



Having any TWO of these factors

- ▲ high blood pressure
- ▲ high triglycerides
- ▼ low "good cholesterol"
- ▲ impaired glucose metabolism
- ▲ large waist

may increase risk of heart attack or stroke in obese black women by 117 percent, but not in obese white women.

Source: Schmiegelow et al., Race/ethnicity, obesity, metabolic health and risk of cardiovascular disease in postmenopausal women; Journal of the American Heart Association, May 20, 2015.



FAT LIKE THAT FAT

Obesity in the Black Church

Beloved, I wish above all things that thou mayest prosper and be in health, even as thy soul prospereth. 3 John:2

God's 8 Laws of Health: Nutrition, Exercise, Water, Sunlight, Temperance, Air, Rest and Trust in God.

Whether therefore ye eat, or drink, or whatsoever ye do, do all to the glory of God. ~1 Corinthians 10:31

And God said, Behold, I have given you every herb bearing seed, which is upon the face of all the earth, and every tree, in the which is the fruit of a tree yielding seed; to you it shall be for meat.~Genesis 1:29

Black men who attend church almost daily are nearly three times more likely to have obesity than those who never (or very rarely) attend, a new study shows. The obesity epidemic, like many deleterious outcomes in America, has disproportionately affected the black population, researchers say. While nearly one-third of all men and women have obesity, the rate jumps to nearly one-half (48.4%) among African Americans, putting them at greater risk for diabetes and cardiovascular disease, according to the National Health and Nutrition Examination Survey. Study finds correlation between diabetes and obesity rates within black churches



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BLACK CHURCH CULTURE IS OUT OF ALIGNMENT WITH SOME BIBLICAL TEACHINGS, PARTICULARLY WHEN IT COMES TO HOW WE EAT. CHURCH CULTURE HAS GOT US DRINKING KOOL-AID, EATING WHITE BREAD, FRIED CHICKEN, LARGE SERVINGS OF MACARONI AND CHEESE AND COLLARD GREENS DRENCHED WITH SALTY HOG MAWS (FOODS THAT ARE HIGH IN SUGAR, SALT, CALORIES, AND CARBOHYDRATES THAT TRIGGER HEALTH PROBLEMS). WE'RE EATING THIS IN THE CHURCH BASEMENT AT DINNER AND AT CHURCH CONVENTIONS! MEANWHILE, THE BIBLE TEACHES AGAINST GLUTTONY.

“Both men and women who are active members of their churches are being pulled in a lot of directions outside of their faith community, which can make self-care a lower priority than what is warranted. We want them to make faith and health priorities in their lives, rather than faith or health.” A key to reducing diabetes and obesity rates lies in finding how these health issues might be connected to religion, the researchers say: Are there high-glycemic specialties in black Baptist churches' covered-dish repertoires that are missing from black Catholic and Presbyterian gatherings? Are men who attend church nearly every day of the week sneaking comfort-food leftovers from the fellowship hall? Are they leaders of the church, who are so busy they over-rely on high-calorie, drive-through restaurant food? Does it matter that some denominations stress more than others the Bible's teaching about the body being a temple? Do black churches need to offer exercise classes tailored for male members?



Is the black church causing obesity by encouraging overeating?

