

Mission

To serve as a catalyst for cardiovascular wellness while establishing health equity and general well being through collaborative planning, advocacy, empowerment, community action and systems change.

Background

REACH (Racial and Ethnic Approaches to Community Health) For Wellness is a coalition sponsored by the Fulton County Department of Health and Wellness through funding from the U.S. Centers for Disease Control and Prevention (CDC). REACH For Wellness has been organized to encourage lifestyle changes to reduce the risks of heart disease and stroke among Atlanta community residents.

Cardiovascular disease (diseases of the heart and blood vessels: including heart attack and stroke) is the leading cause of death in Georgia. Heart disease often strikes people in the prime of their lives, causing early deaths. African American men living in Fulton County can expect to live to age 61, African American women to age 72. White men can expect to live to age 71, white women to age 79.

African Americans are more likely to be hospitalized for heart failure, diabetes (sugar) and high blood pressure than whites living in Fulton County.

REACH for Wellness coalition members include your neighbors, church and community representatives, health care organizations and local universities. Please join us and help us to save lives.

Warning Signs of Heart Attack

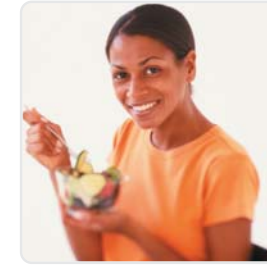
- Uncomfortable pressure, squeezing or pain in the center of the chest that lasts more than a few minutes, or goes away and comes back
- Pain that spreads to the shoulders, neck and arms
- Chest pain with lightheadedness, fainting, sweating, nausea or shortness of breath
- Palpitations (strong, fast heart beats)

Early Warning Signs of Brain Attack (Stroke)

- Sudden numbness or weakness of the face, arm or leg, especially on one side
- Difficulty speaking or understanding what others are saying to you
- Sudden and severe headache, with no known cause
- Sudden blurred vision
- Dizziness

If you or someone around you experiences any of these signs,
CALL 9-1-1
Every second counts!

Fulton County
Department of Health and Wellness

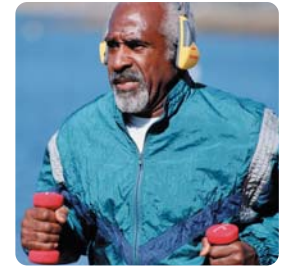


Healthy Families

A Better YOU

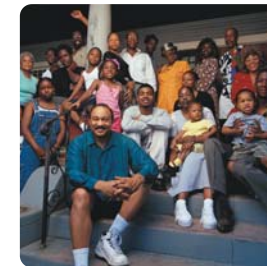
Healthy Eating

A Better YOU



Healthy Communities

A Better YOU



REACH For Wellness



Department of Health and Wellness
404-756-1513

Sponsored by the Fulton County Department of Health and Wellness with funding from the Centers for Disease Control and Prevention



Our Services

- ▶ **Nutrition Education**—cooking demonstrations, heart healthy taste fairs, recipes and supermarket tours.
- ▶ **Physical Activity**—walking clubs, fitness classes and events.
- ▶ **Empowerment Groups**—support groups for men and women to help improve quality of life.
- ▶ **Tobacco Prevention Programs**—to encourage young people not to smoke, help smokers quit and protect people from secondhand smoke.
- ▶ **Cardiovascular Wellness Centers** in churches, barber shops and beauty salons offering blood pressure monitoring and information to help keep your heart healthy.



Although some risk factors of heart disease, such as family history and age, can't be changed, you can lower your risk of heart disease if you:

- ▶ **Don't smoke.** Smoking raises the risk of stroke and heart problems.
- ▶ **Limit your cholesterol intake.** Avoid foods high in fats and cholesterol such as fried foods, butter, eggs, whole milk, etc. The body makes all the cholesterol it needs, so you don't need to eat more of it.
- ▶ **Control your blood pressure.** Blood pressure at or above 140/90 is considered high. Get checked regularly.
- ▶ **Maintain healthy weight.** Being overweight strains the heart. Keep your weight down with healthy meals and regular physical activity.
- ▶ **Get active!** Walk, play, dance or do work in the yard. Aim for at least 30 minutes of physical activity most days of the week.
- ▶ **Take your medicine as directed.** Don't stop taking your medicine unless your doctor tells you to do so.
- ▶ **Manage stress.** Take time to relax.
- ▶ **Eat right.** Eat five or more servings of fruits, vegetables and whole grains per day. Avoid lunchmeats, hot dogs, bacon and fast foods.

Our Partners

Association of Black Cardiologists, Inc. (ABC)

The ABC is dedicated to the prevention and reduction of heart disease and stroke. The ABC organizes churches, barbershops and beauty salons as Cardiovascular Wellness Centers.

Contact: **Waine Kong, Ph.D., J.D.**
Telephone: 678-302-4222

Association of Black Psychologists (ABPsi)

ABPsi's mission is to positively impact the health and well-being of African Americans from a holistic view by providing male support.

Contact: **Harold Braithwaite, Ph.D.**
Telephone: 404-215-2627

Divine Universal Sisterhood (DUS)

DUS is a community-based organization known for its comprehensive nutrition education program. DUS works within churches, supermarkets and community centers to provide nutrition education sessions.

Contact: **Yafah Asiel**
Telephone: 404-752-5194

Sisters Action Team (SAT)

SAT is a community-based organization which focuses on spiritual connectivity, physical wellness and emotional balance. SAT implements the women's support groups.

Contact: **D. Makeda Johnson**
Telephone: 404-730-4665

Lakewood Redevelopment Corporation (LRC)

LRC is a community-based organization that facilitates smoking cessation classes.

Contact: **Nana Nyarko, Ph. D.**
Telephone: 404-254-0540