

6/8/2020

Today, we at the Durham Complete Count Committee put together a video to highlight the month of June as Men's Health Month. Durham Counts worked with the Men's Health Council to highlight a message about racism as a public health emergency. The message also reminds you to vote and complete the Census.

**Watch it here:**

**Read the transcript, with important links below...**

Dearest Durhamites,

I am James Tabron III, a member of the Men's Health Council in Durham.

June is Men's Health Month. The Office of Minority Health within the U.S. Department of Health and Human Services has highlighted Men's Health Month as an opportunity to "raise awareness about healthcare for men and encourage boys, men and their families to practice and implement healthy living decisions, such as exercising and eating healthy".

However, even when engaging in the most balanced physical fitness routine, the highest standard of nutrition choices, and other healthy living decisions, Black men and their families perpetually experience the stresses and stressors of systematic racism that are woven into the fabric of everyday American life and result in generational trauma.

I am Isaiah Noble, also a member of the Men's Health Council.

As we pause to remember George Floyd, Ahmaud Arbery, Breonna Taylor and countless others throughout history, let's also recognize the need to work together in developing and implementing education policies, economic policies, labor, housing, and health-care policies, energy policies, agricultural and environmental policies, transportation policies, and social justice policies that are built on a foundation of racial equity and improve quality of life outcomes for black men and their families.

The Journal of Applied Developmental Psychology recently published a study titled, [Daily Multidimensional Racial Discrimination among Black U.S. American Adolescents](#). The study concludes that black teenagers face an

average of five racial discrimination experiences every day and these consistent acts increase our propensity to experience depression. Black teenagers need the community to show care, support and demonstrate positive role modeling. Discrimination is a public health emergency. Black Lives Matter. Black Lives Count.

And I am James Tabron IV, a supporter of the Men's Health Council.

As we move toward the equitable world we deserve, we must discuss the actions that will carry us forward. The Obama Foundation lists resources on its [Anguish and Action webpage](#) that help people become more informed about anti-racism and connect us to actions that support and encourage reform. If you are interested in partnering with local government to affect change, the Men's Health Council is a group of men leading other men to optimal health and well-being. You can reach us by telephone at 919-560-7109 or by email at [jpage@dconc.gov](mailto:jpage@dconc.gov).

Additionally, Durham County Government has over 40 active advisory boards and commissions on which Durham residents can serve. For more information about these opportunities and how to apply for a vacant position, contact the office of the Clerk to the Board of County Commissioners by calling 919-560-0025 or by emailing [boardsandcommissions@dconc.gov](mailto:boardsandcommissions@dconc.gov).

We also want to use this opportunity to remind you to vote and complete the Census, both are important in identifying representation and supporting local resources. You can learn more about voting for the 2020 general election on the Durham County Board of Elections website, [dcovotes.com](http://dcovotes.com).

You can complete the Census online in English at [2020census.gov/en](https://2020census.gov/en) and in Spanish at [2020census.gov/es](https://2020census.gov/es). Additionally, you can call 844-330-2020 to respond to the Census by phone in English and 844-468-2020 to respond to the Census by phone in Spanish.

Warmest Regards,  
Black Lives Count