



Be Strong, Be Courageous: Building Your Body, Mind and Spirit

I Corinthians 6:19-20

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**Be Strong,
Be
Courageous
in Body,
Mind and
Spirit**

- Physical Health – eat right, exercise, regular health check-ups
 - Mental Health – decrease stress, relax
 - Spiritual Health – meditate, pray, attend church
 - All of the above → Strong, courageous Baptist Women!
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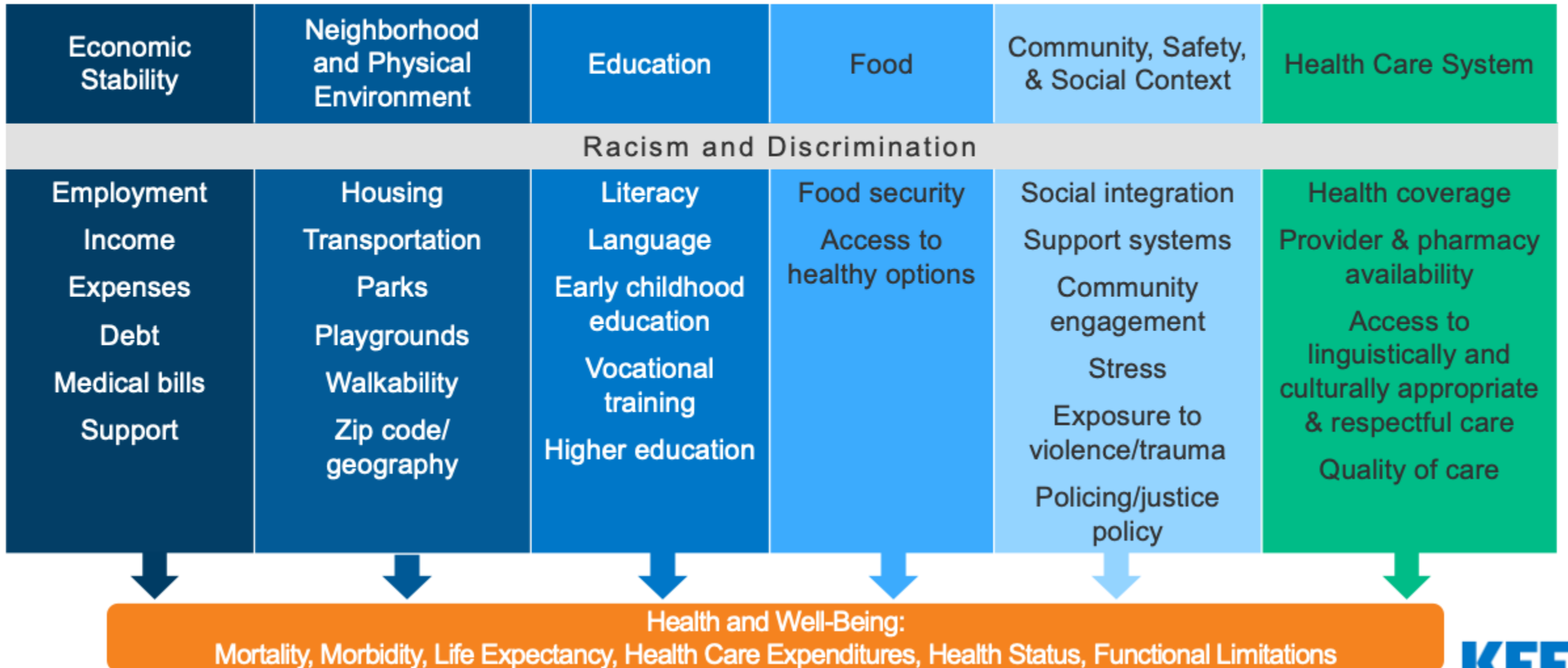
Descriptive Health Statistics for Women

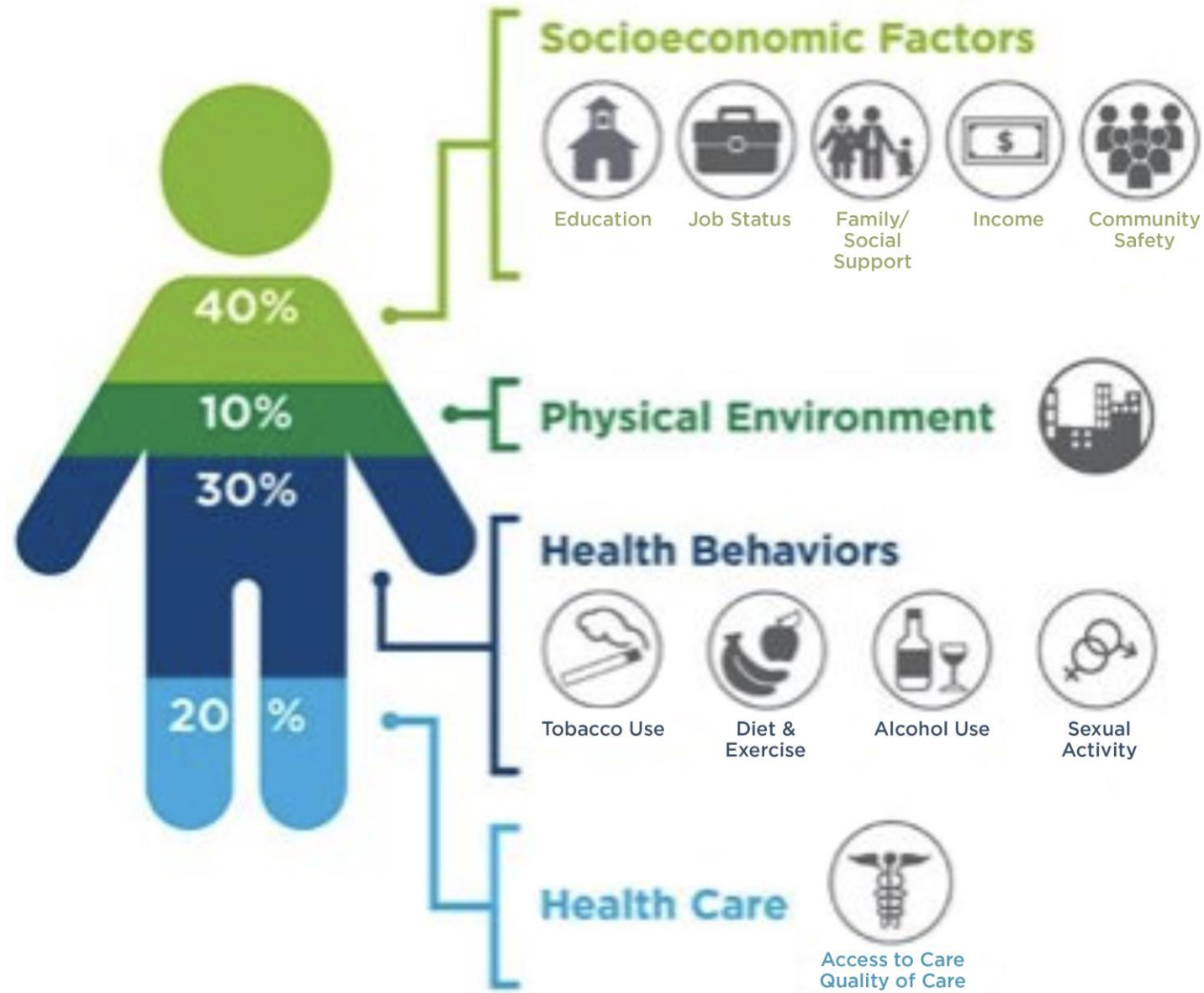
Maternal mortality and pregnancy-related mortality are per 100,000 live births

	Non-Hispanic Black women	Non-Hispanic White women	All women
Life expectancy at birth (years) ^a	77.9	81.0	81.0
Infant mortality ^a	10.9	4.7	5.8
Maternal mortality ^b	37.1	14.7	17.4
Pregnancy-related mortality ^c	42.4	13.0	16.9
Physical health (prevalence %)			
Heart disease ^d	9.9	10.8	10.1
Hypertension ^a	39.9	25.6	27.7
Obesity ^b	34.7	21.6	23.5
Mental health (prevalence %)			
Serious psychological distress ^a	4.7	4.8	4.8
Suicide (per 100,000 population) ^d	2.8	7.9	6.1

Figure 1

Health Disparities are Driven by Social and Economic Inequities





Health Topics for Today

- **Heart Disease**
- **Breast Health**
- **Black Maternal Health**
- **Public Health Public Service Announcements (PSAs)**
- **Mental Health**
- **Spiritual Health**

Blood Pressure Ranges

- **Normal: Less than 120/80**
- **Elevated 120-129/Less than 80**
- **High blood pressure (stage 1): 130-139/80-89**
- **High blood pressure (stage 2): Higher than 140/90**
- **Hypertensive crisis: Higher than 180/120**

Optimal cholesterol levels

- **Total cholesterol: less than 150 mg/dL**
- **LDL bad cholesterol: less than 100 mg/dL**
- **HDL good cholesterol: greater than 40 mg/dl in men and 50 mg/dL in women**
- **Triglycerides: Less than 150 mg/dL**
- **High or borderline high cholesterol: Total cholesterol above 200 mg/dL.**

Blood sugar levels

- **Fasting blood glucose test - 70 to 99 mg/dL is considered normal.**
- **When fasting blood glucose is between 100 to 125 mg/dL monitoring for diabetes is recommended.**
- **After meals (1 to 2 hours after eating), your blood sugar should be: Less than 180 mg/dL for adults.**

How to decrease risks for heart disease

- **Achieve and maintain a healthy weight**
- **Eat a healthy diet – more fresh fruits and vegetables, less salt and fat, especially animal fat**
- **Exercise regularly**
- **Avoid smoking**
- **Monitor and manage your blood pressure**
- **If prescribed, take medications to lower BP and cholesterol**
- **Limit alcohol intake**

Breast cancer screening recommendations for women at average risk

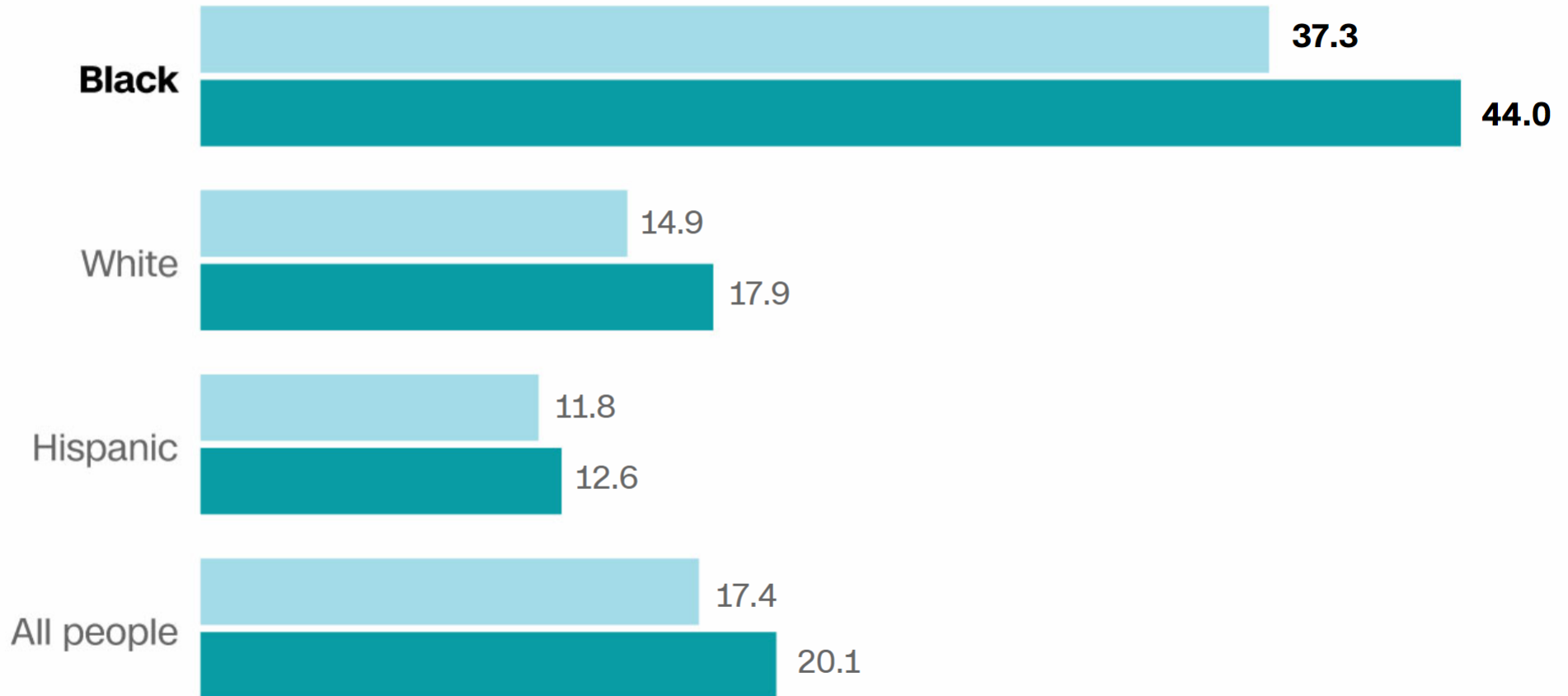
<u>American Cancer Society</u>	<u>National Comprehensive Cancer Network</u>	<u>U.S. Preventive Services Task Force</u>
<u>Mammography</u>		
<p>Every year (if a woman chooses to do so) ages 40-44</p> <p>Every year ages 45-54</p> <p>Every 2 years (or every year if a woman chooses to do so) starting at age 55, for as long as a woman is in good health</p>	<p>Every year starting at age 40, for as long as a woman is in good health</p>	<p>Informed decision-making with a health care provider ages 40-49</p> <p>Every 2 years ages 50-74</p>
<u>Clinical Breast Exam</u>		
<p>Not recommended</p>	<p>Every 1-3 years ages 25-39</p> <p>Every year starting at age 40</p>	<p>Not enough evidence to recommend for or against</p>

Maternal mortality in the US by race and ethnicity

(per 100,000 live births)

2018

2019

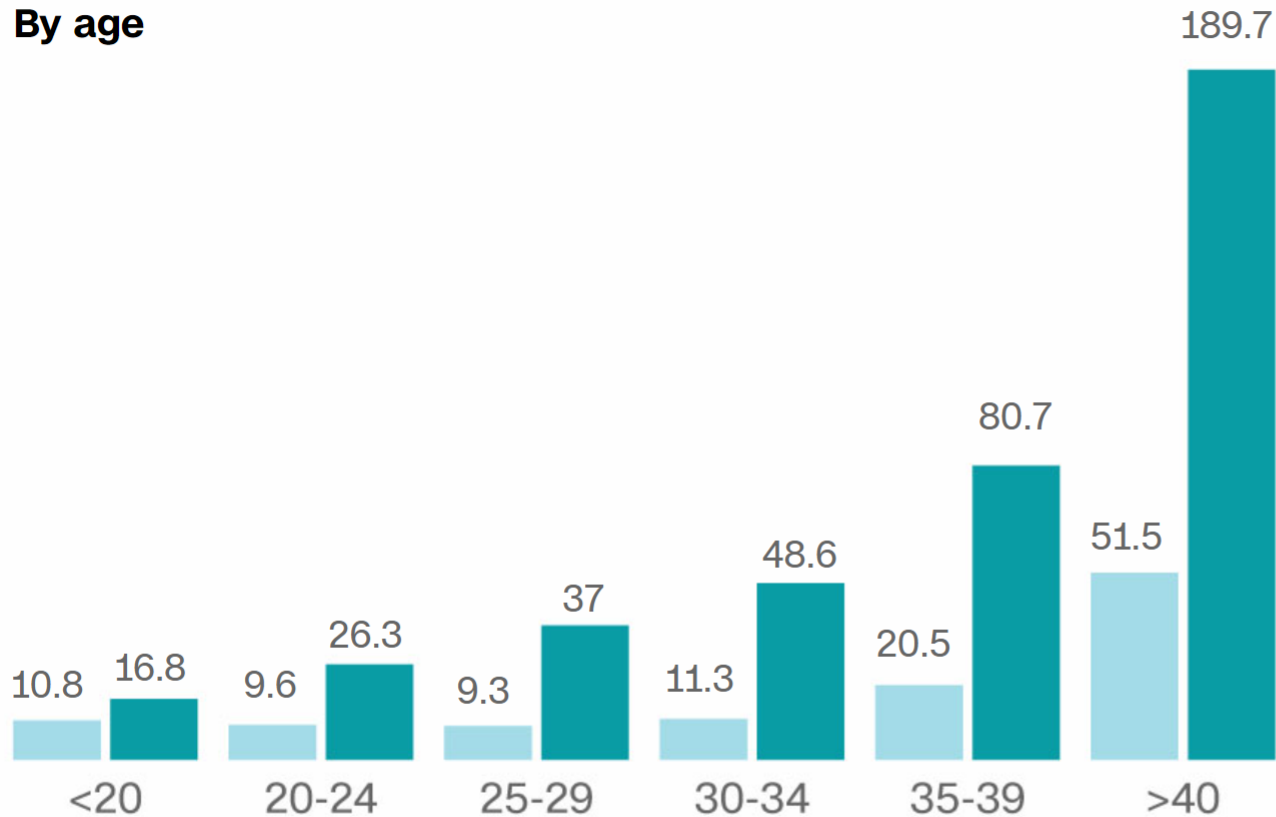


Note: White and Black totals do not include people who identified as Hispanic or Latino.

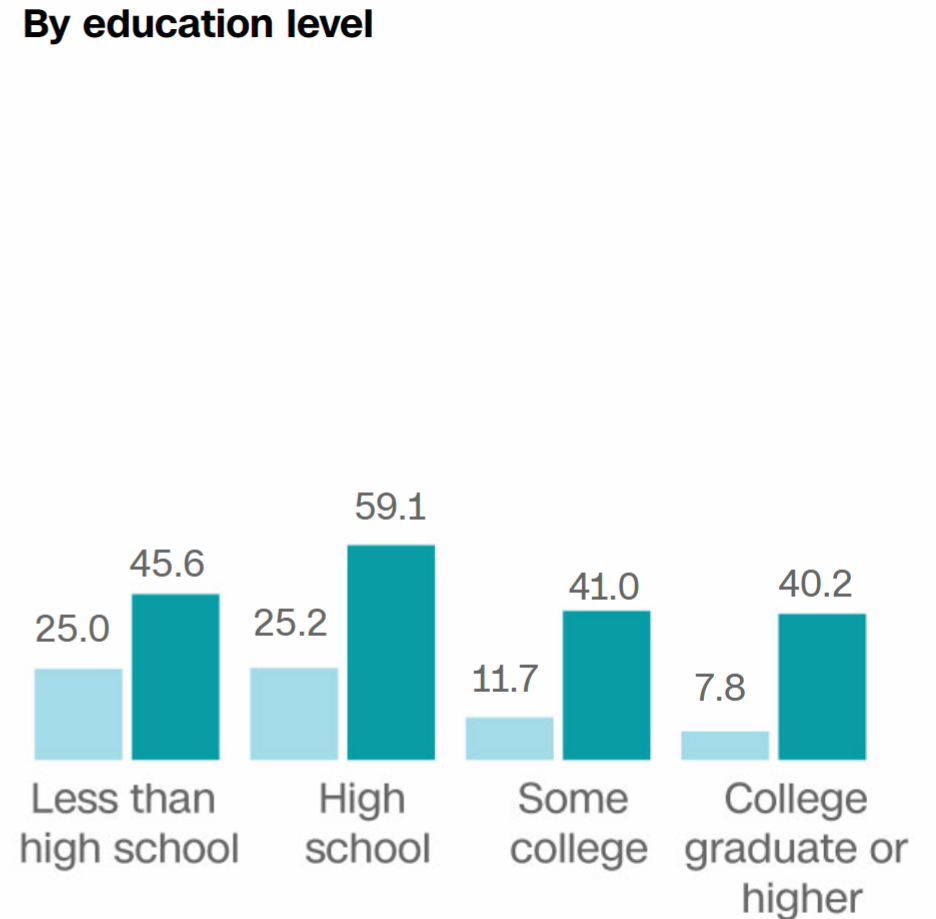
Pregnancy-related mortality by age and education, per 100,000 live births (2007-2016)

White Black

By age



By education level



Note: White and Black totals do not include people who identified as Hispanic or Latino

Pregnant now or within the last year?

Get medical care right away if you experience any of the following symptoms:



Headache that won't go away or gets worse over time



Dizziness or fainting



Changes in your vision



Fever of 100.4°F or higher



Extreme swelling of your hands or face



Thoughts of harming yourself or your baby



Trouble breathing



Chest pain or fast beating heart



Severe nausea and throwing up



Severe belly pain that doesn't go away



Baby's movement stopping or slowing during pregnancy



Severe swelling, redness or pain of your leg or arm



Vaginal bleeding or fluid leaking during pregnancy



Heavy vaginal bleeding or discharge after pregnancy



Overwhelming tiredness

These could be signs of very serious complications. If you can't reach a healthcare provider, go to the emergency room. Be sure to tell them you are pregnant or were pregnant within the last year.



Learn more at
[cdc.gov/HearHer](https://www.cdc.gov/HearHer)



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HEAR HER CONCERNS

Public Health PSAs - Screenings

- Blood Pressure
- Cholesterol
- Mammograms
- Pap smears to screen for cervical cancer and HPV
- HIV screening; (consider PrEP if unknown status of sexual partners)
- Oral Health
- Colonoscopy
- Hearing
- Eye
- Lung cancer screening – if a current smoker or have a history of smoking
- Bone density

Public Health PSA - Immunizations

- **Flu – annual**
- **COVID - annual**
- **Shingles**
- **Pneumococcal – if health care provider recommends**
- **RSV – Respiratory Syncytial Virus; relatively new**
- **Tetanus, Diphtheria, Pertussis (TDaP) – booster every 10 years**
- **HPV – based on age**
- **Overseas travel – check CDC website for recommendations (eg. typhoid, malaria prophylaxis; yellow fever)**

Public Health PSAs - General

- **Decrease the chance of falls – Wear shoes with lower heels and use assistive devices such as handrails, canes and walkers**
- **Eat healthy foods**
- **Drink more water; limit sugary drinks such as sodas and juice**
- **Rest; get enough sleep**
- **Take prescribed medications**
- **Visit your health care provider regularly – at least annually**
- **When driving, slow down and wear your seatbelt**

Resources

Black Maternal Health

- <https://www.cdc.gov/hearher/index.html>
- <https://mchb.hrsa.gov/programs-impact/focus-areas/maternal-health/black-maternal-health>
- <https://publichealth.jhu.edu/2023/solving-the-black-maternal-health-crisis>
- <https://www.kff.org/racial-equity-and-health-policy/issue-brief/racial-disparities-in-maternal-and-infant-health-current-status-and-efforts-to-address-them/>
- <https://www.whitehouse.gov/briefing-room/presidential-actions/2024/04/10/a-proclamation-on-black-maternal-health-week-2024/>

Breast Health

- <https://www.bcphp.org/resource/african-american-women-and-breast-cancer/>
- <https://www.cancer.org/research/acs-research-news/breast-cancer-death-rates-are-highest-for-black-women-again.html>
- <https://www.cancer.org/research/acs-research-news/facts-and-figures-african-american-black-people-2022-2024.html>
- <https://www.komen.org/breast-cancer/risk-factor/race-ethnicity/>

Resources

Heart Disease

- https://aawellnessproject.org/2021/02/16/heart-disease-differs-in-black-women/?gad_source=1&gclid=EAlaIQobChMI38i4kpnjhQMVoF1HAR0HjgrFEAAYAIAAEgL3O_D_BwE
- https://www.npace.org/aa-women-and-heart-disease-more-than-half-of-african-american-women-in-the-united-states-has-heart-disease/?gad_source=1&gclid=EAlaIQobChMI38i4kpnjhQMVoF1HAR0HjgrFEAAYBCAAEgLa_vD_BwE
- <https://www.goredforwomen.org/en/about-heart-disease-in-women/facts/heart-disease-in-african-american-women>
- <https://minorityhealth.hhs.gov/heart-disease-and-african-americans>

Mental Health

- <https://988lifeline.org/help-yourself/black-mental-health/>
- https://www.rtor.org/bipoc-mental-health-equity-fact-sheet/?gad_source=1&gclid=EAlaIQobChMIyp_n55rjhQMVWWlHAR2cUwftEAAAYASAAEgIXAvD_BwE
- https://www.rtor.org/bipoc-mental-health-equity-fact-sheet/?gad_source=1&gclid=EAlaIQobChMIyp_n55rjhQMVWWlHAR2cUwftEAAAYASAAEgIXAvD_BwE
- <https://www.nami.org/Your-Journey/Identity-and-Cultural-Dimensions/Black-African-American/>