

## MISSION

According to the national Center for Disease Control, the rate of illness for African Americans across the country and in Contra Costa County, CA is 20% higher than any other population in the United States. The Mission of the African American Family Wellness Center is to reduce health disparities within the Black community by providing services that address the physical, emotional, spiritual, economic, and environmental determinants of health.

## GOAL

The goal is to prevent and reduce African American health disparities in order to develop a healthier African American community.

## OBJECTIVES

- Teach best practices for maintaining good health
- Identify and reduce environmental factors that impact health
- Referral to community resources that promote health and well-being

## PARTICIPANTS

Adults, Seniors, & Youth (with parent's permission).

## HOURS

**Monday – Friday, 10 to 4 p.m.**

## SERVICES AVAILABLE

### BASIC HEALTH SCREENINGS

- Health History
- Blood Pressure
- Blood Sugar
- Body Mass Index
- Heart & Pulse rate
- Cholesterol
- COVID Testing

*(Weekly Screenings at Community Sites)*

### HEALTH EDUCATION CLASSES

- Nutrition
- Hygiene & Proper Foot Care
- Weight Management
- Benefits of Exercise
- Managing Blood Pressure, Diabetes, & Asthma
- Cancer (signs & symptoms)
- Smoking Cessation
- Managing Allergies
- Menopause (signs & symptoms)
- Gout (signs & symptoms)
- Kidney Disease & Dialysis
- Sickle Cell Anemia (genetics)
- Lupus (signs & symptoms)
- Sarcoidosis (signs & symptoms)
- Improving environmental conditions

**Serving East & Central  
Contra Costa County, CA**

### MENTAL HEALTH SERVICES

- Stress Management (individual and environmental stressors)
- Anger Management
- Emotional & Spiritual Balance
- Suicide Prevention
- Drug Abuse Prevention
- Counseling

All staff are professionals (nurses, allied health staff, licensed counselors, and Masters' degree interns). All client information will be kept confidential in compliance with State and Federal HIPPA Laws to protect client privacy.

## COST

Basic health screenings are **FREE**. Health education classes and mental health services are based on a sliding fee scale.

**Call for Medical Screening Sites  
Counseling Appointments, and  
Class Schedules  
(925) 787-4827**

## FUNDING

John Muir Community Health Fund  
Antioch Community Foundation

## CALENDAR OF COMMUNITY EVENTS (2023)

### MARCH

West Pittsburg Community Church, Bay Point,  
CA – *Village Keepers Basic Medical Screenings*  
(Weekly on Tuesdays)

### MAY

Minority Mental Health Month. Grace Arms  
Cloths Closet Resource Fair - GBF of Church of  
Antioch , Antioch, CA – *Village Keepers*  
*Resource Booth*

Mental Health Month – NAMI Resource Fair  
Concord, CA – *Village Keepers Resource Booth*

### JUNE

Juneteenth Celebration – Grace Arms GBF  
Church of Antioch, Antioch, CA 94509 - *Village*  
*Keepers Resource Booth*

Unity in the Community Resource Fair - Bay  
Point All-In-One Collaborative, Ambrose  
Community Center, Willow Pass Road, Bay  
Point, CA 94565 – *Village Keepers Blood*  
*Pressure Screening*

### AUGUST

African American Baby Shower - *Village Keepers*  
*Donations & Neighborhood Night Out – Village*  
*Keepers Blood Pressure Screening*

### OCTOBER

Cancer Awareness Month Resource Event - Bay  
Point All-In- One Collaborative, Bay Point, CA  
94565 – *Village Keepers Blood Pressure*  
*Screening*

## THE STATE OF BLACK AMERICA

The population of Black America is 46,800 million  
people: 14% of the total U.S. population of 331  
million.

- **18.8%** of Black Americans live below the poverty line.
- **36%** of Black American households are led by single parents; mothers (**32%**) and fathers (**6%**).
- Black Americans have the highest unemployment rate (**6%**) in the country.
- Black students with disabilities are often low income and disproportionately placed in Special Education, e.g., in California Black students represent **6%** of the total population but **9%** are in Special Education
- The national incarceration rate for Black adults and young adult males is **33%**.
- The school suspension rate across the country for Black Americans is **63%**.
- Black Americans have a **20%** higher rate of chronic illness than all other ethnic groups.
- The rate of the COVID Virus is **30%** higher in the Black community than the general population.
- The Black infant mortality rate is **50%** higher than the white population.

Sources: 2020 Census, 2019 Pew Research Center, Center for Disease Control, American Medical Association, Department of Health & Human Services, Office of Minority Health (OMH), 2020.



*"It takes a village to support a family."*

## AFRICAN AMERICAN FAMILY WELLNESS CENTER



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