



What Kills Black Men

- Chronic diseases
- Chronic disease precursors
- Alcohol & drugs
- Violence
- Other
 - Mental disorders
 - Spiritual sickness
 - Unintentional accidents
 - Natural causes (old age)
 - Sickle cell disease
 - Lack of knowledge

Reasons for Poor Health

- Med industry focuses on profit not health
- Discrimination/historical medical abuse
- No money, care and prescriptions quality depends of affordability
- Can't navigate bureaucratic system
- Original homelessness (SS policy)
- Poverty (ill health is normal for poor people)
- Med system and infomercials create fear and confusion
- Individual personal behaviors

Barriers to Medical Care

- Long waits / limited time with provider
- Fear: diagnosis, share personal health
- No insurance/coverage
- Not use to going to doctor (home remedy)
- Desensitized to pain (high threshold)
- Check criminal/parole status
- Unfamiliar terminology/language
- One size fits all (don't represent me)
- Discrimination/bad experiences
- Navigation/complex process
- Unconcerned healthcare providers

Vision of Healthy Community

- ❖ Culturally competent, accountable medical/healthcare system
 - Enough doctors/Black doctors to serve the community
 - Doctors that care with people skills/bedside manner
 - Full implementation of "Obama Care" aka ACA
- ❖ Consumers educated and proactive about their health/healthcare
- ❖ Communication about health/illness, sharing and passing down of family health history
- ❖ Residents are politically engaged
- ❖ Residents value life, value themselves and are present

Personal Strengths Contribute to Improve Community

- Mentor/set example for youth
- Spread God's wisdom/love
- Remain clean and sober
- Address community violence
- Avoid illegal drug activity
- Know self & spread knowledge of history
- Engage/listen to people
- Attend self improvement meetings (AA)
- Look for work/go to work daily
- Give back (feed homeless)
- Express positivity & hopefulness