



All people, and especially those at greater risk of health disparities, will achieve their optimal lifespan with the best possible quality of health in every stage of life.
People in all communities will be protected from infectious, occupational, environmental and terrorist threats.

Health Disparities Affecting Minorities African Americans

According to the 2000 U.S. census, African Americans account for 13% of the U.S. population or 36.4 million individuals.

Major health disparities for African Americans are:

- **HIV/AIDS**- in 2001, African Americans accounted for more than 50% of all new HIV/AIDS diagnoses.
- **Heart Disease and Stroke**- in 2001, the African American age-adjusted death rate for heart disease (316.9 per 100,000) was 30.1% higher than white Americans (243.5) and 41.2% higher than white Americans for stroke (78.8 per 100,000 vs. 55.8).
- **Cancer**- the age-adjusted death rate for cancer was 25.4% higher for African Americans (243.1 per 100,000) than for white Americans (193.9) in 2001.
- **Adult Immunization**- influenza vaccination coverage among adults 65 years of age and older was 70.2% for whites and 52.0% for African Americans in 2001. The gap for pneumococcal vaccination coverage among older adults was even wider, with 60.6% for whites and 36.1% for African Americans.
- **Diabetes**- the age-adjusted death rate for African Americans in 2001 was more than twice that for white Americans (49.2 per 100,000 vs. 23.0).

What you can do to eliminate health disparities:

Healthcare Providers

- **Advise and encourage** clients to reduce their risk for chronic and infectious illnesses.
- **Ensure** that standing orders are in place for screening tests.
- **Advise** seniors and medically compromised clients to get pneumococcal and influenza vaccinations.
- **Conduct** foot and kidney exams with diabetic clients during routine healthcare visits and recommend eye screenings annually.
- **Provide** culturally competent and linguistically appropriate care.

Individuals

- **Think prevention** – see a healthcare provider annually, even if you feel healthy.
- **Eat** more fruits and vegetables and less fat and sugar.
- **Get** at least 30 minutes of physical activity daily –
Taking the stairs burns 5 times more calories than taking the elevator.
- **Take** loved ones to a healthcare provider.
- **Stop** smoking.

Community

- **Join** with others to promote community-wide health activities and campaigns.
- **Form** coalitions with civic, professional, religious, and educational organizations to advocate health policies, programs, and services.
- **Support** policies that promote healthcare access for all.

For More Information:

Centers for Disease Control and Prevention (CDC)
Office of Minority Health and Health Disparities (OMHD)

(404) 498-2320

Email: OMHD@cdc.gov

Web site: <http://www.cdc.gov/omhd/>

Disclaimer:

Please feel free to download and reproduce these handouts as needed. However, users may not alter the text, graphics or format in any way.

The Centers for Disease Control and Prevention logo featured on these handouts may not be reproduced or used for any other purpose