

Organic Growth:

Positive feedback created a health entity in Colorado's African American Community.

African American culture is an experience, and according to Boutte and Hill, "The sum total of who we are."*

Granted Nonprofit status 501c3 (2009) to Community Based Organization (2018)

Obtaining numerous grants from state (Colorado Department of Public Health) and national (Center for Disease Control) health entities.

Went from no office to a physical space that held the strategic planning retreat.

"Helping Us Help You"

Over 100,000 people reached and over 15 sponsors in Metro Denver.

Community awards include the Barney Ford Excellence in Non-Profit Business Award, the Legacy of Service Award, the You Make A Difference Award, & the Outstanding Service Award.

Celebrating 10 Years of Good Health

Hosting a Gala with Keynote Guest Speaker Jenifer Lewis.

CONNECTING WITH COLORADO'S AFRICAN AMERICAN COMMUNITY

Partnerships:

Health Ministries, Kaiser Permanente, Montbello Cheetahs

Events:

Annual Family Reunion

Programs:

Barbershop/ Salon

CBHC Heat

F.L.O.W.

IMPACTING COLORADO'S AFRICAN AMERICAN COMMUNITY

Recruiting community members and providing them with volunteers opportunities.
Checking blood pressure at churches, community events, and barbershops/salons.
Providing young Black health professionals with networking opportunities.
Initiating programs like “Form a Lifetime of Wellness.”
Interviewing people who have overcome health struggles.
Creating marketing opportunities for small businesses.
Crafting social media campaigns like #Shoyoflow.
Giving away free pedometers/step counters.
Published 3 Health Resource Directories.
Provided a women’s workshop.
Mentoring medical students.
Getting people active!

EDUCATING COLORADO’S AFRICAN AMERICAN COMMUNITY

Hosting forums such as the Opioid Crisis, Power Saturday, Health Insurance Literacy, and etc.
Educating the people on the minimum requires to “ be active” to maintain a healthy lifestyle.
Provides health articles through the website <https://www.coloradoblackhealth.org/>
Providing “Turkey tacos” - healthier alternative recipes for healthy eating.
Training groups to properly administer blood pressure checks.
Educating people about their blood pressure and stroke levels.
Creating transgenerational health promoters and advocates.
Individual mentorship and mentoring other nonprofits.
Producing videos about common health issues.
Establishing health resources.

HAVE WE ACCOMPLISHED OUR MISSION of creating health equality in the African American community through health programs and providing resources for sustaining health?

NO!

We are still fighting 30% of Colorado’s African Americans population having high blood pressure.

African Americans still have the highest rates of obesity, the highest death rates from cardiovascular disease and breast cancer.

African Americans are still likely to get diabetes at twice the rate of White people, and twice as likely to die from prostate cancer.

With your help and harmonious movement in the community, we can express how important good health is for another 10 years.

Stay tuned with:

Colorado's African American Community's #1 Health Resource, CBHC

Sources:

** (2006) Dimensions of African American Culture.