

# Health Area Focuses of the Month

February 2025

## HEALTH AWARENESS & PREVENTATIVE SCREENINGS



**Objective:** To provide access to preventative care services and health education to the residents of Durham and the surrounding areas.

According to the 2023 Durham County Community Health Assessment, chronic conditions like cancer, diabetes, heart disease, and stroke pose significant health challenges in Durham County. Mortality rates for Black or African Americans are higher than for other racial and ethnic groups for all major causes of death, particularly in cancer and heart disease. Overall, Black, Indigenous, and Latinx individuals are disproportionately impacted by heart disease and stroke. A history of non-consensual medical experimentation on Indigenous and Black communities has led to inadequate healthcare for these populations, causing many to avoid preventive measures and timely medical care, such as screenings. Additionally, racial segregation and redlining have created neighborhoods with limited access to healthy food, physical activity opportunities, educational resources, medical care, and safe housing.

Durham County Department of Public Health. (2023). 2023 Durham County Community Health Assessment. <https://www.dcopublichealth.org/home/showpublisheddocument/41671/638614762539770000>.

### CHC'S CONTRIBUTIONS

#### Free Screenings

To address these inequities, CHC nurses and health educators collaborate with public housing residents and seniors to provide screenings and consultations for blood pressure, glucose, and cholesterol levels.

#### Health Education

CHC offers health education resources at events to help individuals manage their conditions, adhere to medication regimens, and enhance their health literacy and lifestyle choices.

**CHC provides these services via our Mobile Health Unit, the largest in Durham, containing 2 full exam rooms.**

#### Want to get involved?

We are looking for volunteers to help with our clinics. Volunteer medical professionals encouraged (but not required)!

To sign up, visit:

[https://x.gldn.io/e/Community\\_Health\\_Coalition](https://x.gldn.io/e/Community_Health_Coalition)

**QUESTIONS?  
CALL 919-470-8680**



**Learn more about our programs at [CHealthC.org](https://CHealthC.org)**