



**PEOPLE OF COLOR DON'T HAVE TO DIE SOONER AND STAY SICKER THAN WHITES IN THIS NATION. IT'S TIME TO TAKE ACTION TO END HEALTH DISPARITIES.**

***HERE'S WHAT EACH OF US CAN DO!***

**Take charge of our own health**

- “Know our numbers; know your score” – blood pressure, glucose levels, good and bad cholesterol, PSAs, etc.
- Know our family’s history. Who has had heart disease, diabetes, stroke?
- Commit to a healthy life-style. Exercise and healthful eating (right foods, modest portions) are imperative.
- Get tested - HIV, prostate, mammograms, colonoscopy, etc.

**Assert ourselves as our health provider’s partner, not “patient”**

- Take a list of questions, medications and supplements for every visit
- Research alternative treatments available to address our health condition
- Take someone with us, if necessary, to help ask questions and record answers

**Look for ways to promote health in our schools and neighborhoods**

- Join campaigns to put healthy food in schools and restore phys ed classes
- Clean up parks and lobby for walking trails
- Create and/or support health ministries in faith institutions

**Act to ensure support for health parity by elected and other government officials**

- Fight efforts to cut Medicaid funds and benefits at local and state levels
- Work to save and fund “safety net” facilities – hospitals, clinics, community-based programs



- Promote the collection of health data by race and ethnicity to track our progress
- Urge our Senators and Representatives to support minority health legislation backed by the Congressional Black Caucus, progressives and representatives of other communities of color in Congress.

**Become active with health advocacy groups focusing on health disparities**

- Join multiracial/ethnic coalitions working for health parity (e.g., Out of Many, One)
- Engage with local advocacy groups that are working to close the gap between African Americans and other groups in our communities.

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