

HEALTH & WELLNESS

Healthbeat

State gets extra Medicare funds

Gov. Bev Perdue applauded the decision by the Obama Administration and Health and Human Services Secretary Kathleen Sebelius to provide North Carolina with \$152 million in financial relief. The federal government will provide a temporary reduction in the costs to states associated with the federal Medicare Part D drug program.

"This decision by the Obama Administration and Secretary Sebelius couldn't have come at a better time to help our state continue to provide critical health services," said Perdue.

Sebelius announced the funding as part of a nationwide action to provide some budget relief to states made possible by the American Recovery and Reinvestment Act (ARRA), which temporarily increased the amount states receive from the federal government to help pay for their Medicaid programs. The increase was to the federal share of Medicaid costs, referred to as federal medical assistance percentage payments (FMAP).

HHS will apply the ARRA increased FMAP to so-called clawback payments, which is the amount states pay to the federal government as required by the Medicare Prescription Drug Improvement and Modernization Act of 2003 (MMA). It is intended to offset some of the added expense to Medicare Part D of assuming drug costs for residents dually eligible for both programs. Prior to MMA, state Medicaid programs covered prescription drug costs for these beneficiaries.

This temporary adjustment in the clawback payments will be applied for the period October 1, 2008 through December 31, 2010. In his 2011 budget, President Obama calls for the FMAP increase established in ARRA to be extended through June 30, 2011.

It's Severe Weather Awareness Week in N.C.

As North Carolinians eagerly await springtime, Gov. Bev Perdue cautioned residents to be on the lookout for severe weather that may include tornadoes and thunderstorms. Perdue declared Feb. 28 - March 6 Severe Weather Awareness Week in North Carolina and recommends that families have safety plans for home, work or school so they can respond quickly when tornadoes or severe storms threaten.

Schools and government buildings statewide were slated to hold tornado drills yesterday morning. "We never know when or where a tornado will strike," said Perdue. "You may only have a few minutes warning. That is why it is so critical to have emergency plans in place."

Perdue urged all North Carolinians to take time now to discuss and rehearse family emergency plans so that when the National Weather Service issues a tornado warning in their area, everyone can act quickly and take shelter calmly. March, May and November are the deadliest months for tornadoes in North Carolina.

Last year, the National Weather Service issued approximately 70 tornado warnings and recorded 33 tornadoes in North Carolina. Four of those tornadoes had winds in excess of 110 mph. Combined, the tornadoes caused at least \$3 million in damages.

Improved Krankies Farmers' Market opening April 20

The Krankies Farmers' Market will kick off its second season on April 20 in a new, larger location outside Krankies Coffee, which is at the corner of Patterson Avenue and Third Street.

The market, which will be open every Tuesday from 10 a.m. to 1 p.m. through the end of November, will celebrate the opening of its new season with a spring greens cooking demonstration by healthy-cooking advocate Lee Newlin, who hosts cooking workshops at her Greensboro home. She focuses on how to use fresh ingredients and make simple, delicious meals with optimum health benefits.

Market shoppers who buy any spring greens may enter a raffle for a Krankies Farmers' Market canvas bag made from recycled cotton and printed using water-based ink by TS Designs in Burlington.

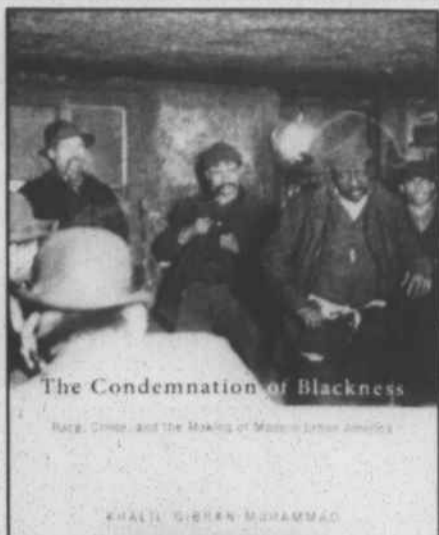


Submitted Photo
Lee Newlin works in her organic garden.

"The success of last year's market demonstrated a pent-up demand for locally grown, pesticide-free vegetables, fruits and meats," said Matt Mayers, market manager. "With our move from inside Krankies out to the street, shoppers can expect to see many more farmers and more produce variety."

The Krankies Farmers' Market, a joint effort between Triad Buying Co-op Inc. and Krankies Coffee, features locally and sustainably grown and/or produced foods, including vegetables, fruit, honey, eggs, pasture-fed meat and bread.

For more information about Newlin's cooking workshops and garden tours, see www.leenewlin.com.



'Whites commit crimes; Blacks are criminals'

In new book, professor explains how social science developed this mindset

CHRONICLE STAFF REPORT

An Indiana University professor says that poor African-Americans who commit crimes have long been held to a different standard than whites who commit similar offenses.

In his new book, "The Condemnation of Blackness: Race, Crime, and the Making of Urban America," Khalil Gibran Muhammad, an assistant professor of history, tells "an unsettling coming-of-age story" about the idea of black criminality in modern America.

At the turn of the 20th century, reformers and social scientists argued that high rates of crime and violence among white European immigrants could be explained by poverty, discrimination and social upheaval. Improve social conditions, they said, and immigrants would be like the native-born. But, according to Muhammad, the same argument didn't apply when it came to African Americans. Liberals and conservatives alike accepted that high crime rates for blacks were evidence of racial inferiority.

Linking crime and race first began to take hold in the post-Reconstruction period, he writes, when "Southerners used crime to justify disfranchisement, lynching and Jim Crow segregation; Northerners used it to justify municipal neglect, joblessness and residential segregation."

"The Condemnation of Blackness," published by Harvard University Press, shows how social scientists refashioned blackness through newly available crime data. In the words of historian David Levering Lewis, the book "disrupts one of the nation's most insidious, convenient and resilient explanatory loops: whites commit crimes, but black males are criminals."

At the heart of the initial story is the 1890 census, the first to describe the generation of African Americans born after the Civil War. Among its findings: blacks made up 30 percent of U.S. prisoners but only 12 percent of the overall population. "Even Northern liberals saw it as a reflection not of racism but of black people's bad behavior. They believed that African Americans hadn't developed 'internal controls' or recognized that freedom comes with responsibility," Muhammad said. "This is striking because, it's at the exact moment when the opposite argument was being made for European immigrants - that they need to be helped, to be Americanized, and it needs to happen now." Northern social workers set about to save the "great army of unfortunates," but left blacks alone to "work out their own salvation."



Muhammad

OUT IN THE OPEN

W-S Urban League, CenterPoint helping to take away stigma of mental illness

CHRONICLE STAFF REPORT

It has been called one of black America's longest-held secrets. Now, the Winston-Salem Urban League and CenterPoint Human Service are working together to bring it out into the open.

The agencies announced last week that they will work together locally to push a national effort to spread awareness about mental health in the African American community. The Substance Abuse and Mental Health Services Administration (SAMHSA), in collaboration with the Ad Council and the Stay Strong Foundation, unveiled the nationwide campaign last week on the Washington, D.C. campus of Howard University.

According to SAMHSA, in 2008, there were an estimated 9.8 million adults aged 18 or older living with serious mental illness. Among adults, the prevalence of serious mental illness is highest in the 18 to 25 age group, yet, this age group is also the least likely to receive services or counseling. In 2008, 6.0 percent of African Americans ages 18-25 had serious mental illness in the past year. Overall, only 58.7 percent of Americans with serious mental illness received care within the past 12 months and the percentage of African Americans receiving services is only 44.8 percent.

The SAMHSA campaign will include public service announcement (PSAs) on television and in newspapers and magazines. One of the first PSAs features Susan Taylor, the former editor of Essence magazine. Taylor now devotes much of her time to the National Cares Mentoring Movement (formerly Essence Cares), a youth mentoring agency she founded.

Locally, the Winston-Salem Urban League and CenterPoint have jointly conducted seminars to train local pastors and others to recognize the signs of mental illnesses - which includes depression, anxiety, bipolar disorder and schizophrenia - so that they can direct their members to seek help. The local agencies will also provide links on their Web sites to the SAMHSA PSAs and other online mental health resources.

Terrie M. Williams is the co-founder of The Stay Strong Foundation, which works to support, educate and inspire African American youth. The Foundation collaborated on the development of the Web videos and PSA materials.

"It is the work of the Stay Strong Foundation and my personal mission to educate everyone, and in particular the African American community, about depression and its impact on our communities," said Williams. "Every day so many of us wear the 'mask' of wellness that hides our pain from the world. Now is the time to identify and name our pain - minus the myths and the stigmas - and seek the help so many of us need."

To view the PSAs and other information, go to www.storiesthatheal.samhsa.gov.



WARM COMFORT



PRNewsFoto/Procter & Gamble

Award-winning "Grey's Anatomy" actress Chandra Wilson delivers a quilt to a young hospital patient. The actress - in conjunction with Downy fabric softener and Quilts for Kids, Inc. - has delivered dozens of quilts of kids in hospitals throughout the nation since last year. In celebration of its 50th year, Downy has launched a new specially marked bottle, which when purchased will provide five cents to the effort to provide comforting quilts to hospitalized children.

COLORECTAL CANCER 101

Colorectal cancer (cancer of the colon and rectum) is the third most common cancer found in adults. According to the The American Cancer Society 146,000 people were diagnosed with colon or rectal cancer in 2009, of which more than 16,000 were African American. Unfortunately, this resulted in about 49,000 deaths; 7,100 of those were African American. Even though the rates of colorectal cancer have decreased in recent years, it is still one of the most common types of cancer diagnosed. The risk of

The People's Clinic:
A North Carolina Minority Health Education Collaborative

The Maya Angelou Center for Health Equity
www.wfubmc.edu/mche

WAKE FOREST UNIVERSITY
SCHOOL OF MEDICINE

developing colorectal cancer increases with age. In fact, more than 90 percent of colorectal cancer cases occur in persons aged 50 years or older.

In general, the number of

people developing and dying from colorectal cancer has been decreasing each year. This decrease is largely due to successful screening tests that allow for the discovery and removal of pre-cancerous growths (polyps) before they turn into cancer. Early detection and treatment can lead to improved medical outcomes. Despite these improvements, African American men and women have the highest rate of colorectal cancer deaths of any racial or ethnic group.

See Cancer on A10

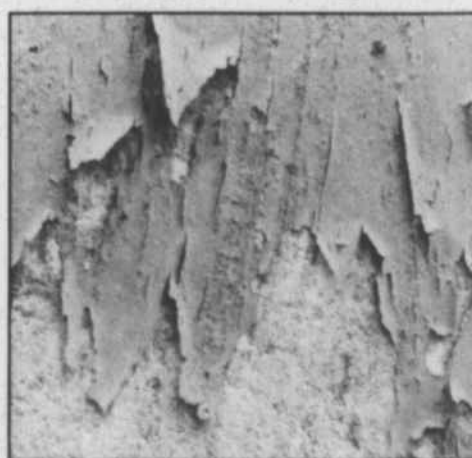
City will help remove dangerous paint from some homes

SPECIAL TO THE CHRONICLE

Owners of some houses and apartments that contain lead-based paints will be able to get assistance in removing the paint under the new Lead Safe/Healthy Homes program.

Assistance is available for housing (both rental and owner-occupied) whose occupants have an income of 50 percent to 80 percent of the average median income in this area.

The program is intended to eliminate the hazard that lead-based paints present to children under six, who can ingest paint chips or lead-contaminated dust. Lead poi-



soning can damage the brain and the nervous system, and small children are more vulnerable to its effects because their growing bodies readily absorb lead.

Lead was banned from house paints in 1978, but houses and apartments built before that year frequently used lead paint because of its durability.

In November, the city accepted a \$2.07 million grant from the U.S. Department of Housing and Urban Development for a three-year program to eliminate lead-based paints in the community.

The Lead Safe/Healthy Homes program includes screening and testing, assistance

See Paint on A9