



MINORITY HEALTH NEWS

JANUARY 2015

ABOUT BNC

The BNC advocates for fair, culturally competent, equal health care for African Americans and other minorities; which will in turn aide in decreasing, and eventually eliminating, health care disparities. The Black Nurses Coalition believes in a collaborative effort to address these issues and promotes community partnerships, community health awareness and health education,

Ask Ms. Joyce !

Dear Ms. Joyce, I have high blood pressure and afraid I will have a stroke. Am I at risk? Sam

Hello Sam, High blood pressure is a major risk factor for stroke. Lowering your blood pressure by medication, lifestyle changes can reduce your risk. Other risk factors are previous stroke, high cholesterol ,heart disease, smoking, diabetes, sickle cell disease, tobacco use, unhealthy diet, lack of physical activity, obesity, too much alcohol. Family history is a rick factor as well but you can't change your genetics. Take on healthy habits such as exercise, healthy eating and seeing your physician regularly. **Sign on to www.blacknursescoaliton.org and Ask Ms. Joyce!**

HEALTH DISPARITIES

Mary Mahoney ((May 7, 1845 – January 4, 1926) was the first African American to study and work as a professionally trained nurse in the United States, graduating in 1879. Mahoney was one of the first African Americans to graduate from a nursing school and she prospered in a predominantly white society. She also challenged discrimination of the African American race in nursing.



The US Census Bureau reports **individuals from ethnic and racial minority groups make up 37% of the U. S. population in 2012 and the minority will be the new majority in 2043.**

According to a 2013 survey conducted by the National Council of State Boards of Nursing (NCSBN) and The Forum of State Nursing Workforce Centers, minorities represent 19% of the RN workforce and only 6% are African American, 6% Asian ,3 % Hispanic, 1% American Indian/Alaskan, 1% Native Hawaiian, and 83% are white/ Caucasian.

We need a more diverse RN workforce. This means more nursing instructors/Academia of color. This means mentoring and supporting diverse nursing students and employees. This means breaking down stereotypes, racial bias and discrimination.

DID YOU KNOW?

Did you know: The CDC lists Smoking as a cause of type 2 diabetes. A diabetic who smokes risk for kidney disease is 2-3 times higher than a non-smoker.

Did you know: Cigarettes are designed for addiction. Nicotine addiction keeps people smoking even when they want to quit. Tobacco smoke contains chemicals that cause cancer.

Did you know: Secondhand smoke has over 7,000 chemical and hundreds are toxic (CDC, 2015).

Did you know: Heart disease is twice as high among African-American men (53.1 per 100,000) as among white men (26.3 per 100,000) and twice as high among African-American women (40.6 per 100,000) as among white women (22.6 per 100,000) (CDC, 12/2014).

HOW CAN YOU IMPROVE YOUR HEALTH?

*GET YOUR MAMMOGRAM

*MONITOR YOUR BLOOD SUGAR!

*GET YOUR COLE-RECTAL SCREENING

*DIABETIC FOOT EXAM!

*SEE YOUR DOCTOR REGULARLY

*KNOW YOUR CHOLESTEROL LEVEL.!

*CHECK YOUR BLOOD PRESSURE REGULARLY

*KNOW RESOURCES IN YOUR COMMUNITY

*TAKE YOUR B\p MEDS

SEND QUESTIONS\COMMENTS TO :

BlackNursesCo@aol.com or on website
@ www.BlackNursesCoalition.org

*BLOOD WORK WITH YEARLY PHYSICAL.

Message from BNC CEO:

As we celebrate Dr. King's Birthday, Black History Month, and Women's History Month, remember that racism and discrimination does not stop at the door of the health care facilities or educational venues. Get involved at work, at home and in your community.

Brenda Robinson, MSN, BSN,RN