

African Heritage & Health Week

The African continent brings an incredible heritage of delicious and nutritious food. African Heritage & Health Week highlights the rich cuisine and traditions of the culture, making it the perfect opportunity to celebrate during both Black History Month and American Heart Month.

The importance of African Heritage and Health week can be seen in research studies that show that African Americans are at a greater risk of chronic conditions.

- Four out of five African American women are overweight or obese
- One out of five African American adults have diabetes
- Over 44% of African American Women and 39% of men, have high blood pressure
- African Americans are almost 2X likely to die from heart disease and stroke compared to Caucasians

This celebration goes far beyond presenting the history of African food, it also aides in combatting the rise of various food-related illnesses that appear as traditional cuisine is left behind. African American people face higher rate of obesity and diabetes, and these conditions can increase the risk of high blood pressure and heart disease.

The ancestral African diet is rich in colorful fruits and vegetables such as leafy greens, yams, and sweet potatoes as well as beans, nuts, rice, flatbreads, and whole-grain foods that are crucial to eradicating diseases. Eating these traditional foods can help lower your risk of these conditions and certain cancers.

