ARKANSAS MINORITY HEALTH COMMISSION


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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.
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
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Activities in Meeting Goals/Mandates - FY2018

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

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Radio, TV, Print
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Red County Initiative
Sponsorship/Partnership

Arkansas Minority Health Commission
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
Plain Language materials developed at 5th grade reading level

**Blood Pressure Test: What the Numbers Mean**

**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 against your heart. 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’s 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.

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**Heart Healthy Living: Prevent Heart Disease & Stroke**

Heart disease and stroke are major 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, community screening, 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. The test 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
- Weigh each morning on a bathroom scale before getting dressed
- Set goals to reach a healthy weight
- Be patient with yourself
- Follow tips for exercise and healthy eating
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
COORDINATION & COLLABORATION
2018-2019 Planned Work

AMHC Mobile Health Unit
Coming to a neighborhood near you!

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!

Mobilizing Health, Meeting People Where They Are

Check out our free screenings:
AIC Blood pressure
BMI Cholesterol
Glucose HIV
Plus, health education & clinical referrals

# Your Health Your Priority ARMinorityHealth.com
SHARHONDA LOVE

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