

308 Crutchfield St. Suite D
PO Box 15176
Durham, NC 27704
Phone: 919-470-8680
Email: healthcoali@gmail.com
Website: www.chealthc.org
Twitter: <https://twitter.com/chealthc>
Facebook: <https://www.facebook.com/chealthc>

"Thanks" to Partners/Collaborators and Grantors in 2019

Partners/Collaborators:

- Duke Regional Hospital
- Duke/UNC Student NMA
- Old North State Medical Society
- Durham Academy of Medicine, Dentistry & Pharmacy
- Auxiliary of Durham Academy of Medicine, Dentistry and Pharmacy
- North Carolina Central University Public Health Education
- UNC Gillings School of Public Health
- Duke Division of Community Medicine
- Duke Energy of North Carolina
- Durham County Dept. of Public Health
- Durham Interdenominational Ministerial Alliance of Durham and Vicinity
- Durham Chapter Links, Inc.
- Central Carolina Black Nurses Council, Inc.
- Lincoln Community Health Center
- Partnership for a Healthy Durham
- North Carolina Mutual Life Insurance Company
- Duke University Health Systems
- American Cancer Society
- American Heart Association
- CAARE, Inc.
- Durham Committee on the Affairs of Black People
- Triangle Sisterhood Network
- Senior PharmAssist
- Nat'l African American Tobacco Prevention Network
- End Hunger in Durham
- Pi Chapter of Chi Eta Phi Sorority
- Bridges Point, Inc.
- Duke Cancer Institute/Health Equity & Disparities
- Grand Chapter Order of Eastern Star NC
- AXA Advisors, LLC
- Project Access Durham
- Alliance Health
- NCBA

Grantors:

- NC DOA: License To Give Trust Fund Commission
- Durham County Dept. of Public Health
- Durham County ABC Board
- The Durham Merchants Assoc. Charitable Foundation
- Triangle Community Foundation
- Pfizer
- Blue Cross Blue Shield NC
- NC Wise Woman
- Duke Charitable Trust
- Duke Energy

2019 ANNUAL HIGHLIGHTS

Community Health Coalition, Inc.



*Advancing Quality and Equity
in Health for 30 Years!*

Community Health Coalition, Inc.



Healthy People
2030

Improving the health of Durham
& NC communities since 1989



Community Health Coalition (CHC) is launching **HEALTHY PEOPLE 2030**, moving forward with positive possibilities and leaving inequities in the past. Healthy People 2030 plans to be more inclusive, policy driven and with more complete physical and mental health promotion federal programs. In society's journey toward Health Equity, our community can move forward with good health as individuals, families and the population.

CHC was co-founded in 1989 and the mission was formalized in 1990 with the birth of **Healthy People**, a program of nationwide [health-promotion](#) and [disease-prevention](#) goals set by the [United States Department of Health and Human Services](#). The goals were first set in 1979, for the following decade, 1989. The goals were subsequently updated for **Healthy People 2000**, **Healthy People 2010**, **Healthy People 2020** and now **Healthy People 2030**!

The mission is to reduce health disparities and preventable diseases and death in the Durham African American community. The strategy has been to be a professional outreach organization for health promotion and disease prevention. The primary focus then and over the years has been devoted to diabetes, cardiovascular disease (strokes and heart attacks), hypertension, cancers, diabetes, HIV/AIDS and more recently includes mental health, childhood obesity, men's health and organ donation awareness. While the mission is to reduce health disparities, the Coalition also advocates health equity.

What Must We Do to Continue to Advance Quality and Equity in Health?

Here are some actions that we can take:

- Acknowledge, address and raise awareness of this critical issue.
 - Explore and participate in programs, include all races, sexual identity, abled and disabled in activities to reduce health inequalities.
 - Maintain a regular and accessible primary care provider.
 - Adopt a healthy lifestyle toward prevention of stress and disease.
 - Advocate and demand quality healthcare while taking charge of your health.
 - Maintain an adequate personal support system for your mind, body and soul.
 - Ask your health care system to track and report racial disparities and actions to correct them.
 - Fund community-based organization working for health equity.
 - Assist in alleviating inadequate determinants of health--- poor jobs, lack of food, homelessness.
 - Manage your own health, focusing on healthful recommendations for diet and exercise (or nutrition and physical activity) which are like meds, but also take medication prescribed.
 - Acquaint yourself to the new digital technologies to manage health and wellness, like MUSE, Applewatch and Fitbit
- I credit the longevity of Community Health Coalition to you, our community, our grant funders, our donors and to the years of dedicated board members, staff and volunteers. Here is to 30 more years of serving the community in the struggle to reduce health disparities, to promote good health and to advance health equity.

Elaine Hart-Brotherman

**Highlights of 2019 –
30 Years of Community Service**

- Administered **265** blood pressure checks and **467** glucose screenings and **78** weigh-ins,
- Participated in **32+** health fairs.
- Held an **8-week ABC youth workshop** to empower **20 youth** through photo creative expression to refrain from harmful substance abuse,
- Held our yearly Community May meeting to discuss **"Healthy People: Progress and Policy, Where Do We Go from Here?"** with approximately 250 community members. This was our 30th year celebration!
- Met with seniors in Morning Glory Senior Housing, Moreene Road Senior Housing and Durham Senior Center every 2nd and 4th Saturday to discuss healthy life choices and check seniors blood pressure, glucose levels and weights.
- Held **learning theaters in Roxboro, NC** that covered 1) participatory hands-only CPR and AED skills training, 2) warning signs of a heart attack, 3) differences in the signs of a heart attack in women versus men, 4) basic first aid and safety, skills on performing the Heimlich maneuver, 5) risk factor management, 6) stroke warning signs and 7) family history.
- Reached over **40,000** people, shared our documentary titled "Precious Gift of Life" and registered **60** new organ donors; Met Funeral Directors and developed a curriculum for them to consider using to discuss End of Life Planning as it relates to families donating organs.
- Produced and mailed our monthly health tip with information on heart health, nutrition, exercise, mental health, diabetes, organ donation, breast health and cancer prevention, etc. to over **150** churches, **56** libraries and organizations, and emailed to over **1,700** supporters.

Lead a targeted engagement campaign around Health Policy Watch on our website: www.chealthc.org.

**265
Blood Pressure
Checks
Administered**

467 Glucose Levels Checked!

40,000+

Health messages delivered via Church Events, Health Fairs, our Health Tip Newsletter, our documentary, "Precious Gift of Life" and our social media platforms-!!

60

**Organ Donors
Registered!**

Written & Designed by Carmelita Spicer
Marketing/ & Program Consultant