Creating healthy communities does take a village. It takes a village of people and programs dedicated to delivering health and wellness messages across America.

This calendar looks at 12 programs designed to empower African Americans to take control of their health. It shows ways all African Americans can begin to change their lives. This could be as simple as getting an annual health screening or stepping out more often to walk with friends. It might mean researching new ideas for healthful cooking or searching the web to learn how long it takes to work off calories through exercise.

Local and national organizations such as the Center for Black Women’s Wellness, American Diabetes Association, 100 Black Men and Colgate-Palmolive Company have created programs that reach directly into African American communities. They seek out cities and neighborhoods that most need help balancing health and ethnic disparities. They educate. They believe. They create impact by uniting people around a common theme.

Top-ranked tennis player and health advocate Arthur Ashe, Jr. believed in community-based intervention. As Dr. Ruth C. Browne, chief executive officer of the Arthur Ashe Institute for Urban Health points out in her introduction, this is done by bringing messages to people in places where they congregate such as churches, salons and barbershops, community centers and supermarkets.

Astra is pleased to present its 28th annual African American History Calendar, celebrating health and wellness across America. The people and programs that you will read about will hopefully inspire and motivate you and those around you. Creating healthy communities is a challenge that we all must address together. To be successful does require a village — we cannot do it alone.

THE ROOT OF WELLNESS BEGINS IN OUR COMMUNITIES

By Ruth C. Browne, M.P.P., M.P.H., Sc.D.

We all have the desire to be healthy. Health is our right. Maintaining that health by paying attention to our mind, body and spirit must continue to be our goal.

Unfortunately, in African American communities maintaining good health is not always easy. For example, many people have begun to access health information in very sophisticated ways. But there are many African Americans who remain disconnected from basic lifesaving health information.

So how do we address this challenge? How do we ensure that we get healthful messages delivered in urban neighborhoods?

It takes looking at the issue of prevention with thoughtful vision. It requires taking responsibility, not just for ourselves, but for our communities. Arthur Ashe, Jr. once said: “To achieve greatness start where you are, use what you have and do what you can.”

Start where you are. This is your community. For our work at the Arthur Ashe Institute for Urban Health we chose Brooklyn, New York. It’s a laboratory for developing health models. Here we have diversity that crosses cultures, races, ethnicity and religions.

Use what you have. These are the assets in your community. They are the people who work in the places where people naturally congregate — people such as hairstylists, barbers, librarians, ministers, business owners, community leaders and teachers.

In Brooklyn, there are nearly 1,500 beauty salons, more than 800 worshipping congregations, 700 barbershops, 100 laundromats and 60 high schools. These are places that can be found in your own community.

Do what you can. Ashe believed in community-based intervention — and we are carrying out that vision. We do this by educating those who are closest to the people we want to reach. We have begun to use this rich network of personal care providers and establishments to spread health messages. We empower this network by teaching them how to communicate prevention messages so they can share those messages with the people they serve each day.

Health and wellness messages in these settings can focus on asthma, diabetes, cancer (breast, prostate and colorectal), heart health, sexual health, obesity, physical activity; smoking cessation; and many more health concerns.

Our health care system has spent decades creating messages and using approaches that have not worked. More than 70 percent of excess deaths in the United States (preventable years of life lost) are attributable to social/environmental factors and individual behavior.

The move to community-based and participatory approaches has the potential for tremendous success. In our work, we engage community resources on behalf of the community’s health. It’s an asset-driven education and empowerment approach.

Today, more and more evidence points to the success of tailoring healthful messages for racially and ethnically diverse communities. This is a best practice for community health education and behavioral intervention. Using nontraditional settings such as beauty salons as campuses for health education may help us move faster to reach more African Americans. We are talking to people in settings where they are most comfortable. If we can engage people in places where they normally conduct their daily lives, messages of wellness may be much better received.

Dr. Ruth C. Browne is a nationally recognized visionary and innovator in the field of urban health and education. She is the chief executive officer of the Arthur Ashe Institute for Urban Health.

Creating healthy communities is a challenge that we all must address together. To be successful does require a village — we cannot do it alone.
Walking for Wellness™

A PROGRAM OF THE BLACK WOMEN’S HEALTH IMPERATIVE
WASHINGTON, DC.

While visiting New York City in the ‘50s, Byllye Y. Avery remembers seeing African American women stepping out at lunchtime to walk. She wondered if black women walking might be something that could be done in a more organized fashion.

“It didn’t cost a lot, and all you had to do was get yourself up and out the door,” said Avery, who still goes to the gym four days a week at the crack of dawn. So, as founder of the Black Women’s Health Imperative (Imperative), she began the organization’s Walking for Wellness program, aimed at reaching African American women and their families. Through organized walking, they form bonds and spread the message of wellness.

“We get black women walking and talking to improve their sense of self and well-being,” said Eleanor Hinton Hoyt, the Imperative’s current president and CEO. “There is such a high rate of obesity and depression in the black community. Through health promotion and prevention, it is our goal to help reduce the risk of developing diseases.”

The Imperative’s walking events are held at different times throughout the country. In September 2008, the Imperative hosted a national walk held at the National Mall in Washington, D.C., to commemorate its 25th anniversary. Thousands of people participated.

Walking for Wellness encourages women to bring along friends and family on their walks. “Everybody needs it, especially with the shape that we are in today,” Avery said. “If a woman changes her life, then she will see to it that her children and her significant other change their lives, too.”

Walking together helps women feel united and much less isolated. “My 100-year-old mother always points out that we are less neighborly than we used to be. To promote longevity and quality of life, we need to be happy. To be happy, we need to create a community for people through wellness,” Avery added.

Hinton Hoyt says taking responsibility for oneself is first and foremost. Through the Imperative’s programs, including the walk, they have seen women transform their lives. “Women have learned to believe in themselves. They have found a safe space to be okay. This takes courage,” she said. She recalls a woman in Los Angeles who relied on the help of a walker to move around. She became involved in a walking group. Because of the renewed faith in her ability to walk, the woman was able to reduce her medication and stop using her walker.

Wellness initiatives are gaining momentum among African American families, Hinton Hoyt said. Family reunions address whatever it is that prevents us from being who we want to be with family. You can make a pledge as a family to do something about it,” she said.

Hinton Hoyt added, “We all have to make the choice to move our bodies, whether it’s dancing, crawling, running or walking; whatever it takes to embrace physical fitness. Through our programs, we are empowering women, connecting them to their bodies and themselves.”
Bright Smiles, Bright Futures

A PROGRAM OF COLGATE-PALMOLIVE COMPANY
NEW YORK, NY

Create 100 million healthy smiles by 2010. This was the eighth-year goal that Colgate-Palmolive Company set for its Bright Smiles, Bright Futures program. Not only will it meet that goal, it expects to meet it in 2009 — one year early. And the number of smiles keeps growing.

Bright Smiles, Bright Futures reaches nearly 2,100 children a day. The program’s eight mobile dental vans travel to urban and rural neighborhoods and underserved communities across the United States. The vans visit schools, fairs, festivals, annual events and religious centers. Dental professionals who come from local dental schools, dental offices and the National Dental Association donate their time and expertise.

“What we do is so important because oral health is directly linked to our overall health. People with diabetes are two times more likely to suffer from gum disease,” said Dawna Michelle Fields, national program manager.

Bright Smiles, Bright Futures has been on its mission to improve oral health in America, especially among underserved children, since 1991. “We focus on prevention, education and awareness, but in a fun way,” said Fields, who has been working with the program for 10 years.

Through the mobile van program, the team hopes to get a toothbrush and toothpaste into the hands of every child it meets. “Some children have never had their own toothbrush. Some have shared their toothbrush with siblings,” said Fields, who kids have called the “tooth fairy.” Each child also gets a free dental health report card and kit. The kit has games, coupons and information they can share with their parents.

The team does not offer treatment on the mobile vans. It does provide comfort to the children so they are less fearful about going to the dentist. According to Fields, the effects of oral health diseases on children are astounding. More than 52 million school hours are lost annually due to oral-related diseases. “Our program helps to close the gap so more kids are in school learning,” she said.

For 2009, the eight mobile vans are booked solid with scheduled visits, including a first-time outreach into Seattle, Washington. “Our greatest challenge is lack of access and awareness. We’d love to be able to reach out to more rural communities,” fields said.

The Bright Smiles, Bright Futures program is more than just the mobile van program. It also works to increase the number of African American students who study dental medicine by providing scholarships through the Bright Smiles, Bright Futures program. It is used by more than 70 percent of the schools across the country. During National Children’s Dental Health Month in February, Colgate is a major supporter of Give Kids A Smile Day.

“The key is the number of people we have been able to reach with positive oral health messages,” said Fields. “We all need to mobilize around wellness initiatives.”

We want you to know*

AFRICAN AMERICAN HISTORY CALENDAR
www.aetnafricanamericancalendar.com

Black History Month
National Children’s Dental Health Month

FEBRUARY 2009

1 1602: Langston Hughes, poet, born.
3 1966: Autherine Lucy, civil rights leader, enrollment at University of Alabama.
4 1914: Rosa Parks, civil rights pioneer, who spoke up, arrested, Montgomery, Alabama, (b. 1913, Harpersville, Ala.)
5 1981: Miss America pageant in Atlantic City.
6 1961: Arthur Ashe, tennis player, born.
8 1968: Three South Carolina State students killed during segregation protests, South Carolina.
9 1964: Arthur Ashe, Jr, tennis player, born.
10 1967: Marsha P. Johnson, sexually oriented stage star, born.
11 1990: Marian Anderson sings at the Lincoln Center, New York City.
12 1939: NAACP founded.
13 1909: Joe L. McNeese becomes first African American member of New York black legislature.
15 1928: Frederick Douglass,废奴主义者, dies.
16 1978: Frederick Douglass,废奴主义者, dies.
17 1909: John Lewis, civil rights leader, born.
19 1922: Zora Neale Hurston, writer, born.
20 1905: Arthur Ashe, Jr., tennis player, born.
22 2005: Anderson Cooper, co-host of the “Real Simple” show, born.
23 1898: W.B. Du Bois, scholar, activist and author of the book "The Black Reconstruction.""n
Health Tips

✓ Brush teeth and gums with fluoride toothpaste at least twice a day.
✓ Floss your teeth daily.
✓ Limit the number of times you eat snacks each day.
✓ Visit the dentist regularly.
MARCH

nutrition is one of those tools,” she said. “With proper nutrition, people are one step closer to overall wellness.”

“In order for individuals to live healthful, productive lives, they need to have access to the right tools. And

Smith said that the success of the program has gained national interest and may become a national model.

customers’ favorite recipes such as West African “hard chicken” and sells them in the stores.

is a community specialist in each store who works with local neighborhood leaders. Brown even creates his

He has opened five stores in the inner city since becoming involved in FFFI.

Jeff Brown has seen this renewed hope firsthand. He owns 11 ShopRite supermarkets in the Philadelphia area.

This does not just improve public health. It also provides new job opportunities. It helps create renewed

for residents of Philadelphia, Pennsylvania, this is a daily concern. Like many major cities, there are few

shops open in urban neighborhoods, small towns and rural areas. As of November 2008, FFFI has committed

$56.6 million in grants and loans to 61 stores. FFFI expects this will bring 3,700 jobs and 1.4 million square

Philadelphia and other underserved communities in the state. It provides grants and loans to help grocery

stores open in urban neighborhoods, small towns and rural areas. As of November 2008, FFFI has committed

stores open in urban neighborhoods, small towns and rural areas. As of November 2008, FFFI has committed

By creating more grocery stores, FFFI hopes to impact the high rate of diet-related diseases such as heart disease,
cancer and diabetes that affect low-income Philadelphia residents. Heart disease accounts for 29 percent of all
deaths in the city. The city’s children also have a high incidence of obesity and other diet-related problems that
could be addressed with healthful diets.3

“*Our goal is to bring quality food markets to the community,” said Patricia L. Smith, director of special initiatives at TRF. “This does not just improve public health. It also provides new job opportunities. It helps create renewed

hope in the neighborhoods.”4

Jeff Brown has seen this renewed hope firsthand. He owns 11 ShopRite supermarkets in the Philadelphia area.

He has opened five stores in the inner city since becoming involved in FFFI.

Jeff Brown has seen this renewed hope firsthand. He owns 11 ShopRite supermarkets in the Philadelphia area.

He has opened five stores in the inner city since becoming involved in FFFI.

Jeff Brown has seen this renewed hope firsthand. He owns 11 ShopRite supermarkets in the Philadelphia area.

He has opened five stores in the inner city since becoming involved in FFFI.

Jeff Brown has seen this renewed hope firsthand. He owns 11 ShopRite supermarkets in the Philadelphia area.

He has opened five stores in the inner city since becoming involved in FFFI.

Jeff Brown has seen this renewed hope firsthand. He owns 11 ShopRite supermarkets in the Philadelphia area.

He has opened five stores in the inner city since becoming involved in FFFI.

Jeff Brown has seen this renewed hope firsthand. He owns 11 ShopRite supermarkets in the Philadelphia area.

He has opened five stores in the inner city since becoming involved in FFFI.

Jeff Brown has seen this renewed hope firsthand. He owns 11 ShopRite supermarkets in the Philadelphia area.

He has opened five stores in the inner city since becoming involved in FFFI.

Jeff Brown has seen this renewed hope firsthand. He owns 11 ShopRite supermarkets in the Philadelphia area.

He has opened five stores in the inner city since becoming involved in FFFI.

Jeff Brown has seen this renewed hope firsthand. He owns 11 ShopRite supermarkets in the Philadelphia area.

He has opened five stores in the inner city since becoming involved in FFFI.

Jeff Brown has seen this renewed hope firsthand. He owns 11 ShopRite supermarkets in the Philadelphia area.
Plain Talk

A PROGRAM OF THE CENTER FOR BLACK WOMEN’S WELLNESS, INC.  
ATLANTA, GA

The birds and the bees. The cabbage patch. The stalk.

Over the years, parents have come up with some very creative ways to talk to their children about sex and puberty. And while it may make the conversation easier, it is not necessarily effective. That’s why the Center for Black Women’s Wellness (CBWW) in Atlanta, Georgia, thinks youth — and parents — are ready for some “Plain Talk.”

CBWW is a nonprofit organization that provides health care services and programs to African American women and their families. Its mission is to empower these women to help their families reach physical, mental and economic wellness.

The center identified teen pregnancy as a high-risk and community concern in Atlanta. To help address this issue, it created the Adolescent Health and Youth Development Program, commonly called Plain Talk. The program hopes to lessen the prevalence of teen pregnancy using intervention and education.

Plain Talk includes a variety of activities for both youth and adults. One popular program is its Askable Adult Workshops, which is a series of eight evening sessions. It teaches adults to talk openly with youth about puberty, dating, sex, pregnancy, health and decision making.

“We found that adults would say they were talking to their kids about sexuality. But teens would say that was not the case. Some adults were talking to their children, but we were not sure what messages they were presenting,” said Jemea S. Dorsey, CBWW’s chief executive officer.

The Askable Adult Workshops give adults the facts about teen sexuality, HIV/AIDS and sexually transmitted diseases. They also include role-playing exercises, and tips on how to plan family meetings and discussions.

“This is a great initiative because it impacts the entire family,” said Dorsey. “Some fathers even get involved in the workshops. It’s interesting because they always seem to be uncomfortable having these conversations at first. But by the end of the workshops, they’re more than willing to talk.”

Once adults complete the Askable Adult Workshops, they often move on to host “Laundromat Parties.” Trained community residents invite friends and family to their homes. They teach them the lessons they learned during the workshops. It creates a ripple effect of education throughout the neighborhoods.

To ensure the entire family is involved, Plain Talk also includes a Summer Youth Leadership Training Program. The program teaches youth how to address the issues of teen pregnancy and the spread of sexually transmitted diseases. CBWW also has an on-site teen clinic provided by the Fulton County Department of Health and Wellness.

“We see that when women or youth came together in group settings, it can be very powerful. The community environment can help you understand other perspectives. It can help you formulate new ideas. It empowers you — and that’s the first step toward changing behavior,” said Dorsey.

Health Tips

Plain Talk is the center for Black Women's Wellness, Inc. (CBWW)’sAskable Adult Workshops.

Plain Talk includes a variety of activities for both youth and adults. One popular program is its Askable Adult Workshops, which is a series of eight evening sessions. It teaches adults to talk openly with youth about puberty, dating, sex, pregnancy, health and decision making.

“We found that adults would say they were talking to their kids about sexuality. But teens would say that was not the case. Some adults were talking to their children, but we were not sure what messages they were presenting,” said Jemea S. Dorsey, CBWW’s chief executive officer.

Plain Talk is a program of the Center for Black Women’s Wellness, Inc., Atlanta, Georgia. The program hopes to lessen the prevalence of teen pregnancy using intervention and education. It includes a variety of activities for both youth and adults. One popular program is its Askable Adult Workshops, which is a series of eight evening sessions. It teaches adults to talk openly with youth about puberty, dating, sex, pregnancy, health and decision making.

“We found that adults would say they were talking to their kids about sexuality. But teens would say that was not the case. Some adults were talking to their children, but we were not sure what messages they were presenting,” said Jemea S. Dorsey, CBWW’s chief executive officer.

“We see that when women or youth came together in group settings, it can be very powerful. The community environment can help you understand other perspectives. It can help you formulate new ideas. It empowers you — and that’s the first step toward changing behavior,” said Dorsey.

Health Tips

When communicating with your teenage child...

✔ Speak open and positive.

✔ Get the information you need to help your child make a good decision: who, what, where, when and why.

✔ Understand what is being said, and be clear about what your child is asking.

✔ Identify your feelings and your child’s feelings.

African American History Calendar

http://www.aetnafricanamericancalendar.com

We want you to know…
Black Barbershop Health Outreach

A PROGRAM OF THE DIABETIC AMPUTATION PREVENTION FOUNDATION
INGLEWOOD, CA

Barber shops are becoming more than a place for a haircut and shave. They are a safe place for men to begin to take control of their health. In just one year, nearly 5,000 men have been screened for hypertension and diabetes in urban barbershops in Los Angeles, New York City, Chicago and Atlanta. Thanks to the passion of its founder, Dr. Bill Releford, the Black Barbershop Health Outreach Program continues to gain energy across the United States.

Releford is a specialist in diabetic limb salvage. Many African Americans lose limbs because diabetes has not been treated. Access to preventive care is the root of the problem. Releford decided to start a community-based barbershop program after seeing so many African Americans lose their limbs unnecessarily. It is supported in part by a grant from the Abbott Fund and the Diabetic Amputation Prevention Foundation, a nonprofit public awareness organization Releford founded in 2001.

Part of the group’s work is to teach African American men to be aware of the signs of diabetes such as frequent urination, excessive thirst, weight loss and fatigue. Early detection and treatment are the keys to preventing amputation.

Through partnerships with barbershops, the program is able to impact a hard-to-reach audience – African American men who are 18 to 45. The program goal is to decrease the rate of amputation, heart attack, stroke and kidney failure among African Americans and at-risk population groups.

“You don’t know who will walk in or what you will encounter,” said Releford. “But we are welcomed with open arms in the communities we serve.” When screenings show troublesome results, the men are referred to local physicians for follow-up examinations. In even more critical cases, men may need to be taken immediately to the hospital.

For each inner-city event, Releford and his team mobilize 200-plus volunteers, including nurses and physicians. They select barbershops in target cities, build audiences through grassroots marketing; and distribute thousands of “swag bags” with T-shirts, giveaways, and health information.

“Economics and poor education are primary risk factors for health care disparities,” said Releford. “We need more African American men in the health care and educational system. Men talk to men, especially teenagers who are looking for role models.”

Releford makes it a habit to stay healthy by working out and eating five colorful vegetables each day. He considers this work his ministry. He recalls a man who stopped him on the street to share his story. At a barbershop event, the man learned he had diabetes, got treatment and lost 30 pounds.

“There is a spiritual connection to what we are doing,” said Releford. “Everyone needs a sense of purpose. For that you need wellness. If a community is going to be whole, it has to be well. There is a continuum from the individual to the state to the nation.”

Health Tips

Eat at least five colors of foods every day. Eating a variety of vegetables rich in colors such as collard, purple cabbage and yellow squash can help reduce cholesterol and lower blood pressure, as well as help control diabetes.

Keep tight control of your diabetes. Studies have shown if you stay under tight control you will have fewer complications such as heart attack, stroke, as well as amputation.

Exercise regularly. Do 45 minutes of cardiovascular activities, five days a week.
Healthy Black Family Project™

Health Tips

✔ Drink lots of water — your body needs it! Take your body weight in pounds and divide that number in half. That gives you the number of ounces of water per day that you need to drink. 5

✔ Keep moving — do at least 30 minutes of low-intensity exercise every day.

✔ Eat fruits and vegetables. Two cups of fruits and 2.5 cups of vegetables per day are recommended for a 2,000-calorie diet. 5

JUNE 2009

Healthy Black Family Project

AFRICAN AMERICAN HISTORY CALENDAR

www.aetnafricanamericancalendar.com

1

2
1909: Samuel L. Golightly, Hannibal, Mo., is named the first director of the Grantham, Mo., Branch of the NAACP.

3
2008: Senator Barack Obama wins the Senate nomination to become the first black major party's political nominee.

4
1938: Bill Cosby receives an Emmy Award for his work in the television series The Cosby Show.

5
1997: Dr. Carter G. Woodson, first African American to win the Nobel Peace Prize, dies.

6
1963: First annual People's Freedom Parade held in Washington, D.C.

7

8
1964: Supreme Court ruling basing discrimination in Washington, D.C., restaurants.

9
1955: Solomon Augustine Henry, 19th black to receive a Ph.D., received a grant for his music studies.

10

11
1913: Dr. Effie O'Neal Ellis, first black woman to hold an executive position in an Eastern university, is appointed director of the Kinsley Association Community Center in Pittsburgh.

12
1959: Malcolm X slays, and a civil rights leader assassinated in Jackson, Mississippi.

13

14

15
1968: Lelia Jackson Darden, first black to receive a terminal degree in the American Medical Association, is named.

16
1970: President Richard Nixon signs into law the Civil Rights Act of 1968.

17
1775: Massachusetts Governor Franklin sends an order to the Battle of Boston, Mass.

18
1962: Harvard University Medical School is the first U.S. medical school to admit an African American to its medical school.

19
1961: Black and white workers are arrested for protesting segregation, issued in 1961.

20
1954: Dr. Alfred Blalock becomes first African American to be elected president of the National Prada.

21
1945: Col. Benjamin O. Davis Jr. becomes the first African American to receive the Distinguished Flying Cross for his service in World War II.

22
1909: William Wray, pathologist and pathologist at the University of Pennsylvania, is named.

23
1903: Senator Henry Bell, senator of the first black to become a U.S. senator, is named.

24

25
1961: Franklin D. Roosevelt designated to be the first black official in the White House.

26
1997: Dr. Samuel Blanton Jr., becomes first African American to win the Nobel Peace Prize.

27
1958: Albert West Brown is named the second African American to be elected president of the National Brown.

28
1965: Samuel J. Battle becomes first black poet laureate of New York City.

29
1980: Lloyd Richards, theater pioneer and Tony Award, is named.

30
2002: Charles E. G. Squire awarded the 2002 Nobel Prize in Economics.

Navigation:

- Sun
- Mon
- Tues
- Wed
- Thurs
- Fri
- Sat
A PROGRAM OF THE HEALTH EDUCATION COUNCIL
WEST SACRAMENTO, CA

Smoking — today, it is the most preventable cause of death among African-Americans. More than 45,000 African Americans die each year due to smoking-related diseases. Yet because it can be prevented, African Americans should not be dying at this devastating rate. So how can smoking be stopped?

The National African American Tobacco Education Network (NAATEN) believes the solution starts with open conversation. It also believes in designing and implementing tobacco-prevention programs. NAATEN works with national organizations, churches and community leaders to share information on the harmful health effects of smoking and secondhand smoke.

NAATEN was established in 2000. It is a program of the Health Education Council. Its purpose is to help reduce the number of African American smokers and decrease tobacco-related illnesses such as heart disease, stroke, cancer and emphysema.

“ This is a social justice issue. Smoking and its related diseases can be prevented. We just need to get into our communities anti-tobacco initiatives that are supported by policy makers,” said Cynthia Robinson, NAATEN program coordinator.

Pastor and church leaders help spread this message by taking part in the Free-Headed Tobacco Tools for the African-American Church. This program teaches clergy and other church leaders how to talk about the health risks of smoking, the dangers of secondhand smoke, the benefits of quitting smoking and the importance of being an activist for the cause.

“Most people are very intelligent. If you give them appropriate information about their health, they’ll make good decisions. That’s what NAATEN does,” said Bishop Sherwood C. Carthen, the network chairman of stakeholders. “He also is the senior pastor at Bayside of South Sacramento Church. He often shares the anti-tobacco message with members and policy makers. NAATEN successfully works to declare churches as tobacco-free zones, engages youth to promote smoking bans in public places and works to make quitting tobacco more relevant for African Americans.

NAATEN also brings together nontraditional partners to help spread the anti-tobacco message. These are groups that have strong ties to the African American community and include health organizations such as the National Black Nurses Association, National Dental Association and the National Medical Association, as well as the sororities and fraternities of the historically black colleges and universities.

“Groups such as these have broad community contacts nationwide. By partnering with them, we are able to reach a much larger audience,” said Carthen. “These groups have helped bring our tools and resources to Tennessee, Nebraska, Michigan, Mississippi, Louisiana, Indiana, California and Arizona, to name a few.”

NAATEN also reaches out to youth. Research shows that 80 percent of all smokers start smoking before age 18. African American youth tend to smoke the most heavily advertised mentholated brands, according to Robinson. “Menthol cigarettes are advertising more than tripled from 1998 to 2005 in low-income communities and neighborhoods with large African American populations,” she said. Menthol cigarettes are known to be more harmful than nonmenthol cigarettes because they may cause a higher level of nicotine dependence.

“Kids think they are immune from a health standpoint. But they don’t know when they learn that the tobacco companies target them to make them addicted. It makes them more open to the anti-smoking message.”

African American History Calendar
www.aetnafricanamericancalendar.com

JULY 2009

1 1822: Dr. Daniel Hale Williams born.
1857: Frederick Douglass began U.S. Min- ter to Haiti.

2 1821: Benjamin Banneker begins to practice before the U.S. Supreme Court.
1867: Maggie Lena Walker, founder of the Prince Edward Hotel in Richmond, Virginia, is born.


4 1807: Elijah McCoy was granted a patent for self-lubricating bearings. The Quakers in Independence Day.
1998: Michael Jordan wins men’s singles title at Wimbledon, first black to win the title.

5 1849: Frederick McKinley Jones was granted a patent for a railroad car’s cooling system.

6 1926: Althea Gibson wins women’s singles championship at Wimbledon.
1948: "Satchel" Paige, sign pitcher for the Cleveland Indians.

7 1939: Jackie Robinson enters baseball's Hall of Fame.
2009: Tennessee, Nebraska, Michigan, Mississippi, Louisiana, Indiana, California and Arizona, to name a few.

8 1943: George Washington Carver named U.S. Minister to Haiti.
1959: Dr. Martin Luther King Jr. is assassinated.

1954: Maggie Lena Walker becomes first black to become president of a national bank.


11 1950: First National Memorial dedicated, Memorial Amphitheater, Washington, D.C.
1867: Maggie Lena Walker, founder of the Prince Edward Hotel in Richmond, Virginia, is born.

12 1952: Louis Armstrong, jazz pioneer.

13 1954: First self-lubricating bearing was patented.

14 1956: First black female judge.
1992: Violette A. Johnson, first black woman to win a case in France.

15 1958: First black to become president of a national bank.


17 1965: First black female judge.
1874: James Varick, first black to become president of a national bank.

18 1967: Shakespeare Festival opens.
1972: Jackie Robinson becomes first black black baseball player to win a World Series.

19 1968: First black to become president of a national bank.
1975: First black to become president of a national bank.

20 1968: First black to become president of a national bank.
1978: First black to become president of a national bank.

21 1969: First black to become president of a national bank.
1983: First black to become president of a national bank.

22 1970: President James Earl Johnson becomes first black to become president of a national bank.
1984: First black to become president of a national bank.

23 1971: President Jimmy Carter becomes first black to become president of a national bank.
1985: First black to become president of a national bank.

24 1972: First black to become president of a national bank.
1986: First black to become president of a national bank.

25 1973: First black to become president of a national bank.
1987: First black to become president of a national bank.

26 1974: First black to become president of a national bank.
1988: First black to become president of a national bank.

27 1975: First black to become president of a national bank.
1989: First black to become president of a national bank.

28 1976: First black to become president of a national bank.
1990: First black to become president of a national bank.

29 1977: First black to become president of a national bank.
1991: First black to become president of a national bank.

30 1978: First black to become president of a national bank.
1992: First black to become president of a national bank.

31 1979: First black to become president of a national bank.
1993: First black to become president of a national bank.

Health Tips

✔ Do not smoke — it is harmful to you and the people around you.
✔ Advocate for smoke-free environments everywhere.
✔ Quitting smoking has almost immediate health benefits.
✔ Call 1-800-Quit-Now to learn more about these benefits and to receive free cessation support.
Health Tips

✔ Do everything in moderation, even your favorite activities.

✔ Meditation from within is the key to a longer life.

✔ Champions are people who are willing to do something they hate in order to create something they love.

A PROGRAM OF THE NATIONAL CAUCUS AND CENTER ON BLACK AGED, INC.
WASHINGTON, DC

When older African American women and a few good men come together in a healing circle, something powerful happens. They begin to move their bodies in new ways. They learn to appreciate healthful food.

Healing circles that help combat obesity have been formed across the country as part of the National Caucus and Center on Black Aged’s program called The Healing Zone.

“It takes the mind, body, spirit concept and puts it in a faith-based environment so that needs can be addressed in a place of comfort,” said Angie Boddie, program director.

The Healing Zone began as a three-year pilot project funded by the U.S. Administration on Aging. The community awareness project seeks to reduce obesity and risk factors leading to chronic diseases among African American older adults (50 and older). Objectives are weight reduction, improved nutrition, increased physical activity and the establishment of church-based aging groups.

Now 5-year-old, the behavior-changing model program is aligned with more than 500 churches across the country. Many participating churches have made healthful menu changes for functions. One church turned the sanctuary into an “indoor track.” Another brought in a fitness trainer to teach safe exercises.

“The healing circle is used to inform. And through information comes healing,” said Boddie. “In the circles they talk about anything from Medicare to Medicaid, from HIV to obesity, from politics to economics. It’s a place to come together.”

In Buffalo, New York, The Healing Zone group focuses on holistic living and care. “The participants learn how to combine foods such as kale and tofu. They have special programs such as samosa-pushing demonstrations. They participate in mid-Eastern and African dances,” said Boddie.

Prudence Fuller is the program coordinator for the Buffalo chapter. “We typically will spend eight weeks monitoring ourselves. We first meditate and pray, then weigh in, check out body mass, check our circumference, and our blood pressure. We measure these each week to see if there are any changes. At the end of the eight weeks, we recognize achievements in weight loss, attendance and courage.”

Participants in the program nationwide have already lost more than 500 pounds. Fuller has lost 42 pounds and was able to stop taking insulin for her diabetes, as well as her blood pressure medication.

“We’ve created such a bond with each other,” said Fuller. “We keep each other on track. We are there to uplift one another. There has been 100 percent behavior change in our group. Everyone now knows how to read labels, talk to doctors, prepare healthful food, and eat colorful fruits and vegetables.”

Participants are encouraged to bring along family and friends. One woman brought her granddaughter to a healing circle. The middle-school boy was told he needed to lose weight to play on the school football team. He began attending the circle weekly, lost the weight and is now ready for the team.

Prudence Fuller is the program coordinator for the Buffalo Chapter. The Healing Zone

Buffalo, NY

African American History Calendar

AFRICAN AMERICAN HISTORY CALENDAR

www.aetnafricanamericancalendar.com

We want you to know*
A PROGRAM OF 100 BLACK MEN OF AMERICA, INC. AND THE AMERICAN CANCER SOCIETY

African American men typically don’t like to talk about prostate cancer. 100 Black Men of America, Inc. and the American Cancer Society are working hard to change that. For the last nine years, they have brought men together to talk, listen and learn at prostate screening and awareness events across the country.

Let’s Talk About It is a community-based prostate health program, which reaches out to African American men who are 40 years of age and older. Prostate cancer is the most common form of cancer among African American men.

“Knowing your family history is probably the most important factor,” said Dr. James T. Black, 100 Black Men’s National Health and Wellness director. “Men are too or three times more likely to develop prostate cancer if their fathers or uncles have had it. However, diet also plays an important role.”

“African American men don’t like to talk much about health issues, especially those that may impact their sexual health and well-being. These events can help eliminate those fears and myths,” said Black. “It’s an opportunity for men to listen and learn from each other and from doctors.”

100 Black Men of Los Angeles along with its community partners — Real Men Cook foundation and the American Cancer Society — have screened as many as 1,200 men at their annual prostate cancer screening in previous years, according to Los Angeles Chapter President Dr. Anthony Asadullah Samad. This year’s annual event brought in 450 men to get screened and hear the stories of prostate cancer survivors.

“Many men feel if they are diagnosed and subsequently treated for an enlarged prostate gland or prostate cancer that their sexual and emotional relationships with their spouses will change. At the Let’s Talk About It event, survivors share how they discovered the condition, how they overcame their fears and how they now live healthy, active lives,” said Samad.

We have an opportunity for men to listen and learn from each other and from doctors.”

In addition to prostate cancer, 100 Black Men has begun to spread awareness messages about diabetes and obesity — which make the treatment of cancer more difficult. 100 Black Men has partnered with Real Men Cook to encourage changes in eating habits. Food and nutrition have become important topics at the screening events.

Wellness initiatives that engage groups of people are very powerful, according to Samad. “Most people tend to look at illness as just involving them. It’s important to know that it is bigger than oneself,” he said. “It’s our goal to engage each other and to make sure the whole community understands what makes up the food you eat. Consider other foods high in protein such as fish, chicken and cheese.

If you are 40 years or older, get your prostate checked once a year.

Don’t let the male ego get in the way of prevention.
Karen Eubanks Jackson was shocked and surprised when she was diagnosed with breast cancer in 1993. Shocked to learn that breast cancer is one of the most common cancers among African American women, Jackson founded the Sisters Network Inc. in 1994 to support African American breast cancer survivors and teach the women the importance of early detection. Her goal was to empower, encourage, and mobilize women to come together and face the disease.

“We want African American women to make their health a top priority and improve their overall wellness,” Jackson said. “Wellness is a state of mind. It is a conscious choice. You must have knowledge and information about an illness in order to take action against it.”

Today, there are more than 44 survivor-run Sisters Network affiliate chapters nationwide.

“The Sisters Network was started with no funding and limited resources,” Jackson said. “What we did have was passion and an important message. I knew we needed an affordable yet effective way to reach out and educate the African American community. So I decided to take the Sisters Network message door to door.”

Jackson created the Gift for Life Block Walk to increase breast health awareness in targeted African American neighborhoods. The national initiative is held every September/October. Each affiliate chapter mobilizes volunteers and breast cancer survivors to team up in groups of 10 and walk local neighborhoods. They knock on doors and talk to women about their breast health; collecting data, and leaving behind a packet of culturally appropriate brochures and local resource information.

Volunteers also talk to husbands and daughters about their mission. “We share our information with whoever opens the door with the hope that they will pass it on to a woman they love,” said Jackson.

“The communities really get involved,” she continued. “We have sororities, churches, corporations, high school bands, cheerleaders all working together. It transcends age, income and profession. It is fun, and we are making a difference!”

The residents are invited to a block party at a local community site. Here, breast cancer-related agencies share their services in a festive atmosphere where music is playing and refreshments are served. Free mammograms are provided by mobile units at selected sites.

The event has made Sisters Network a trusted resource in the community. “People are able to meet survivors, hear their stories firsthand and experience their triumph over breast cancer. It makes a profound impact,” said Jackson.

Karen Eubanks Jackson, Founder and CEO, Sisters Network Inc.

Health Tips

1. Revolve around a healthy diet.
2. Do regular physical activity.
3. Maintain a healthy weight.
4. Drink alcohol in moderation.
5. Consider using hormone therapy if you have breast cancer.
6. Avoid, if possible, being overweight after menopause.
7. Stay up to date on mammograms.
8. Consider having a。。。。

Breast Cancer Awareness Month

OCTOBER 2009

Karen Eubanks Jackson, Founder and CEO, Sisters Network Inc.
Train Up A Child
Memphis, TN

A PROGRAM OF AMERICAN DIABETES ASSOCIATION’S PROJECT POWER INITIATIVE
ALEXANDRIA, VA

Type 2 diabetes is striking at a much younger age, especially among African American children. Due to childhood obesity and decreased physical activity, children are becoming more vulnerable to it. The American Diabetes Association (ADA) knows it must be part of the solution. Teaching caregivers to spread healthful messages to their youth can help with this serious problem.

Train Up A Child is a workshop that teaches and empowers caregivers to raise healthier children by increasing their physical activity and making more healthful food choices. It is a part of the Project POWER Initiative, a faith-based program that teaches African Americans about diabetes and its effects. It also introduces healthful living tips to families.

Haryln Jones Hardin, one of ADA’s program directors, said, “If we can present the trend of overweight children, we will help decrease diabetes complications and premature deaths in the future.”

In Train Up A Child workshops, caregivers learn how to positively influence children’s lives. Church communities across the country have participated in these workshops, including those in Alabama, Georgia, Florida, California, New York, Chicago, Ohio, Louisiana and Michigan.

In Memphis, Tennessee, seven churches joined together for the first time to conduct an all-day workshop at the Faith Temple Ministers Church of God in Christ. Caregivers were given tips on how to best talk to their children. Topics included the seriousness of diabetes and obesity, how to create more healthful meal choices, and how to get their kids up and active. Participants also got glucose meters and a goody bag filled with important information.

“Train Up A Child works to do what kids more energy and a better self-image, prevent obesity, improve their blood pressure and allow for clearer thinking,” said Smotherman. “This makes it an ideal place to spread healthful messages. “People are empowered through information. In our church, we encourage our members to be screened for hypertension and diabetes every second Sunday. That includes our youth and teens,” she said. “We also have tests on our health committee. They lose being part of it. It helps influence how youth and teens view themselves. The entire congregational family can get involved to help change behavior.”

Train Up A Child works to give children more energy and a better self-image, prevent obesity, improve their blood pressure and allow for clearer thinking. Smotherman says that the church is a place where everybody is accepted. This makes it an ideal place to spread healthful messages. “People are empowered through information. In our church, we encourage our members to be screened for hypertension and diabetes every second Sunday. That includes our youth and teens,” she said. “We also will continue to encourage portion control with our children,” said Smotherman.

Hordin added that food choices impact the health and weight of African Americans. Children need to know the difference between good and bad food choices. Knowing this allows them to encourage their caregivers to purchase and prepare more healthful meals and snacks.

African American History Calendar
www.aetnaafricanamericancalendar.com

Train Up A Child

A PROGRAM OF AMERICAN DIABETES ASSOCIATION’S PROJECT POWER INITIATIVE

American Diabetes Month

November 2009

Health Tips

✔ Eat more fruits and vegetables, and eat smaller portion sizes.
✔ Limit intake of fast food to no more than two times a week.
✔ Reduce high-calorie drinks; choose water or diet soda.
✔ Spend quality time with your family — take a walk or bike ride together.
✔ Set an example for your child — get regular checkups for yourself and your child.
To help do so, they plan to expand the content of the website in the future. They want to keep it fresh and high-quality health care that respects their cultural preferences.

Enterprises. They came together to empower people to ask questions, seek answers and create a demand for health literacy. It includes motivational phrases and advice such as "At the doctor, don't be afraid to ask questions. Nobody ever died of embarrassment." A video of Johnson also greets the site’s visitors.

"We wanted to create a source of information that engages the audience," said Johnson. "Visiting this website is different from reading an article about health. The level of interaction makes people more receptive to the information."

The site is different because it shows people what they should do, not what they shouldn’t do. Rather than telling visitors not to eat fast food, it tells them how much exercise it will take to burn off the calories from different meals. The goal is to help people learn how to make smart choices in all types of situations. It encourages total wellness.

The content of the site is available in both English and Spanish. All of the health information is kept simple and aims to improve health literacy. It includes motivational phrases and advice such as "At the doctor, don’t be afraid to ask questions. Nobody ever died of embarrassment." A video of Johnson also greets the site’s visitors.

"At Aetna, we knew we had some great messages. But we needed a great messenger," said Floyd Green, head of Aetna’s Emerging Markets. "‘Magic’ is a trusted voice in the community. He truly cares about helping people. And together, it is our goal to have people take control of their outcomes in life.”

CommunityVitality.com reflects the vitality and momentum of the alliance between Aetna and Magic Johnson Enterprises. They came together to empower people to ask questions, seek answers and create a demand for high-quality health care that respects their cultural preferences.

To help do so, they plan to expand the content of the website in the future. They want to keep it fresh and enjoyable.

We want you to know™

AFRICAN AMERICAN HISTORY CALENDAR
www.aetnaafricanafricanamericancalendar.com

Health Tips

✔ Read food nutrition labels. Compare nutrients and calories in one food to those in another.

✔ Get ready for a doctor visit by thinking about questions you have. Then write them down so they are handy.

✔ Make exercise a regular part of your day. Choose activities that you enjoy and can do easily. You can walk almost anywhere.

DECEMBER 2009

1 2 3 4 5
6 7 8 9 10
11 12 13 14 15
16 17 18 19 20
21 22 23 24 25
26 27 28 29 30
31

1862: Richard Spikes patents a railroad (1st) gearshift.
1865: Mary Dobbins Miller of each down was dependent upon attack on Pearl Harbor.
1905: Earvin "Magic" Johnson, Jr. The NBA legend is chairman and chief executive officer of Magic Johnson Enterprises, which provides quality entertainment, products and services to ethnically diverse, urban communities.
1922: John Neumeier founded the company in New Bern, North Carolina.
1934: Author Sophocles, "Son" Young, born.
1936: "Our Own Cane," born.
1938: Civil rights leader Martin Luther King Jr. is elected to the Georgia National Guard.
1940: "Chairman," born.
1941: John Leehook, comedian, born.
Tooth and Bone

Dr. Ruth C. Benson

Dr. Ruth C. Benson is a nationally recognized visionary and innovator in the field of urban health and education. As an academic, she has contributed significantly to the Urban Institute for Urban Health, where Dr. Benson has served as the institute’s spokesperson and public service since its inception in 1977. In 1987, Dr. Benson joined the faculty of the University of Massachusetts Medical School, where she has maintained her national recognition as a pioneer in developing curricula, technologies, and research initiatives focused on the intersection of health, education, and gender disparities in health.

As the first provost and chief academic officer of the Interdisciplinary Health Sciences Center at Boston University, Dr. Benson played a key role in the development and implementation of community health empowerment programs. Dr. Benson is the principal investigator for several National Institutes of Health-funded research projects that have focused on the 15-year community participatory health education technology and training experience of the Arthur Ashe Institute.

Prior to her current position, Dr. Benson held a distinguished career as a research scientist, program developer, and health policy expert, serving at the Harvard School of Public Health. Ms. Avery is the founder of the Center for Health Care Strategies. In June 2003, the New Yorker of the Week” by nY1.

At the Imperative, Ms. Hinton Hoytt continues her work as the founder of the Black Women’s Health and Research Center. Dr. Browne has been a longstanding advocate for the importance of health, community, and personal development. As a former member of the Board of Trustees at Thomas Jefferson University, state University at New Orleans, and City College of San Francisco, Ms. Hoytt has served two years as a visiting fellow at the Rockefeller Foundation.

Dr. Hoytt was a director at the national Council of Negro Women and a life member of the nAACP, the new Negro Women and was recently honored as a longtime supporter of the nation’s oldest African American-owned public media outlet, including the Atlanta-based nonprofit organization that provides affordable health care services, health education, care coordination services, youth development programs, microfinance, and a range of additional initiatives to empower black women and their families throughout the Atlanta area. Established in 1988, CBWW has been recognized for the success of innovative programs and effective community outreach campaigns.

Dr. Releford is founder and Ceo of The Releford Institute, a facility dedicated exclusively to the reduction and treatment of diabetes.

Ms. Smith was honored as a longtime supporter of the nation’s oldest African American-owned public media outlet, including the National Black Women’s Forum where she managed the “Reader’s Care” column. Before joining the Daily, she had previously served as the director of Community Health and Empowerment Programs, serving hard-to-reach persons with a history of substance use disorder and AIDs in the Buffalo, New York, community. Ms. Smith has served the ministry in various capacities, including as a member of the Board of Directors at the Buffalo Diabetes and AIDs Project. Her book, Five Cider to Better Health, was published in November 2008.

Dr. Anthony G. Reido. Dr. Reido is an epidemiologist with the DAP Foundation, where he directs epidemiological investigations of diabetes outbreaks; and has led new or improved diabetes education and prevention programs in a variety of settings, including in local and national events.

Ms. Robinson was a recipient of a bachelor degree in science health sciences and currently is a graduate student of public health policy at New England College of New Hampshire.

Ms. Fuller is currently enrolled at Empire State College, part of the State University of New York.

Angie Biddle

Angie Biddle joined the National Center and Council on Black, Inc. (NCBCI) in 2002. Prior to working at NCBCI, Ms. Biddle spent ten years as a nurse in the New York City Department of Correction.

In 2002, she was appointed as the executive director of the Network for Healthy California — African American Women and was recently honored as a longtime supporter of the nation’s oldest African American-owned public media outlet, including the Atlanta-based nonprofit organization that provides affordable health care services, health education, care coordination services, youth development programs, microfinance, and a range of additional initiatives to empower black women and their families throughout the Atlanta area. Established in 1988, CBWW has been recognized for the success of innovative programs and effective community outreach campaigns.

Dr. Anthony G. Reido. Dr. Reido is an epidemiologist with the DAP Foundation, where he directs epidemiological investigations of diabetes outbreaks; and has led new or improved diabetes education and prevention programs in a variety of settings, including in local and national events.

Ms. Robinson was a recipient of a bachelor degree in science health sciences and currently is a graduate student of public health policy at New England College of New Hampshire.

Ms. Fuller is currently enrolled at Empire State College, part of the State University of New York.

Biographies

Eleanor Hinton Hoytt, M.S., M.A.

Eleanor Hinton Hoytt joined the Black Women’s Health and Research Center in 2005. Prior to assuming her leadership position in 2005, Ms. Dorsey served as a member of the organizing and program development committees of various initiatives such as the Tal-Hall and Healthy Start innovation competition at Harvard.

Dr. Bill-Kelch is recognized both domestically and internationally as a leader in the field of diabetes and related care and support. He is the founder of the Black Women’s Health and Research Center. Ms. Smith was honored as a longtime supporter of the nation’s oldest African American-owned public media outlet, including the Atlanta-based nonprofit organization that provides affordable health care services, health education, care coordination services, youth development programs, microfinance, and a range of additional initiatives to empower black women and their families throughout the Atlanta area. Established in 1988, CBWW

Philadelphia Daily Voice

Prudence Fulcher

Prudence Fulcher works at GROUP Ministries, Inc., a faith-based non-denominational inter-city multi-purpose community organization that provides substance use disorder and AIDS in the Buffalo, New York, community. Ms. Smith has served the ministry in various capacities, including as a member of the Board of Directors at the Buffalo Diabetes and AIDs Project. Her book, Five Cider to Better Health, was published in November 2008.

Dr. Reido is an assistant professor at Charles R. Drew University of Medicine & Science, where she teaches and she lectures worldwide about the latest techniques in diabetes prevention and community education. In 2007, she was inducted into the American Diabetes Association’s Hall of Fame for her contributions to the field of diabetes.

Dr. Reido has also served as a professional development director for the Baltimore Diabetes Prevention Program, an initiative that educates and equips black men and women with the tools to make lifestyle changes that can improve their health and reduce the risk of diabetes.

Dr. Reido is the founder and CEO of The Releford Institute, an organization that provides strategic counsel to nonprofit organizations, associations, and public agencies.

Ms. Robinson has gained strong skills in program development and communications, including an associate arts degree in communications and a media arts Minor from the School of Visual Arts. Ms. Robinson holds a B.A. from Mount Saint Mary’s College and Law Center (1977).

Dr. Releford is an epidemiologist with the DAP Foundation, where he directs epidemiological investigations of diabetes outbreaks; and has led new or improved diabetes education and prevention programs in a variety of settings, including in local and national events.

Ms. Robinson was a recipient of a bachelor degree in science health sciences and currently is a graduate student of public health policy at New England College of New Hampshire.

Ms. Fuller is currently enrolled at Empire State College, part of the State University of New York.

Prudence Fulcher works at GROUP Ministries, Inc., a faith-based non-denominational inter-city multi-purpose community organization that provides substance use disorder and AIDS in the Buffalo, New York, community. Ms. Smith has served the ministry in various capacities, including as a member of the Board of Directors at the Buffalo Diabetes and AIDs Project. Her book, Five Cider to Better Health, was published in November 2008.

Dr. Reido is an assistant professor at Charles R. Drew University of Medicine & Science, where she teaches and she lectures worldwide about the latest techniques in diabetes prevention and community education. In 2007, she was inducted into the American Diabetes Association’s Hall of Fame for her contributions to the field of diabetes.

Dr. Reido has also served as a professional development director for the Baltimore Diabetes Prevention Program, an initiative that educates and equips black men and women with the tools to make lifestyle changes that can improve their health and reduce the risk of diabetes.

Dr. Reido is the founder and CEO of The Releford Institute, an organization that provides strategic counsel to nonprofit organizations, associations, and public agencies.

Ms. Robinson has gained strong skills in program development and communications, including an associate arts degree in communications and a media arts Minor from the School of Visual Arts. Ms. Robinson holds a B.A. from Mount Saint Mary’s College and Law Center (1977).

Dr. Releford is an epidemiologist with the DAP Foundation, where he directs epidemiological investigations of diabetes outbreaks; and has led new or improved diabetes education and prevention programs in a variety of settings, including in local and national events.

Ms. Robinson was a recipient of a bachelor degree in science health sciences and currently is a graduate student of public health policy at New England College of New Hampshire.

Ms. Fuller is currently enrolled at Empire State College, part of the State University of New York.

Prudence Fulcher works at GROUP Ministries, Inc., a faith-based non-denominational inter-city multi-purpose community organization that provides substance use disorder and AIDS in the Buffalo, New York, community. Ms. Smith has served the ministry in various capacities, including as a member of the Board of Directors at the Buffalo Diabetes and AIDs Project. Her book, Five Cider to Better Health, was published in November 2008.

Dr. Reido is an assistant professor at Charles R. Drew University of Medicine & Science, where she teaches and she lectures worldwide about the latest techniques in diabetes prevention and community education. In 2007, she was inducted into the American Diabetes Association’s Hall of Fame for her contributions to the field of diabetes. Prudence Fulcher works at GROUP Ministries, Inc., a faith-based non-denominational inter-city multi-purpose community organization that provides substance use disorder and AIDS in the Buffalo, New York, community. Ms. Smith has served the ministry in various capacities, including as a member of the Board of Directors at the Buffalo Diabetes and AIDs Project. Her book, Five Cider to Better Health, was published in November 2008.

Dr. Reido is an assistant professor at Charles R. Drew University of Medicine & Science, where she teaches and she lectures worldwide about the latest techniques in diabetes prevention and community education. In 2007, she was inducted into the American Diabetes Association’s Hall of Fame for her contributions to the field of diabetes.

Dr. Reido has also served as a professional development director for the Baltimore Diabetes Prevention Program, an initiative that educates and equips black men and women with the tools to make lifestyle changes that can improve their health and reduce the risk of diabetes.

Dr. Reido is the founder and CEO of The Releford Institute, an organization that provides strategic counsel to nonprofit organizations, associations, and public agencies.

Ms. Robinson has gained strong skills in program development and communications, including an associate arts degree in communications and a media arts Minor from the School of Visual Arts. Ms. Robinson holds a B.A. from Mount Saint Mary’s College and Law Center (1977).
Dr. Anthony Abdullah Samad is an award-winning author, professor, columnist and scholar. Currently an associate professor of political science and African American studies at the University of Southern California, a second author of arts degree in political science, with a Ph.D. in political science from Claremont Graduate University’s School of Politics and Economics. For the past 15 years, Dr. Samad’s various weekly editorial commentaries have been featured in newspapers and cyber websites nationwide. Dr. Samad also is president of Samad & Associates, a strategic planning/urban affairs firm specializing in the reassembly and management of public/private sector projects and urban, social, and tax issues. Dr. Samad serves as the managing director and past executive director of the Los Angeles Bridge of Greater Los Angeles — a popular monthly public affairs forum that addresses critical citywide issues and communities. He is currently president and chairman of the board of 100 Black Men of Los Angeles, Inc.

Dr. Samad’s professional3 and public activities include the American Political Science Association and the National Association of Black Journalists. He has received numerous civic and community awards for his community advocacy work, including the prestigious 2007 Dignity Award from the Southern Christian Leadership Conference of Greater Los Angeles.


Dr. Jane T. Black

Born in Oklahoma, Dr. Black has lived and worked as a businesswoman and director in Los Angeles for nearly 40 years. After completing her bachelor’s degree at Boston College, she received a master’s in business administration and a master’s in business from the University of Southern California. Dr. Black is a member of the Los Angeles Dental Society, the California Dental Association, the American Dental Association, the Los Angeles County Board of Dentists, and the American Women’s Dentistry Association. She is on the board of 100 Black Men of Los Angeles, Inc., currently national chairman of the Health and Wellness Committee, and is a member of the Executive Committee’s member at large. Dr. Black was named a vice archon for the 32nd bureau of Los Angeles, California, for the years 2005-2007.

A graduate of University of Tennessee with a B.S. degree in biology, Dr. Black went on to receive a doctor of dental surgery degree fromMichael Reese Hospital and Chicago Dental College of Surgery. Along the way, Dr. Black was among the first four black women dentists at Michael Reese Hospital in Chicago, Illinois, to receive the first Medical Technology Certification Award. Dr. Black has been a member of the Metropolitan Service Medal for his service to the military.

Karen Edwin Jackson

Karen Saburik Jackson is founder and CEO of Sisters Network, Inc. (SNI), the nation’s only breast cancer survivorship organization that addresses the particular needs of African American women. Based on her own experiences battling breast cancer, Ms. Jackson started SNI to ensure that African American women diagnosed with breast cancer receive comprehensive, culturally sensitive medical care and social support. Founded in 1994, Sisters Network has grown to over 40 survivor-run affiliate chapters, serving more than 1,000 members and associate members nationwide. SNI has raised the voice in the African American women’s fight against breast cancer. Ms. Jackson also has developed several national outreach initiatives, including the Gift for Life Live Well® and the Pink Ribbon Awareness Project. Since 1999, SNI’s annual African American Breast Cancer Awareness Day has educated millions of African-American breast cancer survivors, their families, caregivers and the public.


Ms. Jackson has been published in numerous newspapers, magazines, television news, and Internet media outlets, including U.S. News & World Report, The New York Times, the Health Network, 800 Best Cancer, Special Cancer. Her 2005 book, Live Healthy, Live Happy: Understanding Breast Cancer, has received support from hundreds of African-American breast cancer survivors, their families, caregivers and the public. A highly sought-after speaker and expert on African American women’s breast cancer experience, Ms. Jackson has traveled extensively bringing her message to the U.S. Army’s Comprehensive Breast Cancer Center in Germany, the National Congressional Black Caucus and the Center for Disease Control, and American Cancer Association seminars. Ms. Jackson’s achievements have been recognized by the state of Texas House of Representatives and corporate America; receiving honors that include TNT’s Dramatic Difference Award, Breast Cancer Honor by Lifetime TV, the JPenney-Champion of Change, The Journal Award, and the Lance Armstrong Voice of Survivior award.

Mary Jane Hardesty

Since 2001, Mary Jane Hardesty has served as the director of programs of the American Indian Program with the American Diabetes Association. As such, she is responsible for raising diabetes awareness in rural and ethnic minorities and American Indian communities, developing and sustaining community partnerships; organizing local planning groups and committees; and coordinating diabetes awareness programs in churches and communities throughout the Western United States, including (Tennessee, Nashville, and Mississippi) (North Massachussetts).

In her capacity, Ms. Hardesty is also responsible for planning and implementing other ADA programs in affected communities such as Diabetes Day, which occurs in more than 250 churches annually and the Project POWER initiative (implemented in over 10 churches). She also is charged with securing funding for the sustainability of these ADA efforts. Combining her more than 10 years of academic and professional experience in the natural and social sciences and community health education, Ms. Hardesty is dedicated to enacting solutions to address health disparities in minority and underserved communities. As such, she serves on several state and local boards, including the Tennessee Diabetes Advisory Board, Tennessee Heart and Stroke Advisory Board, and the Healthy Memphis Common Table Community Council.

Ms. Hardesty received a bachelor’s degree in science in sustainable ecology from Tennessee State University in 1992 and a bachelor of science degree in community health education from the University of Minnesota in 1994.

Sharon Smotherman

Sharon Smotherman is currently employed by the Church Health Center in Memphis, Tennessee as a Congregational Health Ministries coordinator for the Tennessee Health Network. Ms. Smotherman provides health education and outreach to more than 500 faith groups in the Memphis/Shelby County area of Tennessee to promote more healthful lifestyles in their places of worship. She has been the director of health ministry for her church for two years. As Congregational Health Ministries coordinator, Ms. Smotherman works with other community-based health care providers to create a dialogue and action. The partnership will continue to work together to give a credible voice to the enacted and responding initiatives for reproductive health. And Ms. Smotherman, it is major issues in health care.

Through community events and community-based initiatives, America’s Black Breast cancer task force is creating new dialogue and action. The partnership will continue to work together to give a credible voice to the enacted and responding initiatives for reproductive health. And Ms. Smotherman, it is major issues in health care.

The-Aetna team for the CommunityHealth4 initiative includes

Peter B. Podolok, Head of Advertising

Floyd W. Green, III, Head of Emerging Markets

John J. Chang, Strategic Marketing Partner, Aetna Small and Middle Market Group

Valerie Green, Director of National Partnerships