



WGHC Factsheet: Understanding Health Disparities

- Racial health disparities are differences in health between various racial populations.
- Minorities, such as African-Americans, usually have more cases of preventable disease, death, and disability compared to Whites.
- African-Americans on average are sicker and die earlier than their whites. For example:
 - African-Americans have the lowest life expectancy (about 75 years) compared to Hispanics (82 years) and Whites (78 about ½ years).
 - African-Americans between the ages of 20–40 are more likely to live with or die from chronic health conditions that generally occur later in life for Whites, such as heart disease, stroke, and diabetes.
- A number of reasons account for this. For example,
 - African-Americans are less likely to have health insurance in comparison with Whites.
 - African-Americans make up a greater share of the population in the South, where most states have not expanded Medicaid.
 - Nonelderly African-Americans are younger, more likely to be poor, and less likely to have a full-time worker in the family compared to Whites.
 - Additionally, African-Americans are more likely to face other challenges that affect health and access to care, like less education, unsafe neighborhoods, and food insecurity
- For more information, see: <https://www.cdc.gov/minorityhealth/>

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