

# Good Health for African Americans

Showing  
the 25 most  
common  
and life-threatening  
diseases

**Barbara M. Dixon, RD, LD.N.**  
with Josleen Wilson

**Foreword by Elijah Saunders, M.D.**  
Clinical Director of Hypertension Center, University of Maryland School of Medicine

"A valuable resource for both African Americans and health professionals who need to better understand the situation faced by contemporary black America."  
—*Oakland Tribune*

# Good Health For Black Americans

**Margaret A. Lowe**



## **Good Health For Black Americans:**

**African American Psychology** Faye Z Belgrave, Kevin W Allison, 2009-07-15 This core textbook provides students with comprehensive coverage of African American psychology as a field. Each chapter integrates African and American influences on the psychology of African Americans thereby illustrating how contemporary values, beliefs, and behaviors are derived from African culture translated by the cultural socialization experiences of African Americans in this country. The literature and research are referenced and discussed from the perspective of African culture, mostly West African, during the period of enslavement at other critical periods in this country, e.g., early 20th century civil rights era and through the present. Chapters provide a review of the research literature with a focus on applications for contemporary living.

*Sunshine Vitamin & Black People* Jay Parker, Men of African American descent are at a significantly higher risk of developing prostate cancer than white men. There are reasons why more black people are dying of prostate cancer. Vitamin D: The deficiency of it. Black people need the sun more than white folks. It takes less time under the sun for a white skin to manufacture all the needed vitamin D. It requires more time for the dark skin to warm up and even more time to start manufacturing vitamin D. Black folks tend to shy away from the sun because the sun will make them darker. That is a bad strategy. When you walk through a park in the summer, you see sunbathers. I don't know about you, but these sunbathers are mostly white folks who need the sun far less than black folks. Ordinarily, the people that are mostly in need of sunbathing while partially naked are the black-skinned people. This is because dark skin needs the intense sunlight. The most Black skin is a marvel. It is black for a reason. It evolved to be black so as to be able to tap into the Sun and get those properties that will give you long life, full of health, stronger, and biologically efficient. The white skin needs the Sun but not that much. More than fifteen minutes in the Sun without sunscreen, and they will get burns and ultimately peel. Black folks need it far more and they don't get scorched in fifteen minutes even without sunscreen. But some Africans and other diaspora Africans avoid the Sun. Is it not ironic that while some black folks are lightening up, some white folks are darkening down? They call it tanning, and it does not come cheap either. People of African descent living in cold climates can have a natural Sun protection factor (SPF) of up to 13, as compared to 3-4 for whites. For equatorial and other hot weather blacks, it is even better. This advantage for African Americans and black immigrants can also be a disadvantage. It is a double-edged sword for black people not living in equatorial climate. You just need to have proper information with which to turn the disadvantage into an advantage. Vitamin D is getting a lot of attention lately, even in medical circles. Many people are having their vitamin D levels tested and are surprised to find out that they are low in this essential hormone. What exactly is Vitamin D, and why should you care about your Vitamin D levels? How does sunscreen use contribute to deficiency in this important vitamin, and what can we do to remedy the deficiency? This book has been written in such a way that you will be able to absorb the contents in less time than it takes to travel from one point to another in a bus or train ride.

**Food Choice and Obesity in Black America** Eric J. Bailey, 2006-05-30 Anthropologist Eric Bailey uses a

cultural and holistic analysis of African American food preferences to show how black Americans generally perceive health body image food dieting physical fitness and exercise As is true of Americans overall black Americans are becoming more overweight and obese than ever before So too they are seeing the consequences heart attacks strokes hypertension and Type II diabetes at earlier and earlier ages Bailey offers a new cultural diet for black Americans and a prescription for working collectively not only to understand this critical health issue but also to establish a lifestyle strategy that will be both effective and manageable

**Black American's Strengths-Based Cultural Practices** Robert T. Carter,Alex Pieterse,Jessica Forsyth,2025-03-31 Black Americans Strengths Based Cultural Practices Tools for Clinicians to Promote Psychological Well Being uses historical social scientific and psychological research to detail how mental health professionals can use the cultural practices of Black Americans and communities to promote positive psychosocial health Building on experiences of racial oppression and cultural values Dr s Carter Pieterse and Forsyth offer an evidence based framework for recognizing and enhancing strengths based cultural practices of Black American clients and families in mental health interventions This volume will broaden the base of work on the mental health treatment of Black Americans and provide an approach to understanding the unique cultural influences of Black people as they relate to psychological health The book is suitable for a wide range of professionals including social workers mental health practitioners nurses teachers and sociologists at various levels of education and training

**State of Black America - 1986** Bernard E. Anderson,John Calmore,2020-03-09 First published in 1986 A collection of studies on Black America from 1985 to 1986 inclsuing the economic status classes political policies housing education and civil rights Includes a population chart of American Blacks from 1980 to 1984 , **Good Health for African Americans** Barbara M. Dixon,Josleen Wilson,1994 Dixon supplies a fascinating historical explanation as to why disease and mortality rates differ between blacks and other Americans these are potentially political issues and Dixon handles them with grace and sensitivity while mapping lifestyle changes needed for improved health Publishers Weekly

**African American Foodways** Anne Bower,2009 Moving beyond catfish and collard greens to the soul of African American cooking *Perceptions of African American Women About Their Dietary Habits* Christine Dial-Benton,2012-08-29 Recent years have seen a tremendous growth in scientific knowledge of the relationship between diet and health This increase in knowledge has informed dietary recommendations to promote health It has also started a campaign to educate Americans on more healthful eating habits Guthrie Derby and Levy 1994 American consumers show a high level of awareness of the relationship between their diets and serious diseases such as heart disease and cancer Derby and Fein 1995 Public health campaigns along with growing media attention to diet and health topics have raised awareness among less educated as well as the more educated consumers Ippolito and Mathios 1996 This study will provide an up to date picture of the degree to which three groups of African American women are meeting dietary recommendations The women in the study will be grouped according to age income and education They will complete a survey concerning their dietary habits This study

was designed in hopes that it would contribute to the evolving literature concerning the factors that promote general poor health among African American women      **African American Bioethics** Lawrence J. Prograis Jr., Edmund D.

Pellegrino, 2007-05-03 Do people of differing ethnicities cultures and races view medicine and bioethics differently And if they do should they Are doctors and researchers taking environmental perspectives into account when dealing with patients If so is it done effectively and properly In African American Bioethics Lawrence J Prograis Jr and Edmund D Pellegrino bring together medical practitioners researchers and theorists to assess one fundamental question Is there a distinctive African American bioethics The book s contributors resoundingly answer yes yet their responses vary They discuss the continuing African American experience with bioethics in the context of religion and tradition work health and U S society at large finding enough commonality to craft a deep and compelling case for locating a black bioethical framework within the broader practice yet recognizing profound nuances within that framework As a more recent addition to the study of bioethics cultural considerations have been playing catch up for nearly two decades African American Bioethics does much to advance the field by exploring how medicine and ethics accommodate differing cultural and racial norms suggesting profound implications for growing minority groups in the United States      The State of Black America James D. Williams, 1983-01-01

**Encyclopedia of African American Society** Gerald D. Jaynes, 2005-02-01 Do your students or patrons ever ask you about African Americans in sports How about African American Academy Award winners Or perhaps you re asked about more complex social issues regarding the unemployment rate among African Americans or the number of African American men on death row If these questions sound familiar the Encyclopedia of African American Society is a must have for your library This two volume reference seeks to capture the ways in which the tenets and foundations of African American culture have given rise to today s society Approaching the field from a street level perspective these two volumes cover topics of universal interest in America rap music sports television cinema racism religion literature and much more The Encyclopedia of African American Society is also the first comprehensive yet accessible reference set in this field to give voice to the turbulent historical trends slavery segregation separate but equal that are often ignored in favor of mere facts This is a definitive reliable and accessible entry point to learning the basics about African American society The encyclopedia is anchored by alphabetically arranged essays on such topics as abolitionism affirmative action and the civil rights movement More than just a who s who these volumes emphasize social issues and events those filled with significance and consequence through history Civil Rights economic growth law and justice and politics with all of their numerous subcategories receive substantial coverage The encyclopedia naturally contains hundreds of articles on notable African Americans Martin Luther King Jr Jackie Robinson Miles Davis groundbreaking events Emancipation Proclamation Los Angeles Riots sports and culture Rap Music Jazz and significant heritage sites Apollo Theater This much needed two volume encyclopedia should become a staple in collections at school public and academic libraries Readers of all ages backgrounds and ethnic or racial groups will

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researchers profiles of medical institutions organizations and corporations descriptions of drugs and operations articles on national health policies and thematic health topics in the humanities Pedagogical elements of the encyclopedia include an in depth chronology detailing advances in health through history a glossary of health definitions extensive cross references to related topics and thorough bibliographic citations

**Changing the Stigma of Mental Health Among African Americans: Moving From Denial to Acceptance** Hendricks, LaVelle,Smith, Dimitra,2023-09-18 Mental health among African Americans historically has been kept secret and often has been subject to intense denial from both the individuals with mental health concerns and their communities Thus African Americans have remained shielded from treatments that are currently available which may allow them to become mentally healthier and find a sense of psychological homeostasis Recognizing mental illness treatment as a strength and not a weakness is key to mitigating existing issues of mental health in the African American community today Changing the Stigma of Mental Health Among African Americans Moving From Denial to Acceptance provides the history of mental health in the African American community and how denial has hindered and hampered treatment within this community Covering topics such as bipolar disorder dementia and disruptive behavior this book is ideal for educators researchers practitioners the African American spiritual community and all individuals concerned about psychological care for African Americans

Ebony ,1994-03 EBONY is the flagship magazine of Johnson Publishing Founded in 1945 by John H Johnson it still maintains the highest global circulation of any African American focused magazine

*Notable Black American Women* Jessie Carney Smith,Shirelle Phelps,1992 Arranged alphabetically from Alice of Dunk s Ferry to Jean Childs Young this volume profiles 312 Black American women who have achieved national or international prominence

*Black Enterprise* ,1999-08 BLACK ENTERPRISE is the ultimate source for wealth creation for African American professionals entrepreneurs and corporate executives Every month BLACK ENTERPRISE delivers timely useful information on careers small business and personal finance

**Looking Good** Margaret A. Lowe,2003-06-12 Edward Clarke warned in his widely read *Sex in Education* 1873 but she could not do all this and retain uninjured health and a future secure from neuralgia uterine disease hysteria and other derangements of the nervous system For half a century ideas such as Dr Clarke s framed the debate over a woman s place in higher education almost exclusively in terms of her body and her health

## Adopting the Song of Term: An Mental Symphony within **Good Health For Black Americans**

In some sort of eaten by monitors and the ceaseless chatter of instantaneous interaction, the melodic beauty and mental symphony created by the prepared term usually disappear in to the back ground, eclipsed by the relentless noise and interruptions that permeate our lives. But, located within the pages of **Good Health For Black Americans** a wonderful fictional prize overflowing with fresh emotions, lies an immersive symphony waiting to be embraced. Constructed by an elegant composer of language, that charming masterpiece conducts visitors on a psychological journey, well unraveling the hidden melodies and profound impact resonating within each carefully crafted phrase. Within the depths of the poignant examination, we will discover the book is main harmonies, analyze its enthralling publishing style, and surrender ourselves to the profound resonance that echoes in the depths of readers souls.

<http://www.pet-memorial-markers.com/book/detail/index.jsp/garden%20of%20weapons%2012c%20p.pdf>

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