Prime Time Sister Circles®
A Model for Promoting Health and Preventing Disease in Black Women

2019
Washington, DC
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U.S. Midlife (40-75 Years of Age) Black Female Population = 9 Million

142,000 Mid-life Black Women Philadelphia, PA.
PTSC LOCAL PHILADELPHIA SITES

- African American Museum in Philadelphia
- African American United Fund
- Berachah Baptist Church
- Center of Peace
- First District Plaza - The Cafe

- Mercy Douglass Residences
- Mother Bethel Baptist Church
- US Dream Academy - G.W. Childs Elementary
- Zion Baptist Church

PTSC Opioid Support Group Results

Funded by: Philadelphia Department of Behavioral Health & Intellectual disAbility Services
Conducted by: Black Women’s Health Alliance and The Gaston & Porter Heath Improvement Center, Inc.
Increase in Opioid Deaths Among Women and African Americans

Increase in death rate for women compared to men between 1999 and 2015

1. Prescription opioid death rate 471% among women compared to 218% among men
2. Heroin deaths among women increased at more than twice the rate for men

Increasing death rate greater for:

1. Black Americans
   - Midlife Black Americans
   - Midlife Black American Women
2. 3% deaths from
   - 3% Fentanyl in 2014
   - 16% deaths in 2015
   - 44% deaths in 2016
Unique Issues of Black Women Recovering from Opioid Addiction
Data from Literature Review

More Likely To:
- Be a single parent
- Have been incarcerated
- Have multiple emotional and physical health issues
- Have financial difficulties

Less Likely To:
- Have a positive work history/job training
- Have completed high school

Unique Issues of Black Women Recovering from Opioid Addiction
Data from Philadelphia Focus Group, August, 2019

Major Challenges:

- Finding time to take care of and reclaim myself
- Not perceived by family as being able to be self-sufficient
- Have multiple emotional and physical health issues
- Difficulty expressing anger appropriately
- Guilt and anger from children’s continued anger over parent’s past addiction
- Difficulty in transitioning from an addiction culture to a non-addiction culture
Self-Report Nutrition
Opioid Study Philadelphia

![Bar chart showing nutrition metrics before and after treatment.](chart_image)

Philadelphia Opioid Support Group
Hypertension %

Video Presentation

https://video214.com/play/oersKDk849G8jymztCX6Rg/s/dark