East Oakland Urban Male Health Discussion Group Ira Jenkins Community Center, East Oakland April 26, 2014

**What Kills Black Men**
- Chronic diseases & related precursors
- Medical system that doesn’t care
- Stress of poverty & everyday life
- Gun violence “lead poisoning”
- Evil: Black on Black hatred, White cops
- Tobacco, alcohol, drugs
- Available “poor” choices/bad habits
- Numbness to facts and information
- Recidivism
- Breakdown of community
- Lack of: charity, love, unity, integrity, purpose

**Reasons for Poor Health**
- Stress
- Past history “slavery”
- Genetics
- Poor healthcare, mixture of medications
- Environmental toxins & neighborhood conditions
- European standards – loss of cultural identity
- Incarceration and aftermath
- Addictions “substances and food”
- Hopelessness
- Misconceptions/lack of knowledge

**Barriers to Medical Care**
- Lack of trust “what happened in the past”
- System here to make money “prescribe medicine” not serve our interests
- Affordability/no insurance
- Fear of the unknown
- System devalues and don’t respect us
- Lack of Black doctors/providers
- Our Pride
- Transportation
- Not having your issue heard or getting treatment needed
- Some of our beliefs

**Vision of Healthy Community**
- Supports alternative healing practices and places
- More culturally competent Black providers and hospitals to serve community
- Competent, thoughtful providers that listen
- Fair/just/equitable healthcare system – health first not coverage, no experimentation
- Access to private not just county clinics
- Worship God and prayer
- Residents are aware, advocate and take action
- Adults take active, positive role in shaping younger generations
- Residents have healthy diet/good nutrition

**Personal Strengths Contribute to Improve Community**
- Mentor/set example for youth
- Volunteer
- Participate in community events “Stop the Violence”
- Recycle
- Help feed the homeless
- Help keep order
- Clean/ sober, don’t drink & drive
- Open ear ‘listen to people in need”
- House someone without a home
- Community fundraising
- Greet/look out for neighbors