

118th Session of the East Tennessee Annual Conference
13th Episcopal District
African Methodist Episcopal Church
September 6-9, 2018
St. Paul AME Church (Chattanooga), Host Church
Rev. Kenneth D. Love, Host Pastor
Bishop Jeffrey N. Leath, Presiding Prelate
Dr. Susan J. Leath, M.D., Episcopal Supervisor
Rev. Dr. Eva M. Settles, Presiding Elder
Rev. Dr. Terence Mayes, Sr., Associate Presiding Elder

Report on Health & Wellness

“Dear friend, I pray that you may enjoy good health and that all may go well with you, even as your soul is getting along well.” 3 John 1:2 (NIV)

African Americans have the largest prevalence of *hypertension* as compared with other racial and ethnic populations.

The new guidelines, the first comprehensive set since 2003, lower the definition of high blood pressure to account for complications that can occur at lower numbers and to allow for earlier intervention. The new definition will result in nearly half of the U.S. adult population (46 percent) having high blood pressure, with the greatest impact expected among younger people. Additionally, the prevalence of high blood pressure is expected to triple among men under age 45, and double among women under 45. However, only a small increase is expected in the number of adults requiring antihypertensive medication.

High blood pressure should be treated earlier with lifestyle changes and in some patients with medication at 130/80 mm Hg rather than 140/90 based on new American College of Cardiology and American Heart Association (AHA) guidelines for the detection, prevention, management and treatment of high blood pressure.

Recommendation: The Committee on Health & Wellness of the East Tennessee Annual Conference of the 13th Episcopal District of the African Methodist Episcopal Church recommends continued teaching and preaching the Good News of Jesus Christ as related to healthy living by providing quarterly educational and training sessions via sermons, seminars, or workshops to our congregations with regards to hypertension management and healthy living.

Humbly Submitted,

Tanja A. Holsey

Dr. Tanja A. Holsey, MD
The Committee on Health/Wellness Chair
Chattanooga District of the East Tennessee Annual Conference