

Heart Health Month: A Time to Prioritize Heart Health in the Black Community

February is not just the month of love, it is also American Heart Health Month; a critical reminder of the importance of heart health, particularly within the black community where individuals face a higher risk of cardiovascular disease than other racial or ethnic groups. Factors contributing to this disparity include higher rates of obesity, diabetes, and hypertension, as well as socioeconomic challenges that limit access to healthcare and health food options. This Month we aim to raise awareness about the unique challenges our communities face when it comes to cardiovascular health.

Through education, sharing resources, and promoting healthy lifestyle changes, we can empower ourselves and our loved ones to take proactive steps toward better heart health. Join us as we discover ways to support heart health through awareness and prevention to reduce the prevalence of heart disease for generations to come.

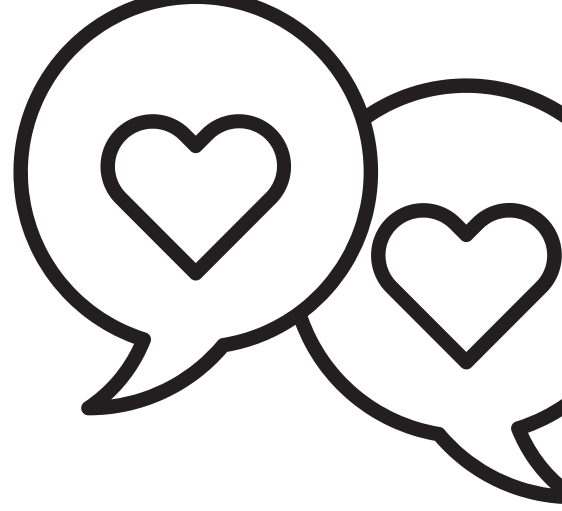
Health and Wellness Committee x

If you have contributions to the newsletter or would like to get involved with the Health and Wellness committee...

**Let Us
Know!**

It's time for a "Heart to Heart"

Let's talk about your heart health



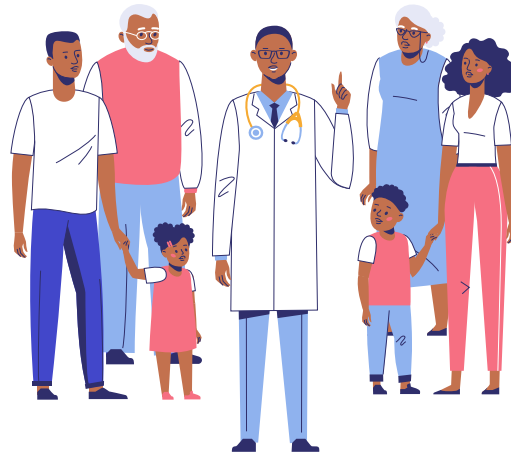
Your heart and blood vessels make up your circulatory system. The circulatory system keeps you alive by pumping oxygen-rich blood throughout your body.

Heart disease risk factors-conditions that make it hard for your heart to function- include obesity, diabetes, heavy drinking or smoking, high blood pressure, high cholesterol, and physical inactivity.



Ways to improve your heart health by preventing risk factors are:

- At least 20 minutes of daily exercise
- Eat a healthy balanced diet
- Limit Alcohol
- Stress Management
- Maintain regular doctor appointments



The graphic above is cute right? However, it does not explain how or why heart disease disproportionately affects communities of color. A great resource to explore this topic and to learn more about heart disease is [heart.org](https://www.heart.org)

BLACK HISTORY MONTH

Celebrating Black Pioneers in Healthcare



Rebecca Lee Crumpler (1831-1895)

In 1864, Rebekah Lee Crumpler became the first Black woman in the United States to earn a medical degree. Dr. Crumpler went on to work with other Black doctors in Richmond, Virginia who provided care for formerly enslaved people in the Freedman's Bureau. She specialized in treating Black women and children.

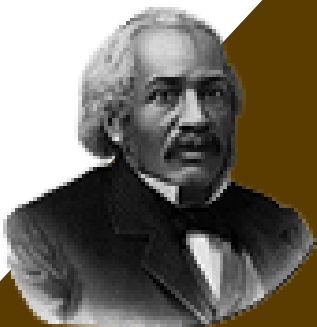
Daniel Hale Williams (1856-1931)

Dr. Daniel Hale was a general surgeon known for performing the first successful heart surgery in 1893. In 1891, Dr. Williams founded the first Black-owned hospital in America, the Provident Hospital and Training School for Nurses where both Black and white physicians and nurses could study.



James McCune Smith (1813-1865)

Dr. James McCune Smith was the first Black American to receive a medical degree, although he had to go to Glasgow, Scotland to do so. Upon returning to New York, he opened the first Black-owned pharmacy in the US. Dr. Smith was also the first Black physician to be published in US medical journals in which he used statistics to dispute misconceptions about race, physiology, and intelligence.



Marilyn Hughes Gaston (b. 1939)

Having faced poverty and prejudice growing up, Marilyn Hughes Gaston dedicated her medical career to caring for poor and minority families. In 1986, she published a groundbreaking study that led to the creation of national sickle cell disease screening program for newborns and proved the effectiveness of penicillin to prevent infection from sepsis in babies with the disease.



UPCOMING *events*

FEBRUARY

MONDAY

17

8:30AM

Youth Mental First Health Aid

A day dedicated to learning about how to provide initial support to young people experiencing mental health challenges.

Location: Meyera E. Obendorf Central Library, Virginia Beach

Open to the public

WEDNESDAY

19

1:00PM

Virginia Department of Health Information Session

Health resource session.

Location: Meyera E. Obendorf Central Library, Virginia Beach

Open to all. No registration required.

SATURDAY

22

12:00PM

Taking Back Your Roots: Hair, Heart Health, & Culture

A day filled with celebration and education & great food. Learn about the history of Black hair, heart health, and culture through interactive workshops, live demonstrations, and engaging discussions.

Location: Yendidi Virginia Beach, 4878 Princess Anne Road Virginia Beach, VA 23462

Free to all. To register visit <https://www.eventbrite.com/e/taking-you-back-to-your-roots-black-history-hair-heart-health-culture-tickets-1231566090329>

MARCH

THURSDAY

20

11:00AM

Lunch and Learn with Virginia Support Group

Special Guest speaker- Bernita Richardson PA/NAACP

Location: Black Eyed Peas Restaurant 1005 Lynnhaven Mall Loop

Tickets: \$15.00

Thank you for reading
Special Thanks to our Contributors
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