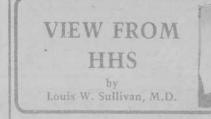


December 17, 1992



Improving the health of all Americans will ensure better health for African-Americans, but because African-Americans lag so far behind, my department bas^{*}invested mil-lons of dollars in a number of pro-grams—some of them newly initi-ated—aimed specifically at helping them bridge the decades-old white-black health status gap. Many of the health, social serv-ices and welfare programs of the Department of Health and Human Services are designed to serve poor and disadvantaged persons. Those programs are being provided addi-tional funding so they can help more people enjoy longer, healthier lives. I have included an extra \$156 million in the 1993 fiscal year budg-et to further support my five-point plan to reduce minority health dis-parities. The focus of the five neist also

The focus of the five-point plan

The focus of the five-point plan will be on increasing access to ap-propriate primary and preventive care in urban and rural areas; in-creasing the supply of health pro-fessionals in underserved areas; en-couraging early preventive care for children, including immunizations and screenings; improving health to enhance learning; and preventing hypertension through enhanced re-search und education.

ypercension through enhanced re-earch and education. You know about the sundry chal-nging problems our community ices in relationship to the general opulation: Our life expectancy is horter; we suffer disproportionately our more such that are been such as nertension, heart disease, diabetes, troke, cancer, HIV infection and AIDS; deaths linked to alcohol, drug abuse and violence are too high; and, is individuals we pay too liftle atation to preventive steps we could

To mention just a few of our spe

ortality by increasing prenatal care

The Minority Mate Initiative assists our young men to overcome special obstacles they face;
To curb the spread of HIV in-fection and AIDS, this year the fed-eral allocation is almost \$4.9 hillion for research, treatment, income sup-port and education programs. HHS alone is seeking nearly \$4.3 hillion and almost \$200 million of that is directly targeted to minority popu-tations;

directly largeted to minority popu-lations: • 111,000 drug abuse treatment slots, 17,000 more than last year, are being made available; • \$12 million will fund a new grant to minority educational insti-futions to improve their research infrastructure; and, • Funds for 130 new community and minerant headth contactions citize

Funds for 130 new community and migrant health center sites, bringing the total to 1,634 sites. However, when we examine the health problems plaguing our people, we see that much of the suf-fering, disability and death is pre-ventable. With the federal govern-ment committed to a stronger more active role, prevention becomes a

ment committed to a stronger more active role, prevention becomes a key to overcoming some of the health dispurity.African-Americans suffer. This is no "cure thine own self" admonishment. These are choices that can make a long-life or early-death difference: Make, a pramise each day to choose to be healthief. Choose to cut fat, shake salt and reduce sugar from your diet. Choose to cat at least live fruits and vegetables a day. Choose to gegrage regularly. Ono"t Choose to exercise regularly. Don' smoke and Bon't abuse alcohol of

If we all do our part, safer envi ronments and longer, healthier lives will be the payoff. (Dr. Sullivan is U.S. secretary of

health and human services.)

Dr. Michal Jazwinski, put forth the radical notion that with the possible while simultaneously rise to 400 years, most experts would not go that far. The most some of the nation's leading commonly held belief was that by adopting several simple lifehealth and anti-aging experts gathered together recently by style changes, the average perthe National Institutes on Aging. Virtually without exception the years of age and possibly 120. Briefly, here are the top 10 of experts concluded that we can all live much longer lives and in those suggested lifestyle the process of getting older

2

Eat in moderation!

Overeating over-works and poi-

sons the body. The key is re-

duce fats and substitute with

carbohydrates such as fruits and

3. Exercise regularly!

Exercise strengthens the heart,

the lunos and makes the body

days a week will be enough.

4. Take vitamin

supplements! The best anti-

aging vitamins are E and C. They

and cancer - the number one

and number two killers in the

5. Keep mentally active!

is to study a loreign language.

6. Get sufficient rest! Both

1. Start Now! As Dr. Huber Warner of the National Institutes on Aging stated, "The problems that lead to aging are cumula-



12

By Robert N. Taylor

maintain a lot more of our youth-

ful health, stamina and good

While some experts, such as



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peace of mind. In other words, CAL RESEARCH COM AIDS TESTING

search companies are developciation (PMA). The report, "AIDS 95 research projects involving these medicines under way by 66 pharmaceutical companies. Because of the increasing

incidence of AIDS in women and

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for the first time, tracked clinical specific requirements of women and children with AIDS. The survey results show that 50 of the medicines in development include women in clinical trials

the continued incidence of AIDS

research and development to find medicines to treat, prevent and cure AIDS and its related stronger," said PMA President Gerald J. Mossinghoff. "We hope those working in the critically ways to cure and, one day, pre-

The survey also found that three new medicines have been Administration (FDA) for use by physicians since the PMA's last survey of "AIDS Medicines in brings to 17 the total approved medicines for AIDS and AIDSrelated conditions. Another 11 medicines are awaiting approval

organization of more than 100 member companies who discover, develop and produce most of the prescription drugs used in the United States.



should not be more than 20 pounds heavier than that now.

Much of that general feeling of ing is a result of reduced lung capacity. Practice daily deep breathing exercises.

The evidence is overwhelming that aspirin helps clear the arteries and thus reduces the chances of heart attack and stroke. Take an aspirin a day unless you have

10. Have sex! New York

steps will be detailed in future columns in this newspaper. Meanwhilestorthe detailed "Anti-Aging Guidebook" write the

tive, and the sooner you get for a certain number of ho each day stop worrying. 7. Lose some weight! How

8. Breath deeply, often!

9. Take an aspirin a day!

puts it this way: Giving up on sex