



Grand Rapids African American Health Institute

December Newsletter

www.graahi.org



Merry Christmas

& Happy New Year

to you

MISSION

To promote health care parity in the Grand Rapids African American community through advocacy, education and research to achieve positive health outcomes.

VISION

To ensure that all West Michigan residents will have optimal health care and benefit from health systems without race being an impediment.

VALUES

Excellence
Integrity
Innovation
Leadership

Economic Impact & Kent County

Have you ever wondered about the economic impact of health disparities in Kent County? Or thought about the health and economic benefits of reducing health inequities in Kent County? GRAAHI's Research Department has partnered with a research and consulting group to uncover the answers to those questions.

Organizations and individuals concerned with the **costs of health equity** work will find this case study beneficial and useful. Check back with us in 2017 for more information.

Strong Fathers Empowerment Trip

The purpose of the Strong Fathers Empowerment Trip is to empower the mindset of both fathers and sons who are committed to being a part of the Strong Fathers Program. Fathers and sons traveled to Detroit to enjoy a day filled of sports and sightseeing. Fathers noted that the trip empowered them to live life with greater expectations.

Updates from the Diabetes Education Network (D.E.N.)

Our 1st week is complete! Participants learned the ins and outs of A1C/blood glucose management along with information on health and nutrition. Future sessions include the benefits of exercise.