

117th Session of the East Tennessee Annual Conference
13th Episcopal District
African Methodist Episcopal Church
September 20th – 24th, 2017
St. Paul AME Church (Fayetteville), Host Church
Rev. Dr. Charles M. Holsey, Jr., Host Pastor
Bishop Jeffrey N. Leath, Presiding Prelate
Dr. Susan J. Leath, M.D., Episcopal Supervisor
Rev. Dr. Eva M. Settles, Presiding Elder

Report on Health & Wellness

¹⁹Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own; ²⁰you were bought at a price. Therefore, honor God with your bodies. 1 Corinthians 6:19-20 (NIV)

The CDC Health Disparities & Inequalities Report - United States, 2013 (CHDIR) is the second consolidated assessment that highlights health disparities and inequalities across a wide range of diseases, behavioral risk factors, environmental exposures, social determinants, and health-care access by sex, race and ethnicity, income, education, disability status and other social characteristics.

The findings of this report pertaining to African Americans was as follows:

- African Americans have the largest death rates from *heart disease and stroke* compared with other racial and ethnic populations.
- African Americans have the largest prevalence of *hypertension* as compared with other racial and ethnic populations.
- The prevalence of *obesity* among African American adults was the largest compared to other race ethnic groups.
- The prevalence of *diabetes* among African American adults was nearly twice as large as that for white adults.
- African Americans had the largest death rates from *homicide* among all racial and ethnic populations.
- African American had the largest *HIV* infection rate compared with rates among other racial and ethnic populations.
- African Americans had the largest incidence and death rates from *colorectal cancer* of all racial and ethnic populations despite similar colorectal screening rates to white adults.
- The average American could expect to live 78.7 years, while the average African American could only expect to live 75.3 years, compared with 78.8 years for the average White American.

The causes of these disparities are complex, but appear to be linked to inadequate access to healthcare as a result of barriers that prevent healthcare, such as, education, socioeconomics, geography, culture, and healthcare financing.

Findings:

The Committee on Health & Wellness in conjunction with the Women's Missionary Society of the East Tennessee Conference conducted area Health & Wellness Seminars (See WMS Report 2017) and forwarded information regarding the disparities below to each congregation.

1. National Immunization Month, August 2017
2. AMEC Health, Fitness and Disaster Preparedness, August 2017
3. Faith Based Health, Wellness, Nutrition & Fitness, July 2017
4. National HIV Testing Day, July 2017
5. Men's Health, June 2017
6. Redefining Healthy in 2016: The 7 Benchmarks of Health, January 2017
7. A Healthy Approach to Holiday Eating, December 2016
8. The ABC's of Diabetes, November 2016
9. Breast Cancer Awareness, October 2016

Recommendations:

As a conference of the 13th Episcopal District of the African Methodist Episcopal Church, it is imperative that we continue to teach and preach the Good News of Jesus Christ as related to healthy living, provide education and training in our congregations with respect Health & Wellness, and procure resources for our congregations to confront healthcare disparities.

The Committee on Health & Wellness recommends that the Chattanooga/Knoxville District and Fayetteville/Pulaski District of East Tennessee Conference, in conjunction with the Women Missionary Society continue address these disparities identified in the 2013 CDC Health Disparities & Inequalities Report by congregational and community educational seminars, health fairs or workshops, as well as, literature distribution.

Humbly Submitted,

Reverend Dr. Charles M. Holsey, Jr., MD, PhD
The Committee on Health/Wellness Chair
Chattanooga District of the East Tennessee Annual Conference