



High Blood Pressure (HBP)

- 1 in 10 U.S. adults have High Blood Pressure.
- High blood pressure is called the “Silent Killer.”
- African Americans develop HBP more often and at an earlier age than whites.
- High blood pressure puts you at a higher risk of heart attack or stroke.
- HBP is preventable.

Diabetes

- Diabetes can cause serious health complications including heart disease, blindness, kidney failure, extremity amputations.
- Diabetes is the 7th leading cause of death in the United States.
- Diabetes is preventable.

Obesity

- More than 1/3 of the U.S. adults are obese.
- Obesity-related conditions include heart disease, stroke, type 2 diabetes and certain types of cancer.
- African Americans have the highest rates of obesity in the U.S.
- Obesity is preventable.



The Benefits of Physical Activity

Regular physical activity is one of the most important things you can do for your health. It can help:

- Control your weight
- Reduce your risk of cardiovascular disease
- Reduce your risk for type 2 diabetes and metabolic syndrome
- Reduce your risk of some cancers
- Strengthen your bones and muscles
- Improve your mental health and mood
- Improve your ability to do daily activities and prevent falls, if you're an older adult
- Increase your chances of living longer

If you're not sure about becoming active or boosting your level of physical activity because you're afraid of getting hurt, the good news is that moderate-intensity aerobic activity, like brisk walking, is generally safe for most people.

Start slowly. Cardiac events, such as a heart attack, are rare during physical activity. But the risk does go up when you suddenly become much more active than usual. For example, you can put yourself at risk if you don't usually get much physical activity and then all of a sudden do vigorous-intensity aerobic activity, like shoveling snow. That's why it's important to start slowly and gradually increase your level of activity.

If you have a chronic health condition such as arthritis, diabetes, or heart disease, talk with your doctor to find out if your condition limits, in any way, your ability to be active. Then, work with your doctor to come up with a physical activity plan that matches your abilities. If your condition stops you from meeting the minimum *Guidelines*, try to do as much as you can. What's important is that you avoid being inactive. Even 60 minutes a week of moderate-intensity aerobic activity is good for you.

The bottom line is - the health benefits of physical activity far outweigh the risks of getting hurt.

-The Center for Disease Control and Prevention

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A special message AGTFC Board President

Greetings Residents of College Heights and College Park, Albany, Georgia:

Albany, Georgia Tools for Change, Inc. (AGTFC) welcomes each of you as partners in helping OUR community become healthier. Your input as a stakeholder in the community continues to be valuable as we seek to engage you in activities to broaden your understanding of environmental issues, establish priorities for risk reduction, and improve your health.

Residents continue to be concerned about the overall air quality and water pollution, and past dumping of toxins and other contaminants in the area. Environmental studies have been conducted on the water and air in the area. Hence, we want to improve the overall community health by focusing on healthier lifestyles including proper diets, exercises, and an understanding of diseases affected by the environment – products used in the home as well as outside of the home.

AGTFC is an incorporated 501 (c) 3 organization started in 2003. Originally, we were part of a Georgia four-city collaboration, which included Albany, Augusta, Ft Valley, and Savannah. The mission of AGTFC is to engage and empower the community with respect to eliminating health disparities, promoting environmental justice and providing health education throughout southwest Georgia. AGTFC continues to be committed to environmental toxin disparities and the overall health and well being of the residents of your communities. To help us reach our goal we collaborated with the Kellogg Foundation through a grant entitled *New Tools, New Vision 2* (NTNV2) and Albany State University.

Please join with us – Participate, Engage, Lend a Hand to help continue to identify YOUR community concerns about current or past environmental issues so we can eventually improve our overall health and well being through educational activities and community collaboration. Your participation in the work of AGTFC is vital to reaching the mission to substantially improve the health of residents who live in our communities.

If you have questions, please contact: Amber Bell, Consultant (229) 395-9571; Rebecca F. Reid, Administrative Officer, (229) 432-8499; or Jacqueline Jenkins, Coordinator (229) 430-1858. Members of the Steering Committee and the consultant will be in touch with you for your input on all activities.

Sincerely,

Ellis Harris

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President/CEO
AGTFC, Inc.

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College Park and College Height Resident
