

**LESS
TALK**



**MORE
ACTION**

Prosperity for them, but not for you.

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Health is a human right.

And there are people in the world who either do not care about your wellbeing, or actively work against it.

Here are some questions to help you defend yourself from the grift.

Who do you trust?

Community can provide safety and security. But unfortunately, most perpetrators of physical and psychological harm are people you know. According to the U.S. Centers for Disease Control and Prevention, about 41% of women and 26% of men experienced some form of violence from someone they trusted.

In the context of police violence and racist violence, this can be too much for any person to bear.

To protect yourself, ask these questions:

- **Do you trust yourself?** Do you listen to your own worries and concerns? Do you consider your hopes and dreams?
- What do you know about the people close to you? How do they react to your worries or your hopes? **Do they support you, without conditions?**
- Have you observed any patterns in your behaviours around certain people? Are you able to comfortably be true to your values?
- Have you observed any patterns in your environment? **Do you feel safe?** Why?
- **Can you defend yourself?** Can you protect your heart from harm? Can you protect your body from harm? Can you protect your loved ones from harm? How?
- What resources does the State provide? **What should they provide and who should make it happen?**

See what any combination of sleep, exercise, therapy, good friends, self-defence training, and other protective tools can do to help you trust yourself and create a safe environment around you. You deserve it.



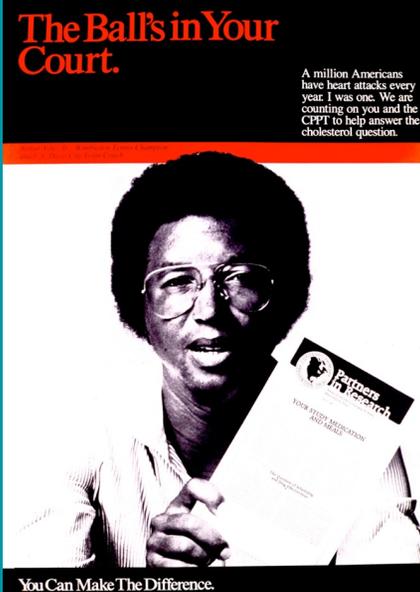
Emma Maitland, the “Boxeuse”, had to defend herself while touring as a dancer in Europe in the 1920s. She returned to the US and became a professional boxer and lightweight champion of the world.

National Museum of African American History Collection Record ID:
nmaahc_2014.63.108.1

Some threats to your health are purely accidental. Even if accidents are rare, training and preparation can help you navigate a crisis.

Knowledge of basic first aid and CPR is foundational to the wellbeing of you and those around you. The CARES Surveillance Group found that rate of **survival from CPR from a bystander was lowest in black people and women**, and this held true even in predominantly black environments. This study suggests that bystanders do not perform CPR as well on black women as well as on other people.

Why? And if the people around us fail us, **what are we going to do about it?**



Arthur Ashe was a tennis champion and civil rights activist. After being denied a visa to compete in the South African Open for years due to Apartheid, he was the first black professional tennis player to compete in the country.

Ashe suffered a heart attack in 1979 and underwent a quadruple-bypass surgery. In 1981, Ashe served as as national chairman of the American Heart Association.

Ashe contracted HIV due to a contaminated blood transfusion during another bypass surgery. He died of AIDS-related pneumonia in 1993.

Ashe remained an advocate against Apartheid until his death.

Arthur Ashe for the Coronary Primary Prevention Trial, 1970s. National Library of Medicine Image ID: C00a666

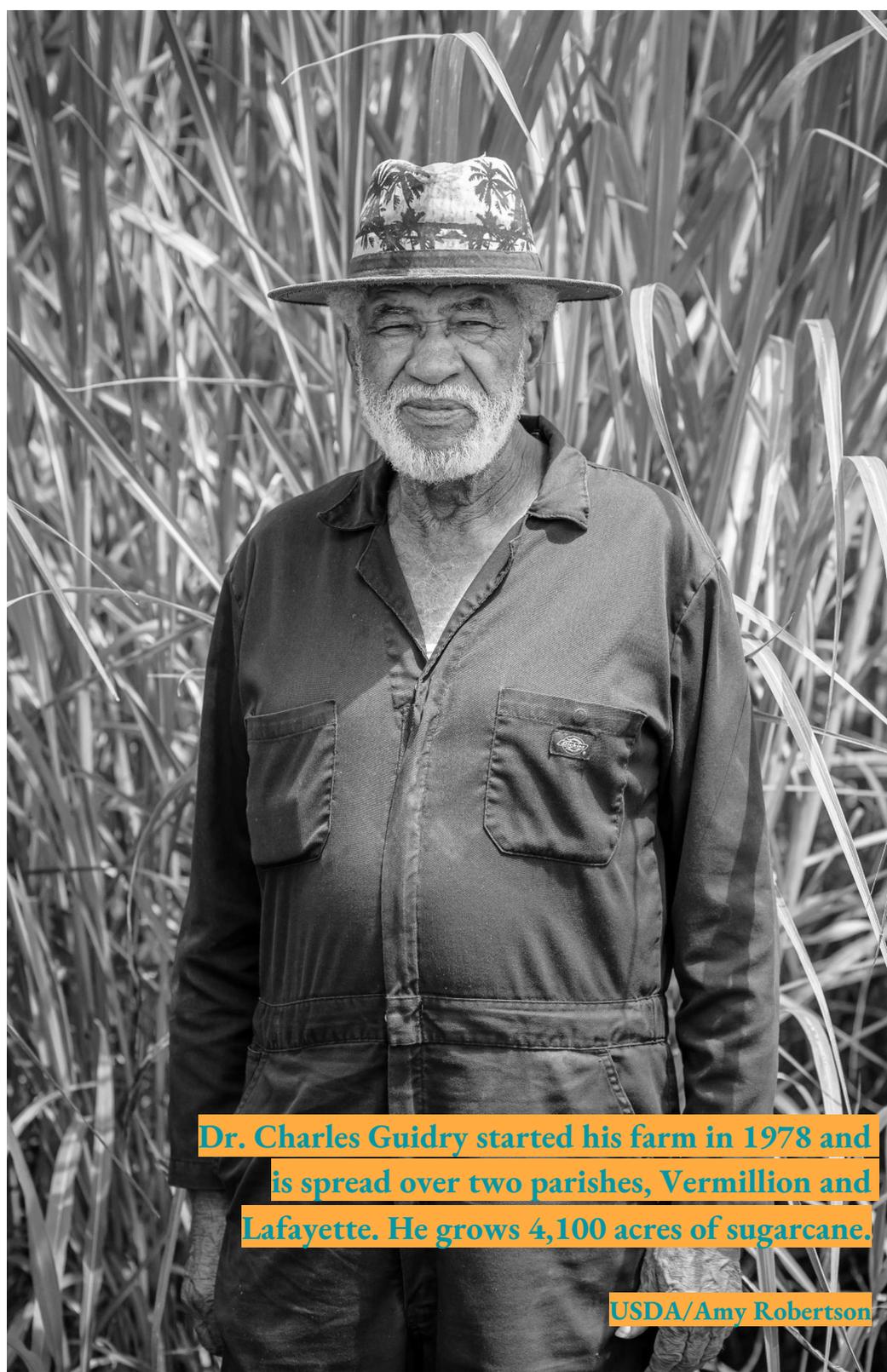
Making a plate

You are what you eat, as the saying goes. What you put inside your body defines what resources you have to build your strength, energy, and immunity to illness.

Our diet in the United States is impacted by our geography, our history, and our economy. **We eat what we tastes good and we can afford.** There's not always opportunity to ask if the food is of good quality and is good for us.

If you can't harvest your own food, you have to find trusted sources of guidance. If you don't want to experiment with your own stomach, then FDA and the EMA are a good starting point. **Consider them the lowest bar of information, and build upon that.**

- What food makes you feel good immediately? How does it make you feel an hour later? **What gives you energy and what slows you down?**
- Can you afford good quality food? Do you have time to cook the meals that make you feel good? **Is there a reason why there are barriers to your nutrition?**
- Do you trust the cleanliness of the place serving you food or groceries? **Does the staff appear to care about what they are selling you?** If you ask them questions about the product, do they have reasonable answers?
- **What is the responsibility of business and government leaders to improve food options in your community?** Do you remind them of this responsibility?



Dr. Charles Guidry started his farm in 1978 and is spread over two parishes, Vermillion and Lafayette. He grows 4,100 acres of sugarcane.

USDA/Amy Robertson

Healthcare For All

Our perception of the risk of illness varies from person to person, and public health attempts to prevent illness for all, across the board. But the history of public health is as chaotic as the epidemics it contains (or not). And each person's trust of any public health system depends on how they perceive their own health and the health of their community.

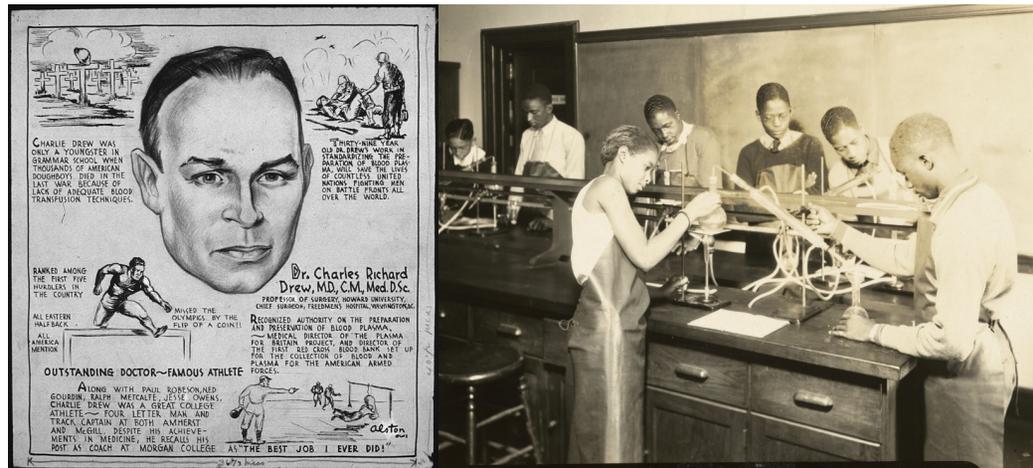
But beyond the perceptions, the chaos, and the distrust are the plain facts. Science - and medicine, as it applies to an individual's health - attempts to sort the facts from what yet needs to be proven.

There are thousands of black scientists and healthcare workers whose goal is to improve the lives of their community.

So what is the science of you? Do you know the facts of your body?

- How do you feel? **Can you track what makes you feel better, or makes you feel worse?**
- Do you go to the doctor? **Do you speak up about your issues?** Do you understand the science behind what they're telling you?
- Do you keep track of your records? Do you look for second opinions? **Can you find trustworthy healthcare providers, and why do you trust them?**
- Can you afford the care you need? **Are there resources that are more affordable?**
- **How does your environment impact how healthy you feel?** Is there someone responsible for this, or must you take action to change your environment?

The black community needs scientific innovation to identify the causes of disease. These causes could be genetic, environmental, or systemic.



“Of all the forms of inequality, injustice in health is the most shocking and inhuman because it often results in physical death.” Martin Luther King, Jr.

The black community leads scientific innovation and our contributions improve the health of people worldwide.

From transforming blood storage for transfusions, improving the pacemaker, establishing national sickle cell screening programs, developing vaccines, and leading major health organizations.

To caring for parents and children, feeding our community, and leading movements to protect the lives of us all.

So take a moment to care for yourself. Establish systems around you to protect yourself. Lead movements for the your own sake.

Now it is time for less talk, more action.

References and Resources

Do note that your US tax dollars supported research and resources to improve your health. As of 2025, the US government intends to erase and eliminate this investment.

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ACLU. “Know Your Rights: Stopped by Police.” 2025. <https://www.aclu.org/know-your-rights/stopped-by-police>.

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