



An empowered community making informed choices about health

Health Issues

The most frequent health issues in Cincinnati are heart disease, diabetes, obesity, hypertension, and HIV/AIDS. In addition, many factors as to why these disparities exist are low priority of preventive care, inadequate number of multicultural health professionals, unaware of healthy lifestyle, denial of early warning signs and delay in seeking care, decrease in quality health care, uninsured and underinsured individuals, and distrust of the medical establishment.

The disparities are based on race, age, disability, ethnicity, socioeconomic status, and neighborhoods. Family health fairs can help close the gap by providing individuals the access, resources and education to help them take charge of their health.

Who We Are

The First Ladies For Health (FLFH) is a volunteer group that educates and connects our community with resources to take charge of their health. This project leverages the leadership of the First Ladies/Ladies of faith-based organizations to inspire and empower people in our community to focus on their health. Religious/Christian denominations include African Methodist Episcopal, Baptist, Catholic, Episcopal, Lutheran, Pentecostal, and others. We have over 40 churches involved in this initiative.

What is unique about this project is that our Family Health Day is held across churches/centers on the same day. Screenings include HIV, diabetes, hypertension, breast, prostate, vision, dental, mental health, lung and asthma. Flu shots, integrative health, and health information on heart, diabetes, Alzheimer, cancer, infant mortality, prenatal and maternal care, nutrition, and domestic violence, CPR, physical activity classes are included.

We average between 2,500 – 3000 people per year.

How Do We Do It

In order for this to be a success, we rely on our health care partners and their volunteers. We have over 50 partners including all the hospitals in our region and nonprofits/educational institutions to provide service and over 800 volunteers on health day.

Post-Health Day

With the help of our partners, we offer health programs to the churches throughout the year. Programs have included but not limited to blood pressure program, conversation on cancer, and grandmothers who care for infant workshop.

We are lending a helping hand to reduce health disparities, achieve health equity, and improve overall health for all groups who are experiencing the disparities.