

"HEALTH EQUALITY
FOR ALL"

OMHD
aims to accelerate CDC's
health impact in the U.S.
population and to eliminate
health disparities for vulnerable
populations as defined by
race/ethnicity, socio-economic
status, geography, gender, age,
disability status, and risk status
related to sex and gender, and
among other populations identified
to be at-risk for health disparities.

<http://www.cdc.gov/omhd/>
OMHD@cdc.gov
(404) 498-2320



Health Disparities Affecting Minorities

African Americans

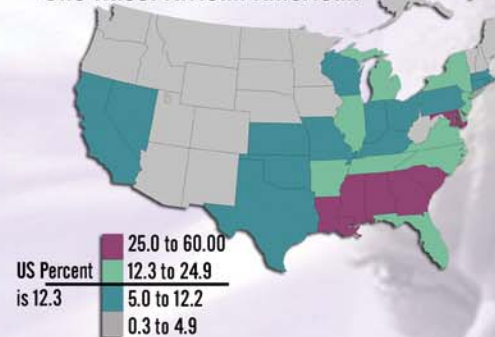


Office of Minority Health
and Health Disparities

EXAMPLES OF DISPARITIES

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

Percent of Population, 2000
One Race: African American



HIV/AIDS:

While **African Americans** account for
13% of the U.S. population, they account
for more than **50% of all new HIV
infections** reported in 2001.

Cancer:

In 2001, the age-adjusted death rate for all
cancers was **25.4% higher for
African Americans** (243.1 per
100,000) than for white Americans (193.9).

Diabetes:

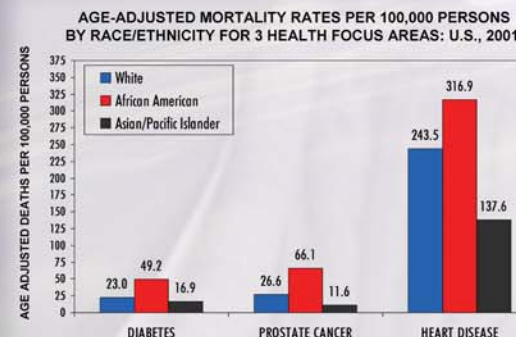
In 2001, the diabetes age-adjusted
death rate for **African Americans**
was more than twice that for white
Americans (49.2 per 100,000 vs. 23.0).

Heart Disease and Stroke:

In 2001, the age-adjusted death rate for
heart disease was **30.1% higher for
African Americans** (316.9 per
100,000) than for white Americans (243.5).
The age-adjusted death rate for stroke
was **41.2% higher for African
Americans** (78.8 per 100,000) than for
white Americans (55.8).

Adult Immunization:

In 2001, influenza vaccination coverage
among adults 65 years of age and older
was 70.2% for whites and **52.0% for
African Americans**. The gap for
pneumococcal vaccination coverage
among older adults was even wider,
with 60.6% for whites and **36.1% for
African Americans**.



PROMISING STRATEGIES

HIV/AIDS:

Improve recognition of risk, detection of infection, and referral to follow-up care; assure proper treatment; and counsel about avoiding risky behaviors.

Cancer:

Modify lifestyles to reduce individual risk for cancer -- tobacco use, diet and nutrition -- and improve early detection.

Heart Disease and Stroke:

Reduce risk factors for heart disease and stroke morbidity, disability, and mortality (i.e., high blood pressure, high cholesterol, smoking tobacco, excessive body weight, and physical inactivity).

Adult Immunization:

Promote effective provider-based intervention, increase community demand, enhance access to services, and encourage vaccination-related efforts in non-medical settings.

Diabetes:

Reduce the rate of diabetes and its complications among high-risk populations, increase early detection and treatment, and increase efforts on diabetes self-management through outreach and education.

WHAT YOU CAN DO

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 health-care visits and recommend eye exams 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 health-care access for all.

MORE INFORMATION

CDC's Office of Minority Health and Health Disparities (OMHD)

<http://www.cdc.gov/omhd/Populations/BA/BAA.htm>
(404) 498-2320

HHS' Office of Minority Health Resource Center (HHS OMHRC)

<http://www.omhrc.gov/OMHRC/index.htm>
(800) 444-6472

National Center on Minority Health and Health Disparities (NCMHD)

<http://ncmhd.nih.gov>
(301) 402-1366 TTY: (301) 451-9532

FirstGOV

<http://www.firstgov.gov>
(800) FED-INFO (333-4636)

National Medical Association (NMA)

<http://www.nmanet.org/>
(202) 347-1895

National Black Nurses Association (NBNA)

<http://www.nbna.org/>
(301) 589-3200

Disclaimer:

Please feel free to download and reproduce these brochures 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 brochures may not be reproduced or used for any other purpose