



## 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