



Partners in Health Fact Sheet



“I really like eating fruits and vegetables, so I volunteered to ride a smoothie blending bicycle. I wanted to make and eat smoothies with kids at Sacramento’s Juneteenth Festival.”

Network for a Healthy California— African American Campaign (Network)

- The *Network* is a statewide movement that empowers low-income African American women and their families to eat fruits and vegetables and be physically active every day.
- The *Network* reaches community residents where they live, shop, worship, and play.
- The *Network* encourages those who care about the African American health crisis to be Champions for Change, who speak up for healthy changes in their neighborhoods.
- Families, retailers, health service providers, as well as, civic, community and faith-based leaders are among the many people who join the movement to become Champions for Change every day.

For more information or to become a partner, contact: Cynthia Robinson, Health Education Council Program Administrator and *African American Campaign* Regional Manager at (916) 556-3344 or crobinson@healthedcouncil.org



“The Network’s African American Campaign empowered me to eat healthier and get more physical activity, and it changed my life. I’ve lost weight, and now I’m helping my daughter make healthy choices for her body.”



American Heart Association’s Power to End Stroke

- The American Heart Association (AHA) is the largest voluntary health organization dedicated to building healthier lives free of cardiovascular disease and stroke.
- AHA focuses on raising quality of life and health in our communities through advances in research, advocacy, quality health care initiatives and culturally tailored educational outreach.
- Heart disease and stroke are the No.1 and No.3 killers of all Americans. African Americans have higher rates of some risk factors for heart disease and stroke, such as diabetes and high blood pressure, than other ethnic groups.
- Power to End Stroke participants learn to fit physical activity into their daily lives; prepare delicious healthy meals; and reduce high blood pressure, high cholesterol and diabetes.

For more information contact: Valarie Scruggs, Health Equity Director Initiatives at (916) 446-6505 or Valarie.Scruggs@heart.org