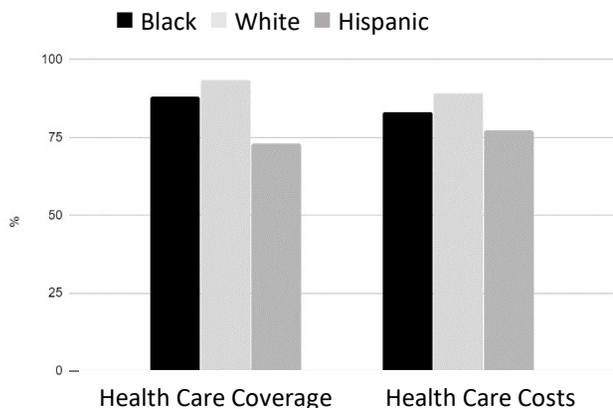


## Stigma of Mental Healthcare

Mental illness should not be seen as ‘just a phase’ or something that makes you a failure. When you are just beginning to seek help, it is most important to work on reducing your own negative perceptions of the need for mental health care. Activities can include getting treatment, not letting stigma create self-doubt and shame, not isolating yourself, not equating yourself with your illness, joining a support group, and getting help at school. When you are feeling more, you can start to speak out against the stigma as well (Mayo Clinic, 2017).

## Disparities in health coverage



The 1<sup>st</sup> set of columns is the percentages of those who have health insurance and the 2<sup>nd</sup> set of columns is the percentages of those who could receive care because they were not deterred by the costs. This data is for Kent County, 2018.

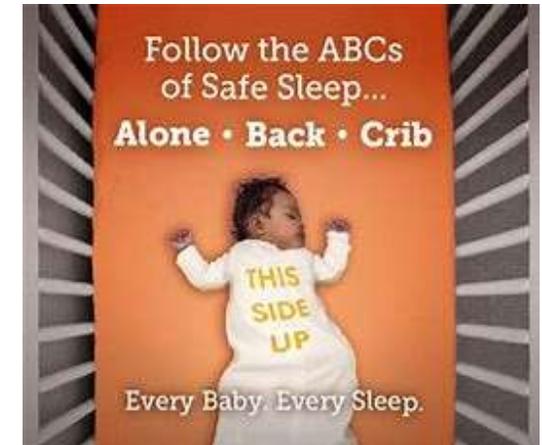
## Improve your health

### Reduce hospitalization:

- ❖ **Asthma:** Treat each flare early with a nebulizer and possibly corticosteroid pills. Avoid your triggers (may include dust, smoke, cold weather, exercise, or viruses). If you have regular flares, see your doctor. (<https://www.webmd.com/asthma/asthma-severe-attack-hospitalization>)
- ❖ **Diabetes:** Take your medications (pills and/or insulin) as prescribed by your doctor. Follow a sensible diet. Keep yourself well hydrated. Exercise regularly. Call or see them if your blood sugar is elevated (above 300). (<https://my.clevelandclinic.org/health/articles/10675-diabetes-preventing-complications>)
- ❖ **Chronic Obstructive Pulmonary Disease (COPD):** Eat healthy, avoid cigarette smoke, take medicine, and use oxygen (if you need it) as your doctor prescribed. Engage in activities that lift your spirits. Exercise. Make sure you are breathing clean air: remove clutter, inspect your air condition for mold and mildew. Consider using an air filter. (<https://www.webmd.com/lung/copd/copd-avoid-hospitalization#1>)

## Reduce mortality rates

### ❖ Infant mortality



### ❖ HIV/AIDS

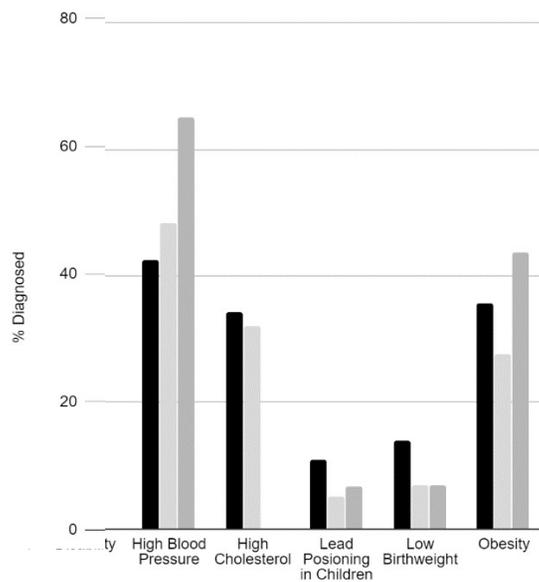
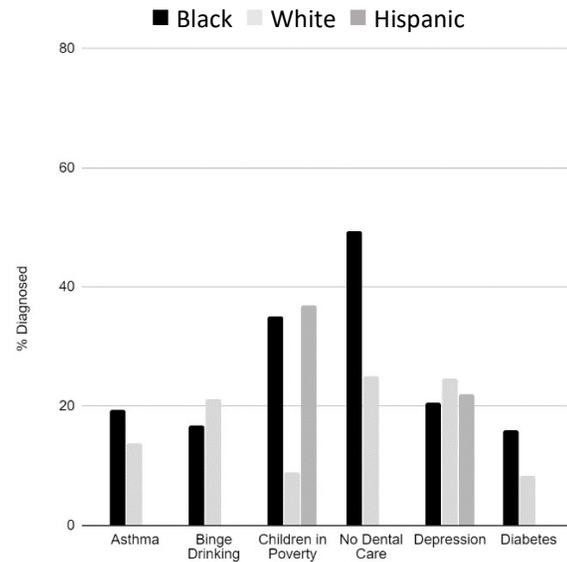
- Practice safe sex – always use a condom or other barrier method
- Get tested – your doctor should be able to provide you with testing. You can also visit Quest Diagnostics at 515 Michigan Ave, Suite 101
- Begin medication if diagnosed

### ❖ Heart disease

- Prevent heart disease or improve your health after diagnosis through lifestyle changes: quit smoking, eat healthy, exercise, manage diabetes, manage blood pressure and cholesterol, and use aspirin appropriately

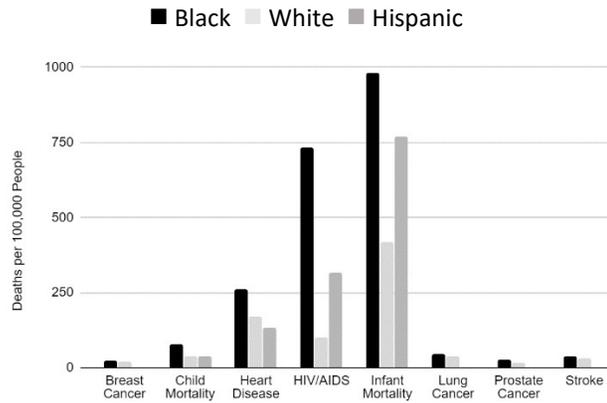
**Need health insurance?** Contact Catherine’s Health Center at 616-336-8800 to set up an appointment.

## Disparities in Health Diagnoses



Racial disparities in diagnosed medical problems in Kent County, 2018. Available at <https://hei.graahi.org/Profile>

## Disparities in Causes of Death



Racial disparities in diagnosed medical problems in Kent County, 2018. Available at <https://hei.graahi.org/Profile>

## What health concerns do Belknap residents have?

- ❖ Diabetes
  - ❖ Hypertension
  - ❖ Mental Health
  - ❖ Nutrition/Obesity
  - ❖ Asthma
  - ❖ Children
  - ❖ Lead
  - ❖ ADD
  - ❖ Flu
- Other Concerns
- ❖ Maternal/Infant Health
  - ❖ Infant Mortality
  - ❖ Teen Health

### Information compiled in 2019 by:

GVSU Social Work intern Katlyn Johns for Neighbors of Belknap Lookout (NOBL) and its Community Relations/Racial Equity Committee  
 700 Clancy Ave NE, Grand Rapids, MI 49503  
[www.belknaplookout.org](http://www.belknaplookout.org) or 616-454-8413

# Health Disparities

Information about disparities in residents' health and what you can do

Local health care provider:



Local dental care provider:



Pamphlet produced by:



**Neighbors Of Belknap Lookout**