

“Fit Club: Tackling Health Issues in the Black Community”

Of all African-American women 20 years of age or older, 51% are clinically obese and 43% have hypertension. HIV/AIDS is the leading cause of death for men ages 35-44. “Soul foods” depending on fats, sugars, and sodium for flavor contribute to a multitude of cardiovascular problems. Major mental illnesses such as depression have been widely ignored in the Black community for years.

In this session, we will take a look at several aspects of the African-American lifestyle: eating & exercise habits, sexual tendencies & practices, and the ways African-Americans cope with stress. By the end of the session, we will develop a list of things we will change in our personal lives and share with our families and communities to create a healthier Black community for the present and future.