

One of the highest tributes we can pay to our families is to be healthy!

African American Health Empowerment Collaborative

Press Release

Expo goal is improving African Americans' health

INFO: 925-687-8844 ext. 225 or link to www.africanamericanhealth.us
Community Health Indicators of Contra Costa at:
<http://cchealth.org/health-data/hospital-council/>

WHAT: African American Health Empowerment Expo

WHEN: Sept. 21, 9 a.m. to 2:30 p.m.

WHERE: Pittsburg High School, 1750 Harbor Street, Pittsburg, CA

WHO: Keynote speaker is Aaron G. Perry, world's first African-American Diabetic Ironman triathlete

WHY: African Americans have the worst health outcomes of any ethnic group in Contra Costa County.

COST: No cost

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Among all the ethnic groups in Contra Costa County, African Americans generally have the worst health outcomes, according to a study by Contra Costa Health Services.

"The data is startling and eye-opening," said Lynnette Watts, chair of the African American Health Empowerment Collaborative.


"African Americans are more likely to die younger, get diabetes more often, have heart disease, diabetes and other ailments compared to other racial and ethnic groups," she said.

The AAHEC was formed three years ago by east Contra Costa residents to educate the community and demonstrate how these diseases can be reduced or prevented.

The collaborative conducted a survey in 2012 determine what matters most to East County residents in regards to improving their individual health, family's health and their community's health. Watts points out that the most common responses that emerged from the survey were the need for more information about diabetes, high hypertension and weight management.

"In response to the survey," said Watts, "we're holding the second African American Health Empowerment Expo, which will be held Sept. 21 at Pittsburg High School.

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African American Health Empowerment Collaborative

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The collaborative continues its mission by organizing the African American Health Empowerment Expo, which will be held Sept. 21 at Pittsburg High School.

The keynote speaker will be Aaron G. Perry, who as a diabetic who competes in Ironman Triathalons, an athletic competition involving swimming, bicycling and long distance running. Distances vary depending on the event planners.

The saga of his training for the grueling competition and the obstacles that he had to overcome form the basis of his inspirational presentation.

The saga of his training for the grueling competition and his struggle to overcome diabetes form the basis of his inspirational presentation

Health-oriented workshops include a cooking demonstration by Chef Berlin Lilliard II, a graduate of the California Culinary Academy in San Francisco and owner of 4ork 'N the Road Catering. Like Perry, Lilliard is also a diabetic. As a well-known chef, he alters traditional dishes by changing ingredients or cooking techniques to turn them into healthier meals.

At no cost, the expo offers entertainment, exercise demonstrations, childcare, a free lunch and a host of resources round.

Sponsors of the expo are the Los Medanos Community Healthcare District, Sutter Delta Medical Center, John Muir Hospital, American Heart Association and Contra Costa Health Services.