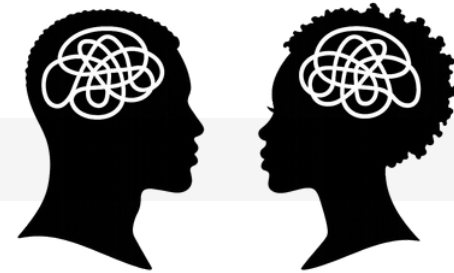


# Okaloosa County NAACP Health & Wellness Newsletter

March 2026 Edition | Health Committee News

## Strong on the Outside, Hurting on the Inside: Mental Health Matters



Mental health challenges often go unspoken in the Black community due to stigma and limited access to care. Yet mental health directly impacts blood pressure, heart health, sleep quality, energy levels, relationships, and overall quality of life.



Seeking help is a sign of strength - not weakness

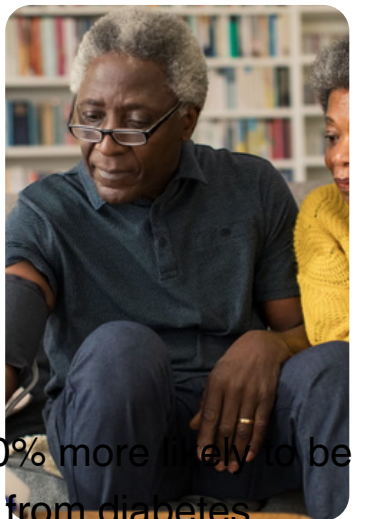
SAMHSA Helpline: 1-800-662-HELP

### Facts:

- Only 1 in 3 Black adults who need mental health care receive it.
- Black adults are 20% more likely to experience serious psychological distress.
- Suicide rates among Black youth have increased significantly in recent years

## Have We Normalized High Blood Pressure and Diabetes?

High blood pressure and diabetes have become so common in the Black community that many people see them as inevitable. However, these conditions are not normal. They are preventable, manageable, and often reversible with early detection and lifestyle changes.



### Key Statistics:

- 56% of Black adults have high blood pressure.
- Black adults are 60% more likely to be diagnosed with diabetes.
- Black Americans are twice as likely to die from diabetes complications.
- These conditions significantly increase risk of stroke, heart disease, and kidney failure.



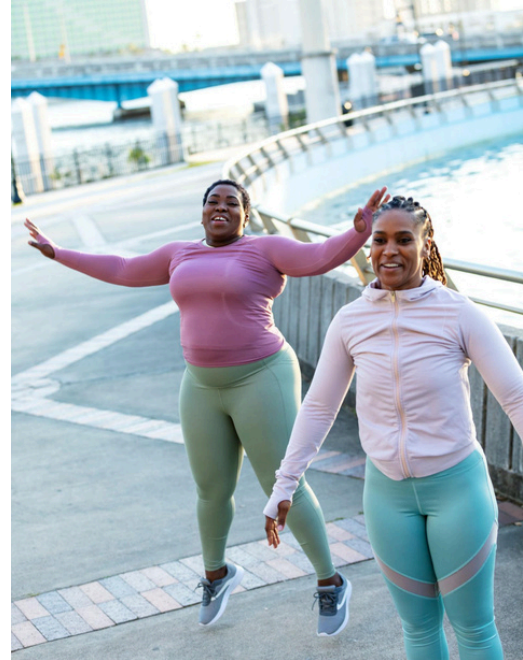
### What You Can Do:

- Know your blood pressure and blood sugar numbers.
- Exercise regularly—even walking helps.
- Reduce salt, sugar, and processed foods.
- Take medications as prescribed.
- Visit your doctor regularly—even if you feel fine.

Find Help: [TherapyForBlackGirls.com](https://www.therapyforblackgirls.com) | [BlackMenHeal.org](https://www.blackmenheal.org) | Call or Text 988

Learn more: [CDC.gov](https://www.cdc.gov) | [BlackDoctor.org](https://www.blackdoctor.org) | Your primary care physician

## Fitness Corner: No Excuses – Fitness for Busy Schedules



### 5-Minute Reset

- 1 minute marching in place
- 1 minute jumping jacks
- 1 minute squats
- 1 minute arm circles
- 1 minute stretching

### 10-Minute Energy Boost

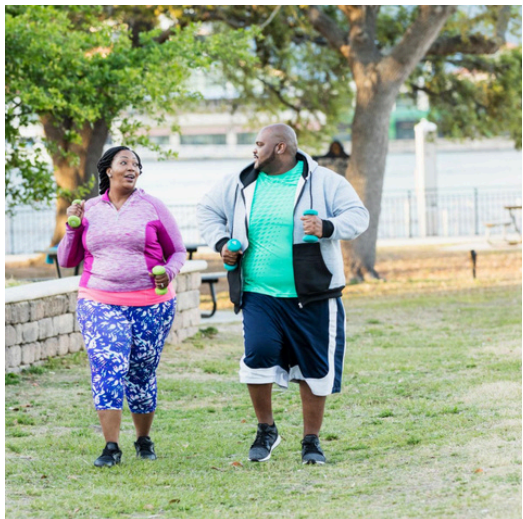
- Brisk walk
- Stair climbing
- Light jogging

### 20-Minute Fat Burner

- 10 minutes walking
- 5 minutes bodyweight exercises (squats, pushups)
- 5 minutes stretching

### 30-Minute Full Health Workout

- Walking
- Strength exercises
- Stretching



Consistency matters more than intensity.

**Your health is your power. Prevention and knowledge save lives.**



## Healthy Spotlight: 5-Minute Power Snack

### Apple Peanut Butter Energy Snack

- Apple slices
- Natural peanut butter
- Cinnamon (optional)

This snack supports healthy blood sugar and heart health.

Scan to visit the NAACP website.  
Get FIRED UP!



### Community Contributors Wanted

Are you passionate about health and wellness? We are seeking contributors for future newsletters.

#### Contact:

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