration of the initiative, was guided by three broad goals:

- Increase the span of healthy life
- Reduce health disparities
- Achieve access to preventive services for all

Healthy People 2010, the initiative's third iteration, had an increased focus on improving quality of life. In addition, one of its overarching goals was to eliminate health disparities rather than simply reduce them.

Healthy People 2020, the initiative's fourth iteration, had four goals:

- Attain high-quality, longer lives free of preventable disease, disability, injury, and premature death
- Achieve health equity, eliminate disparities, and improve the health of all groups

- Create social and physical environments that promote good health for all
- Promote quality of life, healthy development, and healthy behaviors across all life stages

Healthy People 2030, launched in August 2020, is the fifth, and current, iteration of the initiative. It builds on knowledge gained over the last four decades and has an increased focus on health equity, social determinants of health, and health literacy — with a new focus on well-being.

Locally we have our Community Health Assessment (CHA) that drives national efforts through a locally personalized perspective. Differing from the Healthy People initiative, our CHA runs on a 3-year cycle. Our most recent iteration was 2018-2021, so the cycle restarts this year.

The 2018 CHA report for Buncombe County included data that helps us understand which health issues are getting better or worse. The county includes survey results of a cross-section of adults living in Buncombe County, as well as opinions of leaders and those surveyed about what is affecting health and possible solutions.

Buncombe County's Health Priorities for 2018-2021

Birth Outcomes & Infant Mortality: Significant disparities are present in birth outcomes, infant mortality, and preconception health for Black and Latinx residents.

General Mental Health: General mental health, as well as Depression/Anxiety/Stress, were top concerns identified by community leaders.

All of this is important because each of these efforts drive investments and resource distribution through programming and policy that impact our quality of life. Collectively, our health behaviors and statuses drive national and local efforts, so it is important not to just be aware but to also be active.

I encourage you to get involved when our local process opens up for public input. You can be part of the effort to make your county the best place to live, work, play, and pray.

Sources:

health.gov/our-work/national-health-initiatives/healthy-people/about-healthy-people/history-healthy-people

www.buncombecounty.org/Governing/Depts/Health/Chip.aspx

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.



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Meet Dr. Johnathan Edwards

Jonathan Edwards, MD is an internal medicine physician with 30 years of experience caring for adults. He values the doctor patient relationship and works diligently to keep the lines of communication open so he can be a patient advocate.

Dr. Edwards provides primary care at My Brookhaven Health, which had an unique start. In the summer of 2021, My Brookhaven Health was created to act adjacent to an established behavioral health clinic in South Asheville. Working through a collabora-



Jonathan Edwards, MD

tive care model, My Brookhaven Health was born.

Valuing mental health and viewing each patient as a whole, their collaborative care model functions as a two-way street, creating open communication between a patient's primary care provider, and their mental health provider. Through discussion, providers can be fully informed on how their patient is doing as a whole.

To learn more, call (828) 585-2178 or visit mybrookhavenhealth.com.



Kelly White, MHE, MPH. Photo: Pro16 Productions

#Boost Your Community!

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

April is National Minority Health Month.

This month we celebrate the role everyone can play in reducing health care disparities within the community. Health care disparities are things that keep someone from being their healthiest self and keep us from having the healthy outcome we all deserve!

To celebrate National Minority Health Month this year, the Office of Minority Health has placed a focus on boosting the community.

When the pandemic began, there was a gap in disparities within the Black community, as well as evidence that revealed African Americans were dying more than any other race. We also found that many communities did not have great access to vaccines, which aided in low vaccination rates. Furthermore, loads of misinformation coupled with chronic disease caused Covid-19 rates to increase without an end in sight.

To give the community a boost we must face disparities within the community, and most importantly continue getting the correct information out about Covid-19—breaking down any myths associated with the vaccination and letting everyone know how important

it is to get vaccinated to prevent severe illness and potential death. As we look to turn the page on Covid-19 there are multiple ways we can help within our community to assist in the transition.

Be mindful of the source when hearing information about vaccinations and booster shots. Is the information coming from a person who is credible or a site that is reputable?

Do not be afraid to share your worries about getting vaccinated to your health care provider so that you can have an honest conversation about why you should or should not receive the Covid vaccine.

If you have not yet been vaccinated, find your spot to take your shot. And, when the time comes, remember to get your booster so that you have optimal protection against the virus.

Remember to encourage someone else within your community to get vaccinated against the virus! Share where they can find trustworthy information on the vaccine if they have been hesitant and unsure if it is the right thing to do.

This month and beyond, let us continue to take care of one another and break down barriers that keep us from attaining the good health we deserve. Let's work together to create healthier communities!

Source: OMH

Listen to ABIPA's Body & Soul Radio Show on WRES 100.7 FM, Tuesdays and Thursdays at 10:30 a.m. on wresfm.com.

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