

SUNDAY MORNING

Health Corner

Bridging Health Gaps

Health is a right, not a privilege. Yet, for many in our communities, access to quality healthcare, nutritious food, and wellness resources remains out of reach.

The Reality of Health Disparities

- **Higher Rates of Chronic Diseases** – Black and Brown communities experience higher rates of diabetes, heart disease, and hypertension due to limited access to preventive care and systemic inequities.
- **Barriers to Healthcare** – Many individuals face challenges such as lack of insurance, fewer local healthcare facilities, and mistrust in the medical system.
- **Food Deserts & Nutrition Gaps** – Limited access to fresh, affordable, and healthy foods contributes to higher rates of obesity and diet-related illnesses.
- **Mental Health Stigma** – Many communities of color face barriers to mental health support, including cultural stigmas and a lack of diverse healthcare providers.

How We Can Take Action

- ✓ **Educate Yourself & Others** – Knowledge is power! Learn about the health disparities affecting our communities and share this information.
- ✓ **Advocate for Change** – Support policies that promote health equity, including better healthcare access and food justice initiatives.
- ✓ **Prioritize Preventive Care** – Regular checkups, screenings, and healthy lifestyle habits can help prevent and manage chronic conditions.

Together, We Can Close the Gap

Creating healthier communities starts with awareness and action.



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