Introduction and Concern for Black Children's Health

I'm Dr. Mike Lenora, the president of the African American Wellness Project and the past president, of The National Medical Association. I've been a pediatrician for over 45 years and an allergist almost as long.

And I have never been so concerned about the health of black children. Each day in my office, I see children who are less vaccinated, more traumatized by violence, some considering suicide.

challenged by anxiety and depression and disturbingly overweight.

Challenges Facing Children in Underserved Communities

I wonder what can I do to change the course of these children. So I've decided to pull the curtain on the way the health community treats our children and those in underserved areas and minority groups.

And I'm going to provide you with information.

Calling Out Health Inequities in Care

I'm gonna post blogs, radio messages and books to assist you in building your own health system for your family and your children I'm starting with a book called A Safe Plate on how we feed our children without giving up our cultural approach to foods because that has both long-term and short- term implications.

It appears that for a while we were marching down the road to health equity at a fairly reasonable pace. But that march has now turned into a shuffle.

I am Dr. Mike Lenore.