

# SUNDAY MORNING

## Health Corner

### Obesity in the African American Community

Obesity continues to be a major health challenge across the United States, but it disproportionately affects African American communities. This issue is not just about weight; it is closely linked to other serious health conditions such as diabetes, cardiovascular disease, and hypertension.

- According to the **Centers for Disease Control and Prevention (CDC)**, nearly **50% of African American adults are** classified as obese.
- **Obesity increases the risk** of developing type 2 diabetes by more than 85%, with African American women being disproportionately affected.
- **Childhood obesity** rates are also higher among African American children.

#### Tips for Combating Obesity

1. Incorporate Physical Activity
2. Choose Healthier Food Options
3. Plan Balanced Meals
4. Stay Hydrated
5. Community Involvement

Addressing this crisis is crucial for improving the overall health and quality of life within our community.



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