

Third Annual Health Disparities Conference

The "Harlem Healthy Living" Initiative

April 2009

presented by

John M. Palmer, Ph.D.

Executive Director

Harlem Hospital Center

Renaissance Health Care Network

Presented at the Xavier University of Louisiana College of Pharmacy's 3rd Annual Health Disparities Conference – April 19-21, 2009

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Today, We Will Discuss . . .

- **The Greater Harlem Chamber of Commerce's "Harlem Healthy Living" Initiative**
- **We will review our accomplishments for 2008 and discuss upcoming activities for 2009**

The "Harlem Healthy Living" Initiative

- A campaign to improve the health of the children, adults, seniors and families in Upper Manhattan;
- Reduce the number of people with diseases that are directly related to the obesity epidemic, such as diabetes, high blood pressure, stroke, heart disease, kidney disease, blindness and asthma;
- Educate the community to gain greater control over these diseases;

The "Harlem Healthy Living" Initiative

- Increase access to and availability of healthier foods;
- Teach moderation and control over consumption;
- Increase physical fitness in the daily routines of residence of the greater Harlem area;

The "Harlem Healthy Living" Initiative 2008 Accomplishments

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The State of the Health of New Yorkers



Lloyd A. Williams, Chairperson, The Greater Harlem Chamber of Commerce brought together Hon. Scott Stringer, Manhattan Borough President, Dr. Bob Lee, from WBLS-FM, Dr. Palmer, Hon. Adrian Benepe, Commissioner, NYC Department of Parks & Recreation, Deputy Commissioner, Caryn Resnick, NYC Department for the Aging, and Dr. Robert Woodbine, San Bao Holistic Care, Hazella Rollins-Lavar, Stroke of Hope Foundation to help the Chamber Kick Off the HHL Initiative with a Panel Discussion in February 2008.

HHL 2008 Accomplishments



**Dr. Robert J. Woodbine
N.D., M.AcOM., L.Ac.,**

**Strategies for Optimum Wellness (S.O.W.)
Talk Show, Second Tuesday of
Every Month at 4:00 p.m.,
WHCR-FM The Voice of Harlem
The Goal of Strategies for Optimum
Wellness (S.O.W.) is to SOW the Seeds
of Effective Health Strategies For the
Listening Audience Through a
Discussion, Often With Expert Guests of
a Variety of Relevant Health Topics**

HHL 2008 Accomplishments



Dr. Woodbine
and Master Wang
Qingyu and a
Shamanic Healer in
an Upper Mountain
Monastery
Sichun, China in 1997
studying Tai Chi
and Qigong

docwoodbine@earthlink.net

HHL 2008 Accomplishments



docwoodbine@earthlink.net

The HHL Initiative
participated in
World
Tai Chi
And
Qigong Day's
Tenth Annual
Anniversary
in April

One World
One Breath
In Central Park

HHL 2008 Accomplishments



World
Tai Chi
And
Qigong Day

Free event to promote
health and stress
reduction.

docwoodbine@earthlink.net

HHL 2008 Accomplishments



Tony Rogers
Vice President, The Greater
Harlem Chamber of Commerce

Dr. Woodbine and Tony Rogers taught the basics of Qigong and Taijiquan at the St. Nicholas Park Plaza to a group of over twenty participants in April.

Additionally, Mr. Rogers and his Qigong teacher from Korea treated several participants using their Ki Energy System.

HHL 2008 Accomplishments

"Tai Chi & Qigong come from the heart of ancient Chinese mind/body wisdom and represent an oasis of calm that can be cultivated in our hearts, minds and in our world. The subtle quiet stillness of Tai Chi & Qigong is permeating global culture at a time when most needed by humanity."

**Bill Douglas,
Founder World Tai Chi & Qigong Day**

HHL 2008 Accomplishments

Stress & Obesity Conference April 1, 2008

Guest Speakers included renowned author and physician, Dr. Hilda Hutcherson, who discussed sexuality and stress.

Dr. Cynthia Grace discussed obesity and stress.

Dr. Kristie Lancaster, NYU, discussed stress.



**Dr. Hilda
Hutcherson**



**Dr. Cynthia
Grace**



**Dr. Kristie
Lancaster**

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HHL 2008 Accomplishments



School Nutritional Summit ~

April 16, 2008

**Dr. Benjamin Ortiz,
Pediatrics, held a**

Legislative Forum on

"Stepping Up For a

Healthier School

Environment," at the

Harlem Children's Zone.

HHL 2008 Accomplishments

Oral Cancer Walk ~ April 19, 2008



“Harlem Healthy Living” Initiative partnered with WBSL-FM, the NYU College of Dentistry, the Student National Dental Assoc., Columbia University, Harlem Hospital Center and the Renaissance Health Care Network, to lead New York City’s Third Annual Oral Cancer Walk to raise awareness of a disease that kills over 7,000 Americans each year.

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HHL 2008 Accomplishments

**ABC Super Weekend May 16 - 18, 2008
Taking Steps Towards Better Health in Harlem**



**Dr. Icilma Fergus, Robert Rainford,
Attending Cardiologist and ABC
Member, Cassandra McCollough, Vice
President, Professional Education of
ABC**

**Association of Black
Cardiologists in
collaboration with the
“Harlem Healthy Living”
Initiative held a three day
event which focused on
raising awareness about
heart disease and
empowering communities to
take action in preventing
cardio vascular disease.**

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HHL 2008 Accomplishments

Lets Talk About Love, Children and Money



Sil Lai Abrams
Author, *No More Drama*
Relationship Columnist
Men's Health Magazine



Kevin P. Cotterell, M.D., M.Ph.
Director of Psychiatry, (A)
Harlem Hospital Center

The Greater Harlem Chamber of Commerce
Healthy Eating and Living Initiative and
Harlem Hospital Center
Present

Let's Talk About
Love, Children and Money:
A Mental Health Month
Panel Discussion

Moderator
Dominic Carter

Featuring
Sil Lai Abrams
Dominic Carter
Kevin P. Cotterell, M.D.
Cynthia Grace, Ph.D.
Mel Jackson
Billy Jones, M.D.
Terrie M. Williams, MSW

Wednesday,
May 28, 2008
1:00 p.m.

Harlem Hospital Center
Herbert Cave Auditorium
509 Lenox Avenue
At 135th Street
in the Village of Harlem
Admission is Free
All Are Welcome

First 75 guests receive a
free copy of
Dominic Carter's
groundbreaking book,
No Montma's Buy

Need More Information?
Call 212-939-1372



Dominic Carter
Political Reporter, NY One
Author, *No Montma's Buy*



Cynthia Grace, Ph.D.
Psychologist
Wellness Consultant



Mel Jackson
Actor, Producer,
spoken Word Artist,
and R & B Musician



Billy Jones, M.D.
Psychiatrist,
Consultant



Terrie M. Williams, MSW
The Terrie Williams Agency
Stay Strong Foundation,
Author, *Black Pain*



Mental Health Month Panel
Discussion Moderated by
Dominic Carter,
Political Reporter, NY One;

Panelists included:

Sil Lai Abrams

Dr. Kevin Cotterell

Dr. Cynthia Grace

Mel Jackson

Dr. Billy Jones

Terrie Williams

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HHL 2008 Accomplishments

Winterkill Play

June 21, 2008 & November 22, 2008

Voza Rivers and the New Heritage Theater Group produced a moving performance by actress Denise Fleming. This one woman performance on mental health and abuse has had a profound effect on everyone who has seen it.

Diabetes lecture featuring Gabriel Cousens, PhD.

August 6, 2008

Lillian Butler, co-owner of Raw Soul Restaurant hosted a lecture on Diabetes that featured Dr. Gabriel Cousens, noted health guru and author who discussed his book, *There Is A Cure For Diabetes*.

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HHL 2008 Accomplishments

**Seminar: The Status of Mental Health and Oral Health
August 1, 2009**

The Health Committee of the Chamber partnered with Columbia University Medical Center, The New York Times and WHCR-FM to host this seminar. Presenters included Dr. Leon Merrick, Dr. Allan J. Formicola, Dr. Mindy Fullilove. The session was moderated by Mr. Dominic Carter from NY 1.

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HHL 2008 Accomplishments

HARLEM DAY ~ August 17, 2008

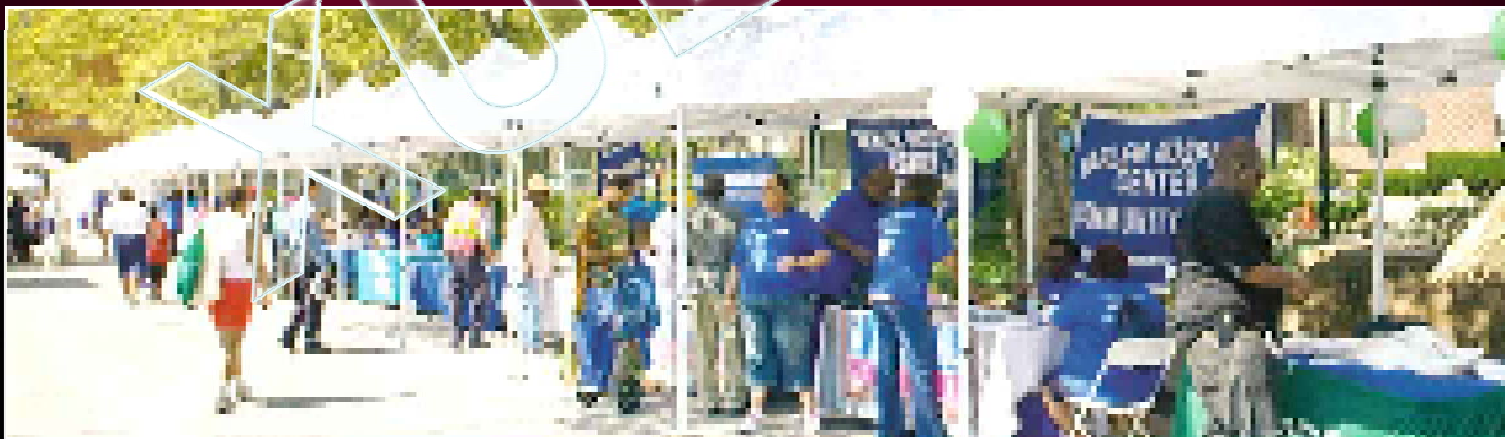
Harlem's Community Advisory Board, Auxiliary and clinical administrative staff participated in this event. This year's theme "The Health of Our Community is Our Top Priority"

Harlem "Health Walk-A-Thon" ~ August 23, 2008

First Annual Harlem "Health Walk-A-Thon" The walk was the official culmination to the HARLEM WEEK 2008. Comprehensive health screenings provided by Harlem Hospital Center.

Harlem's Health Village

For HARLEM DAY, Dr. Robert Woodbine, Tony Rogers, Harlem Hospital Center, and other GHCC members were integral parts of the Harlem Health Village. They shared important health services and educated close to 1,000 participants who passed through the Harlem Health Village on Harlem Health Expo Day.



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Harlem's Health Village



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HHL Walk-A-Thon



Fox 5 News Anchor Mike Woods gave the crowd a pep talk to start the walk. The Pre-Event Warm-Up was provided by the Dance Theater of Harlem.

Approximately 2,000+ men, women and children from Harlem and throughout the five boroughs participated in the walk on August 23.

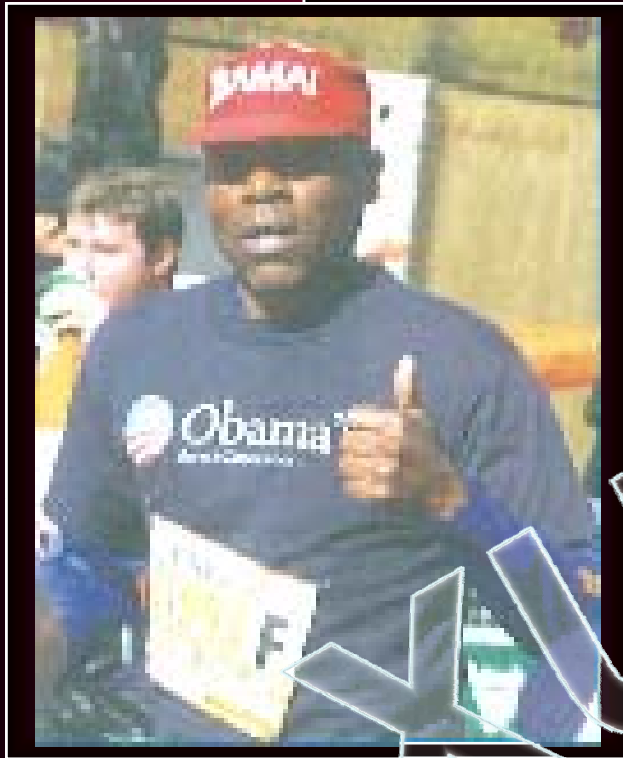


HHL Walk-A-Thon

A Wellness Lounge was created in Partnership with Wellness Interactive. Ms. Desiree Watson, President and CEO and her staff provided a unique all-day venue of an enclosed 800 square foot tent at the Walk-A-Thon's start location that offered holistic care services and speakers.

Dr. Woodbine coordinated the participation of many of Harlem's holistic health practitioners, as well as, notable speakers, Dr. Cynthia Grace and Dr. Leon Merrick.

HHL 2008 Accomplishments



**Marathon Runner,
New York State Senator
Bill Perkins running through
the "Harlem Miles."**

On Sunday, November 2, the New York Road Runners and The Greater Harlem Chamber of Commerce joined forces for the first time to create the "Harlem Miles" of the New York City Marathon. Beginning at Fifth Avenue and 138th Street and continuing to 96th Street, the "Harlem Miles" featured live musical performances and entertainment for six hours of the marathon.

HHL 2008 Accomplishments

**Imhotep
Gary
Byrd**



**The
Legendary
Hal
Jackson**



The Streets of Harlem were alive with the sound of music during the NYC Marathon. From WBLS-FM, Imhotep Gary Byrd and the legendary Hal Jackson broadcast their radio shows live on West 123rd Street.

HHL Partners

Hospitals and Health Care Institutions

Harlem Hospital Center

Hospital for Special Surgery

The Mount Sinai Hospital Center

Ralph Lauren Cancer Center

North General Hospital

NY Presbyterian Hospital

St. Luke's/Roosevelt Hospital

Columbia University Medical Center and

National Medical Association

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HHL Partners

Athletic Clubs and Facilities

The Harlem YMCA

The New York City YMCA

New York Road Runners

Parks, Indoor Recreation & Pool Facilities

U.S. National Park Service &

NYC Department Parks & Recreation

HHL Partners

Colleges, Universities, Medical Schools

Columbia University

NY School of Podiatry

Howard University

New York University

Meharry Medical College

The City College of New York

Morehouse College

University of the West Indies

Borough of Manhattan Community College

Barnard College

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HHL Partners

City Wide and National Partners

New York Urban League

NYC & Company

NAACP

National Medical Association

NYS Black and Puerto Rican, Hispanic & Asian

Legislative Caucus

Harlem Congregations for Community Improvement

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HHL Partners

Media Partners: Print

Amsterdam News

NY Christian Times

NY Carib News

NY Daily News

Harlem Community News

NY Times

NY Post

Positive Community Magazine

Uptown Magazine

NY Beacon

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HHL Partners

Media Partners: Radio

WBLS FM

KISS FM

WWRL AM

RXP 101.9 FM

HOT 97FM

WBGO FM

WHCR FM

WLIB AM

WNYC AM/FM

WQXR-96.3 FM

WBAI FM

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The Complete List of Partners

This complete list of Partners
may be found on “The
Harlem Healthy Living” Initiative Website.

The list is still in formation and
if you are interested in joining,
you may visit the Website:

www.harlemhealthyliving.com

"Harlem Healthy Living" in the News

Uptown's battle of the bulge

HEALTHY EATING AND LIVING INITIATIVE

HEAL IS ITS acronym, and the Health Eating and Healthy Living initiative has been created to do just that. The goal of the yearlong program is to heal — mend, repair, and restore the health of residents in upper Manhattan and neighborhoods like it around the city.

The program has been created help people live healthier and more productive lives by educating them about health risks and providing them with necessary resources to achieve healthy solutions.

Conducted by the Greater Harlem Chamber of Commerce in concert with Rep. Charles Rangel (D-Harlem) and New York City, the private-public initiative will aggressively focus on two main themes and related sub-topics in the four quarters of 2008.

With particular concern about the impact of these illnesses on senior citizens and children, each of the quarters will focus on dramatically important health issues that disproportionately affect communities of color. The categories are obesity and stroke, mental health and orthopedic health, oral health and diabetes, and stress and heart disease.

As one of the media partners of Health Eating and Healthy Living Initiative, the Daily News will look at obesity and stroke in this supplement, and examine oral health and diabetes later in the year.

For complete information about the program and all four segments, visit www.HarlemHealthyEatingandLiving.com or call the Greater Harlem Chamber of Commerce at (212) 862-7200.



These Manhattanites are coping with weighty issues

BY JAY MWAMBA
SPECIAL TO THE NEWS

MANHATTAN RESIDENTS Stephanie Quinn and Margaret Johnson belong to a large and growing demographic group: the more than one-third of Americans who are considered obese.

No longer obese, Rev. Edward Johnson (no relation to Margaret) of Harlem's Mount Moriah Church now cuts a relatively lean figure at 212 pounds, down from the 260 pounds his 6-foot frame once carried. But the Baptist preacher is now forced to live with the diabetes and high blood pressure that were triggered by his past obesity.

All three are long-time patients of gastroenterology and internal medicine specialist Dr. Jay Cowan. He has helped them manage the chronic health problems they developed as a result of being overweight.

"The choices we make have a lot to do with our health overall," said 5-foot-8

Quinn, whose weight ballooned from 185 to 240 pounds about 15 years ago after she was prescribed steroids for rheumatoid arthritis. Due to the extra weight, she developed Type 2 diabetes and high blood pressure.

"Unfortunately, we're in a community where choices are not there," said the Harlem resident, noting the poor quality of fresh vegetables in neighborhood stores, as well as the lack of information about the consequences of obesity.

All three wish their such as the Greater Harlem Chamber's GHCO Healthy Living initiative, which offers advice about obesity choices before they do them.

Last May a report published in the *New York Times* reported that 68 percent of Health Eaters and Living Initiatives in East and Central Harlem are obese.

War mounting against plague of obesity and deadly related diseases

BY JAY MWAMBA
SPECIAL TO THE NEWS

THE BATTLE OF THE BULGE is on in Harlem.

healthy foods are less likely to be located in East and Central Harlem. And though restaurants are common, fast food establishments are more prevalent in the areas.

Quinn, 55, lauded the GHCO for a program last year that highlighted Harlem restaurants that cater for diabetics.

"I think that was phenomenal," she said. Through diet, exercise and medication, Quinn became able to control her diabetes and blood pressure.

Johnson, 58, said she hasn't weighed

ing his weight to as much as 260 pounds before the onset of diabetes and high blood pressure led him to Cowan.

"I changed my eating habits and got away from fried foods and starch," he said. "I cut back on macaroni and cheese, potato salads, and I don't eat too much bread."

Now, his usual fare includes lamb, chicken or fish — all baked or broiled — with vegetables. And he eats no later than 8 p.m.

Even though he doesn't exercise as often as he would, he was able to shave 50

Health program's an ally in battle of the bulge

BY JAY MWAMBA
SPECIAL TO THE NEWS

STROKE levels are 25 percent greater in black and Hispanic communities than in white communities, according to a study published in the *New York Times* last week.

Another study published in the *New York Times* last week found that obesity is a major risk factor for stroke.

These are the things that can be used to measure the damage caused by obesity in Harlem, as dis-

tributed from the fact that stroke levels are 25 percent greater in black and Hispanic communities than in white communities, according to a study published in the *New York Times* last week.

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These are the things that can be used to measure the damage caused by obesity in Harlem, as dis-

Daily News

February 6

Uptown's Battle of the Bulge



"Harlem Healthy Living" in the News

Health initiative takes aim



Education and awareness can ease grip of devastating killer ailments

In the early 1990s, I had no idea what a stroke was, let alone its risk factors or warning signs. What I

at stroke and heart disease



Americans, claiming the lives of 36.6% of the more than 291,000 blacks who die each year in the U.S.

And the obesity epidemic in the U.S. is adding to existing stroke risk factors affecting among African-Americans.

"You have to confront the burden of risk factors and disparity within this burden, specifically the traditional effects of incidence and prevalence across different populations," Williams said. "Smoking, hypertension, heart disease and diabetes are the heavyweights."

What also increases the risk strokes are what he calls risk factors in lifestyle, specifically poor nutrition and lack of adequate physical activity.

"Mental, environmental factors, stress and depression

play a role in an individual's decision to either eat healthy or visit a doctor," said Williams. "It affects motivation."

The Healthy Eating/Healthy Living initiative is designed to play a part by heavily advocating health literacy to empower men, women and children with simple knowledge.

"That might be the 'crouching tiger, hidden dragon' of med-



Taking aim at heart disease

CONTINUED FROM PAGE 25

them back "lifestyle modifications and how to recognize stroke symptoms in family members."

There are two problems that greatly complicate stroke survival.

The first, Williams said, is that most patients are unaware that there is treatment for strokes.

These plasminogen activators (TPA) is a clot-buster used to treat 80% of strokes caused by ar-

tery blockages (ischemic strokes), but it is not effective for a burst blood vessel (hemorrhagic) stroke.

"When an artery is blocked, this drug burns upon the clot and restores blood to the brain," he said emphasizing that it is key that the stroke victim get the drug within 3 hours of getting to a hospital in order to reverse disability.

Only 3% of stroke patients now get the drug, which is widely available in most hospitals, Williams said.

"This is a public health crisis. We left people to ask for TPA—'the clot-buster,'" he said.

The second problem is the people don't recognize the symptoms of a stroke and don't recognize the urgency need to call 911 and get to a hospital.

"It's not worth second-guessing symptoms," Williams said. "The mistake we see are patients who develop numbness on half their body, want to sleep, and wake up with a devastating paralysis."

For information about the Healthy Eating/Healthy Living initiative, contact the Greater Harlem Chamber of Commerce at 619-882-7260 or visit www.HarlemHealthyEatingAndLiving.com online.

Signs and symptoms of a stroke

WHAT YOU'D FEEL:

- Sudden weakness or numbness on one or both sides of your body.
- Sudden loss of vision in one or both eyes.
- Sudden difficulty speaking, articulating or comprehending speech.
- Sudden confusion or balance problems, difficulty walking.
- Sudden severe headache with no known cause.

WHAT TO DO:

- If you witness or experience one or more of these symptoms, call or have someone call 911

and let the doctor know you're having a "TPA" "clot-buster."

Never take public transportation to a hospital if you think you're having a stroke. Some strokes are treatable within a 3-hour time frame.

■ When you get to the hospital, inquire or have someone ask about TPA, the "clot-buster" drug.

PLANNING AHEAD

If you, a friend or family member have a known risk of stroke, here are some tips to consider:

1. Research hospitals in your area that specialize in cardiovascular health.
2. Regularly check on family members, friends and neighbors living alone who have risk factors such as obesity and high blood pressure.

Some Prevention Tips

Dr. Williams says preventing a stroke can be as easy as making the following lifestyle changes:

1. Eat several servings of fruits and vegetables a day. Limit your daily intake of trans fats and other foods that lead to hardening of the arteries.
2. Exercise moderately 3 to 4 times per week. Physical activity promotes heart and brain health.
3. Reduce your family's exposure to second-hand smoke.
4. Get free or low-cost health care for yourself and your family.
5. Take advantage of free health screenings and annual checkups as often as you can.

Daily News
February 6

The HHL Initiative takes Aim at Stroke and Heart Disease

"Harlem Healthy Living" in the News

These Manhattanites are Coping with Weighty Issues,
New York Daily News, February 6, 2008, pg 23

"Harlem Healthy Eating and Living:"
The Greater Harlem Chamber of Commerce:
One Year Healthy Lifestyle Initiative
New York Daily News, February 6, 2008, pg 32

Ask Dr. Palmer
The Positive Community, February 2008 issue, pg 61

Uptown Striving for Better Health
New York Daily News, April 23, 2008, pg 5

Harlem Healthy Living in the News

“Harlem Miles” of the New York Marathon – CNN November 2nd.

**The “Harlem Miles” brings energy to the New York Marathon;
Fox TV November 2nd.**

**Heal on the Move,
New York Daily News, April 23, 2008. pg 5**

**Healthier Living in Harlem
New York Daily News, August 7, 2008, pg 3**

**Health Hike in Harlem
New York Daily News, August 7, 2008, pg 6**

**Health’s On the Agenda
New York Daily News, August 7, 2008, pg 11**

**Here’s to Your Health Harlem
The Positive Community, July/August Issue, pg 45**

**“Healthy Living Initiative”
Helps Harlem Residents Restore Health
New York Times, October 7, 2008, pg zj4- zj5**

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The "Harlem Healthy Living" Initiative Our Plans for 2009

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Our Plans for 2009

First Quarter
Stroke
Cancer

Second Quarter
Diabetes
Mental Health

Third Quarter
Obesity
Oral Health

Fourth Quarter
Asthma
Nutrition

Our Plans for 2009

We began this quarter with activities designed to reduce the incidences of stroke and cancer in the Harlem Community

Stroke Grand Rounds

Dr. Olajide Williams

Associate Director, Department of Neurology
Harlem Hospital Center

Session on Recurrent Stroke Prevention

was well attended by

Community Members and Health Practitioners

Our Plans for 2009

Pulmonary Hypertension Lecture Series February 4

**Dr. Icilma Fergus Lecture on Cardiovascular Health,
February 5, 2009**

**Dr. Robert Woodbine Radio Show on WHCR
Stroke and Heart Disease for African American Women
with guests Sherri Holman, American Heart Assoc./
American Stroke Assoc., Dr. Francys Johnson, American
Heart Assoc./American Stroke Assoc. and Dr. Jennifer
Meires, M.D., Assoc. Professor of Medicine and Director of
Nuclear Cardiology at NYU School of Medicine, and
President of the American Society of Nuclear Cardiology.**

Our Plans for 2009

Amate A TI Misma = Love Yourself

Friday February 13, 2009

Harlem Hospital Center in Partnership with the American Cancer Society and Univision will host "*Amate A TI Misma = Love Yourself*" / Mammogram Campaign. On this day, patients receive free mammograms from 8:30am – 6:00pm.

Our Plans for 2009

**Go Red Cardiovascular Health Event February 14
National Coalition of 100 Black Women Manhattan
Chapter, Association of Black Cardiologists are
partnering with us to present a ½ day seminar sharing
information on women's heart health. This Panel
discussion is open to community members and health
providers. Throughout the sessions, hypertension,
glucose and cholesterol screenings will be provided.**

**Dr. Kamau Kokayi, Physician and Host/Producer of
WBAI's Global Medicine Review will be a panelist
discussing holistic health options for the prevention
and treatment of cardiovascular disease.**

Our Plans for 2009

First Quarter

**GHCC First Quarter Membership Meeting at The
Marriott Hotel – February**

GHCC Health Committee report to HARLEM WEEK Sponsors – March
World Kidney Awareness Day – March
Community Forum on Women's Health – March

Second Quarter

Alcohol and Drugs: Use, Abuse and Addiction – April
World Tai Chi and Qigong Day Celebration - April
Asthma Awareness Month - May
World Asthma Day - May
Cover the Uninsured Week - May
Third Annual Stroke Disparity Conference – June

Our Plans for 2009

Second Quarter

HHL 2009 Salute at Gracie Mansion July

Family Unity Day - July

NYC Senior Citizens Health Day - August

NYC Two Day Children Festival - August

HARLEM DAY Health Village - August

Our Plans for 2009

Third Quarter

HARLEM DAY Healthy Village – August

HHL Walk-A-Thon/Road Runners Race- August

Childhood Obesity Conference – September

Fourth Quarter

Community Forum on Oral Health – October

Aspects of Tobacco Addiction – November

Harlem Miles NYC Marathon - November

Special Thanks and Sources

**Dr. Robert Woodbine, N.D., L.Ac.
San Bao Holistic Care**

**Lloyd A. Williams, Chairperson
The Greater Harlem Chamber of Commerce
2008 End of Year Report
*“A Year of Positive Growth and Change”***

harlemworldblog.wordpress.com

**Photography
The Greater Harlem Chamber of Commerce
Sherlock Robinson**

Need More Information?

Visit The Greater Harlem Chamber of Commerce's
"Harlem Healthy Living" Website:

www.harlemhealthyliving.com

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April 2009