

MINORITY HEALTH

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There is no doubt that the United States has become a melting pot of people with different cultures and backgrounds. Bringing together new ideas and new traditions speaks to the growing diversity in the United States. With more diverse backgrounds comes new challenges as it pertains to health and the predisposition that comes with people of varying races and ethnicities. The Office of Health Equity at the Centers for Disease Control and Prevention tells us that through medical advances in technologies and preventative medicine, health outcomes are increasing overall. However, there are populations that are being left out and falling behind when it comes to improving quality of life.



“Racial and ethnic diversity is continually growing in the United States. While each group has varying health needs, we can all engage in the same healthy habits to stay well.”
Pat Wright, ©2023, Clemson University



“Health starts at home. Creating healthy habits for families can lead to positive health outcomes in the future.”
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Health Equity & Health Disparities

According to the Centers for Disease Control and Prevention, health equity is the state in which everyone has a fair and just opportunity to attain their highest level of health. Achieving this requires ongoing societal efforts to address historical and contemporary injustices, overcome economic, social, and other obstacles to health and health care, and eliminate preventable health disparities.

Health disparities are preventable differences in the burden of disease, injury, violence, or opportunities to achieve optimal health experienced by socially, economically, and environmentally disadvantaged populations.

Health Disease Disparities by Population

Black/African Americans:

- African Americans ages 18-49 are 2 times more likely to die from heart disease.
- African Americans are at higher risk for a stroke and more likely to develop high blood pressure and diabetes.

- African Americans have the highest mortality rate for all cancers combined compared to any other racial and ethnic group.

Asian American:

- Although Asian Americans have overall lower cancer rates than non-Hispanic whites, they have nearly twice the incidence of liver and inflammatory bowel disease cancer.
- Asian Americans are 40% more likely to be diagnosed with diabetes than non-Hispanic white Americans. They are also 80% more likely to be diagnosed with end-stage renal disease.
- The leading causes of death for Asian Americans include cancer, stroke, heart disease, accidents, and diabetes.

Hispanic/Latinx:

- 21.5% of Hispanic adults over age 20 have been diagnosed with diabetes, compared with 13% of white adults over age 20.
- Approximately 25% of Hispanics have high blood pressure.
- The leading causes of death among Hispanics are cancer, heart disease, and accidents.

American Indians & Alaskan Natives:

- In 2017, American Indian and Alaska Native adults were almost three times more likely to have diabetes than non-Hispanic white adults. They were also 2.5 times more likely to die from diabetes.
- Lung cancer is the leading cause of cancer-related deaths among American Indians and Alaskan Natives.
- The leading causes of death among American Indians and Alaskan Natives are heart disease, cancer, and accidents.

Taking Control of Your Health

Know your Risks:

- You are the biggest advocate for your health. Knowing and understanding what health risks you might be susceptible to will improve how you react to potential health outcomes.

See your Healthcare Provider Regularly:

- Your healthcare provider is there to serve you and your healthcare needs. Express your concerns to them and discuss all the options for treating your health care needs.

Get Moving and Eat Right:

- Physical activity and proper nutrition are the health behaviors that can have the biggest change on your overall health outcomes. By getting your body moving for at least 30 minutes per day and being mindful of what you eat, you can improve your health in more ways than you think.

Connect with Others:

- Staying connected with like-minded individuals can increase mental health and social support to participate in new health habits that are more likely to stick.

To improve health on the local, state, and national levels, communities are encouraged to identify and address health issues through holistic approaches to change by considering all the social determinants of health.

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