SEPTEMBER CELEBRATES LABOR DAY

Labor Day, as a federal holiday, was created in 1894 in the wake of massive unrest among workers. It attempted to repair ties with American workers. Most people these days see it as a time to get an extra day off work, but it really was designed as a dedication to the social and economic achievements of the American worker.

This is a great time to recognize the achievements of barbers in early Colorado. This is history that has not been told a lot. However, it is very interesting and important.

Brian Werner in his 1979 thesis at the University of Northern Colorado did an excellent job. He describes job patterns for Blacks through 1885. He notes that Blacks could be found in a variety of job, but in 1870, 38% of all black workers were classified as laborers, 20% were barbers, and 15% were servants. The barbering trade was considered one of the most prestigious professions and a great route for upward mobility for Blacks. It was a lucrative profession. In Denver Black barbers represented 65% of all barbers. In 1870 two Black barbers, Ed Sanderlin and William Hardin were the wealthiest Blacks in the state. These barbers were prominent leaders in Denver’s Black community as well. Along with a restaurant owner they spearheaded the civil rights movement of the 1870’s. Black barbers were also living in Central city, Georgetown, Blackhawk, Trinidad and Pueblo. By 1880 The number of white Barbers increased significantly in Denver. By 1885 the number of Black barbers decreased from 45 to 31. With the increase in the number of white barbers and thus loss of the white clientele, the Black population alone could not sustain all the Black barbers. There were also tightening of racial lines.

Black Barbers continues to be necessary, influential, and leaders in the Black community. Hope you all had a great Labor Day.

Barbershop Program Partners and Collaborators

American Heart Association
American Diabetes Association
KPCO African American Business Resource Group
Center for African American Health
KPCO Prevention Department
Inner City Health Center
Park Hill Seventh-Day Adventist Church

Just for the HEALTH of it!
High blood pressure/hypertension is a leading cause of death and disability worldwide and affects ~ 1 billion people.

There have been some changes and controversy over the definition and treatment goals for high blood pressure. In this article we use the guidelines developed by the American Heart Association/American College of Cardiology (AHA/ACC) in 2017. These groups, based on available studies, concluded that treating systolic blood pressure (the top number) to a target of 130 mg Hg yields the best balance of health benefits and risks from treatment.

Normal blood pressure is < 120/80. This has been true for decades.

The U.S. Preventive Task Force recommends annual hypertension screening for adults aged 40 years or older at risk for high blood pressure. This includes folks with blood pressures 130 to 139, African Americans, or overweight/obese.

Prehypertension was a category in the past. The new guidelines have eliminated this category. They now designate “elevated BP” for measurements of 120-129. People in this category are at increased risk for hypertension.

Also, from the new guidelines:

For almost all patients with hypertension, the blood pressure target should be < 130/80.

Greater emphasis on lifestyle measures- like lower sodium (1500-2300 mg per/day), lose weight, reduce alcohol.

Initiate medications sooner, use combinations to increase compliance.

Masked hypertension refers to people who have low blood pressure in the doctor’s office, but high at home. Treatment with medications is suggested.
CBHC’s Mission:
To achieve health equity in Colorado’s Black community.

We meet people where they are. We screen, educate, and refer.

Marketing, Manipulation, & Money
Here’s the deal about MENTHOL

Each month CBHC will give you a few tips or information on menthol and the Black community. The tobacco companies have created a long love affair with menthol among Black smokers in our community. They’ve made bank off the Black community ever since!

This quote says it all: “We don’t smoke that s____. We just sell it. We reserve the right to smoke for the young, the poor, the black and stupid.” R.J. Reynolds Tobacco Company Executive

Menthol is a peppermint flavored anesthetic that tobacco companies added to reduce the harshness of cigarettes. This made these products easier to start and harder to quit.

Focused marketing of these enhanced menthol cigarettes began in the 1950-60’s.

For more information go to the CBHC website.

BBSHOP Happenings

The Barbershop/Salon Health Outreach Program (BBSHOP) is designed to meet the community where they are to increase awareness about health issues, to screen, and refer to health care providers as needed.

Shops
We currently have 14 shops. We would like to keep this at as our maximum number of shops unless we get additional leads. We have 2-3 other shops on the waiting list to start if we lose one of the current shops.

HIV screening
The HIV screening at the shops has started and is moving slowly. Julian Wakefield is our resource from Rocky Mountain Cares. Given the nature of HIV it will take a bit of time for the screening to catch fire. We are going to a select few of our shops for screening about once a month. We will keep you posted.

Training
We have had several group and individual training sessions since the beginning of the year. We will be training a group of students in September at Rocky Vista University in Parker.

Tank interview
Tank, owner of World Class Barbers was interviewed by one of our student interns from DU. Here is a brief excerpt from that interview. Excerpt…..

“….And I’ve had some guys that were to the point where they went over and got their blood pressure tested here and they told them, ‘you need to go to the hospital right away,” their numbers were that high. And that made me feel good, I felt like I saved somebody’s life that I had that program here, you know it really works, I know the program works. As a matter of fact, the guy I just told you about he came by last night and I gave him a haircut. He wouldn’t be able to do that if he was gone, he would be across the street over there at Pipkin. I’m happy that I could help save a life that way. I’m proud of what I do, I love what I do it’s just me giving back. That’s my job, that’s what we should do as barbers.”
CBHC BARBERSHOP/SALON PROGRAM

CBHC WELCOMES VOLUNTEERS - HAPPY TO TRAIN YOU!

▪ ARE YOU ABLE TO GIVE ONE SATURDAY EVERY 2-3 MONTHS?
▪ WOULD YOU LIKE TO SHARE YOUR TALENTS?
▪ DO YOU LIKE TO SEE OTHERS LIVE A HEALTHY LIFE?

CAN’T DONATE YOUR TIME, $$$ DONATIONS ARE WELCOME AS WELL. PLEASE CONTACT US @ INFO@COLORADOBLACKHEALTH.ORG

Join Us at a Shop
Buy Tickets to our Gala
Donate

Laugh Out Loud with Bill Bellamy

CBHC Gala
Sunday, October 13, 2019
5 pm – 9 pm
Marriott Denver Tech Center
4900 S. Syracuse Street
Denver, CO 80237

Purchase tickets: www.coloradoblackhealth.org/gala/

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*Help me and let me help you.*