

Chapter 1 : When Did African Americans Get the Right to Vote? - calendrierdelascience.com

*The African American Atlas The historical and cultural atlas of African Americans provides colorful pages filled with primary and secondary source facsimiles in the form of: maps, charts, pictures and various other reproductions.*

But you can reduce your risk and improve your heart health by following the ABCS: A – Take aspirin as directed by your health care provider. B – Control your blood pressure. C – Manage your cholesterol. Take aspirin as directed by your health care provider. Ask your health care provider if aspirin can reduce your risk of having a heart attack or stroke. Be sure to tell your health care provider if you have a family medical history of heart disease or stroke. Control your blood pressure. Blood pressure measures the force of blood pushing against the walls of the arteries. If your blood pressure stays high, you may suffer from high blood pressure, also called hypertension. High blood pressure increases the risk of heart attack and stroke more than any other risk factor. African Americans are more likely than any other racial or ethnic group to have high blood pressure and to develop the condition earlier in life. To keep your blood pressure under control, find out what your blood pressure numbers are, and ask your health care provider what those numbers mean for your health. If you have high blood pressure, work with your health care provider to lower it. Cholesterol is a waxy substance produced by the liver and is found in certain foods. Your body needs cholesterol, but when you have too much it can build up in your arteries and cause heart disease. There are different types of cholesterol. One type is high-density lipoprotein HDL , or good cholesterol that can protect you from heart disease. Another type is low-density-lipoprotein LDL , known as bad cholesterol that can increase your risk of heart disease. About 1 of 5 African American adults smokes cigarettes. If you smoke, quit. Talk with your health care provider about ways to help you stick with your decision. What do I need to know about high blood pressure? High blood pressure is the leading cause of heart attack and stroke in the United States. About 2 out of every 5 African American adults have high blood pressure, and less than half of them have it under control. How is blood pressure measured? The first number measures systolic pressure, which is the pressure in the blood vessels when the heart beats. The second number measures diastolic pressure, which is the pressure in the blood vessels when the heart rests between beats. If the first number is 160 or higher, or the second number is 90 or higher then you have high blood pressure and should talk to your health care provider. When and how should I check my blood pressure readings? Check your blood pressure readings on a regular basis, even if you feel fine. Generally, people with high blood pressure have no symptoms. How can I control my blood pressure? Make control your goal! Work with your health care provider to make a plan for controlling your blood pressure and follow their guidelines, which may include: Eat a healthy diet. Eat more fruits and vegetables and choose foods low in sodium. African Americans as well as adults aged 51 years and older and people with high blood pressure, diabetes, or chronic kidney disease should consume only 1, mg of sodium per day. Staying physically active will help you control your weight and strengthen your heart. Try walking for 10 minutes, 3 times a day, at least 5 days a week. This will give you a total of minutes of moderate-intensity activity. If you have high blood pressure, your health care provider may give you medicine to help control it. Tell your health care provider if the medicine makes you feel bad. Your doctor can talk with you about different ways to reduce side effects or recommend another medicine that may have fewer side effects. Your doctor is not the only health care provider that can help you follow the ABCS. Nurses, pharmacists, community health workers, health coaches, and other providers can work with you and your doctor to help you achieve your health goals. What is my risk for heart disease? Should I take an aspirin every day to reduce my risk? What is my blood pressure? What does it mean for me, and what should I do about it? What kinds of support are available to help me quit smoking? For more information, visit the CDC Web sites:

**Chapter 2 : Zip Codes with the Highest Percentage of Blacks (African Americans) in Florida | Zip Atlas**

*Auto Suggestions are available once you type at least 3 letters. Use up arrow (for mozilla firefox browser alt+up arrow) and down arrow (for mozilla firefox browser alt+down arrow) to review and enter to select.*

All across the U. African-American population proportions, both nationally and state-by-state, have since the days of institutionalized slavery and the Civil War in the United States significantly varied. The changes over the years have largely been dictated by movements in search of better economic opportunities. While there have been improvements African-American have achieved in gaining better access to through the years, there are some, like economic well-being and educational attainment, where they still trail other groups of people in the country. Census was ,, according to the United States Census Bureau. This accounts for In recent years, the African American population in Washington has declined, in a city that has long been a hub of black political movement and culture. Lack of jobs, low educational access, and soaring property prices have combined o force the African American population to leave D. In , many opportunities for Federal jobs were also extended unto them, according to Cultural Tourism DC. S Congress in , according to History Art and Archives. At the time of his election to Congress African Americans had gained the right to vote following the post-Civil War Reconstruction era, though this right was once again take away from them once again not long thereafter. Though several strides have been made in Mississippi since the Civil Rights Movement era of the s and s, unemployment among African Americans is still a major problem there. The state is historically known for producing such notable Blacks as Israel Meyer Augustine Junior the first African American to become a District Judge in , and the famous Jazz musician and trumpet player Louis Armstrong, was born in a New Orleans ghetto in In education, male African Americans in Louisiana lag behind national norms in high school graduation rates, according to a report by the Schott Foundation for Public Education. Louisiana ranked at 43rd in the nation, according to a report, in terms of black male high school graduation rates. African American poverty levels are the highest of all races in the state as well, standing at Culturally, African Americans in the state have a rich, longstanding tradition of oral storytelling. They account for The state, which has often been dubbed as "The Black Mecca", is the birth and burial place of civil rights activist Martin Luther King, Jr. Wealthy rice planters in Georgia relied on West African slaves to grow their rice for export. Washington delivered his famous "Atlanta Compromise" speech on September 18th, In the decade leading up to , the African American population had increased in Georgia by , This is due to more opportunities for both low and high skilled jobs. Nonetheless, poverty levels are still a problem for African Americans in the state. According to a Kaiser Family Foundation study in , African Americans rank second among ethnic groups in the state after Hispanics with 26 percent living below the poverty level. This state is where Harriet Tubman, a nurse and slave abolitionist, was born in Within a span of only 10 years, Tubman, herself a runaway slave, led hundreds of other slaves to freedom along the escape route known as the "Underground Railroad". This "railroad" was a secret network of safe houses where deserting slaves stayed on their northward journeys to freedom, according to the Library of Congress. Still, there are many challenges for African Americans even today in Maryland. Unemployment rates among African American are twice those seen among whites, and they are 5. In recent years, a subtle form of segregation has come into the education system, as schools have once again become increasingly racially and economically segregated, according to a Civil Rights Project report from The state is known for the Stono Rebellion of September 9th, , which was the largest slave uprising in the colonies before the American Revolution. That day, 20 black slaves met secretly near the Stono River to plan an escape. Among African Americans, unemployment is nearly 3 times more than rates among whites according to EPI. Alabama is steeped in black history. In early , protesters led by Martin Luther King Jr. Their protests were part of what triggered the landmark Voting Rights Act to be passed. In the field of education, African Americans in Alabama lag behind other groups. According to a National Center for Education Statistics NCES report, at 67 percent African Americans had the lowest rate of public high school graduation compared to all other races. Boone, and musician Nat King Cole are all from Alabama. Still, Alabama grapples with high unemployment rates among its African American populace. In the second quarter

of , unemployment among African Americans stood at Charlotte Hawkins Brown, an educator. Hawkins founded the Palmer Memorial Institute that educated 2, African American students over the course of its year long history, according to the North Carolina Department of Cultural Resources. Still, today graduation rates for African Americans are the second lowest among races in the state after Hispanics, according to a report by the National Center for Education Statistics. Unemployment is also a problem in the state and, according to a US Bureau of Labor Statistics report, the rate of African American unemployment currently stands at The first perpetrators of black slavery in the state were the Dutch, who had settled there in Because of it, in slave masters were fined 20 pounds, and many slaves freed, according to a Rollins College study. Nonetheless, Delaware was one of the last states in the nation to allow slavery to remain ongoing. Unemployment in Delaware among African Americans stands at 12 percent, with the national average among African Americans being 16 percent, according to a Delaware Focus DF report that compiled averages from to Graduation rates for African Americans in Delaware were the lowest in among all other races, also according to a DF report. Furthermore, a report released by the Center for Community Service and Research at the University of Delaware stated that African Americans in the state are twice more likely to live in poverty than whites living there. African Americans have lived in the state since , when a Dutch ship sold about 20 African slaves there. As black slavery took root in Virginia after , the numbers of African Americans increased, and by there were 10, of these living in Virginia according to the University of Houston. Slavery was later officially abolished in after the American Civil War ended, though black civil rights there remained largely minimal for many years thereafter. Over the years, Virginia has produced many notable black personalities. They have included Arthur Ashe, who was born in Richmond and was the first African American man to win a tennis grand slam the Wimbledon and the U. S Open and to be ranked number one in sport. Among African Americans in Virginia, much like those across the nation, there remain many educational challenges. A study conducted by NCES reported that African Americans in Virginia had the second lowest graduation rates of all races therein. Unemployment in Virginia is not as high among African Americans compared to other states at 7. This was the lowest statewide rate of unemployment among African Americans in the nation. Odds Being Overcome, and Shifting Trends Regardless of the ongoing challenges in academic and employment opportunities among African Americans in the U.

## Chapter 3 : The African-American atlas | Open Library

*The African American population in Virginia, as per the Census, was 1,, making up percent of the state's total population and 4 percent of the nation's African American population.*

African Americans were given voting rights on August 6, Many African Americans were denied the right to vote for 80 years after the abolishment of slavery. Although the slave trade was abolished in the late 19th century, various other forms of significant racial discrimination remained widespread in the United States. The slave trade was abolished on December 6, , but African Americans continued to be denied their civil right to vote and were also restricted from accessing public amenities. Besides casting votes in elections, the African Americans were not eligible to run for Congress or Senate. The Fourteenth Amendment to the U. Constitution, adopted on July 14, , declared all people born and naturalized in the United States as citizens. However, despite being considered United States citizens, African Americans could not vote like white Americans. Voting Impediment Whenever an African American turned out to cast a vote, they were given a literacy test, which most failed. They would then be asked to complete a form, and later told they could not vote because the form had been completed incorrectly. Alternatively, in the South, voting officials asked African Americans to recite the constitution or explain complex provisions and amendments in the constitution before being allowed to vote. The majority asked could not recite or explain these parts of the constitution. History Martin Luther King Jr. In the s, he worked with organizations that championed for civil rights. Demonstrations to press for equality in civil rights of African Americans were widely supported. He urged the government to register all citizens of the US who had qualified to vote, and to remove poll taxes, literacy tests, or other restrictions. Kennedy had proposed a bill to abolish voting discrimination based on race, but the bill was stalled by the Senate Judiciary Committee. Johnson, gave the amendment of the bill a priority and urged congressmen to pass the bill. Johnson also pleaded with Americans to stop racial discrimination and treat other races as equally important. Voting Right Amendment It was not until that a law allowing African American to vote and preventing racial discrimination in voting was passed. The law was signed by Lyndon B. Johnson on August 6, Martin Luther King Jr. The amendment had a great impact on the lives of African Americans, who registered as voters in large numbers over a short period of time. Some African Americans were also elected to the Congress. Johnson nominated the first African American to cabinet, Robert C. Weaver, as the Secretary of Housing and Urban Development in This page was last updated on September 29,

## Chapter 4 : 10 States With The Largest African-American Populations - calendrierdelascience.com

*The African-American Atlas is a revised edition of the Historical and Cultural Atlas of African Americans. Significantly revised and updated, this definitive work is a visual and narrative portrait of the African-American culture, heritage, and people.*

## Chapter 5 : African-American English - Wikipedia

*african-american 1, Baby Chicks and the Integration of Professional Baseball In in Nashua, New Hampshire, catcher Roy Campanella made history in more ways than one.*

## Chapter 6 : African American Heart Disease and Stroke Fact Sheet|Data & Statistics|DHDS

*The Atlas of African-American History and Politics: From the Slave Trade to Modern Times, 1st Edition by Arwin Smallwood and Jeffrey Elliot () Preview the textbook, purchase or get a FREE instructor-only desk copy.*

## Chapter 7 : Books | The Great American Read | PBS

*Publication date Note Rev. ed. of: The historical and cultural atlas of African Americans. c Related Work Asante, Molefi K., Historical and cultural atlas of African Americans.*

**Chapter 8 : NPR Choice page**

*THE ATLAS OF AFRICAN-AMERICAN HISTORY AND POLITICS consists of more than originally produced maps which trace the African experience throughout the world and in America.*