


Nassau County
Department of Health



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**THE HEALTH EQUITY
NEWSLETTER**

Volume 1 Issue 1

Celebrate African American History Month!



A WORD FROM OUR COUNTY EXECUTIVE

February is the opportunity to highlight the achievement of African Americans. As Nassau County Executive, I am committed to making the health and well-being of more than 1.4 million residents who live here a top priority. This newsletter is an example of our commitment to community engagement and helping our residents learn more about health and wellness.

<https://www.cdc.gov/healthequity/features/african-american-history/index.html>

February is when we celebrate African American History Month. Learn about how heart disease, cancer, and stroke impact African Americans and how to improve your health.

To commemorate and celebrate the contributions to our nation made by people of African descent, American historian Carter G. Woodson established Black History Week. First celebrated in 1926, the week was expanded into

Black History Month in 1976 as part of the nation's bicentennial. Each year, the

U.S. President proclaims February as National African American History Month. Heart disease, cancer, and stroke are the leading causes of death for African Americans. Learn about these conditions and what you can do for health.

Heart Disease and Stroke

- **1 in 3 deaths in the United States** is due to cardiovascular disease. People of all ages, genders, races, and ethnicities are affected. However, certain groups—including **African Americans and older individuals, are at higher risk than others.**
- **Nearly half of all African American adults** have some form of cardiovascular

disease that includes heart disease and stroke.

- High blood pressure is the leading cause of heart attack and stroke in the United States. **About 2 out of every 5 African American adults have high blood pressure, and less than half of them have it under control.** African American adults are much more likely to suffer from high blood pressure (hypertension), heart attacks, and stroke deaths than white adults. Individuals living below the federal poverty level are more likely to have high blood pressure compared with those living at the highest level of income.

Cancer

Cancer is the second leading cause of death among black people in the United States. Among men, black men get and die from cancer at higher rates than men of other races and ethnicities. Among women, white women have the highest rates of getting cancer, but black women have the highest rates of dying from cancer.

- **Breast cancer** deaths are going down fastest among white women compared to women of other races and ethnicities. **Black women have the highest death rates of all racial and ethnic**

groups, and are 40% more likely to die of breast cancer than white women. The reasons for this difference result from many factors, including having more aggressive cancers and fewer social and economic resources. To improve this disparity, black women need more timely follow-up and improved access to high-quality treatment.

- **Prostate cancer is more common in black men.** It tends to start at younger ages and grow faster than in men of other racial or ethnic groups, but medical experts do not know why.

Obesity, Nutrition, and Physical Activity

Obesity is a problem in the African American community and is related to conditions like heart disease, stroke, and cancer. Obesity is common, serious, and costly. The estimated annual medical cost of obesity in the U.S. was \$147 billion in 2008.

- African Americans are nearly **1.5 times as likely** to have obesity as compared to non-Hispanic Whites.
- From 2011-2014, the **prevalence of obesity among African Americans** was **48% compared to 35%** of non-Hispanic Whites.
- African Americans **eat fewer vegetables** than other racial/ethnic

groups but eat similar amounts of fruit as non-Hispanic Whites.

- More than half (56%) of African American adults 18 years of age and older do not meet the aerobic component of the 2008 Physical Activity Guidelines.

What You Can Do for Your Health

Living a healthy lifestyle can help prevent heart disease, cancer, and stroke. Take these steps:

- **Eat a healthy diet** with fruits, vegetables, whole grains, and fat-free or low-fat milk and milk products. Choose foods low in saturated fats, cholesterol, salt (sodium), and added sugars.
- **Exercise regularly.** Adults need 2 hours and 30 minutes (or 150 minutes total) of exercise each week. You can spread your activity out during the week, and can break it up into smaller chunks of time during the day.
- **Be smoke free.** If you are ready to quit, call 1-800-QUIT-NOW (1-800-784-8669) or 1-855-DÉJELO-YA (1-855-335-3569 for Spanish speakers) for free resources, including free quit coaching, a free quit plan, free educational materials, and referrals to other resources where you live.
- **Limit alcohol use**, which can lead to long-

term health problems, including heart disease and cancer. If you do choose to drink, do so in moderation, which is no more than one drink a day for women and two for men.

- **Know your family history.** There may be factors that could increase your risk for heart disease and stroke.
- **Manage any medical condition** you might have. Learn the **ABCS** of heart health. Keep them in mind every day and especially when you talk to your health provider:

- **A**ppropriate aspirin therapy for those who need it
- **B**lood pressure control
- **C**holesterol management
- **S**moking cessation



For More Information

- [CDC Office of Minority Health and Health Equity](#)
- [African American History Month external icon](#)
- [Health of Black or African American non-Hispanic Population](#)
- [Women and Heart Disease](#)

10 Tips for Setting and Achieving Your 2022 Goals

by Karen Heslop from <https://blackdoctor.org/10-tips-for-setting-and-achieving-your-2022-goals/?amp>

The new year is a popular time for setting goals. According to statistics, it's also a popular time for people to decide that they may have bitten off more than they can chew. That doesn't have to be you, though. If you're determined to set goals and achieve them, these are some great tips for making sure you'll be satisfied when December rolls around.

1. Choose Passion

People may not always find it easy to stick to the goals that they've set but it's more likely to happen if they're passionate about it. If you want to accomplish your 2022 goals, seek out what actually holds your interest. Don't go for the ones that other people have set or what an external source says you should focus on. You'll probably give it up if you're not dedicated.

2. Make Your Goals Realistic

In that same vein, lofty goals may look attractive but if they're not achievable, you'll only end up demotivated. When setting your goals, assess where you are now and where you'd like to be. If your end goal seems far away, you may be looking at a long-term plan instead of a one-year one. Break the overall plan into small achievable goals and move from there.

3. Be As Specific As You Can

Sometimes when people set goals, they focus on the wrong thing. "I want to get 10 new customers for my business." That sounds good but it's not specific enough. What do you need to get there? It might help to look at these possibilities instead: Updating at least one aspect of my website per day, creating one new product per month, or researching and implementing one new marketing campaign per quarter.

4. Set Your Priorities

In many cases, all your goals won't have the same urgency and you should treat them accordingly. After you've decided on your goals, arrange them in order of priority. This includes determining how long

each goal is supposed to take. Are there smaller tasks that can be accomplished while you're waiting for another to be done?

5. Include Risks And Threats

An important point to note is that accomplishing goals aren't always completely up to you. What if you plan to launch a new product and your supplier runs out of materials? While you're setting your goals, look at all the external factors that could affect how well things can turn out. It can help with designing a backup plan.

6. Write It All Down

After putting in all that work, you can't possibly leave it in your head, can you? Absolutely not. Even as you're brainstorming, write down everything that you've come up with. When your goals are finalized, write it all down in a way that will be usable for you. Some people prefer a large chart they can place on a wall and look at every day. Others like having a document they can scribble on. Find what works for you.

7. Seek Accountability



Nothing says you're serious about your goals quite like telling others about it. It helps when you go even a step further to ask them to hold you accountable. Whether you tell your family members, close friends, work colleagues, or a professional group, the result will be the same. They'll keep checking up on you to see where you are and offer support where necessary.

8. Create Checkpoints

Twelve months is a long time and a lot can change between the time you've set your goals and six months in. Make sure to set check-in times throughout the timespan of your tasks. These should be well within your deadlines so you have time to change things if you need to.

9. Give Yourself Room To Re-evaluate

This step works well with your checkpoints. Occasionally, you'll find that a particular goal may no longer be achievable. Whether that means setting it aside completely or assigning a longer timeline depends on you. However, re-evaluation is

important so you're not wasting time and energy on tasks that won't get you where you want to be.

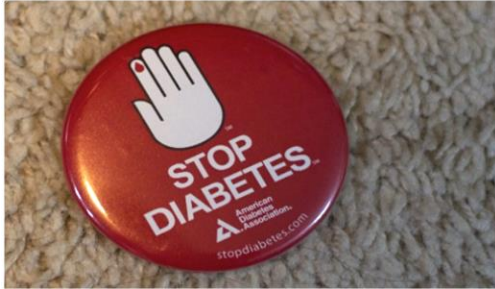
10. Reward Yourself

Finally, make plans to reward yourself for what you've accomplished. Some experts suggest that celebrating completing each task, no matter how small, can be an effective way to motivate you to get more done. The rewards don't have to be big either. Focus on the small things that make you happy.

Anyone can set goals but if they don't take them seriously, nothing will get done. Of course, there's always room for improvement so don't get demotivated if things don't go exactly as you planned. You can use the lessons you learned to inform what you want for the next year. After all, goal setting won't end with 2022.



"If you aim at nothing, you will hit it every time"
Author Unknown



FAST FACTS

Medical costs for people with diabetes are twice as high as for people who don't have diabetes.

How Many Steps Does It Take to Walk Away from Diabetes?

by Jason Henderson from <https://blackdoctor.org/how-many-steps-does-it-take-to-walk-away-from-diabetes/?amp>

Diabetes is a disease that affects Blacks at a higher rate than other races. In addition to race, being older in age and having a lack of physical activity can increase your risk for type 2 diabetes. But walking regularly can help, a new study suggests.

The more steps you take — and the more intensely you walk — the

lower your odds for type 2 diabetes, researchers found.

How many steps do you need to reduce your risk for diabetes?

To assess the link between walking and diabetes risk, they enrolled more than 4,800 women, 65 and older, who did not have diabetes and lived independently.

For 24 hours a day for one week, the women wore a device on their hip that recorded the number of steps taken each day. The women's health was monitored for up to seven years, and 8% developed diabetes during that time.

“A key figure from our study is that for every 1,000 steps per day, our results showed a 6% lower diabetes risk in this population,” says study co-author Alexis Garduno, a student in the University of California, San Diego (UCSD), and San Diego State University joint doctoral program in public health.

“What that means is, if the average older adult were to take 2,000 more steps every day in addition to what they were already doing, they might expect a 12% reduction in diabetes risk,” Garduno added in a UCSD news release.

The study was published Jan. 20 in the journal *Diabetes Care*.

“If we estimate that one-third of that population are older adults, that's 500,000 older individuals who are newly diagnosed with diabetes every year. If all of them increase their steps by 2,000 steps per day and our 12% estimate is proven to be casual, we would expect 60,000 people each year to not get diabetes due to that increase in steps,” co-author John

Bellettiere, an assistant professor of epidemiology at UCSD says.

How to stay active if you have mobility issues

Many adults aged 65 and older slow down because of mobility or disability issues.

But people who have mobility disabilities do not have to walk that far or that fast to engage in moderate to vigorous intensity activity, Bellettiere shares.

“When we talk about moderate to vigorous intensity steps, we are talking about the kind of steps that cause you to breathe a little heavy and make it harder to engage in a conversation. For the average person aged 70 to 80, just walking around the block one time is moderate to vigorous intensity activity,” he explains.

Previous research has shown that regular physical activity, along with an improved diet, reduces the risk of diabetes in adults. The U.S. Department of Health and Human Services recommends at least 150 minutes of moderate to vigorous physical activity per week to reduce the risk of diabetes and other chronic diseases.

“It's important, even if you have staved off diabetes, to keep with it and to incorporate regular stepping as part of your daily schedule and make it into a routine,” Garduno adds.

“It's not enough for somebody to go on a walk once a week. Our study indicates that regular

stepping is indicative of lower diabetes risk in older adults,” Garduno concludes.

How you can incorporate walking into your daily routine

If you are struggling to incorporate walking into your daily routine, try the following tips:

- Lean on your tracker: Leaning on your tracker will help you keep track of how many steps you’ve logged so far and can serve as motivation to step it up if you notice your steps are low.

- Walk to your errands: If the weather permits and your errands aren’t that far, you can try walking to them instead of driving. You can also drive your car to a central location, park it and walk to every errand if they are all in the same area.

- Get a partner: Having a partner to walk with can provide you with a social connection and make the walk more enjoyable. A partner can also hold you accountable and make sure you get your steps in.

- Make multiple trips: Most of us tend to try to make one trip when bringing the groceries home, but those extra trips can help you get in a few extra steps for the day.

Black Health History: Ella Fitzgerald

June 6, 2021 by Jasmine Browley from <https://blackdoctor.org/black-health-history-ella-fitzgerald/?amp>



Ella Fitzgerald, also known as “First Lady of Song” and “Lady Ella”, captured audiences everywhere with her ethereal voice and commanding vocal range. She was one of the originators of “scat singing” and a masterful musical improviser.

“I never knew how good our songs were,” songwriter Ira Gershwin once said, “until I heard Ella Fitzgerald sing them.”

Throughout her career, Fitzgerald led big bands and symphony orchestras with a versatile repertory that spanned show tunes, jazz arrangements, novelties, bossa nova, and even classical opera.

Despite her professional prowess, her health showed signs of weakness fairly early in her life. The culprit? *Type 2 diabetes.*

Beginning in the 1970s, Fitzgerald began to have eyesight problems complicated by the disease, and in 1986 she had serious heart surgery. Despite the procedure, she made a triumphant return to the stage that next year.

Her triumphant spirit helped her push through even after both legs were amputated below the knee, continuing to perform regularly in the early 1990s.

Toward the end of her life, the jazz legend was confined to a wheelchair and spend most of her time in her Beverly Hills home. Like many others, she became a victim of a disease that has killed individuals from all walks of life.

What is type 2 diabetes?

Per the CDC, diabetes is the irregularity of insulin in the body. Insulin is a hormone made by your pancreas that acts like a key to let blood

sugar into the cells in your body for use as energy.

If you have type 2 diabetes, cells don't respond normally to insulin; this is called insulin resistance. Your pancreas makes more insulin to try to get cells to respond.

Eventually, your pancreas can't keep up, and your blood sugar rises, setting the stage for prediabetes and type 2 diabetes.

High blood sugar is damaging to the body and can cause other serious

health problems, such as heart disease, vision loss, and kidney disease.

Type 2 diabetes symptoms often develop over several years and can go on for a long time without being noticed (sometimes there aren't any noticeable symptoms at all).

Because symptoms can be hard to spot, it's important to know the risk factors and to see your doctor to get your blood sugar tested if you have any of them.

Treating diabetes

Luckily, diabetes is managed mostly by you, with support from your health care team.

You may be able to manage your diabetes with healthy eating and being active, or your doctor may prescribe insulin, other injectable medications, or oral diabetes medicines to help manage your blood sugar levels.

For more information, please visit [Diabetes.org](https://www.diabetes.org).

Recipe of the Month

Collard Green & Black-Eyed Pea Soup

<https://www.eatingwell.com/recipe/251945/collard-green-black-eyed-pea-soup/>

Ingredients

- 1 tablespoon extra-virgin olive oil
- 1 large onion, diced
- 1 large carrot, sliced
- 1 stalk celery, sliced
- 5 cloves garlic, (4 sliced and 1 whole), divided
- 1 sprig fresh thyme
- ¼ teaspoon crushed red pepper, or to taste
- 4 cups reduced-sodium chicken broth
- 1 15-ounce can (diced) tomatoes
- 5 cups chopped collard greens, or kale leaves (about 1 bunch), tough stems removed
- 1 15-ounce can black-eyed peas, rinsed
- 6 1/2-inch-thick slices
- baguette, preferably whole-grain, cut on the diagonal
- 6 tablespoons shredded Gruyère or Swiss cheese



Directions

Step 1

Heat oil in a Dutch oven over medium heat. Add onion, carrot and celery and cook, stirring, until just tender, 5 to 7 minutes. Add sliced garlic, thyme and crushed red pepper and cook, stirring, until fragrant, about 15 seconds. Increase heat to high and add broth, tomatoes and their juice. Bring to a boil, scraping up any browned bits. Stir in collard greens (or kale), reduce heat to maintain a simmer and cook, stirring occasionally, until the greens are tender, 5 to 10 minutes. Discard the thyme sprig. Stir in black-eyed peas; remove from the heat and cover.

Step 2

Position rack in upper third of oven; preheat broiler

Step 3

Place baguette slices on a baking sheet and broil until lightly toasted, 2 to 4 minutes. Rub each bread slice with the remaining garlic clove. (Discard garlic.) Turn the slices over and top with cheese. Broil until the cheese is melted, 1 to 3 minutes. Serve the soup topped with the cheese toasts and bacon.

Antioxidant-rich collard greens and fiber-packed black-eyed peas have a starring role in this nutritious soup. There's no need for loads of ham or salt pork--just a small amount of bacon gives it a wonderful smoky flavor. You can skip the bacon and substitute vegetable broth for chicken broth for a great vegetarian dish.

Would you like to get \$50 of groceries for sharing your ideas about health care and COVID-19?

If you are 18 years old or older and live in Nassau County, you may be able to join a focus group.

We are planning virtual focus groups for people who live in Nassau County. These group meetings help us learn about the community's thoughts, concerns, and experiences about health care and COVID-19 services.

Your thoughts can help the County keep your community healthy and make it easier to get the services you need. **Participants will get \$50 of food for their time.** In January and February 2022, each group will meet on Zoom and have 90-minutes to talk together. Click on the link below to sign up!

 <https://www.surveymonkey.com/r/NassauFG>

We look forward to hearing from you!

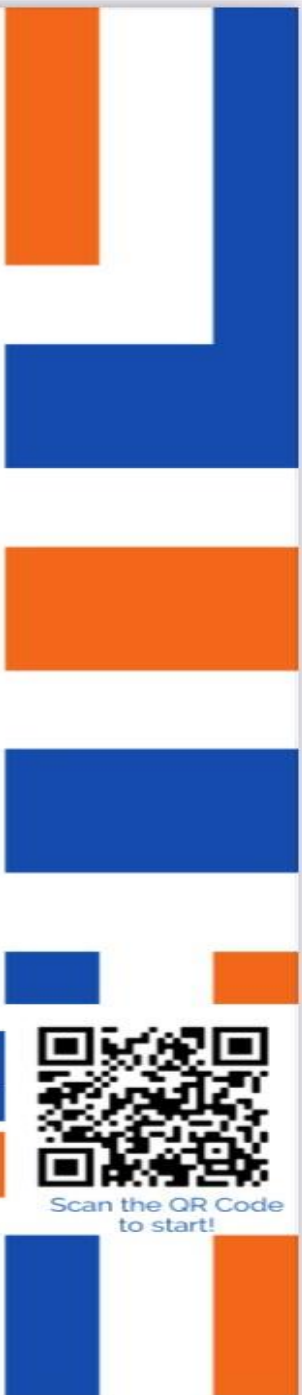
If you have any questions or need help signing up, please call Choice for All at 516-544-0084. You can also email NassauCovid-19Study@jsi.com.



Scan the QR Code to start!



Nassau County Department of Health
Office of Health Equity



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