



Grand Rapids African American Health Institute

www.graahi.org



NEWSLETTER

NOVEMBER

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

IS DIABETES ON THE RISE?

GRAAHI's Research Department recently completed a white paper on diabetes. The paper highlights disparities and inequities pertaining to diabetes and its associated conditions, especially for Blacks and other high-need groups in the US. The paper will be posted on GRAAHI's website.

The Research Department has also been working with local nonprofits, allowing them to provide feedback on GRAAHI's Health Equity Index.

Be sure to follow GRAAHI on social media for updates on new projects.

- **Health Equity Report**
- **Case studies**
- **Media Campaigns**
- **Mobile updates to GRAAHI's Index**
- **Policy briefs**

WELCOME TO THE D.E.N!

D.E.N "Diabetes Education Network" is a 4 Month comprehensive program for men with an emphasis on diabetes education and Health Literacy to affect a positive overall lifestyle change. Participants will convene once monthly over a 4 month period to receive valuable information from a qualified health educator. Classroom discussion is led by facilitator Ludie Weddle registered dietitian, and GRAAHI Health and Wellness Educator Stephanie Pierce.

LOCATION:

No Limit Fitness
4560 Bowen Blvd SE, Kentwood, MI 49508

REGISTER:

Stephanie Pierce 616.331.5831