







SUNDAY MORNING

HEALTH CORNER


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Observing Men's Health Month


Statistically speaking, the health of Black men consistently ranks lowest across nearly all racial groups and genders in the United States. **The leading causes of death among African American men includes the following:**


-  Diabetes
-  Kidney Diseases
-  Stroke
-  Heart Disease
-  Cancer
-  Chronic Respiratory Infection

Know the Facts

 Half of American men will receive a cancer diagnosis in their lifetime, and African American men have a higher mortality rate in major cancers than any other race.

 40.5% of African American men aged 20 and over experience hypertension. (measured high blood pressure).

 20% of African American men aged 18 and older smoke cigarettes, which causes major cancers and lung diseases.

 37% of African American men aged 20 and over suffer from obesity.

Be Proactive

Schedule an annual physical and to talk to your doctor about any screenings you may need. Also, participate in physical activity and make sure you are drinking lots of water.



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