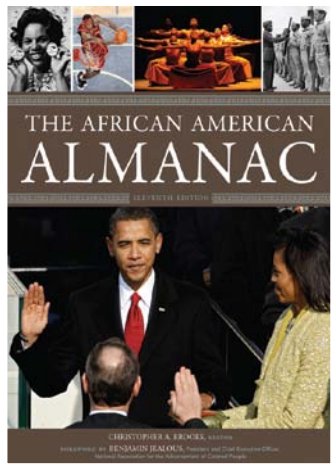


NEW EDITION



The African American Almanac, 11th Ed.

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The African American Almanac, 11th Ed.

The text of the Dred Scott decision. Population growth spanning three centuries. Employment trends and entrepreneurship. Barack Obama's inaugural address.

For the student, scholar and general reader, *The African American Almanac* is a respected and comprehensive reference source of history and culture, encompassing all aspects of the African experience in America since 1600.

SUPPORT THE CURRICULUM AND ENCOURAGE DISCUSSION

This new 11th edition completely updates the classic reference series that began with the acclaimed *Negro Almanac* (1967). To meet the needs of today's student and researcher, *The African American Almanac* offers both broad-based topics and highly focused content:

- Primary source documents like the omitted Antislavery Clause to the Declaration of Independence (1776) and the Black Panther Manifesto (1966) provide a foundation for discussion and further study
- Subject chapters offer narrative history along with separate profiles of key figures
- African American landmarks, arranged by state, describes museums, collections and historical sites – suitable for a school assignment or travel itinerary
- 29 chapter headings cover a cross-curricular gamut of history, science, culture, arts, family life, law and much more

In addition to 29 chapters covering the African American experience, the *Almanac* also includes a list of prominent awards won by African Americans, such as:

- Congressional Gold Medals
- Kennedy Center Honors
- MacArthur “Genius Grants” Fellowships
- Nobel Peace Prizes
- Olympic Medalists
- Oscars, Emmys, Grammys, and Tonys

SAMPLE PAGES

Family and Health

NUTRITION

Obesity is a significant problem among African Americans, for whom obesity has reached epidemic levels. In 2009 the CDC reported that African American women were more obese than any other gender or racial group. Among African American adults overall, 78 percent of women and 60 percent of men were obese. “Overweight” is usually described as body mass index (BMI) 25 or above the sex-and-age-specific ninety-fifth percentile cut-off as calculated by the CDC’s National Health Examination Survey.

Only a small percentage of the human population can eat whatever they like without much change in their body weight. However, because of their genes, some people have a very difficult time losing weight. The traditional African American diet is high in calories from fat, usually animal fat from such foods as pork. The typical African American diet is also high in sodium, since foods like ham and sausages are

preserved with salt. However, traditional African American recipes can be altered to make them more in keeping with a healthy lifestyle. For example, substituting roasted turkey for smoked pork can help lower one’s saturated fat intake. A restaurant can help modify recipes so that they retain their cultural appeal but are more healthfully prepared.

People living in inner-city neighborhoods often do not have access to fresh fruits and vegetables, which form the cornerstone of a nutritious diet. In light of this challenge, some urban communities have started their own gardening projects that can produce enough vegetables for the gardeners and sometimes enough to share with others. One notable urban garden was planted in 2009 at the White House by First Lady Michelle Obama with the help of Washington, D.C., school children. The project cost less than \$200, but it yielded more than 700 pounds of produce. Most of the food was sent to Mitani’s Kitchen, a nearby facility that serves meals to the homeless, but some was used in the White House kitchen.



First Lady Michelle Obama with students, White House Vegetable Garden, Washington, D.C., 2009. A part of her campaign to reduce childhood obesity, Obama began the first vegetable garden at the White House since Eleanor Roosevelt’s Victory Garden in World War II. TIM MONAGHAN/GETTY IMAGES

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Family and Health

Table 15-6. Age-Adjusted Percentage of Persons Engaging in Physical Activity and Fitness by Selected Characteristics: 2008

(Percent. Counts represent 18 years old and over. Based on the National Health Interview Survey, a sample survey of the civilian noninstitutionalized population. Leisure-time physical activity is measured by asking respondents a series of questions about participation in moderate and vigorous intensity physical activities. To ensure greater comparability of activities, respondents were asked about leisure-time physical activities specifically designed to strengthen their muscles.)

Characteristic	No leisure-time physical activity ^a	Regular Physical activity—moderate or vigorous ^b	Muscular strength and endurance ^c
Sex	28.2	38.8	16.4
Male	28.1	38.1	15.0
Female	28.3	39.5	17.9
Age^d			
18 to 24 years old	24.4	38.1	26.0
25 to 34 years old	24.7	35.4	23.3
35 to 44 years old	28.4	28.5	17.3
45 to 54 years old	47.9	28.2	15.1
75 and over and over	59.3	17.2	9.4
Race/ethnic			
White	28.0	31.8	18.7
Black or African American	45.1	24.9	11.6
American Indian or Alaska Native	27.6	28.9	16.2
Asian or Pacific Islander	19.6	38.6	26.1
Two or more races	24.7	33.9	23.7
Hispanic Origin and Race			
Hispanic or Latino	33.0	22.6	13.1
Not Hispanic or Latino	27.0	32.3	20.5
White, non-Hispanic	28.2	32.1	18.4
Black, non-Hispanic	35.1	24.8	21.1
Education and parent/step			
25 years and over	26.6	35.0	15.3
Less than 9th grade	58.6	12.2	2.2
High School graduate	47.2	15.5	10.0
Some college or an degree	14.7	37.7	28.7
College graduate or above	23.1	43.4	28.6

^aPersons with no moderate or vigorous-intensity activity for at least 10 minutes at a time.
^bRegular physical activity is moderate-intensity physical activity for at least 150 minutes a week or 30 minutes at a time or vigorous-intensity physical activity for at least 75 minutes a week or 15 minutes at a time.
^cPersons who performed muscle strengthening activities at least 2 times a week.
^dAge data are not available.

Source: U.S. National Center for Chronic Disease Prevention and Health Promotion, “Nutrition and Physical Activity” and unpublished data.

Table 15-8. According to their 2008 diet from the National Center for Chronic Disease Prevention and Health Promotion, only about half of all African Americans reported having a regular share in physical fitness activities.

In February 2010, Michelle Obama also introduced her signature initiative to combat childhood obesity. Called “Let’s Move!”, the ten-year project has four core principles, promoting:

- earlier access to healthful foods
- increased physical activity
- more nutrition information
- personal responsibility

On the same day that the initiative was announced, President Obama signed a memorandum that will provide \$1 billion per year in federal funds for ten years to support the program. The memorandum also established a national task force on childhood obesity, with members drawn from the Departments of Health and Human Services, the Interior, Agriculture, and Education.

Fat food, which is usually high in calories, fat, salt, and sugar, is detrimental to a prudent diet. Fat food contributes to

Fact-packed pages deliver accessible text, vivid images and helpful graphics to put content into context.

Visual and Applied Arts

Likewise, the Studio Museum in Harlem's co-sponsorship of *The Concrete as Legacy: American Art from Historically Black College and University* (1999) and organization of the provocative exhibition *Freight* (2001) reveal the historical diversity of African American artistic legacies. The latter show focused on a new generation who came of age in the post-civil rights era, in the hip-hop heyday of the 1980s. According to curator Thelma Golden, these artists create from a post-racial aesthetic—a conceptual approach and label that sparked heated debate among artists, critics, and audiences nearly a decade before Barack Obama's presidential campaign made the term potential part of popular discourse.

These exhibits and catalogs demonstrate that African American artists have been and continue to be important agents in the struggle for social, political, and economic justice in the United States. African American artists stand among the legions of incredibly resilient, courageous, and visionary black people who acted on their beliefs that the life that they wanted for themselves and others must be free of racial, economic, cultural, political, and visual barriers. The core of what artists have to say on canvas, in prose, or on video parallels what artists in literature, music, or theater have been thinking and verbalizing for centuries. In spirit, however, African American visual artists add another dimension to the chorus of voices that celebrate the ways that people of African descent thrive in the United States.



Duke University Chapel, Durham, NC, April 2007. Completed in 1925, the chapel was designed by Julian F. Able, the first major African American architect. JIM K. BOESCHNER/BLOOMBERG VIA GETTY IMAGES

ARCHITECTURE AND DESIGN PROFESSIONALS

Since the early twentieth century, African Americans have carved out careers in the elite fields of architecture and professional design. In 1904, Julian F. Able (1881–1950) became the first African American to graduate from the Pennsylvania School of Fine Arts and Architecture. He stands as the first major African American architect. As chief designer of the Philadelphia-based firm Heizer, Transbarger and Associates, Able contributed to designs for Philadelphia's Free Library and Museum of Art and Harvard University's Widener Library, as well as the chapel and many other buildings of Trinity College in Durham, North Carolina (now Duke University) and the James B. Duke mansion on Fifth Avenue and Seventy-eighth Street in New York City (now New York University's Graduate Institute of Fine Arts). In 1926, Paul Revere Williams (1894–1980) became the first black member of the American Institute of Architects. He is the most well-known African American architect, celebrated for designing parts of the Los Angeles International Airport and the homes of entertainers such as William Holden, Lucille Ball, Frank Sinatra, Bill "Bojangles" Robinson, and Betty Grable. Williams and Howard H. Mackey organized the first

joint exhibit of the work of "Negro architects" at Howard University in 1931.

These early architects also worked on projects for affluent African Americans and middle-income to low-income communities. For example, Wallace A. Rayfield (1874–1941) designed the Sixteenth Street Baptist Church in Birmingham, Alabama (1911), site of the 1963 bombing that killed four girls. John A. Lankford (1874–1940) of Washington, D.C., designed churches and taught at the architecture school at Howard University. George Washington Foster (1866–1923) teamed with Verrier Woodson Tandy (1885–1949)—the first black person to graduate from Cornell University's architecture school—to found the firm that built St. Philip's Episcopal Church in New York in 1911 and the Harlem townhome of hair-care millionaire Madam C. J. Walker.

The African American Almanac, 11th ed.

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Coverage ranges from politics to business to the arts, offering historical context for every subject.

29 COMPREHENSIVE CHAPTERS INCLUDE:

- Chronology
- African American Firsts
- Significant Documents in African American History
- Africa and the African Diaspora
- Africans in America: 1600 to 1900
- Civil Rights
- Black Nationalism
- Law
- Politics
- Family and Health
- Education
- Religion
- Literature
- Media
- Classical Music
- Sacred Music Traditions
- Blues and Jazz
- Visual and Applied Arts
- Science and Technology
- Sports
- Military
- And more

FEATURES OF THE AFRICAN AMERICAN ALMANAC:

- Foreword by Benjamin Jealous, executive director, NAACP
- Chapters written in an engaging style by subject experts and reviewed by academic editor Christopher Brooks of Virginia Commonwealth University
- Chronology chapter highlights important events in African American history
- Chapter on African American Firsts focuses on important achievements
- Chapter on Significant Documents in African American History provides first-hand accounts of historical events
- Nation-by-nation profile of Africa, outlining a history of the Diaspora
- An appendix of award winners highlights significant accomplishments across a wide spectrum of activity
- More than 500 photographs, charts and maps enhance and clarify the text
- General bibliography arranged by chapter supports further research and study

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