OBESITY, AFRICAN-AMERICANS & HEALTH

Obesity carries serious health consequences, including heart disease, diabetes, stroke, and increased risk for cancer.

Research shows that African-Americans are more likely to be overweight or obese, and are more likely to suffer associated health consequences.

40% of African-American men and 59% of African-American women are obese.

African-American children are more likely to be obese compared to non-Hispanic whites.

Obesity is linked to an increased risk for 10 cancers in men and women.

PREVENTION MATTERS

Up to one-third of cancer cases in the United States are preventable through healthy diet, physical activity and maintaining a healthy weight.

FAITH-BASED APPROACHES WORK

Research shows that faith-based programs that target the health needs of African-Americans are effective in increasing healthy behaviors such as physical activity.

The church, as a central aspect of community among African-Americans, is an ideal base for providing health education.

Through our faith-based, family-centered approach, participants enjoy the following benefits:

- Access to MD Anderson’s cancer prevention and healthy living programs
- Support with planning church events around health education
- Opportunities to participate in citywide networking events
- Invitations to meetings, workshops and research opportunities

GET INVOLVED

We invite church leaders and families to join our effort.

Please contact the Faith, Health and Family Collaborative for more information.

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