



Black Health Alliance

BIHA



**Working in Partnership to Advance the Health and
Well-Being of the Black Community**

The Year of Big Ideas

Annual Report 2009-2010

Vision

People from the diverse Black communities in Canada experience optimal health and well-being.

Mission

To reduce the racial disparities in health outcomes and promote health and well-being for people from the diverse Black communities in Canada with emphasis on the broad determinants of health, including racism.

From the President

Dr. Christopher J. Morgan, BSc., DC, FCCSS(C)
President



The year of Big Ideas, that's how I would best describe 2009 – 2010 for the Black Health Alliance (BHA).

Once in awhile, perhaps a few times in one's life, you become captivated by a 'Big Idea', a vision, a dream. Then you share the idea with others, some will embrace and support it. What's the Big Idea? The Black Health Project (BHP).

The Black Health Project is not about BHA, it is about the future of our community. It addresses research, health promotion and education, community capacity building and partnership, strategic planning and public policy.

Although in its infancy, the BHP is beginning to crawl. With the support of partnerships and dedicated volunteers we were able to launch elements of the project, the Black Health Challenge and The African Heart Beats Health & Wellness Village while continuing to develop the other components.

I would like to thank my fellow Board members, our membership and supporters for their hard work, commitment and for sharing the experience with us.

As always, Peace & Unity

Thank You to Our Funders

Funders for the period April 01-2009 to March 31, 2010 include the Ontario Trillium Foundation and the Canadian Cancer Society.



Community Engagement Impact Statements

Making the **Invisible**, Visible: Sickle Cell Conference

"I really appreciated connecting with other people living with sickle cell disease and sharing my story"



The Black Health Challenge

"My son and I now read nutrition labels at the grocery store..."

~

"...I love to walk and now I have a group to walk with."

~

"...our community needs this program"



The African Heart Beats Health & Wellness Village

"This is really important, having the organizations together"

~

"I didn't know about these groups in our community"



Financial Well-Being

SUMMARIZED STATEMENT OF FINANCIAL POSITION AS AT MARCH 31, 2010

	2010	2009
ASSETS		
Current assets		
Cash	\$ 2,675	\$ 19,801
Accounts receivable		10,000
	2,675	29,801
LIABILITIES		
Current liabilities		
Accounts payable and accrued expenses	1,648	20,241
Deferred revenue		4,992
	1,648	25,233
NET ASSETS		
Operating fund	1,027	4,568
	2,675	29,801

SUMMARIZED STATEMENT OF REVENUES AND EXPENSES - OPERATING FUND YEAR ENDED MARCH 31, 2010

Revenues		
Ministry of Health and Long-Term Care grants		201,729
The Ontario Trillium Foundation grant	4,992	92,830
Fund-raising	3,665	14,170
	8,657	308,729
Expenses		
Salaries and benefits		72,095
Professional fees	4,414	88,086
Fundraising	617	11,725
Pre-operative capital expenses - TAIBU CHC		105,652
Administrative	7,167	28,603
	12,198	306,161
Excess of revenues over expenses for the year	\$ (3,541)	\$ 2,568
Net Assets – at beginning of year	4,568	2,000
Net Assets – at end of year	1,027	4,568

Complete financial statements are available upon request.

The Big Idea ~ The Black Health Project

“Coming together is a beginning; keeping together is progress; working together is success” Henry Ford

The mission of the Black Health Project:

To influence lifestyles and encourage healthy living through effective health promotion initiatives, community capacity building, relevant research and education, and working with community partners, foundations and government health agencies.

Components of the Black Health Project:

Research

The Black Pulse Report: exploration into prevalence, incidence, health utilization and impact of chronic disease within Black populations.

Intervention

The Black Health Challenge: Culturally designed, 12 week, lifestyle intervention program focusing on nutrition education and physical activity

Beat D’Island Rhythm 5 km run/walk: Family and community oriented health promotion fundraiser to support the BHP

Outreach

The African Heart Beats Health & Wellness Village: Series of health promotion expos at large cultural festivals such as Afrofest, Jambana, or Caribana. The “Village” consists of several different community organizations and agencies serving Black communities.

State of Black Health in Ontario Conference: This biannual conference will examine how the social determinants of health impact health and well-being, develop the importance of race based statistics in the provision of health care, provide research and promising practices updates, examine health utilization and practices, and explore the impact of public health policy on the experience of health and well-being among members of the Black community in Ontario.

Public Policy

Working in collaboration with other racialized populations, government agencies and community stakeholders we will move towards the establishment of an Ethnic Health Secretariat. BHA will specifically be involved in the development of the Black Health Strategy, one of several strategies to be operationalized through the Ethnic Health Secretariat.

Thank You to Fellow Community Organizations & Charities

"If we cross the river together, the alligators won't bother us"
~ African Proverb

The Black Health Alliance would like to thank our fellow community organizations and charities that shared a cooperative spirit and worked alongside us throughout the year.

AIDS Committee of Durham	Africans in Partnership Against AIDS
Black Coalition for AIDS Prevention	Canadian Cancer Society
Canadian Diabetes Association	Caribbean Chapter of the Canadian Diabetes Association
Heart and Stroke Foundation of Ontario	New Heights Community Health Centre
Sickle Cell Association of Ontario	Substance Abuse Program for African Caribbean and Canadian Youth
TAIBU Community Health Centre	Toronto Public Health
Women's Health In Women's Hands	

*"As it is for families, communities or nations our greatest force for
advancement is also our greatest challenge ~ unity."*
~ BHA Board Member

Leadership

*"Leadership should be born out of the understanding of the needs
of those who would be affected by it."
~Marian Anderson."*

Returning Board of Directors 2010 – 2011

Dr. Christopher J. Morgan	President and Board Chair
Dwight Townsend	Vice President
Donna Alexander	Treasurer
Lillie Johnson	Board Member
Sandra Newton	Board Member
J.R. Dash	Board Member
Marilyn Kusi-Achampong	Board Member

Non Returning Board of Directors 2009 – 2010

Heather Thomas	Board Member
Naim Egal	Secretary

Financial Well-Being

BLACK HEALTH ALLIANCE ACCOUNTANT'S REPORT

I have compiled the statement of financial position of Black Health Alliance as at March 31st, 2010 and the statement of revenues and expenses, and net assets balance for the year then ended from information provided by the organization's management.

I have not audited, reviewed or otherwise attempted to verify the accuracy or completeness of such information. Accordingly, readers are cautioned that these statements may not be appropriate for their purposes.

Toronto, Ontario
September 01, 2010

Delford L. Bythe
Certifeid General Accountant



The Year of Big Ideas



The Year of Big Ideas



The African Heart Beats Health & Wellness Village is one component of the larger Black Health Project. It was sponsored by the Heart and Stroke Foundation of Ontario and took place at Afrofest and Jambana. Hundreds of people visited the “Village” and thirteen community organizations and/or charities participated.

The goals of The African Heart Beats Health & Wellness Village are to:

- ❑ Showcase and increase awareness of the many diverse health organizations and professionals working to improve the health and well-being of members of the community
- ❑ Promote the programs, services and upcoming events of participating Village organizations
- ❑ Create an opportunity for our community organizations to become more familiar with one other and build relationships.

The **Making the Invisible, Visible: Shining a Spotlight on Sickle Cell Disease** conference featured presentations on issues such as the social impact of sickle cell disease on school age children; comprehensive care for the adults living with sickle cell disease; Ontario's chronic disease prevention and management strategy; and powerful testimonials of people living with sickle cell disease. The conference was presented in partnership between the Sickle Cell Association of Ontario and the Black Health Alliance.

One of the highlight accomplishments of the recent Making the Invisible, Visible: Shining a Spotlight on Sickle Cell Disease conference was the official declaration of the City of Toronto to declare June 19th World Sickle Cell day in 2010. Numerous major cities around the world have moved to recognize **June 19th as World Sickle Cell day** following the United Nations declaration of Sickle Cell Disease as a Public Health Problem and the 19th of June of each year as World Sickle Cell Day.



“Making the Invisible, Visible”



The Black A Culturally Specific

Health Challenge Lifestyle Program



The Black Health Challenge (BHC) is one component of the larger Black Health Project. TAIBU Community Health Centre was a community partner and the pilot project was sponsored by the Canadian Cancer Society.

The goal of this pilot, culturally specific, 12 week, lifestyle intervention program is to help members of the Black community lead healthier, happier lives by increasing their nutrition knowledge and engaging in creative physical activity thereby lowering their risk of developing many chronic diseases and improving their management of existing health conditions.

Key Features of the Black Health Challenge:

- * Takes place in two communities, Malvern and Jane and Finch
- * 12 weekly, one hour sessions of nutrition education delivered by a nutritionist with experience providing culturally appropriate nutrition education in the target community. Topics range from application of Canada's Food Guide, portion sizes, carbohydrates, salt, fats, nutrition labels, the foods you love to eat and others.
- * One special nutrition class with a guest chef providing a heart healthy, cultural cooking demonstration with nutrition commentary

- * 12 weekly, one hour sessions of culturally adapted physical activity provided by certified physical activity instructors with experience providing physical activity programming in the target community. The forms of physical activity include Reggaerobics, Yoga, Walk to Run and Socacize
- * Week 1, 6 and 12 health assessments tracking weight, body mass index, waist circumference, blood pressure and random blood glucose (sugar) levels. Health assessments are conducted by licensed health professionals such as registered nurse, certified diabetes educator, and chiropractor.

Based on BMI, waist circumference, blood pressure and blood glucose testing the vast majority of Black Health Challenge participants were at risk of developing health problems such as type 2 diabetes, hypertension, and coronary heart disease.

100% of BHC participants who completed at least two health assessments demonstrated a positive change in at least one of the tested physical parameters thus lowering their risk for health problems and aiding in the management of any existing health condition(s).

