

CONNECTIONS

JUNE
2016

NEWSLETTER OF THE FULTON COUNTY DEPARTMENT OF HEALTH AND WELLNESS PARTNERSHIPS TO IMPROVE COMMUNITY HEALTH (PICH) PROGRAM

Make Prevention a Priority

During June, the Fulton County PICH Program is commemorating Men's Health Month by spreading the word about the health problems that plague men and ways to avoid them. This issue also includes new data that can inform strategies to limit secondhand smoke exposure in the County's public spaces.

The Weaker Sex?

It's a fact: American men live sicker and die younger than American women, on average. In Atlanta, men suffer and die from certain chronic diseases at higher rates, according to the 2015 Big Cities Health Inventory. The mortality rate from heart disease is 201.5 per 100,000 men and 124 per 100,000 women. For diabetes the rate is 22 for men and 17 for women. Overall cancer mortality rates follow the same pattern: 196 for men, compared to 135.5 for women. The lung cancer rate is 51 for males and 30 for females in the city where 20% of men and 13% of women smoke.

Message For Men: Get It Checked!

Men traditionally don't like to see doctors, but annual physical exams and regular cancer screenings ensure that health problems will be identified and treated sooner. To help men get—and stay—on track for early detection, the Men's Health Network has published a guide listing the medical tests men need and the ages at which they should be done. It's available at www.menshealthnetwork.org

Men's Health Tips from PICH:

- Don't smoke
- Get an annual physical
- Limit salt, sugar and saturated fat; avoid trans fat
- Substitute a healthy snack or walk for cigarette and coffee breaks
- Take stairs instead of the elevator



Connect With Us!

CONNECTIONS is the information-sharing vehicle for the people and organizations involved in the work of the Fulton County Department of Health and Wellness Partnerships to Improve Community Health (PICH) Program. PICH and its partners support the implementation of evidence-based strategies and initiatives that promote physical activity, good nutrition, smoking cessation and healthy community design with the goals of reducing health disparities, lowering the incidence of chronic disease and promoting healthier lifestyles throughout Fulton County.

To join the *CONNECTIONS* network and submit your ideas or news items, send the content plus your name, organization, title and email address to pich.grant@fultoncountyga.gov.



Smoking's Heavy Toll on African Americans

Though rates are declining generally, African American men smoke and die of cancer disproportionately. "The rate of death and disease impacts Black men more than any other group, and Atlanta is no exception," says Delmonte Jefferson, executive director of PICH Partner National African American Tobacco Prevention Network (NAATPN). "Every day we see our men, young and old, addicted to menthol cigarettes, pipe tobacco and cigars, and now e-cigarettes, and it's troubling. We are working to achieve tobacco-free Historically Black Colleges and Universities, combating the tobacco industry's marketing tactics, and offering insights to the FDA [about regulating] tobacco products. June may be a good time for men to get together and talk about these issues."

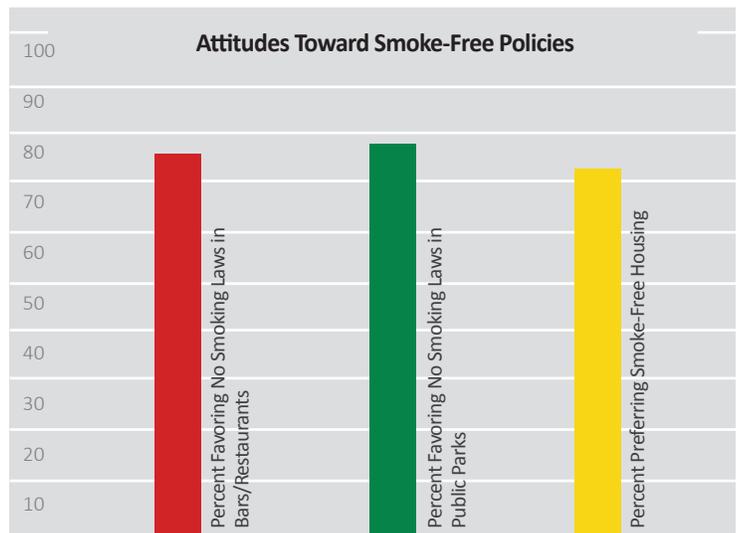
Reach NAATPN at 1.888.7NAATPN and www.naatpn.org

TOBACCO-FREE LIVING

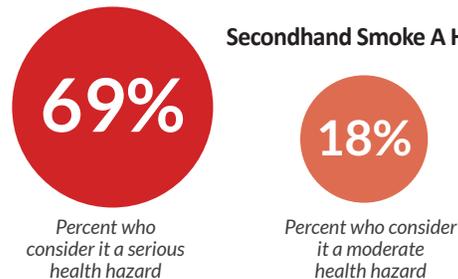
GSU Surveys Opinions on Secondhand Smoke and Smoke-Free Policies in Fulton County

An overwhelming majority of Fulton County adults consider exposure to secondhand smoke a health hazard and support smoke-free policies in bars, restaurants, parks and apartment complexes. Additionally, pollution levels in Fulton County bars and restaurants that allow smoking are over 10 times higher than in non-smoking establishments. Those are the key findings of a PICH-funded survey and air-quality study by Georgia State University School of Public Health (GSU-SPH). The researchers found that more than 70% favor laws to make bars, restaurants, workplaces and public parks smoke-free. By a similar margin, residents also prefer to live in smoke-free apartments. Even more, almost 90%, would favor a bar or restaurant's decision to go smoke-free. A GSU-SPH team is working with PICH to train community groups in utilizing these opinion survey results and other data to educate business owners about the benefits of smoke-free policies.

KEY SURVEY FINDINGS*



Secondhand Smoke A Hazard?



* Telephone survey of 960 Fulton County adults conducted January 29–March 1, 2016.