

Resources for African Americans

February 2008

People with limb loss have particular information needs. *Topic of the Month* is a resource guide of information relevant to amputees. Click on the links below to access articles and Web sites directly. Many of the books and videos can be borrowed through Interlibrary Loan.

Many more resources can be found by searching our [online library](#). Please feel free to share this resource with those who may find this useful. We also welcome your comments and topic suggestions! Contact us via e-mail at library@amputee-coalition.org.

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Books

Health Issues in the Black Community / Ronald L. Braithwaite, Sandra E. Taylor, editors; foreword by Jesse L. Jackson, Sr. 2nd ed. San Francisco: Jossey-Bass, c2001. ISBN: 0-7879-5236-2. Summary: This work offers an in-depth examination of the most pressing health problems confronting the black community. Topics covered include environmental racism and justice, organ/tissue donation and transplantation, tobacco as a major risk factor for numerous diseases, widespread mistrust of the medical establishment, new treatment breakthroughs for sickle cell anemia, reemergence of tuberculosis, AIDS, cancer, diabetes, mental illness, alcohol and other substance abuse issues.

Heart Healthy Home Cooking African American Style / National Institutes of Health and the National Heart, Lung and Blood Institute and the Office of Research On Minority Health. Bethesda, MD: National Institutes of Health, 1997. NIH Publication No. 97-3792. Prepare your favorite African American dishes in ways that protect you and your family from heart disease and stroke. These 20 tested recipes will show you how to cut back on fat, especially saturated fat, cholesterol, salt, and sodium and still have great-tasting food. Delicious foods from spicy southern barbecued chicken to sweet potato pie are included.

Available free online: <http://www.nhlbi.nih.gov/health/public/heart/other/chdblack/cooking.htm>

Improving Cardiovascular Health in African Americans / National Institutes of Health and the National Heart, Lung and Blood Institute and the Office of Research On Minority Health. Bethesda, MD: National Institutes of Health, 1997. NIH Publication No. 55-832.

These 7 booklets are designed to help you reduce your chances of having a heart attack or stroke. Each booklet provides specific information on improving heart health and identifies steps to promote healthy lifestyles among African Americans.

Available free online: <http://www.nhlbi.nih.gov/health/public/heart/other/chdblack/index.htm>

My Brand New Leg / written by Sharon Rae North; illustrated by Tony Ross. First Edition. Lithonia, GA: Northstar Entertainment Group, LLC, 2003. ISBN: 0-9741544-0-7. A young African American girl with a prosthetic leg meets a new friend. She shows her new friend activities such as running, riding a bike, and hiking, which she can still do with a prosthesis. (Storybook)

[Back to Top](#)

Resource Types:

[Books](#)

[Articles & Fact Sheets](#)

[Published Research](#)

[Videos](#)

[Web Sites/Organizations](#)



[Online Library](#)

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"Changing Lifestyles: Two Stories About How Diet and Exercise Can Improve Amputees' Health" / Original article by Scott McNutt, translated into plain language by Helen Osborne. Knoxville, TN: Amputee Coalition of America, 2005. Article from *inMotion*, September / October 2005. This article focuses on how two amputees came to terms with taking charge of their health through diet and exercise.

Easy Read: www.amputee-coalition.org/easyread/inmotion/sep_oct_05/changing_lifestyles-ez.html

Easy Read: www.amputee-coalition.org/easyread/inmotion/sep_oct_05/changing_lifestyles-ez.pdf

Spanish Easy Read: www.amputee-coalition.org/spanish/easyread/inmotion/sep_oct_05/changing_lifestyles-ez.html

Spanish Easy Read: www.amputee-coalition.org/spanish/easyread/inmotion/sep_oct_05/changing_lifestyles-ez.pdf

"Keeping the Dream Alive" / Rick Bowers. Knoxville, TN: Amputee Coalition of America, 2006. Article from *inMotion*, July / August 2006. Eighteen-year-old Myles lost his leg above the knee to cancer at age 10, but that doesn't keep him from playing his favorite sport - basketball.

www.amputee-coalition.org/inmotion/jul_aug_06/keeping_dream_alive.html

www.amputee-coalition.org/inmotion/jul_aug_06/keeping_dream_alive.pdf

"Knocking Down Pins, Knocking Down Doubts" / Bowers, Rick. Knoxville, TN: Amputee Coalition of America, 2006. Article from *inMotion*, November / December 2006. In this article, meet two amputees (one left above-knee [AK] / right hip disarticulation, the other left hip disarticulation) who continue to bowl and enjoy life despite their disabilities.

www.amputee-coalition.org/inmotion/nov_dec_06/knocking_down_pins.html

www.amputee-coalition.org/inmotion/nov_dec_06/knocking_down_pins.pdf

Spanish: www.amputee-coalition.org/spanish/inmotion/nov_dec_06/knocking_down_pins.html

Spanish: www.amputee-coalition.org/spanish/inmotion/nov_dec_06/knocking_down_pins.pdf

"Living with Limb Differences: A Man of Honor" / Rick Bowers. Knoxville, TN: Amputee Coalition of America, 2001. *First Step: A Guide for Adapting to Limb Loss*, 2001. This article looks at the naval life of Carl Brashear, the U.S. Navy's first black master diver, and an amputee.

www.amputee-coalition.org/first_step/firststepv2_s3a05.html

"NLLIC ACA Fact Sheet: African Americans, Diabetes and Limb Loss." Knoxville, TN: Amputee Coalition of America, 2008. This Fact Sheet describes diabetes incidence rates, the impact of diabetes, and amputation rates for African Americans. This will be useful to educate at-risk African Americans about the importance of managing and preventing diabetes.

www.amputee-coalition.org/fact_sheets/multicultural/aa.html

www.amputee-coalition.org/fact_sheets/multicultural/aa.pdf

"NLLIC ACA Fact Sheet: Minorities, Diabetes and Limb Loss." Knoxville, TN: Amputee Coalition of America, 2008. Use this Fact Sheet to learn about diabetes incidence rates, the impact of diabetes, and amputation rates for African Americans, Native American and Alaskan Natives, and Hispanic / Latino Americans.

www.amputee-coalition.org/fact_sheets/multicultural/all_groups.html

www.amputee-coalition.org/fact_sheets/multicultural/all_groups.pdf

"Seeing Past the Clouds" / Shannon Taylor. Knoxville, TN: Amputee Coalition of America, 2007. Article from *inMotion*, November / December 2007. Shannon talks about her elective amputation and revision amputation and conquering the mechanical knee in her prosthesis.

www.amputee-coalition.org/inmotion/nov_dec_07/Seeing_past_clouds.html

www.amputee-coalition.org/inmotion/nov_dec_07/Seeing_past_clouds.pdf

Spanish: http://www.amputee-coalition.org/spanish/inmotion/nov_dec_07/Seeing_past_clouds.html

Spanish: http://www.amputee-coalition.org/spanish/inmotion/nov_dec_07/Seeing_past_clouds.pdf

"Towards Reaching 'Normalcy' - Does It Really Matter?" / Donna R. Walton, EdD. Knoxville, TN: Amputee Coalition of America, 2006. Article from *inMotion*, July / August 2006. Dr. Walton describes her own quest to be "normal" and walk without a limp, despite her high-level, above-the-knee amputation. She describes meeting another woman with the same feelings. After years of coping with their own gaits, they both came to the same conclusion to not let their limp define who they are. After all, their limp is normal to them.

www.amputee-coalition.org/inmotion/jul_aug_06/reaching_normalcy.html

www.amputee-coalition.org/inmotion/jul_aug_06/reaching_normalcy.pdf

Spanish: www.amputee-coalition.org/spanish/inmotion/jul_aug_06/reaching_normalcy.html
Spanish: www.amputee-coalition.org/spanish/inmotion/jul_aug_06/reaching_normalcy.

[Back to Top](#)

Published Research

The Adverse Effects of Race, Insurance Status, and Low Income on the Rate of Amputation in Patients Presenting With Lower Extremity Ischemia / Eslami MH, Zayaruzny M, Fitzgerald GA. *Journal of Vascular Surgery*. 2007 Jan;45(1):55-9.

[www.ncbi.nlm.nih.gov/entrez/query.fcgi?](http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?db=pubmed&cmd=Retrieve&dopt=AbstractPlus&list_uids=17210382&itool=pubmed_DocSum)

[db=pubmed&cmd=Retrieve&dopt=AbstractPlus&list_uids=17210382&itool=pubmed_DocSum](http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?db=pubmed&cmd=Retrieve&dopt=AbstractPlus&list_uids=17210382&itool=pubmed_DocSum)

African Americans and Diabetes: Spiritual Role of the Health Care Provider in Self-Management / Polzer RL. *Res Nurs Health*. 2007 Apr;30(2):164-74.

[www.ncbi.nlm.nih.gov/sites/entrez?](http://www.ncbi.nlm.nih.gov/sites/entrez?db=pubmed&cmd=Retrieve&dopt=AbstractPlus&list_uids=17380517&itool=pubmed_DocSum)

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Diabetes in African Americans / Marshall MC Jr. *Postgrad Med J*. 2005 Dec;81(962):734-40. Review.

[www.ncbi.nlm.nih.gov/entrez/query.fcgi?](http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=pubmed&dopt=Abstract&list_uids=16344294&itool=pubmed_DocSum)

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The Effect of Adverse Housing and Neighborhood Conditions on the Development of Diabetes Mellitus Among Middle-Aged African Americans / Schootman M, Andresen EM, Wolinsky FD, Malmstrom TK, Miller JP, Yan Y, Miller DK. *American Journal of Epidemiology*. 2007 Aug 15;166(4):379-87.

[www.ncbi.nlm.nih.gov/sites/entrez?](http://www.ncbi.nlm.nih.gov/sites/entrez?db=pubmed&cmd=Retrieve&dopt=AbstractPlus&list_uids=17625220&itool=pubmed_DocSum)

[db=pubmed&cmd=Retrieve&dopt=AbstractPlus&list_uids=17625220&itool=pubmed_DocSum](http://www.ncbi.nlm.nih.gov/sites/entrez?db=pubmed&cmd=Retrieve&dopt=AbstractPlus&list_uids=17625220&itool=pubmed_DocSum)

Theory-Guided Intervention for Preventing Diabetes-Related Amputations in African Americans / M. Scollan-Koliopoulos. Norwood, MA: Society for Peripheral Vascular Nursing, 2004.

www.ncbi.nlm.nih.gov/pubmed/15592343?dopt=Abstract

[Back to Top](#)

Videos

Fitness for All / with Bonnie St. John Deane and Jon Giese. Appleton, WI: Inspirational Springs, c1998. A workout video for lower-limb amputees and people with leg and ankle injuries. VHS.

Living With Diabetes: Challenges in the African American Community / produced by University of Michigan Diabetes Research and Training Center; executive producer, Patricia Barr; producers/directors, Patrick Murphy, Scott Mann. [Alexandria, VA]: American Diabetes Association, c2000. ISBN: 1580400302. VHS. Summary: A series of 12 short programs designed to be viewed and discussed in a separate, hour-long session. Each episode is set in the New Hope Baptist Church, which serves an African American community. Each program tells the story of one member of a diabetes support group meets at the church.

Men of Honor / Fox 2000 Pictures presents a State Street Pictures production; directed by George Tillman, Jr.; produced by Robert Teitel, Bill Badalato; written by Scott Marshall Smith. Special ed. Beverly Hills, Calif.: 20th Century Fox Home Entertainment: Fox, c2001. DVD. The courageous story of an African American sailor who dared to dream of becoming a U.S. Navy Master Diver. Despite a ruthless training officer and a tragic shipboard accident that leaves Carl and amputee, his will is never broken. Against all odds, he pushes on to achieve the impossible.

Teamwork Under Fire: High Performance in Less Than Ideal Conditions / Bonnie St. John Deane. United States, 1997. VHS. Summary: "How do you build an effective team in the midst of minefields like downsizing, political crises, mutual distrust, or the restructuring program on the year? Is it possible to create an effective team when the players, issues, and loyalties are constantly changing? Bonnie St. John Deane provides answers from her experience on the White House economic team, as a sales rep with IBM and as an Olympic ski medalist. Bonnie's perspective as an African American amputee encompasses diversity issues and cuts across the competitive worlds of sports, politics, academia and business."

Web Sites/Organizations

African Americans and Diabetes / National Diabetes Information Clearinghouse. Bethesda, MD: National Diabetes Information Clearinghouse, 2002-. This provides statistical information related to diabetes in African Americans.
diabetes.niddk.nih.gov/dm/pubs/africanamerican/index.htm

African Americans and Diabetes / American Diabetes Association. Alexandria, VA: American Diabetes Association, 200-. Compared to the general population, African Americans are disproportionately affected by diabetes. The American Diabetes Association (ADA) presents facts and information on pre-diabetes, managing diabetes and avoiding complications such as amputation. Also, learn about ADA's programs designed specifically for African Americans. 1-800-DIABETES.
diabetes.org/communityprograms-and-localevents/africanamericans.jsp

African American Women: Women Minorities Health. [United States]: Office On Women's Health, 200-. Includes links to health topics of special concern to African American women as part of the gateway to a vast array of federal and other health information resources at the National Women's Health Information Center.
www.womenshealth.gov/minority/africanamerican/

BlackHealthCare.com. Kensington, MD: BHC.com, 1999-. Blackhealthcare.com is a comprehensive, culturally oriented and ethnically focused, internet-based health and medical information provider dedicated to addressing the special health problems of African Americans.
blackhealthcare.com

Black Women's Health Imperative. Washington, DC: Black Women's Health Imperative. The Imperative has worked to institute national programs in health policy, education, research, knowledge, leadership development and communications to save and extend the lives of black women. The organization continues to be dedicated to promoting physical, mental and spiritual health and well-being for the nation's 19.5 million African American women and girls. 202/548-4000.
www.blackwomenshealth.org

Congressional Black Caucus. Washington, DC: The Congressional Black Caucus Foundation, Inc. Through research and consumer health programs that promote healthy living, the CBC advocates for equal health care and public policy change for African Americans. 202/263-2800.
www.cbcfinc.org

International African American Prosthetic - Orthotic Coalition (IAAPOC). United States: IAAPOC, 1990-. A collaboration of men and women promoting the benefits and pleasure of the prosthetics and orthotics business to young African Americans. The Coalition also strives to keep those in the field up to date on current technologies and policies in P&O.
www.iaapoc.org/index.html

Journey To Wellness: Online Health Magazine for African Americans. [United States]: BioTechnical Communications, 200-. At JourneyToWellness.com, visitors can listen to archived audio of the Journey to Wellness nationally syndicated public radio program, read program-related articles and follow links to credible related resources.
www.journeytowellness.com

MEDLINEplus Health Information: African American Health. Bethesda, MD: U.S. National Library of Medicine and the National Institutes of Health, 199-. A comprehensive collection of resources put together by the U.S. National Library of Medicine and the National Institutes of Health on topics about and related to African American health. Find links to statistics, news, research, organizations and health information.
www.nlm.nih.gov/medlineplus/africanamericanhealth.html

Office of Minority Health. Washington, DC: U.S. Department of Health and Human services, 200-. The Office of Minority Health performs customized responses to telephone, e-mail and mail inquiries. The resource center can provide database searches, funding searches, and current data and statistics on a variety of health conditions and issues affecting racial and ethnic minorities.
www.omhrc.gov/



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