



What Kills Black Men

- Chronic diseases & related precursors
- Violence – Black on Black crime
- Lack of knowledge/self knowledge, control
- Addiction: drugs, alcohol, tobacco
- Incarceration, criminal “injustice” system
- War “veterans” and the homeless – no assistance but \$\$/aids to other countries
- History of government being problem and not solution oriented
- Poverty
- Ignorance, envy, self-hatred, anger

Reasons for Poor Health

- Poor treatment/reliance on White doctors
- Experimentation - lack of trust in medical system that needs to figure out why we survived
- History – bad track record White/Black relationships
- Lack of resources to get to the truth
- Affordability, high cost of healthy lifestyle
- Lack of interest in social issues
- Change from “us” to “me” society
- Lack of education
- Poverty

Barriers to Medical Care

- Racism, lack of Black doctors, don’t trust healthcare system
- Fear of unknown, bad news, being treated less than
- No insurance
- Men’s willingness to live with pain
- Religious beliefs
- Careless doctors and misdiagnosis
- Ignorance
- Frustration, stress, anger about treatment
- Self care
- No self accountability

Vision of Healthy Community

- ❖ More Black doctors and specialist
- ❖ More Black of everything (professionals, politicians, businesses, homeownership, etc.)
- ❖ Good health
- ❖ Residents are involved/engaged and advocate
- ❖ Accountable institutions and politicians (political and institutional apartheid book)
- ❖ Support for alternative medicine
- ❖ De-mystified healthcare system/process
- ❖ True/real acceptance of all

Personal Strengths Contribute to Improve Community

- Mentor/set example for youth
- Ministry work, spread God’s word and be positive
- Recycle & educate about benefits
- Obey the law
- Help and serve the homeless
- Open ear ‘listen to people in need’
- Volunteer (e.g., CASA)
- Be honest and set good example