

ARKANSAS MINORITY HEALTH COMMISSION

2018 Public Health, Welfare,
and Labor Annual Report

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Director



MISSION

To assure all minority Arkansans equitable access to preventive health care and to seek ways to promote health and prevent diseases and conditions that are prevalent among minority populations

AR MINORITY POPULATIONS

Arkansas Minority Population, 2010

- Black 15.5%
- Latino: 6.7%
- Other: 4.9%
- Asian: 1.3%

*U.S. Census Bureau

FY2018 IMPACT

- Citizen Encounters **(32,077)**
- Screenings **(26,496)**
- Initiatives & Collaborations with Community Partners **(93)**
- Community Forums **(4)**
- Ask the Doctor Show **** (70,000 Listeners)**
- Volunteers **(9,400 hours)**



Data obtained from Arkansas Minority Health Commission post event forms as of 8/30/17

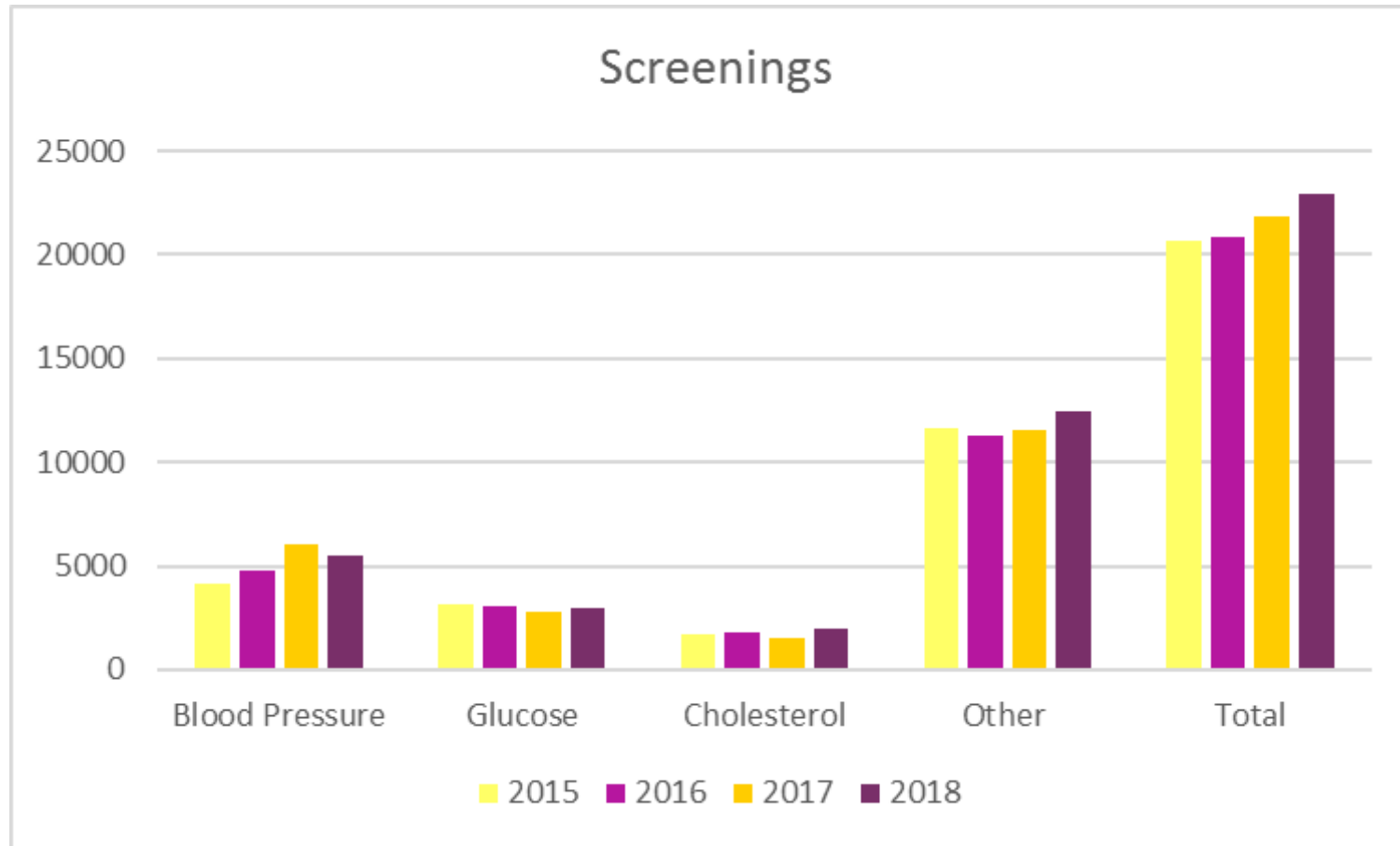
**Based on 2017 Arbitron Ratings



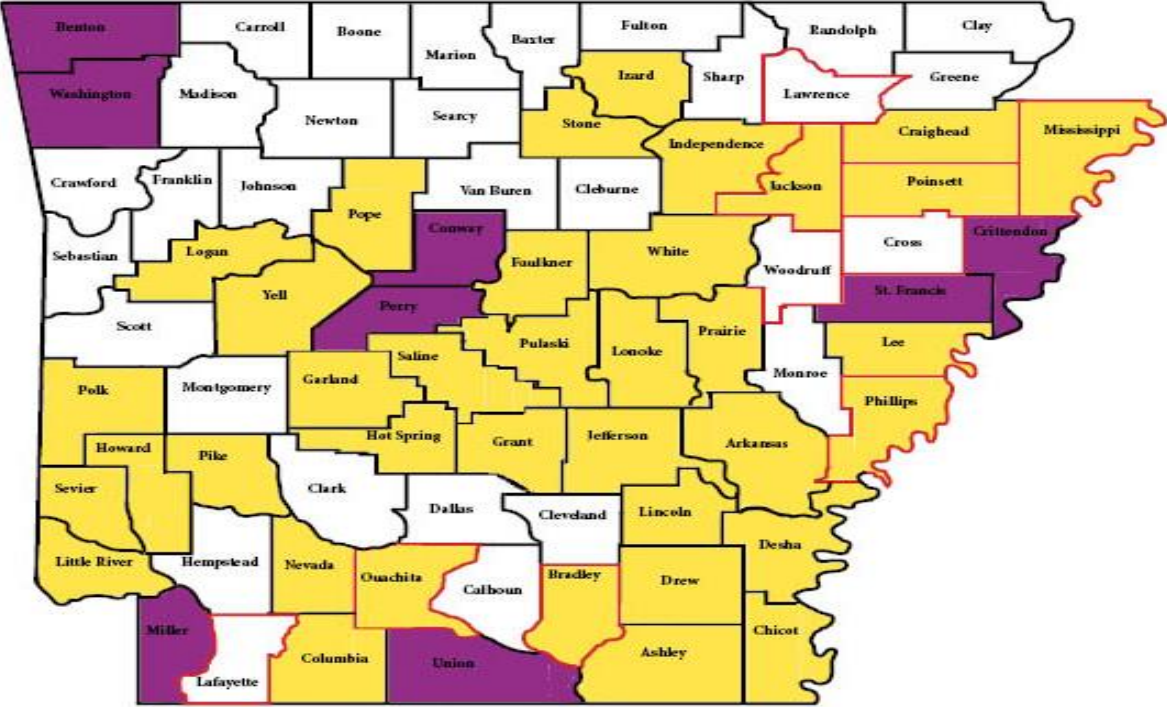
ACTIVITIES IN MEETING GOALS/MANDATES - FY2018

INCREASE SCREENINGS (Goal 1)	OUTREACH/ EDUCATION (Goal 2)	Resource Database (Goal 3)	Stakeholders (Goal 4)	COLLABORATION/ COORDINATION (Goal 5)	CONSTITUENCY (Goal 6)	POLICY (Goal 7)
Hypertension Initiative	Southern Ain't Fried Sundays	Public Health in Arkansas Communities Search system (PHACS)	Workforce Diversity Report	Arkansas Minority Health Consortium	Public Forums	State of Minority Health Summit
Statewide Initiative	Radio, TV, Print		Society for Public Health Education (SOPHE)	Public Health Leaders' Roundtable	Health Fairs	Tobacco Policy Initiatives
Red County Initiative	Sponsorship/ Partnership					Legislative Policy Summary

INCREASE SCREENINGS



JULY 2017– JUNE 2018 AMHC COMMUNITY SCREENINGS AND HEALTH EVENTS MAP BY COUNTY



- Screenings:
- Blood pressure, glucose and cholesterol
 - Blood pressure and glucose
 - Red counties indicate life expectancy is up to 10 years less than other counties

INCREASE HEALTH EDUCATION

Plain Language materials developed at 5th grade reading level

Blood Pressure Test: What the Numbers Mean



Your Health, Our Priority. www.minorityhealth.com

What is blood pressure?

Blood pressure is the force of blood as it pushes against the walls of your arteries. Arteries are blood vessels that carry blood away from your heart.

Why do I need a blood pressure test?

The test measures how hard blood is pushing on your arteries. A test is the only way to know if your blood pressure is too high. You can't tell just by how you feel. That is why high blood pressure is called "the silent killer."

If your blood pressure is too high, talk to your doctor about ways to lower it.

Why does blood pressure matter?

If your blood pressure is too high for too long, it can make arteries weak. That may make you more likely to have:

- Heart disease
- Kidney disease
- A stroke

Blood pressure numbers

A blood pressure test result has two numbers, for example: 130/80. That is said "130 over 80."

- The 1st number is the score when your heart beats and pumps blood. It is always the higher number. This is called systolic.
- The 2nd number is the score when your heart relaxes between beats. It is always the lower number. This is called diastolic.

Normal	Systolic Diastolic	under 120 AND under 80	Keep up the good work!
At risk (Prehypertension)	Systolic Diastolic	120-139 OR 80-89	Make healthy lifestyle changes.
High	Systolic Diastolic	140 or over OR 90 or over	Talk to your doctor.

Sources:
www.nhlbi.nih.gov/health/health-topics/topics/hbp
www.healthfinder.gov/HealthTopics/Category/doctor-visits/screening-tests/get-your-blood-pressure-checked@the-basics_1

Heart Healthy Living: Prevent Heart Disease & Stroke



Your Health, Our Priority. www.minorityhealth.com

Heart disease and stroke are main causes of death and disability in the US.



Important tests

Go to a doctor at least once a year and have these 3 tests done: blood pressure, blood glucose (sugar), and cholesterol. Be sure you understand the test results. You may need to make changes to be healthy and prevent heart disease.

Blood pressure

A blood pressure test tells how hard blood is pushing on your arteries (blood vessels that carry blood away from the heart). The test can tell you if your blood pressure is normal. You can get yours checked at a doctor's office, a community screening, a drugstore, or buy a home test kit.



Blood glucose

A blood glucose test measures the amount of glucose in your blood. It tells you if you have or are likely to get diabetes. It is best to get a test done after not eating for 8 hours or more.

Cholesterol

Cholesterol is a soft, waxy substance made by your body. Some kinds are good, and some are bad. Your body needs a little cholesterol, but too much of the bad kind can clog your arteries. This can raise your chance of heart attack and stroke. There is a test for each kind of cholesterol.



Healthy weight

- Find out from your doctor if you weigh too much for your height and frame
- Be patient with yourself
- Weigh each morning on a bathroom scale before getting dressed
- Set goals to reach a healthy weight
- Follow tips for exercise and healthy eating



RESOURCE DATABASE

Public Health in
Arkansas' Communities
Search

County Health Data and Healthcare
Resources

PHACS is a summary of indicators that can affect the health of Arkansans. Community groups, students, and researchers can use PHACS to find county health data from several different sources.

Begin your search by selecting the county from the map or choose your county below.

Choose Your County

<http://uams.edu/phacs/default.aspx>

STAKEHOLDERS



COORDINATION & COLLABORATION



CONSTITUENCY



POLICY



2018-2019 PLANNED WORK

AMHC Arkansas Minority Health Commission

AMHC MOBILE HEALTH UNIT

coming to a neighborhood near you!

WELLNESS ROAD

HIV/AIDS

GLUCOSE

CHOLESTEROL

BMI

BLOOD PRESSURE

A1C

*Mobilizing Health,
Meeting People Where They Are*

CHECK OUT OUR FREE SCREENINGS:

A1C	BMI	Glucose
Blood pressure	Cholesterol	HIV

Plus, Health Education
& Clinical Referrals

FALL 2018

WHERE TO CATCH US:
For our roadmap to health,
check out our social media and website.
We'll update you on where the next stop is!

[f](#) [@](#) [in](#) [t](#)

#YOURHEALTHOURPRIORITY ARMINORITYHEALTH.COM

AMHC Arkansas Minority Health Commission

QUESTIONS





**Arkansas
Minority
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