Who We Are
New to the Community

The Dayton Council on Health Equity (DCHE) is Dayton and Montgomery County’s new local office on minority health. As part of Public Health — Dayton & Montgomery County, DCHE is funded by a grant from the Ohio Commission on Minority Health.

The goal of DCHE is to improve the health of minorities in Montgomery County, especially African Americans, Latinos/Hispanics, Asians and Native Americans.

DCHE works with an Advisory Council that includes representatives from many areas: private citizens, clergy, community groups, education and health care organizations, media, city planning and others. The Advisory Council is developing a plan to inform, educate and empower individuals to understand and improve their health status.

A Closer Look at the Problem

The health of many Americans has steadily declined. Unfortunately, studies show that the health status of four groups in particular — African Americans, Latinos, Asians and Native Americans — has declined much more than the general population.

These four groups are experiencing significantly higher rates of certain diseases and conditions, poorer health, loss of quality of life and a shorter lifespan. These differences are known as “health disparities.”

The Diseases and Conditions

DCHE is focusing on chronic, preventable diseases and conditions affecting these minority groups, such as:

- Cancer
- Cardiovascular (heart and blood vessel) disease
- Diabetes
- HIV/AIDS
- Infant mortality
- Substance abuse
- Violence

Live Better. Live Longer. Good Health Begins with You!

Dayton Council on Health Equity
117 South Main Street
Dayton, Ohio 45422
937-225-4962
www.phdmc.org/DCHE
The Good News
Many things are being done to improve the health of minorities. These efforts are those of the entire community. Your part?

Individuals
- Increase knowledge about where to go for health care
- Improve attitudes about good health
- Get a family doctor and dentist
- Follow doctors’ orders
- Improve healthy behaviors

Community & Environment
- Provide a clean, safe, pleasant place to live, work and play
- Work together to embrace cultural diversity and improve minorities’ health

Health & Human Services Organizations
- Encourage minority participation
- Promote workforce diversity
- Provide access to health care and coverage
- Work with other groups to improve minorities’ health
- Improve data collection for racial and ethnic groups

Simple Steps to Healthier Living
Individuals who practice a healthy lifestyle lower their chances of sickness, disease, and premature death. Take just one of these steps today and be on your way to living longer, feeling better, and enjoying a healthier life!

1. Eat healthy foods
2. Exercise
3. Take time to find a good doctor
4. Take all prescribed medications according to directions
5. Don’t smoke or drink alcohol while pregnant

Last but not least...
Get in touch with DCHE to learn more about the resources available. Call 225-4962 and ask for the Community Coordinator or visit our website at www.phdmc.org/DCHE.