Southwest Baltimore Community Health Project Overview

In the summer of 2003 the Morgan-Hopkins Center for Health Disparities Solutions began the Southwest Baltimore Community Health Project. We organized health fairs to educate you about your health and assess your community’s health by doing a door to door interviews. Those who participated in the survey not only helped us assess the community’s health, but also received $20 for taking time to complete the survey.

We found that the community’s greatest health needs are high blood pressure, asthma and emphysema, depression/anxiety, and smoking. We are now working with your community associations to make positive changes in these areas. We hope you find this report interesting and helpful in living a healthy life.

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Overall Health

First we asked you about how your health was in general. Compared to the national average, the local community has more people who feel that their health is not at its best.

Locally,
- 35% said their health was excellent / very good
- 33% said their health was good
- 32% said their health was fair / poor

Health Assessment Results

First we measured your blood pressure.

Those who have not been diagnosed with high blood pressure

Hypertension (high blood pressure) is defined as having a blood pressure above 140/90 mm Hg. Hypertension makes the heart work too hard and causes your arteries to harden. It increases the risk of heart disease and stroke, which are the first and third leading causes of death among Americans. In addition, it can result in other conditions, such as congestive heart failure, kidney disease, and blindness.

You can lower your blood pressure by:

- Maintaining a healthy weight
- Being physically active for at least 30 minutes on most days of the week
- Following a healthy eating plan that is high in fruits and vegetables and low in fat.
- Reducing the amount of salt in your diet. Use other seasonings such as garlic and onions to add flavor
- Drinking alcohol only in moderation
- If you are hypertensive, make sure to take your medication regularly
Weight Status
We asked you about your height and weight. We used this information to determine your body mass index. Your Body Mass Index can be used to tell whether or not you are underweight, normal, overweight, or obese. Locally, the more women are overweight or obese than the national average. Locally, less men are overweight or obese men than the national average.

- Nationally, 67% of men are overweight or obese. Locally, 53% of men are overweight or obese.
- Nationally, 49% of women are overweight or obese. Locally, 62% of women are more overweight or obese.

Overweight - having an excess amount of body weight that includes muscle, bone, fat, and water.

Obesity - having an excessive amount of body fat. It is a very serious health problem. Healthcare providers generally agree that the more obese a person is the more likely he or she is to develop health problems. Obesity increases your risk for hypertension, heart disease, and stroke, and has been linked to type II diabetes and certain types of cancer.

If you feel that you are overweight or obese you should talk to your doctor to see if you need to lose weight. If you do need to lose weight, you should start slowly by using a healthy eating plan and engaging in physical activity. Work with your doctor to find healthy eating plans and to ways to exercise more.

Health Conditions
We asked you if you had been diagnosed by a health professional with any of the following health conditions:

HYPERTENSION
In the local community, the percentage of people who are diagnosed with hypertension is higher than the national average.

- Nationally, 21% said that they had been diagnosed with hypertension
- Locally, 29% said that they had been diagnosed with hypertension

HEART DISEASE
In the local community, the percentage of people who are diagnosed with heart disease is similar to the national average.

- Nationally, 11% said that they had been diagnosed with heart disease
- Locally, 10% said that they had been diagnosed with heart disease
**STROKE**
In the local community, the percentage of people who have had a stroke is higher than the national average.

- Nationally, 2% said that they had been diagnosed with stroke
- Locally, 4% said that they had been diagnosed with stroke

**DIABETES**
In the local community, the percentage of people who are diagnosed with diabetes is higher than the national average.

- Nationally, 7% said that they had been diagnosed with diabetes
- Locally, 10% said that they had been diagnosed with diabetes

**CANCER**
The local community has a lower rate of cancer than the national average.

- Nationally, 7% said that they had been diagnosed with cancer
- Locally, 5% said that they had been diagnosed with cancer

**ASTHMA OR EMPHYSEMA**
In the local community, the percentage of people who are diagnosed with asthma or emphysema is twice the national average.

- Nationally, 12% said that they had been diagnosed with asthma or emphysema
- Locally, 24% said that they had been diagnosed with asthma or emphysema
ANXIETY OR DEPRESSION

For males and females the local community has high rates of anxiety and depression.

- Locally, 30% of males and 20% of females said that they had been diagnosed with anxiety or depression.
- Nationally, 16.2% of adults were depressed within their lifetime, and 6.6% of adults were depressed within the last year.

Health Behavior
EXERCISE & PHYSICAL ACTIVITY

We asked you how often you participated in exercise or physical activity for at least one hour. Most of the local community is physically active.

(National Data Unavailable)

Locally, 45% of people are physically active more than three times a week, 28% are physically active three times a week or once a week, and 26% of people are physically active once a month or less.

Being physically active can help you feel better and improve your health. Everyday you should try to be physically active for a total of 30 minutes or more. Pick an activity that you enjoy and make it a part of your day, such as gardening or yard work, vacuuming, walking or dancing. If you have a health condition, talk to your doctor about what type of physical activity is right for you.

LIFETIME SMOKING STATUS

- Nationally, 52% of males and 39% of females said that they were presently or formerly regular smokers.
- Locally, 75% of males and 62% of females said that they were presently or formerly regular smokers.
CURRENT SMOKING STATUS

We asked if you were currently a regular smoker. The local community has a much higher percentage of people who currently smoke than the national average.

- Nationally, 25% of males and 21% of females said that they were currently regular smokers.
- Locally, 69% of males and 49% of females said that they were currently regular smokers.

Smoking is the leading cause of lung cancer and increases your risk of developing hypertension, asthma and emphysema. Smoking can also complicate diabetes. If you smoke please speak with your doctor about programs that can help you quit smoking.

ALCOHOL

We also asked you if you were currently a regular drinker. For males and females the local community has lower rates of current drinking than the national average.

- Nationally, 69% of males and 56% of females said that they are currently regular drinkers.
- Locally, 54% of males and 42% of females said that they are currently regular drinkers.

Health Screenings Use

We asked you if you had used any of the following health screenings within the last two years:

(National Data Unavailable)

PHYSICAL EXAM

- Did not have a physical exam □ Had a physical exam

Locally, 78% said that they had received a physical exam within the last 2 years

BLOOD PRESSURE

- Did not have their blood pressure checked □ Had their blood pressure checked

Locally, 88% said that they had their blood pressure checked within the last 2 years
Locally, 61% said that they had their blood cholesterol checked within the last 2 years.

Locally, 56% of those diagnosed with diabetes said that they had their feet examined within the last 2 years.

Locally, 48% said that they had a dental exam within the last 2 years.

Locally, 59% said that they had their eyes examined within the last 2 years.

If you have diabetes you should have a dental exam at least twice a year, have your eyes examined at least once a year, and check your feet daily for cuts, blisters, red spots and swelling. Call a doctor immediately about any sores that will not heal.
**Colon Cancer Screening**

- Did not have a colon cancer screening
- Had a colon cancer screening

Locally, 43% said that they had a colon cancer screening within the last 2 years.

*If you are a man or a woman over 50 you should talk to your doctor about being screened for colon cancer.*

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**Pap Smear (Cervical Cancer Screening)**

- Did not have a Pap smear exam
- Had a Pap smear exam

Locally, 76% of women said that they had a pap smear within the last 2 years.

*If you are a woman over 21 or are sexually active you should have a pap smear at least once every 3 years. Talk to your doctor about what testing*  

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**Blood Test / Rectal Exam (Prostate Cancer)**

- Did not have a blood test/rectal exam
- Had a blood test/rectal exam

Locally, 45% of men age 40 and over said that they had a blood test or rectal exam within the last 2 years.

*If you are a man over 50 you should talk to your doctor about being screened for prostate cancer.*

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**Mammogram (Breast Cancer Screening)**

- Did not have a Mammogram
- Had a Mammogram

Locally, 56% of women age 40 and over said that they had a mammogram within the last 2 years.

*If you are a woman over 40 you should talk to your doctor about being screened for breast cancer.*
Use of Health Services

USUAL SOURCE OF CARE
We asked you where you usually go to receive healthcare when you are ill.

- Nationally, more people go to a doctor's office or private clinic to receive healthcare.
- Locally, less people go to a doctor's office or private clinic, and more people go to a community health center, or hospital outpatient department (OD) or emergency department (EMD).

GENERAL HEALTH INSURANCE STATUS
We asked you if you had health insurance coverage. Locally, less people have health insurance than the national average. However, locally and nationally, more people who are age 65 and under have less health insurance than those over age 65.

- Nationally 81% of those under age 65 are insured, and 99% of the people age 65 and over are insured.
- Locally, 60% of those under age 65 are insured, and 90% of the people age 65 and over are insured.

REGULAR DOCTOR
We also asked you if you have a regular doctor.

(National Data Unavailable)

PRIVATE HEALTH INSURANCE
We asked if you were covered by private health insurance. For the local community, less people have private insurance than the national average. Locally, more people under age 65 have private health insurance than those who are age 65 and over.

- Nationally, 71% of those under age 65 have private health insurance, and 60% of the people age 65 and over have private health insurance.
- Locally, 27% of those under age 65 have private health insurance and 25% of the people age 65 and over have private health insurance.
**MEDICAID (UNDER AGE 65)**

We asked if you were covered by Medicaid. Medicaid is a government program that pays for medical assistance for certain individuals and families with low income. For people under age 65, the local community has a higher percentage of people who are covered by Medicaid than the national average.

- Nationally 6% of the people under age 65 are covered by Medicaid.
- Locally, 28% of the people under age 65 are covered by Medicaid.

**PRESCRIPTION DRUG COVERAGE**

We also asked you whether or not you had coverage for prescription drugs.

*(National Data Unavailable)*

- Locally, 61% of people under age 65 and 72% of those age 65 and over have coverage for prescription drugs.

**MEDICARE & MEDICAID (AGE 65 & OVER)**

We asked if you were covered by Medicare. Medicare is a government insurance plan for people age 65 and over, and people with disabilities and certain health conditions. Locally, for people age 65 and over, most are covered by a combination of Medicare and Medicaid.

- Nationally, 6% of those age 65 and over are covered by a combination of Medicare and Medicaid.
- Locally, 20% of those age 65 and over are covered by a combination of Medicare and Medicaid.
Community Concerns

We asked you what the 3 biggest health concerns in your community were. In total, 66 different concerns were reported. Here are the 10 most reported concerns (in order of most frequently reported):

1. Drugs
2. Sexually Transmitted Infections (especially HIV / AIDS)
3. Alcohol Abuse
4. Sanitation / Cleanliness
5. Pests (Rodents, Insects, Stray Animals)
6. Tobacco Use
7. Violence / Safety / Poor Law Enforcement
8. Lack of Health Insurance
9. Lack of Basic Healthcare
10. Crime

We also asked you about different issues in your community and if you felt they were a major problem or not. The graph below shows the percent of people who said the issue was a major problem.
Conclusions

Overall, the community’s greatest health needs are asthma, emphysema, heart disease, depression, and tobacco use. We are working with Bon Secours Hospital, Operation Reach Out SouthWest (OROSW), and community leaders to develop a strategy for addressing these health needs.

We would like to acknowledge Pfizer Pharmaceuticals for funding this project, as well as the Wilkens Avenue Mennonite Church, Volunteers of America, the Steuart Hill Academic Academy, and the Miracle Temple Seventh Adventist Church for their continuing support.

If you have any questions please call the Southwest Baltimore Community Health Project at (410) 614-3247. We are located at 624 N. Broadway, Room 441, Baltimore MD 21205. You may also visit us on the worldwide web at www.healthdisparities.org.

Help with Paying for Prescription Drugs

PFIZER CONNECTION TO CARE PROGRAM

This national patient assistance program helps low income patients without prescription drug coverage obtain medicines. This program provides free medicines to patients who meet the program eligibility criteria. Twenty-five of Pfizer’s medications are included in this program, such as Lipitor, Zoloft, and Norvasc.

The Eligibility Requirements are:

- An annual gross single household income of $16,000 or less; or an annual gross family household income of $25,000 or less.

- Patients must not have any prescription drug coverage - this includes patients who have reached their caps under other plans, those in “generics only” plans, or any other insurance plans that offer coverage.

- If a patient’s income is more than the guidelines allow, the patient can still apply. The patient’s physician must include an appeal letter with the initial application explaining the situation. Exceptions are made on a case-by-case basis.

To learn more about the Connection to Care Program, please call (800) 707-8990 Monday through Friday, 9:00 a.m. - 6:00 p.m., EST. or visit the website on the internet at www.pfizer.com/connectiontocare
Baltimore City Health Resources

If you are in need of medical care and do not have a regular physician or place that you receive care, please call or visit any of the following clinics to make an appointment.

FOR UN/UNDER-INSURED PATIENTS (SLIDING FEE SCALE)

Chase Bexton Health Services
1001 Cathedral Street
Baltimore, MD 21201
(410) 752-0954

People’s Community Center
3028 Greenmount Ave.
Baltimore, MD 21218
(410) 467-6040

Matilda Koral Medical Center
2323 Orleans Street
Baltimore, MD 21224
(410) 558-4747

True Health Center
922-924 West North Avenue
Baltimore, MD 21217
(410) 383-8783

Baltimore Medical System at Saint Agnus
9000 Caton Ave
Baltimore, MD 21229
(410) 703-3200

Baltimore Medical System at Annapolis Rd.
4000 Annapolis Rd. Suite 105
Baltimore, MD 21227
(410) 769-8399

Middle Sex Health Center
3509 Eastern Ave.
Baltimore, MD 21224
(410) 558-4700

GBMC Community and Family Center
1200 East Fayette Street
Baltimore, MD 21201
(410) 522-1200

South Baltimore Family Center
631 Cherry Hill Road
Baltimore, MD 21225
(410) 354-2000

Belair Road Family Health Center
3120 Erdman Ave.
Baltimore, MD 21213
(410) 558-4800

Park Heights Medical Clinic
4432 Park Heights Avenue
Baltimore, MD 21215
(410) 542-8130

University Care at Waxter Center
1000 Cathedral St., 3rd Floor
Baltimore, MD 21201
(410) 396-1295

Baltimore Medical System at Falls Rd.
3612 Falls Rd.
Baltimore, MD 21211
(410) 558-4848

Hollandtown Community Health Center
3509 Eastern Ave.
Baltimore, MD 21224
(410) 558-4900

FOR UNINSURED PATIENTS ONLY

Men’s Health Center
(Men ages 19-46)
1515 W. North Avenue
Baltimore, MD 21217
(410) 396-6367

Shepherd’s Clinic
(also takes low income)
1901 St. Paul Street
Baltimore, MD 21218
(410) 385-1308

Healthcare for the Homeless
(must have no income)
111 Park Avenue
Baltimore, MD 21201

Mental Health Resources

Harford Belair Mental Health Center
4308 Harford Rd.
Baltimore, MD 21214
(410) 426-5650

Sinai Hospital, Community Mental Health
Outpatient Psychiatry
Belvedere & Greenspring Avenues
Baltimore, MD 21215
(410) 601-5457

Bon Secours Baltimore Health System
2000 W. Baltimore St.
Baltimore, MD 21223
(410) 362-3558

University of MD Medical System
PARC
(Psychiatric Assessment & Referral Center)
22 S. Greene St.
Baltimore, MD 21201
(410) 328-6231

North Baltimore Center, Inc.
2225 N. Charles St.
Baltimore, MD 21218
(410) 366-4360

Johns Hopkins Community Mental Health
Outpatient Psychiatry
600 N. Wolfe St. Meyer 144
Baltimore, MD 21287
(410) 955-3861

Johns Hopkins Bayview Medical Center
Community Psychiatry
4940 Eastern Ave., D2 East Tower
Baltimore, MD 21224
(410) 550-0016

Johns Hopkins Hospital
Community Mental Health
Outpatient Psychiatry
600 N. Wolfe St. Meyer 144
Baltimore, MD 21287
(410) 955-3861
EMERGENCY PHONE NUMBERS

Baltimore Mental Health Systems  
201 E. Baltimore Street, Suite 1340  
Baltimore, MD 21202  
(410) 752-2272

Baltimore Crisis Response  
(410) 752-2272 or 433-5175  
24 Hour Hotline  
(800) 422-0009

Support Groups, Self Help Organizations, Advocacy Information and Referral Centers

- DRADA  
  (410) 583-2919  
  (Depression and Related Affective Disorders Assoc.)
- NAMI Metropolitan Baltimore  
  (410) 435-2600  
  (National Association for the Mentally Ill)
- Mental Health Assoc.  
  (410) 235-1178
- Families Involved Together  
  (410) 235-5222
- On Our Own  
  (410) 444-4500

For Persons With Insurance

- Private Practice Referrals after the Individual checks with their Insurance Company about what type of Mental Health Coverage they have:
  - MD Psychiatric Society  
    (410) 625-0232
  - MD Psychological Association  
    (410) 992-4258
  - MD Social Workers  
    (410) 788-1066 x16
  - MD Nurses Association  
    (410) 944-5800

Drug Rehabilitation Services

New Hope Treatment Center
2401 West Baltimore Street  
Baltimore, MD 21223  
(410) 945-7708 No Walk-ins, Call Mon - Fri, 10:00a.m. - 12:00 p.m.
Who: Adult men and women who live in Baltimore City
Services: Medical assisted treatment, counseling, support groups, primary care, and acupuncture referral

Recovery in the Community
112 North Monroe Street  
Baltimore, MD 21223  
(410) 945-7706 Walk-ins Mon, Tue, Wed, Fri, 9:00a.m. - 1:00 p.m.
Who: Un / Under insured Adult men and women
Services: Outpatient level I, Drug free treatment, counseling, help with staying clean

If someone you know is in need of help with a drug addiction, please tell them about the following drug rehabilitation centers:

Echo House
1705 West Fayette Street  
Baltimore, MD 21223  
(410) 947-1700 No Walk-ins, Call Mon - Thurs, 9:00a.m. - 8:00 p.m., Fri until 5:00 p.m.
Serves: Adult women and men, adolescents, uninsured and under insured accepted
Services: Drug Free Outpatient Level I, DWI Treatment, counseling, family therapy & services, emergency food assistance, youth after school / summer programs, senior programs. More information on the internet at www.echo-house.org

The New Fayette House, Inc
107 S. Fulton Ave.  
Baltimore, MD 21223  
(410) 644-8670 *No Walk-ins Call Mon - Fri, 9:00a.m. - 5:00 p.m.
Who: Adult men and women
Services: Outpatient level I, 14 day detox, psychiatrist & mental health worker available, 6 mo. stay or longer if necessary

Total Health Care
1501 W. Saratoga Street  
Baltimore, MD 21229  
(410) 566-0560 Must be 28 days clean, need referral from treatment center
Who: Adult men (insured or uninsured accepted)
Services: Halfway House level III, long term aftercare, acupuncture, counseling, help with finding work and a residence afterwards

Hezekiah Movement Islands of Hope
13 South Poppleton Street  
Baltimore, MD 21201  
(410) 768-3214 or (410) 362-3808
Who: All are welcome
Services: A spiritually oriented space for peaceful, quiet, and safe renewal, prayer, meditation, education to facilitate personal recovery from addiction, and basic employment and education referrals

Baltimore Outreach Ministries Men's Home
2021 W. Baltimore St. 1st Flr, 211  
Baltimore, MD 21223  
(410) 233-0935
Who: Males age 18 and over
Services: A Christian centered special service home that provides assistance for men overcoming drug addictions, offers lifestyle support, and gives a biblical foundation for living. Provides furnishings, food, and help with social services, medical support, and food stamps, and help finding employment. One year stay (flexible).
Community Outreach Services

The following places are organizations in your community that offer wonderful services for adults, youth, children, and families.

The Learning Bank
1200 West Baltimore Street
Baltimore, MD 21223
(410) 659-5452

Who: Adults 16 years or older who is not enrolled in high school
Services: Adult Education & Literacy, GED courses, computer training, job readiness

Southwest Senior Center
100 S. Calhoun Street
Baltimore, MD 21223
(410) 566-1311

Who: Senior Citizens
Services: Parties, trips, health screenings, entertainment, help with filling out forms

Creating Lasting Family Connections
11 S. Calhilton Ave.
Baltimore, MD 21223
(410) 752-8500

Who: Youth and Adults
Services: Workshops to help families communicate better, build helpful parenting skills, and help youth deal with challenges and achieve success.

Success by 6
1200 West Baltimore Street
Baltimore, MD 21223
(410) 659-0506

Who: All families with pregnant women and children ages 0 - 6
Services: Prenatal care, child development services, family support services, emergency crisis aid, transportation, home visiting family advocacy.

Southwest Sanitation & Lead Assistance Program
22 S. Calhoun Street
(410) 566-6658

Visiting Hours: 2:30 pm to 4:00 pm
Services: Clean streets, alleys, abandoned and vacant lots; refer requests to board up houses to the city government; emergency food assistance, chaperones and help for the elderly, snacks for kids at Tracy Atkins Pool in the summer time.

Bon Secours Family Support Center
26 N. Fulton Ave.
Baltimore, MD 21223
(410) 362-3629

Hours: Monday thru Thursday 8:30 am to 5:00 pm Friday by appointment only
Who: Young parents, expectant young parents, infants and toddlers ages birth to 3 years old
Services:
- ADULT
  - GED Classes, ABE classes, computer training, parent support groups, money management workshops, life skills training, on site development child care for participants, service coordination and referral, community outreach activities, recreation and social activities, transportation to and from the Center
- CHILDREN
  - Learning and play activities with older children and adults, indoor/outdoor exploration, Developmental assessments and screening, infant and child stimulation activities to maximize growth and development, arts and crafts, music and movement, afternoon snacks
- WOMEN, INFANTS, & CHILDREN (WIC)
  - Learn about nutrition for a healthy family, how to have a healthy pregnancy, breastfeeding, use WIC checks to buy groceries, obtain other health and social services. Eligibility includes those who receive medical assistance, food stamps, temporary cash assistance or have a low household income (call for details)

Bon Secours Womens Resource Center & House of Ruth
10 N. Pulaski Street
Baltimore, MD 21223
(410) 362-3547

Services:
- Bon Secours - GED classes, job readiness, laundry for all women
- House of Ruth - Counseling for battered women and children, referrals for temporary living arrangements for battered women

Salvation Army Baltimore Area Command
Family Service Center
814 Light Street
Baltimore, MD 21230
(410) 783-2920

Hours: 8:30 am to 11:30 am 1:00 pm to 3:30 pm for financial assistance
Who: The Greater Baltimore Area
Services:
- Clothing closet, emergency assistance with food, clothing, toiletries, and small household items
- Short-term financial relief may be provided through utility, rental/mortgage, burial, and prescription assistance
- Caseworkers to network, refer, and advocate for clients with other social service agencies in Maryland
Youth Programs

Southwest Baltimore has some amazing programs for young people.

Franklin Square Boys and Girls Club
215 N. Calhoun Street
Baltimore, MD 21223
(410) 728-4868
Who: Youth and Young Adults
Activities: After school programs, indoor and outdoor sports activities, dance team

Youth Entrepreneurship & Employment Program (YEEP)
26 N. Fulton Ave.
Baltimore, MD 21223
(410) 362-3629 or (410) 362-3807
Hours: (Call for Schedule)
Who: Youth ages 13 to 18
Activities: Job readiness and leadership training, connection to job opportunities, financial literacy training and much more

Salvation Army Temple Center
1601 W. Baltimore Street
Baltimore, MD 21223
(410) 233-7434
Who: Youth and Young Adults
Activities: Sunday school, music classes, athletics, arts and crafts, camping, and programs similar to Boy Scouts and Girl Scouts

Bentlou Recreation Center
220 N. Bentlou
Baltimore, MD 21223
(410) 366-0105
Who: Ages 5 and older (including adults)
Activities: Field trips, seasonal parties, karate class, dance program, basketball league participation (citywide and national)

Pratt Street Transitional Housing Program
1701 West Pratt Street
Baltimore, MD 21223
410-362-5667
Who: Families with two or more children under age 12
Services:
- 2 year transitional housing program
- 35 apartment complex, safe and supportive environment
- Helps families achieve independence, self-sufficiency, and permanent housing
- Case management, mental health counseling, life skills classes, and referrals to needed services such as health care, substance abuse treatment, adult education, and job training

Wilkens Avenue Mennonite Church
1616 Wilkens Avenue
Baltimore, MD 21223
(410) 947-7876
- Boys Brigade (grades 6 to 9)
  Thursday nights 6:00 pm to 7:30 pm
  Camping, hiking, similar to Boy Scouts
- God's Little Angels (Ages 8 to 12)
  Monday nights 6:30 pm to 8:00 pm
  Singing, skits, crafts, Bible lesson
- Youth Group (Ages 13 to 18)
  Friday nights 7:30 pm to 9:00 pm

Girls Scouts of Central Maryland
1329 W. Baltimore Street 2nd flr.
Baltimore, MD 21223
(410) 234-0674 Ask for Ms High / Ms. Williams
Hours: Mon - Thurs 3:00 pm to 6:00 pm
Grades: K through 12
Activities: Singing, games, field trips, camping, fun creative crafts, opportunities to do new things and make new friends

Reclaiming Our Children Boys & Girls After School Program
1329 W. Baltimore Street 2nd flr.
Baltimore, MD 21223
(443) 864-6410 Ask for Mr. Dante Wilson
Hours: Mon - Fri 3:00 pm to 6:00 pm
Activities: Arts & Crafts, Computers, Recreation, help with homework, Daily Reflection Groups, Pik Up from community schools, meals provided

Christian Community Center
1412 Hollins Street
(410) 947-8757 After-school program and tutoring

Community Associations

You can make a difference in your neighborhood by participating in your local community association. Look below to see which community associations represent your neighborhood.

New Southwest Mt. Clare Community Association
Area: Pratt St. to B&O RR Tracks
Fulton Ave. to Carey St.
Contact: Anne Arnes
Address: 332 S. Gilmor St.
Baltimore, MD 21223
Phone: (410) 945-4947
Fax: (410) 945-4947

Monroe Community Association
Area: Wilkins Ave. to Lombard St.
Mount St. to Payson St.
Contact: Mary Boser
Address: 1819 Dover St.
Baltimore, MD 21223
Phone: (410) 837-2036
Fax: (410) 837-2036

Union Square Neigh. Association, Inc.
Area: Baltimore St. to Pratt St.
Schoeber St. to Fulton Ave.
Contact: Karen Fretz
Address: P.O. Box #20520
Baltimore, MD 21223
Phone: (410) 566-2432
Fax: (410) 566-2432

Restivo Square Community Association
Area: Lombard St. to Baltimore St.
Payson St. to Fulton Ave.
Contact: Josephine Battaglia
Address: 1825 Frederick Ave.
Baltimore, MD 21223
Phone: (410) 566-2432
Fax: (410) 566-2432

Operation Reachout-Southwest-(OROSW)
Area: Gwynns Falls to Route 40
Carey St. to B&O Tracks
Contact: Joyce Smith
Address: 26 N. Fulton Ave.
Baltimore, MD 21223
Phone: (410) 362-3629
Fax: (410) 669-6484

Southwest Visions
Area: MLK Blvd. to Fulton Ave.
Fayette St. to Washington Blvd.
Contact: Brenda Dymond
Address: 926 W. Lombard St.
Baltimore, MD 21223
Email: brendadymond@aol.com
Phone: (410) 547-9277

Communities Organized To Improve Life (COIL)
Area: Rt. 40 to Gwynns Falls to I-95
Russell St. to MLK Blvd. to Morrell Park
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Glossary

Heart Disease occurs when the coronary arteries (arteries that supply blood to the heart muscle) become hardened and narrowed. Blood flow to the heart is reduced as plaque forms and narrows the coronary arteries. This decreases the oxygen supply to the heart muscle. Eventually this can cause heart pain or a heart attack. The signs of a heart attack are shortness of breath, chest discomfort, pain or numbness in one or both arms, the back, neck, jaw, or stomach, nausea, vomiting, and dizziness. To prevent heart problems eat a healthy diet, watch your blood pressure and blood cholesterol level, maintain a healthy weight, quit smoking, and exercise.

Stroke occurs when the blood supply to the part of the brain is suddenly interrupted or when a blood vessel in the brain bursts. Some of the signs for a stroke are: sudden numbness or weakness, especially on one side of the body; sudden confusion, trouble speaking or walking, dizziness, or loss of balance or coordination. Risk factors for stroke include high blood pressure (hypertension), heart disease, diabetes, and cigarette smoking. Other risks include heavy alcohol consumption, high blood cholesterol levels, and illicit drug use.

Diabetes is a disease in which blood sugar levels are above normal. High blood glucose damages nerves and blood vessels, leading to complications such as heart disease, stroke, blindness, kidney disease, nerve problems, gum infections, and amputation. Diabetes is a manageable illness. If you have diabetes you should get regular care for your diabetes and learn how to control it.

Asthma is a chronic disease that affects the airways in your lungs. When you have an asthma attack the symptoms include: wheezing (a whistling sound when you breathe), coughing, chest tightness, and trouble breathing.

Emphysema is a lung disease in which the lung is damaged, making it difficult to breathe. The airways in your lungs are partly obstructed, making it difficult to get air in and out. Cigarette smoking is the most common cause of Emphysema.

Cancer occurs when cells do not stop growing (dividing) and do not die when they should. Cancer cells can spread to distant parts of the body. People can reduce their risk of cancer by living a healthy lifestyle.

About Us

Morgan-Hopkins Center for Health Disparities Solutions

The Center for Health Disparities Solutions (CHDS) was established in October 2002 through a grant from the National Center on Minority Health and Disparities. As a collaboration between Morgan State University and Johns Hopkins University, our goal is to conduct research that advances knowledge on the causes of health disparities for all populations and to develop solutions to eliminate them. Visit us on the internet at www.healthdisparitiessolutions.org

Sources: National Health Estimates were obtained from the 2002 National Health Interview Survey, conducted by the U.S. Centers for Disease Control www.cdc.gov/nchs; the 2001-2002 National Comorbidity Survey, conducted by Harvard School of Medicine http://www.hcp.med.harvard.edu/ncs/. Health information was adapted from materials provided on the U.S. National Institutes of Health website www.nih.gov.