

**AFRICAN AMERICAN  
HEALTH & WELLNESS  
BEING MEN AFTER GOD'S HEART**

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“Healthy People, Healthy Communities”

Saturday, March 12, 2022

9:00am – 11:00am



## A LITTLE ABOUT MYSELF

- Grew up in Stone Mountain, GA
- Graduate of Tennessee State University '01
- Graduate of University of South Carolina
  - MSPH in Health Promotion, Education, & Behavior
  - PhD in Health Services, Policy, & Management
- Arrive at UAB School of Education in August 2012
- Study Health Disparities / Equity with a focus on Social Determinants of Health among AA adults
- Informs Community-Based Practices through collaborative efforts with groups and systems

# NATIONAL CONCERNS

- Office of Minority Health (most current data reported)
  - Heart Disease
  - Diabetes
  - Obesity
  - Stroke
  - Mental Behavioral Health
  - HIV/AIDS
  - Infant Health & Mortality

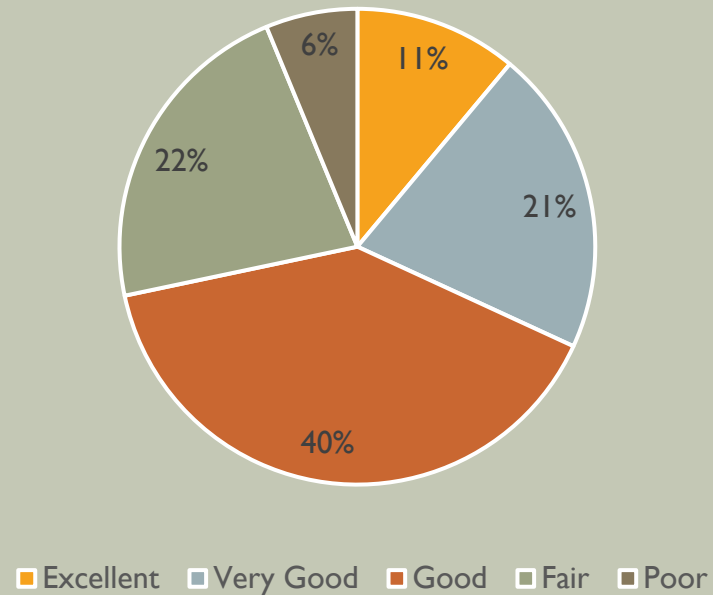
# GENERAL HEALTH & WELLNESS

Dear friend, I pray that you may enjoy good health and that all may go well with you, even as your soul is getting along well.

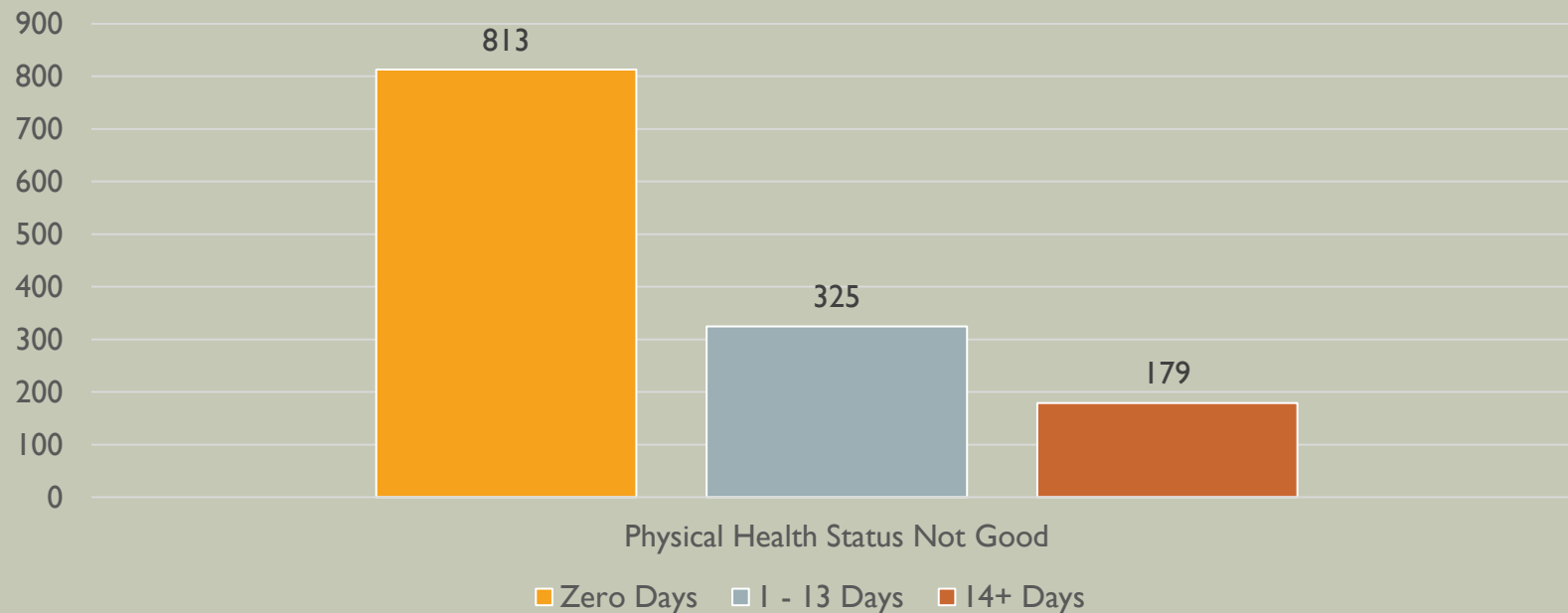
3 John 1:2

## ESTIMATED GENERAL HEALTH RATINGS OF AFRICAN AMERICANS IN AL, BRFSS 2019

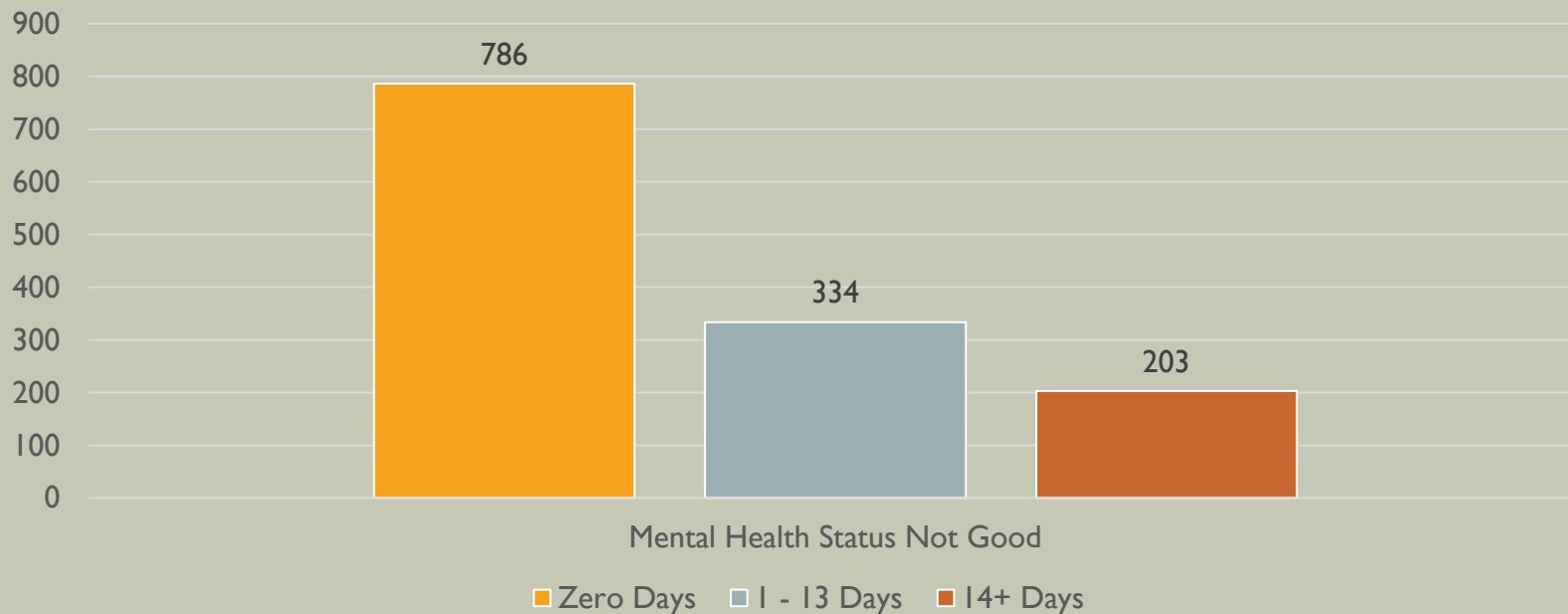
General Health



# PHYSICAL HEALTH AMONG AAS IN AL



# MENTAL HEALTH AMONG AAS IN AL



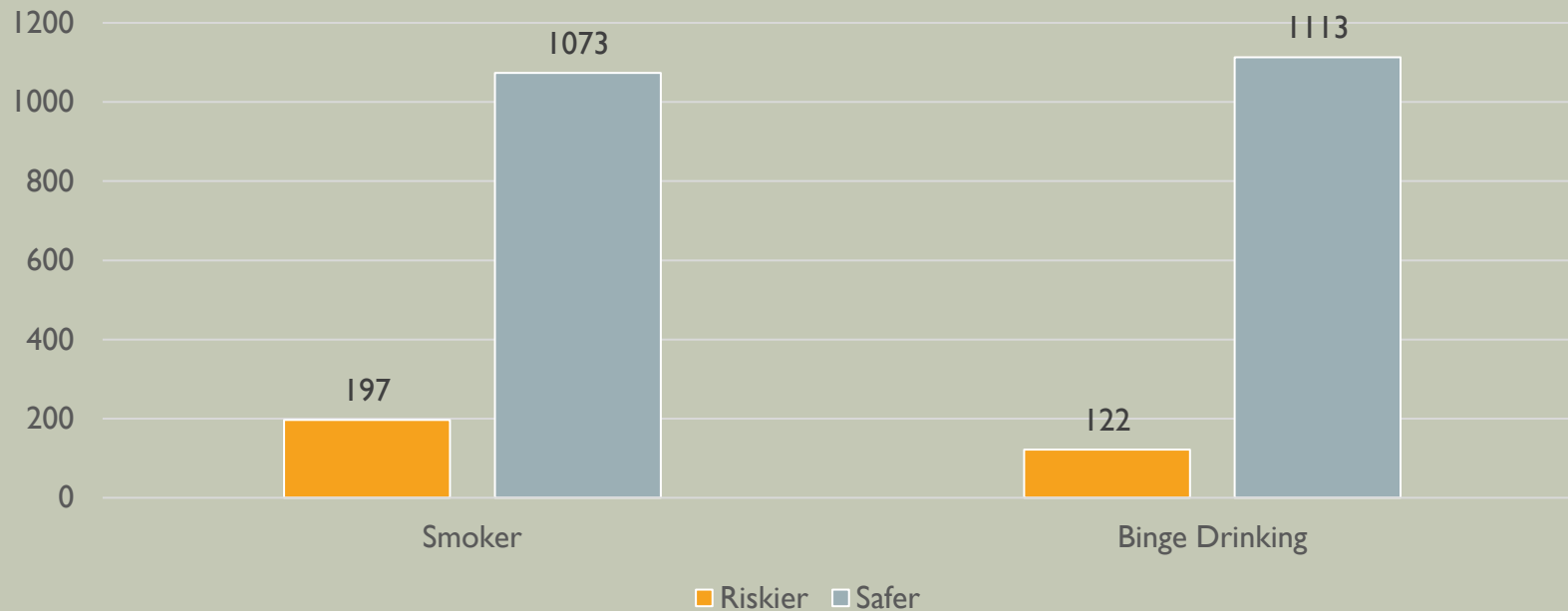
# AVOID MISUSE OF SUBSTANCES

It is not for kings, Lemuel— it is not for kings to drink wine, not for rulers to crave beer, lest they drink and forget what has been decreed and deprive all the oppressed of their rights.

Proverbs 31:4-5



# BEHAVIORS STEALING LIFE AMONG AFRICAN AMERICANS IN AL

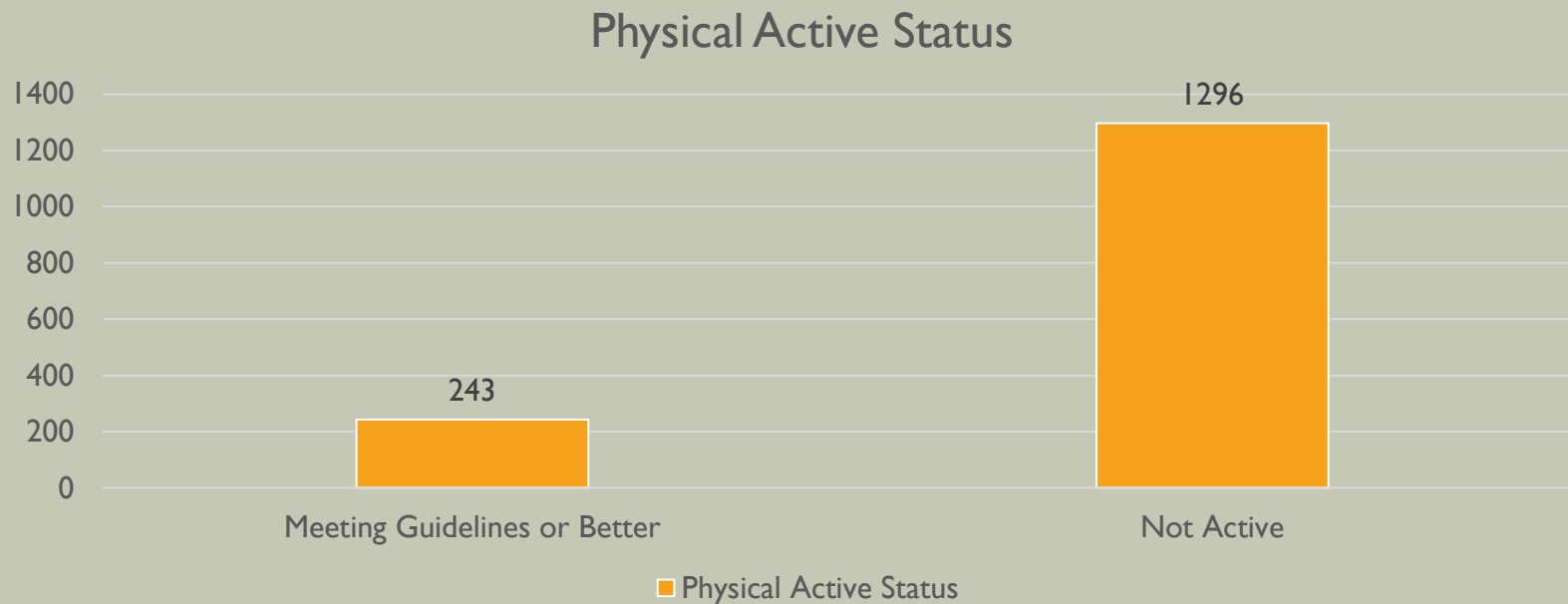


# PHYSICAL ACTIVITY IS USEFUL

“For physical training is of some value, but Godliness has value for all things, holding promise for both the present life and the life to come.”

I Timothy 4:8

# AL AFRICAN AMERICANS MEETING GUIDELINES FOR PHYSICAL ACTIVITY

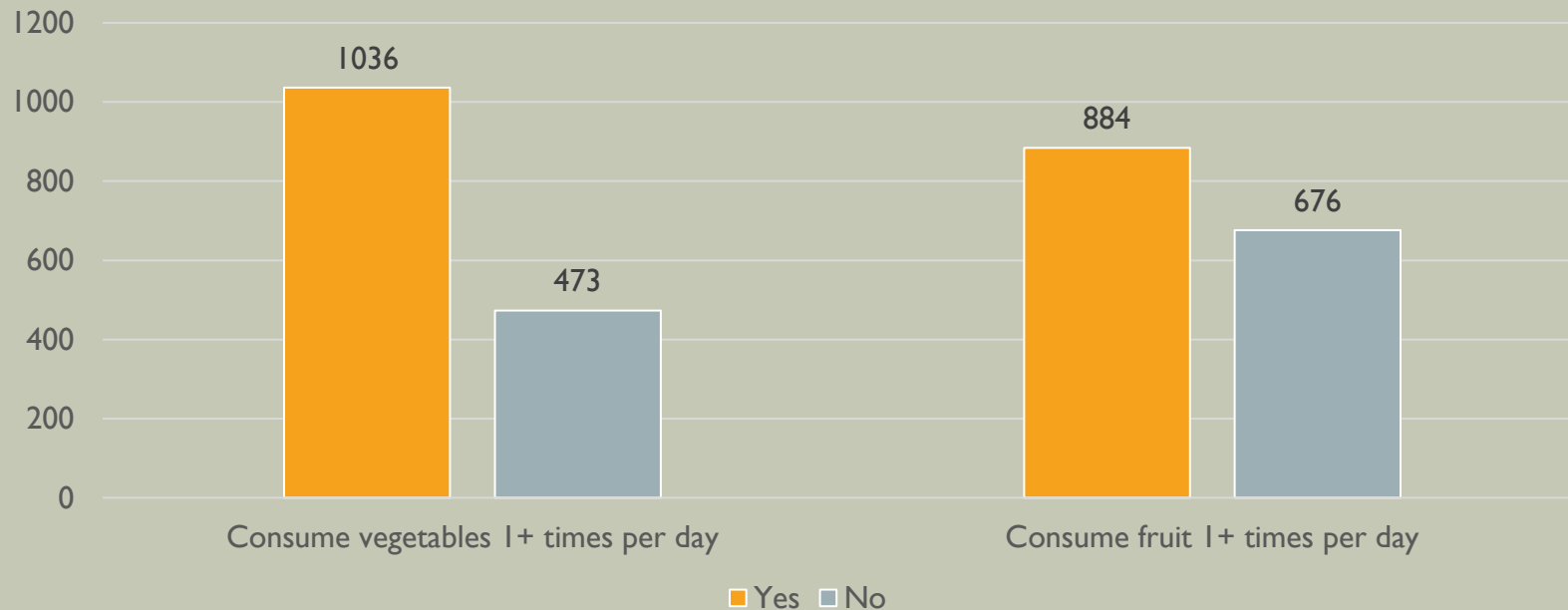


# EATS VEGETABLES & FRUITS

And God said, “Behold, I have given you every plant yielding seed that is on the face of all the earth, and every tree with seed in its fruit. You shall have them for food.”

Genesis 1:29

# FRUIT & VEGETABLE INTAKE AMONG AFRICAN AMERICANS IN AL



# GUARD YOURSELF & BE ENCOURAGED

“A cheerful heart is good medicine, but a crushed spirit dies up bones.”

Proverbs 17:22

“Above all else, guard your heart, for everything you do flows from it.”

Proverbs 4:23

## BULLYING & RISKY BEHAVIOR IN AFRICAN AMERICAN YOUTH

- According to data from the 2019 Youth Risk Behavior Survey, Alabamians in 9<sup>th</sup> – 12<sup>th</sup> grade reported:
- 13.1% were e-bullied during the past year
- 15.9% were bullied on school property during the past year
- 14.5% did not go to school during the past year because they felt unsafe

## VIOLENCE & RISKY BEHAVIOR IN AFRICAN AMERICAN YOUTH

- According to data from the 2019 Youth Risk Behavior Survey, Alabamians in 9<sup>th</sup> – 12<sup>th</sup> grade reported:
  - 13.6% carried a weapon within the past 30 days
  - 3.5% carried a weapon on school property
  - 11.9% carried a gun within the past year (including hunting, etc.)
  - 10.8% were threatened or injured with a weapon on school property within the past year
  - 28.5% were in a physical fight, 13.3% on school property in past 12 months



## SEXUAL VIOLENCE & RISKY BEHAVIOR IN AFRICAN AMERICAN YOUTH

- According to data from the 2019 Youth Risk Behavior Survey, Alabamians in 9<sup>th</sup> – 12<sup>th</sup> grade reported:
- 9.3% reported having ever been forced to engage in sexual intercourse
- 4.9% reported sexual violence experienced in the past 12 months
- 11.0% reported dating violence experienced in the past 12 months

## MENTAL HEALTH & RISKY BEHAVIOR IN AFRICAN AMERICAN YOUTH

- According to data from the 2019 Youth Risk Behavior Survey, Alabamians in 9<sup>th</sup> – 12<sup>th</sup> grade reported:
- 38.3% reported feeling sad or hopeless for almost every day of 2 weeks within the past year
- 19.7% reported seriously considering suicide in the past 12 months
- 15.2% reported having planned to commit suicide in the past 12 months
- 15.6% reported having actually attempted to commit suicide in the past 12 months
- 5.4% reported a suicide attempt resulting in an injury, overdose, etc. needing treatment

## SUBSTANCE USE & RISKY BEHAVIOR IN AFRICAN AMERICAN YOUTH

- According to data from the 2019 Youth Risk Behavior Survey, Alabamians in 9<sup>th</sup> – 12<sup>th</sup> grade reported:
  - 34.8% reported feeling ever use of marijuana
  - 18.6% reported current use of marijuana
  - 16.8% currently drank alcohol
    - Surprising trend of young women reporting drinking in greater proportion to young men
    - Greater proportions of young women reporting binge drinking (4%) vs (2.7%) in young men

## PREVENT / REDUCE / MANAGE STRESS

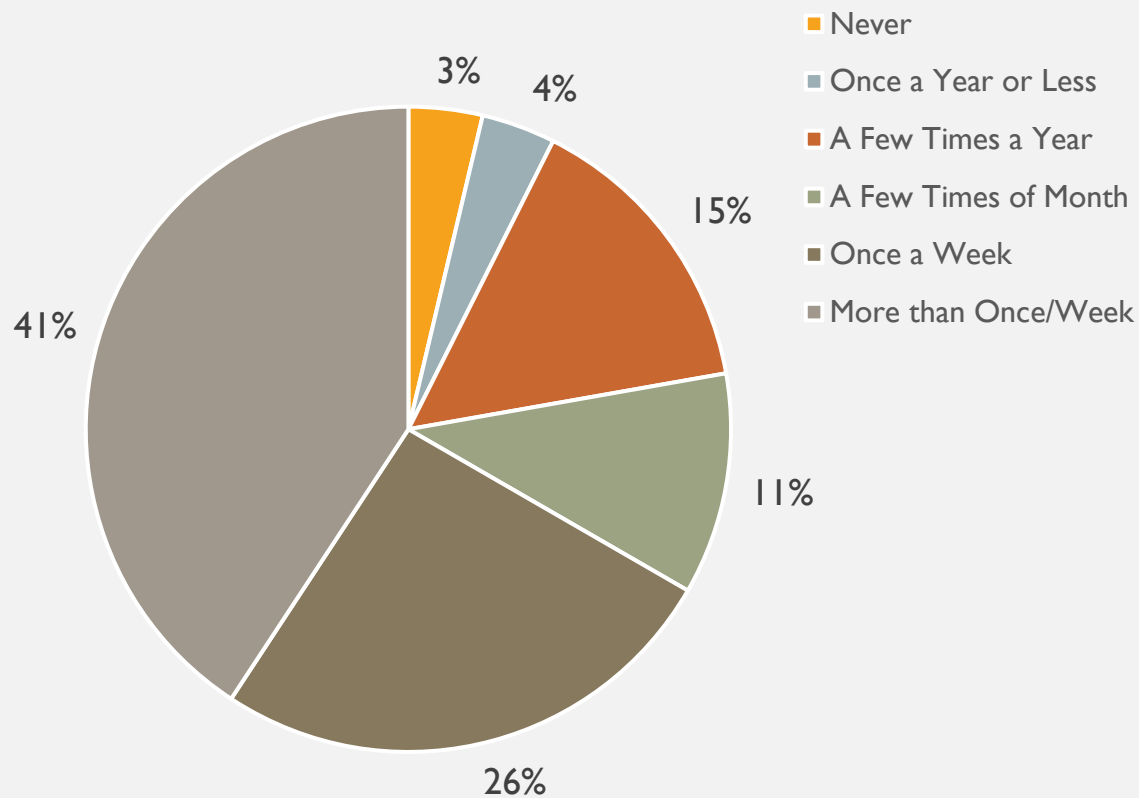
- Altruism | Give of your time, talent & treasure. It creates positive feelings & energy towards mental health.
- Exercise | 150 minutes of moderate – vigorous aerobic exercise weekly (roughly 30 minutes 5 or more days a week).
- Consume 5 or more Vegetables & Fruits Daily & Drink Water!
- Humor | Laugh, it relieves stress and improve coping abilities.
- Relaxed stretching | Try methods like yoga or tai chi.
- Be Proactive | Practice Forgiveness | Prayer | Reflect | Social Support

# THE POWER OF FAITH

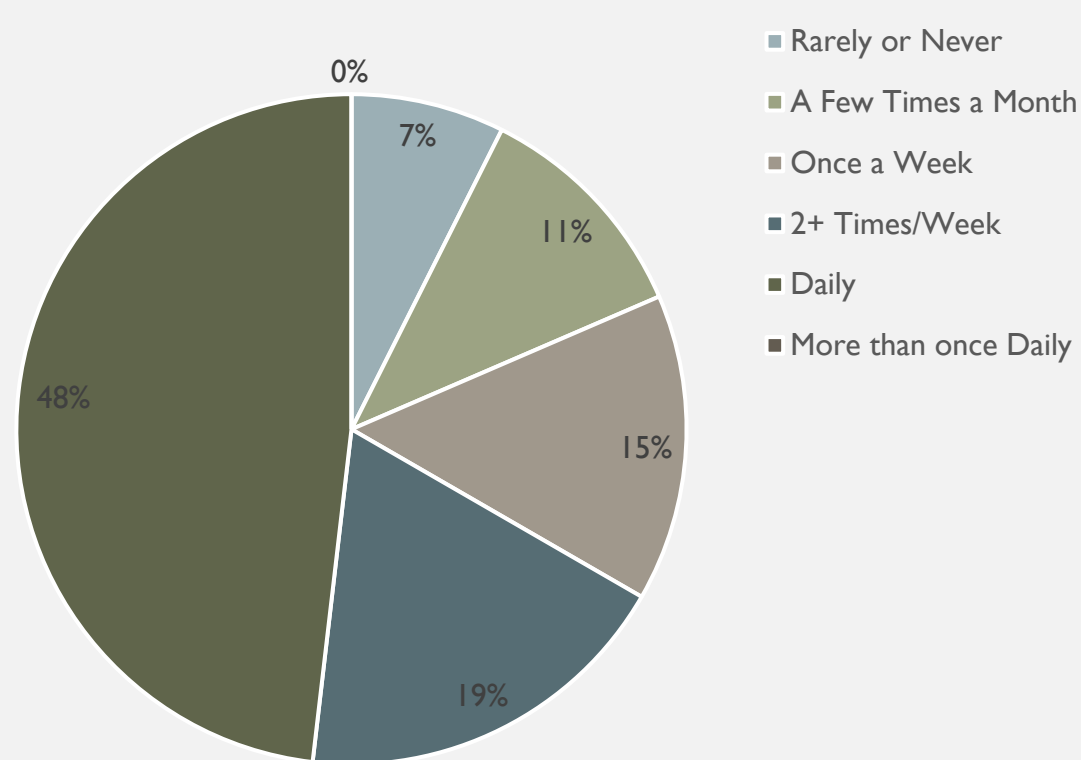
Making Health Happen in Our Lives

# RELIGIOUS CHARACTERISTICS OF PARTICIPANTS (N = 28) ITEMS FROM DUKE UNIVERSITY RELIGION INDEX (DUREL)

## Attend Church Religious Meeting



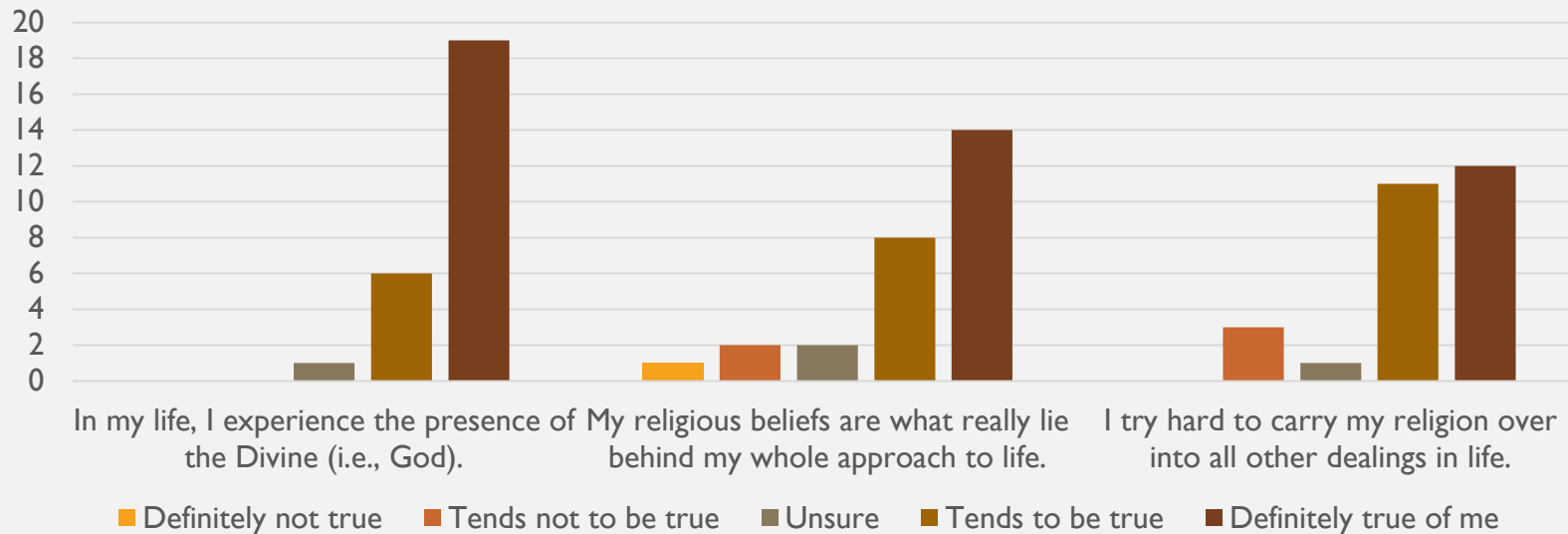
## Spend Time in Private Religious Activities



# INTRINSIC RELIGIOUS CHARACTERISTICS OF PARTICIPANTS

## ITEMS FROM DUKE UNIVERSITY RELIGION INDEX (DUREL)

Personal religious commitment or motivation



## VERSES OF HEALTH | ENCOURAGING OUR FAITH

- “Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.” (Matthew 6:34, NIV)
- “A church leader is a manager of God’s household, so he must live a blameless life. He must not be arrogant or quick-tempered; he must not be a heavy drinker, violent, or dishonest with money.” (Titus 1:7, NLT)
- “A cheerful heart is good medicine, but a crushed spirit dies up bones.” (Proverbs 17:22, NIV)
- “Above all else, guard your heart, for everything you do flows from it.” (Proverbs 4:23, NIV)



## VERSES OF HEALTH | EXERCISING OUR FAITH

- Story of Caleb (Old Testament)
- “For physical training is of some value, but Godliness has value for all things, holding promise for both the present life and the life to come.” (1 Timothy 4:8, NIV)
- “Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own; 20 you were bought at a price. Therefore honor God with your bodies.” (1 Corinthians 6:19-20, NIV)
- “Nevertheless, I will bring health and healing to it; I will heal my people and will them enjoy abundant peace and security.” (Jeremiah 33:6)



# QUESTIONS & DISCUSSION

