

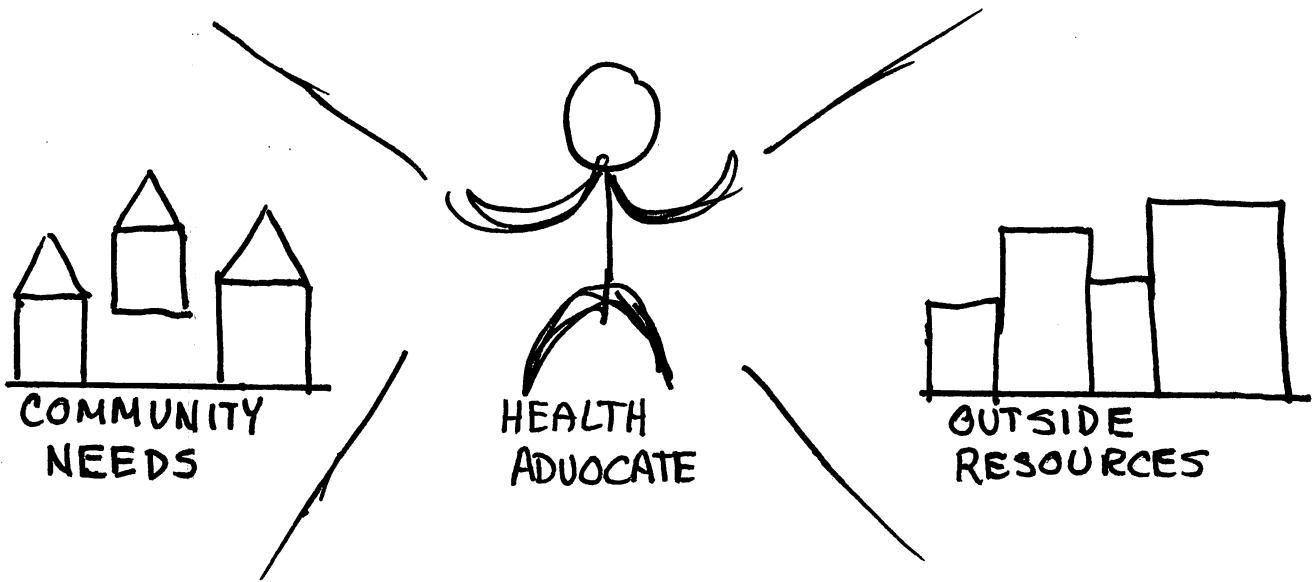
# BOLIVAR COUNTY MORTALITY DATA

CAUSE OF DEATH IN 1975	50,000 TOTAL	19,000 WHITE	30,000 BLACK	REMARKS
HEART DISEASE	159	53	106	Mostly old age deaths. Not preventable
STROKE	86	18	68	uncared for High Blood Pressure. Preventable
CANCER	66	22	44	Lung + Breast could be significantly reduced. Others less so.
ACCIDENTS	28	7	21	Burns, auto, POISONS, cuts, Largely prevent- able
INFANT DEATHS	18	5	13	Early teenage pregnancy and consequent mortality pre- ventable



HEALTH ADVOCATE	COMMUNITY VISITATION 10 - 20 MINUTES	PACE NOV. '77
THE GREETING	<ul style="list-style-type: none"> <li>- Hello . I am _____</li> <li>- I am your Health Advocate in stake _____</li> <li>- Could we visit for a few minutes?</li> </ul>	
SHARING COMMUNITY INFORMATION	<ul style="list-style-type: none"> <li>- Have you heard about the Health Fair on Saturday?</li> <li>- Behind city hall from 1-4 p.m. We will test _____</li> </ul>	
FAMILY HEALTH CONCERNS	<ul style="list-style-type: none"> <li>- How has your family been?</li> <li>- Any sickness, pregnancy, high blood pressure?</li> <li>- Any questions? Health needs? What are your concerns about health for Delta Pace?</li> </ul>	
ADVOCATE FOLLOW-UP	<ul style="list-style-type: none"> <li>- Let me be sure I have your name correct. (write it down)</li> <li>- I said I would _____ for you I'll call you back.</li> <li>- Thank you for your time. Good-bye. Call me if I can help</li> </ul>	

# THE DELTA PACE HEALTH WEEK



P R E P A R A T I O N	COMMUNITY STAKE VISITATION					E V A L U A T I O N
	<div style="text-align: center;"> </div>					
	HEALTH FAIR PREPARATION					
	HEALTH	ADVOCATE	TRAINING			<div style="text-align: center;"> </div>
						<div style="text-align: center;"> </div>
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## TO CARE FOR ALL

Tune: I Won't Live a Day

To care for all I seek to know what history has called for me, to bring to be  
The mystery consumes my vision constantly, yet finally, no end I see.

### Refrain:

When there's no getting over that rainbow; when my smallest of dreams won't come true  
I can take all the madness the world has to give but I won't last a day without you.

For All in All I strive to serve with miracles, which freedom gives, for all to live.  
Though passion dies, and loneliness is never filled, creation cries, compassion give.

Burdened with All I am the one who suffers so, beloved still, a sign that calls  
For others who with ceaseless love for this whole world would bend their will, to care for  
all.

## THE SIGN

Tune: The Triumphal Entry March, from Aida

Born to forge, out of the darkest night, the sign of abundant life  
In the midst of strife, struggling, suffering, consuming awe.  
Born to join in the long march with those who love the shattered earth;  
Calling forth new birth, loving all, serving all, unto death.

### Refrain:

The silence has deafened them, the stillness enlivened them,  
The future has chosen them to give their lives...  
Go forth in love for the mystery, beloved of history;  
Blessed in the call, sign of faith, sign of hope, signal of love.

The cry to build the vision of common earth resounds in the heart of Man  
Across the sweep of time, echoing, echoing human need.  
And history's, saints with ageless voices claim the promise of mystery's love;  
Laying down their lives, following, following, giving all.

## FREE FREE FREE TO DECIDE

Free, Free, Free to Decide  
What this world is going to be  
It's imperative to be...  
Free, Free, Free to Decide

*This certificate is given in recognition  
of the decision made by*

---

*to serve the citizens of*

*DELTA PACE*

*through service to this community as*

*STAKE HEALTH ADVOCATE*

*This certificate signed for the commissioning of Charter Advocates  
November 6, 1977.*

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*Director, Health Advocate Training*

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*Delta Pace Human Development Project Director*

THE HEALTH ADVOCATE STATEMENT

THE FUTURE HAS CALLED US FORTH.

WE BELIEVE THAT GOOD HEALTH IS THE BIRTHRIGHT OF EVERY PERSON.

WE BELIEVE THAT PREVENTATIVE CARE IS THE KEY TO COMMUNITY HEALTH.

THEREFORE, I \_\_\_\_\_,

TAKE UP THE ROLE OF HEALTH ADVOCATE FOR DELTA PACE.

- I WILL ASSIST MY NEIGHBORS IN MAINTAINING THEIR HEALTH.
- I WILL LINK MY COMMUNITY TO THE RESOURCES OF BOLIVAR COUNTY.
- I WILL WORK WITH THE GUILD TO PROMOTE GOOD HEALTH.
- I WILL BE AN EXAMPLE OF GOOD HEALTH PRACTICES.
- I WILL EXTEND MY OWN HEALTH INFORMATION AND TRAINING.

WE ARE ADVOCATES OF GOOD HEALTH .

WE JOIN IN THE CREATION OF NEW COMMUNITY.

DELTA PACE HAS FOUND A BRAND NEW FACE.

It is obviously better to prevent illness than to wait until there is a sickness or injury that requires curative care. Most preventive measures can be carried out by people of the community - thus preventive care allows a local community to retain control of a large portion of its health care.

The Most Common Causes of Death in Bolivar County for 1975 were in this order

1. Heart Disease
2. Stroke
3. Cancer
4. Accidents
5. Prematurity of Infants

Stroke can be almost entirely prevented by discovery and management of high blood pressure - local people can learn to measure blood pressure and thus considerably improve the cases in which high blood pressure is detected and managed consistently.

Cancers are most often of the lung in men and breast in women. Lung cancers are in theory preventable if we knew how to prevent smoking. The majority of breast cancers can be cured if discovered early. Community education can thus dramatically reduce deaths by cancer.

All Accidents are Theoretically Preventable if communities could organize themselves to accident-proof homes and community areas as well as to expect safe driving practices from their neighbors and children.

Infant Deaths occur primarily among infants who are born Prematurely.

A woman who is under 18 years of age is twice as likely to have a small premature child as is a fully mature woman. Preventive Care happens when young women decide to wait to have their babies until they can give the babies the best possible start in life.





WHAT IS HIGH BLOOD PRESSURE ??

Blood is pumped by your heart through the arteries and veins of your body. There must be some pressure to push the blood through, just like a garden hose. When this pressure is too much, we say you have high blood pressure.

ONE OUT OF EVERY 10 PEOPLE IN THE U.S. HAS HIGH BLOOD PRESSURE.

Black People have high blood pressure more often than White People. Nobody is certain about why this happens. Once in a while high blood pressure is of a type that can be cured by an operation. But this is rare. In most cases, we do not know why the blood pressure goes up.

WHAT IS A STROKE ??

When a garden hose gets old it will break at a weak spot if the water pressure goes too high. The same thing happens in your arteries. This is especially likely to happen in your brain. The blood that squirts out damages the brain tissue. We call this a stroke. Sometimes it kills, sometimes it leaves you crippled in a leg or arm.

WHAT OTHER DAMAGE IS CAUSED BY HIGH BLOOD PRESSURE ??

The heart is working too hard when there is high blood pressure. It wears out prematurely. The kidneys suffer from blood going through them at too high a pressure and they wear out earlier than they should.

MANAGEMENT

Most people will never be cured of the tendency to high blood pressure. But the pressure can be managed so that it will not cause damage to brain, heart or kidneys. Medicine will keep the pressure down, but you have to keep taking the medicines even when you feel O.K. You must have your pressure checked regularly. It is not always possible to know by the way you feel when your blood pressure is high.

WHAT DO THE NUMBERS MEAN ??

Normal Blood Pressure measures as 120/80 (spoken by a nurse as one twenty over eighty). Blood pressure below normal is sometimes found, and is usually perfectly fine. Sometimes pressure goes up briefly with anger. Blood pressure above normal should be treated. The higher the numbers are, the more dangerous it is. The doctor may take your pressure on several occasions to be sure that it is really up all the time and not just because you are upset that day; but if the numbers are very high (over 220), most hospitals admit you immediately because it is a life-threatening emergency.

HOW DOES THE NURSE OR DOCTOR OR ADVOCATE FIND THESE NUMBERS ??

The blood pressure cuff is used to put pressure around the whole arm. When there is more pressure in the cuff than in the arteries, the blood is stopped in the arm. As the pressure in the cuff is released, the person listening with a stethoscope can hear the blood start up again. The number on the pressure gage of the blood pressure cuff is read at this point to give the upper number. Usually this is 120 or above. As pressure in the cuff is released further, the blood flows freely through the arm. This change in flow pattern makes a still different sound which is heard by the person with the stethoscope. The number read on the pressure cuff at this point is the lower number in the reading. Usually this is 80 or above.

WHAT? HEALTH FAIR

WHEN? SATURDAY, 1-4 P.M.

WHERE? BACK OF TOWN HALL

EVERYBODY COME

ears tested  
eyes tested  
Blood Pressure-  
tested

MOVIES  
Games  
Displays

November-5-1977