



# June is Men's Health Month

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# Discover the Quiet Emergency



Men's health is often referred to as "the quiet emergency," as it is an issue that receives insufficient attention and resources. Despite medical advances, chronic diseases remain the leading cause of death and disability among men globally, with Black Men being especially vulnerable. Shockingly, [health disparities affecting Black Men](#) in the United States are among the most alarming.

For instance:

- Black men are [nearly twice](#) as likely to have Type 2 diabetes as white men, and they are more than twice as likely than older white men to die from complications related to diabetes.
- The prevalence of stroke in [Black men is nearly 80 percent higher](#) than in white men, and Black men have a stroke mortality rate nearly 60 percent higher than that of white men. The number of Black men with cardiovascular disease who die prematurely is nearly double that of white men.
- Older Black adults consistently exhibit a higher prevalence of chronic conditions and disability than older white adults.
- Notably, [older Black men](#) are more likely than any other subgroup of race or sex to die after surgery.
- Older Black men are twice as likely to suffer from Alzheimer's or other dementias than their older white male counterparts.

Although many men may not exhibit any visible symptoms of health problems, the statistics reveal the gravity of the situation. We urge everyone to take action and help reduce the disparities in the health of black men. This month, our focus is on Black men and supporting initiatives to improve their health and well-being.

**It's time to #EndTheSilence and work toward a healthier Southern Maryland.**



## Why do these disparities exist?

There are multiple, complex reasons for these outcomes. Poverty, exposure to toxic chemicals, a lack of medical insurance, unfamiliarity with and distrust in the healthcare system, and many other factors compound these disparities.

## So, what can private practices do to help to improve health outcomes for Black men and reduce their risk of chronic disease?

Healthcare providers in private practices can significantly contribute to minimizing health risks and enhancing outcomes for Black men by acknowledging these factors, providing education, free testing, and culturally appropriate resources. This approach enables them to customize healthcare services that tackle the underlying reasons for health inequalities.

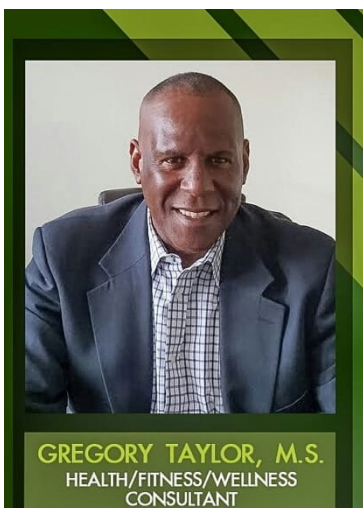
Consider Annual Couple Visits to your practice. While women often prioritize their health with regular check-ups, encouraging couples to visit the doctor together could help men to be more active in their healthcare. This simple strategy could be the key to reducing the health disparities black men face and promoting greater overall wellness.

One organization leading the way in this field is Vibrant Health and Wellness, founded by Greg Taylor.

# Improving Health Outcomes for Black Men:

## Insights from a Respected Leader in Public Health

“The underpinning of the organization is to serve the health needs of underserved populations, including low-income, culturally diverse, youth and residents of rural areas, without regard to disability, race, gender, religion, or national origin,” Greg Taylor says, and he has set out to do just that with his organization.



## Meet Greg Taylor

Greg Taylor, a well-regarded leader in public health and founder of Vibrant Health and Wellness, is leading the way with evidence-based prevention and wellness programs that prioritize cultural competence. With qualifications in cultural competence from Harvard Lifestyle Medicine and advanced degrees in science, technology, and management, Greg is committed to improving the health and well-being of individuals and communities without regard to race, gender, or religion.





Cultural competence is a foundational pillar for reducing disparities through culturally sensitive and unbiased quality care, especially regarding men's health. Culturally competent care is defined as care that respects diversity in the patient population and cultural factors that can affect health and healthcare, such as language, communication styles, beliefs, attitudes, and behaviors.

His organization, Vibrant Health and Wellness, has earned the Full Plus recognition from the Centers for Disease Control (CDC). Vibrant Health and Wellness has shown that it meets the CDC's stringent requirements and effectively delivers an evidence-based diabetes prevention lifestyle change program.

On May 20, 2023, Greg hosted a massively successful community event aptly named Conversation Day. Attendees were treated to a delightful continental breakfast as they were led in discussions on key issues faced by residents of Prince George's County. Topics included social determinants of health; holistic, mental, and behavioral counseling; the physical environment's effect on health; economic education; and personal development.



With exemplary qualifications, extensive experience, and a leadership style that motivates and inspires, Greg is a highly respected Black professional focused on health promotion and chronic disease prevention. He is driven by an unparalleled passion for improving the health and well-being of individuals and communities in Prince George's County and beyond.

While the road to health equity for all men may be challenging, Greg is committed to making a profound difference in the lives of those he serves. As a proud partner of PreventionLink, Greg and Vibrant Health are making great strides toward improving health outcomes in Maryland's Black community.



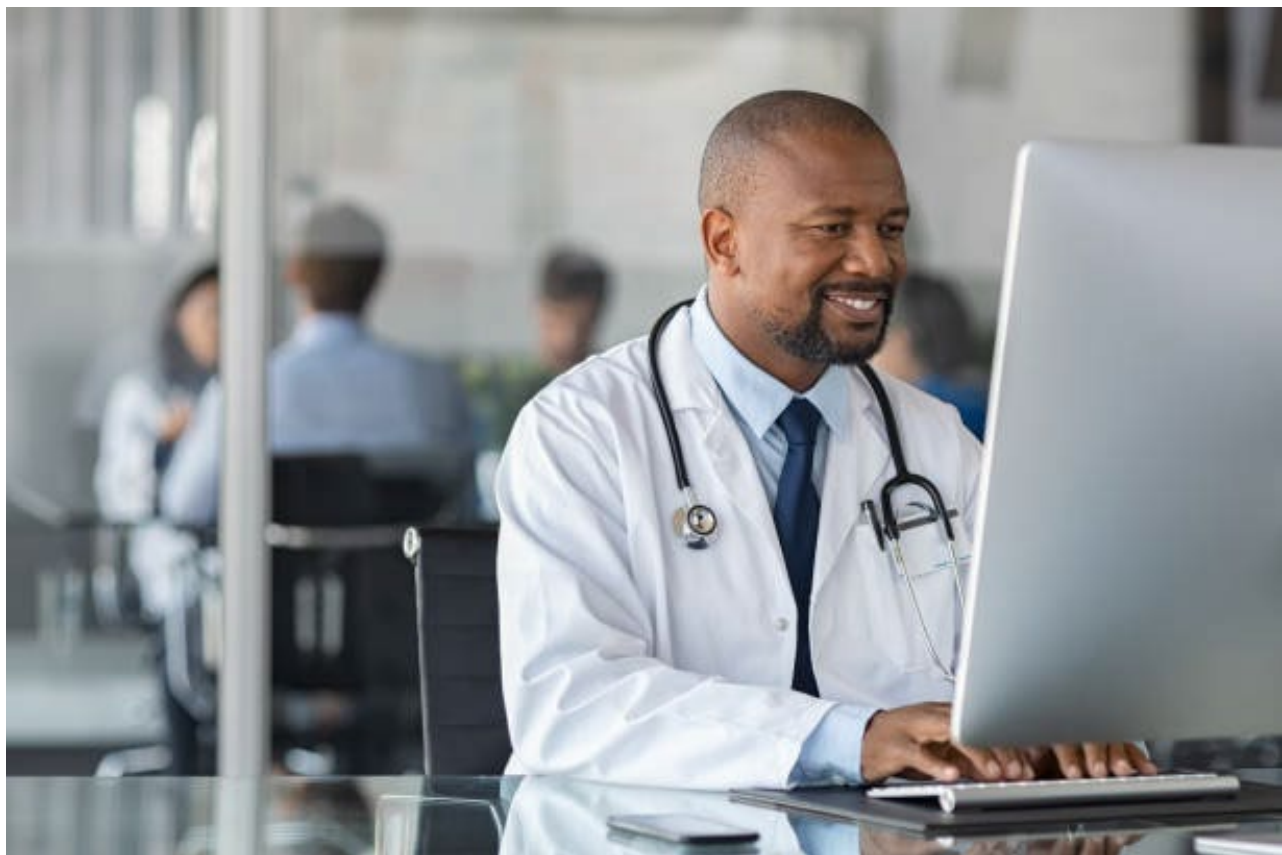
For more information on Greg and Vibrant Health, visit [www.VHWF.org](http://www.VHWF.org). Together, we can continue to work toward a healthier, happier tomorrow for our community.

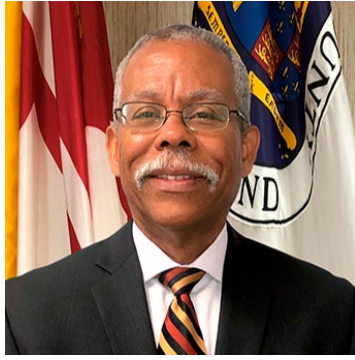
# The Way Forward

Enhancing cultural competence isn't just a good practice - it's essential for delivering effective healthcare. We've compiled a list of valuable resources to help healthcare providers improve their cultural and linguistic proficiency.

- ✓ Learn how to use the [RESPECT Model](#), a guide to understanding social identities and strategies for combating implicit bias
- ✓ Gain a deeper understanding of various [social identities](#)
- ✓ Address [implicit bias and stereotypes](#) head-on
- ✓ Explore the [Agency for Healthcare Research and Quality's \(AHRQ\)](#) and its culture-focused resources
- ✓ Leverage the [National Center for Cultural Competence](#) to design culturally and linguistically competent healthcare programs
- ✓ Use the [Cultural and Linguistic Competence Policy Assessment \(CLCPA\)](#) to advance community health centers
- ✓ Use the [National Partnership for Action to End Health Disparities Toolkit for Community Action](#), published by the U.S. Department of Health and Human Services

Each of these resources can support healthcare providers in improving their cultural and linguistic competencies to address disparities and promote health equity for all.





## Dr. Carter's Corner

### Put Your Patients' Health First: A Look at Men's Healthcare in Southern Maryland

Welcome, esteemed medical professionals, to Dr. Carter's Corner. This month, we're placing a special emphasis on men's health. At PreventionLink, we believe that reducing health disparities and ensuring equitable healthcare will always be among our key goals. Men face unique health challenges due to various lifestyle, biological, and social factors. This includes smoking, alcohol and substance abuse, stress, hormones, metabolism, genes, a lack of exercise, unhealthy diets, and insufficient medical checkups.

Recent statistics reveal that Southern Maryland's male population is at a higher risk for cardiovascular disease (CVD), high cholesterol, and diabetes compared to the nation's average. Prince George's County has a higher prevalence of CVD death rates, thus highlighting the need for improved access to healthcare and education programs. Similarly, neighboring Charles County has a high hospitalization rate, indicating that preventative measures should be taken to control chronic diseases. On a positive note, the prevalence of high cholesterol in Southern Maryland is similar across counties; therefore, adopting a standardized approach using dietary changes, exercise, and medication could benefit the region.

We're committed to implementing interventions that enable men to navigate the healthcare system efficiently, remove physical barriers, and educate healthcare providers about common conditions affecting men with disabilities. Encouraging lifestyle modifications, regular screenings, and early interventions can greatly improve men's health outcomes.

Join us in promoting better health for men and enhancing their quality of life. A concerted effort from providers, policymakers, and individuals is required to address this public health concern effectively.





# A Success Story:

## Community Outreach, Engagement, and Partnership

**Patient Profile:** Attendee E.

**Event Location:** Prince George's County, Maryland

**Target Population:** Individuals who are facing food insecurity

**Goal:** Health screening to identify individuals at risk for cardiovascular disease or developing diabetes

**Tools:** Standard blood pressure screening by a nurse and the use of a diabetes risk prediction tool

**Collaboration and Partnerships:** The LindaBen Foundation's Food as Medicine program, Greater Baden Medical Services, Word of Faith Church

Our strategy for serving underserved communities is centered around community outreach. Recently, we had the privilege of partnering with the LindaBen Foundation (LBF) during a local food bank event. Our team of qualified nurses were on hand to screen for diabetes and take blood pressure readings. During the event, we identified Attendee E as experiencing a hypertensive urgency. A hypertensive crisis can cause severe damage to blood vessels and major organs, which is why it is crucial to act swiftly in these situations. In 2021 alone, [691,095 deaths](#) in the U.S. were attributed to hypertension.

We immediately deployed resources from PreventionLink, LBF, and [Greater Baden Medical Services \(GBMS\)](#) to ensure that Attendee E received the necessary care to lower their blood pressure safely. Currently, Attendee E is under the medical supervision of Gerald Family Care, and follow-up visits have been scheduled. PreventionLink will continue to monitor Attendee E's progress.

Our commitment to community outreach and engagement is more critical than ever, and we're proud to serve our communities in this way.





## About the

The [LindaBen Foundation](#) is a highly regarded nonprofit dedicated to closing the resource gap in food security, healthcare, and housing stability. Its Hunger for Health initiative addresses the link between poor health and food insecurity. Programs like Food as Medicine focus on community-linked interventions for at-risk populations in underserved areas. Recognized for its transparent and effective work, LBF fosters purpose-driven connections, promotes healthier lifestyles, and improves overall well-being for thousands of individuals and families each year.



## About

For almost 50 years, [Greater Baden Medical Services \(GBMS\)](#) has been committed to offering primary care services to Southern Maryland's medically underserved community. As a Federally Qualified Health Center (FQHC), they provide a comprehensive range of healthcare services beyond what a typical doctor's office can offer. GBMS aims to meet the health needs of individuals and families in the community, whether insured or uninsured. Operating eight clinical sites and three Women, Infants, and Children (WIC) locations strategically placed across Prince George's County, Charles County, and St. Mary's County, Maryland, GBMS aims to address physician shortages and gaps in healthcare services.

# Take Your Community Event to the Next Level with PreventionLink's Expertise in Outreach.

*Are you planning a community event and looking to make a meaningful impact?*

PreventionLink offers a unique approach to community outreach that goes beyond the basics. Our innovative strategies aim to empower priority populations through collaborative engagement, resulting in impactful and enduring outcomes. By partnering with us, you can take your event to the next level and make a memorable difference in your community.

Contact us at [preventionlink@co.pg.md.us](mailto:preventionlink@co.pg.md.us) to learn more.





# UPCOMING EVENTS

## June 1

PreventionLink presentation at the Food Provider's Forum, Institute for Public Health Innovation | Virtual

## June 7

Healthy Eating, Active Living Workgroup meeting

## June 17

Juneteenth Community Day: A Day of Culture, Community, and Connection at Word of Faith Church, 66th Avenue, Riverdale MD

## June 26

PreventionLink will discuss supplier development and enrollment in the Medicare Diabetes Prevention Program "Project Call" | Virtual Event

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