

West Greenville Health Council



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African-American Health Disparities and Cardiovascular Health

February 19, 2018



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Heart Disease in African-Americans

- Heart disease is the number one killer of African-Americans.
- In 2014, 23.4% of all deaths among African-Americans were caused because of heart disease.

(CDC: Health of Black of African American non-Hispanic Population; National Vital Statistics Reports, Vol. 65, No.5, June 30, 2016).



What is a racial/health disparity?

- Health disparities are differences, typically in the amount or percentage of disease or disability, in one group compared to another.
- Racial health disparities are differences, typically in the amount or percentage of disease or disability, in one racial group compared to another.
- African Americans, typically have higher rates of disease, across a wide range of conditions.

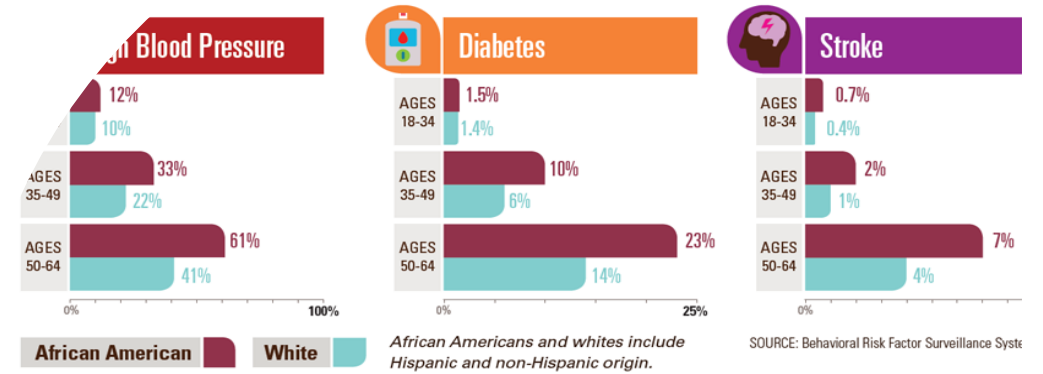


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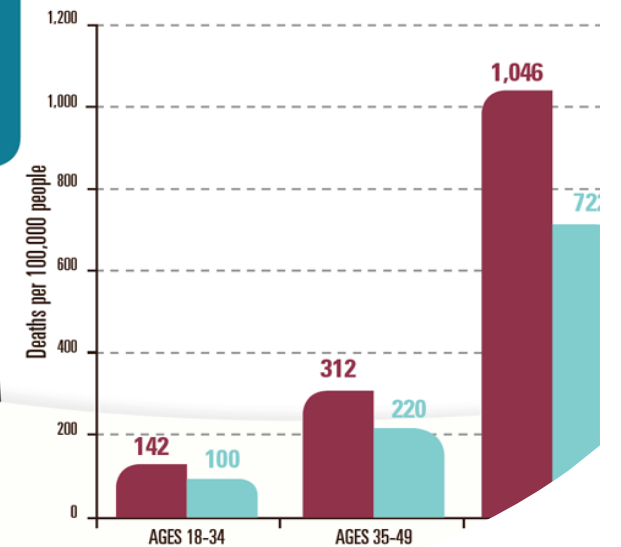
What do Racial Health Disparities look?

For example:

- African-Americans aged 18-49 are two times more likely to die from heart disease than whites.
- African-Americans aged 35-64 are 50% more likely to have high blood pressure than whites.



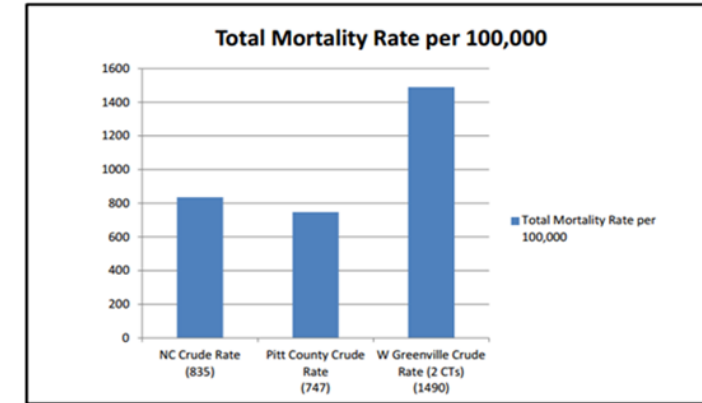
African Americans are more likely to die at early ages from all causes.



What do Health Disparities Look Like in West Greenville?

- Here, we see that the overall death (mortality) rate is much higher in West Greenville than it is in either Pitt county, or North Carolina, as a whole...
- In Public Health, we often use geographic location, when comparing populations.

West Greenville Community Health Needs Assessment – Secondary Data Analysis Report



Total crude mortality rate for West Greenville is higher than the total crude mortality rate for Pitt County or the state of North Carolina.

Data Source: NC State Center for Health Statistics

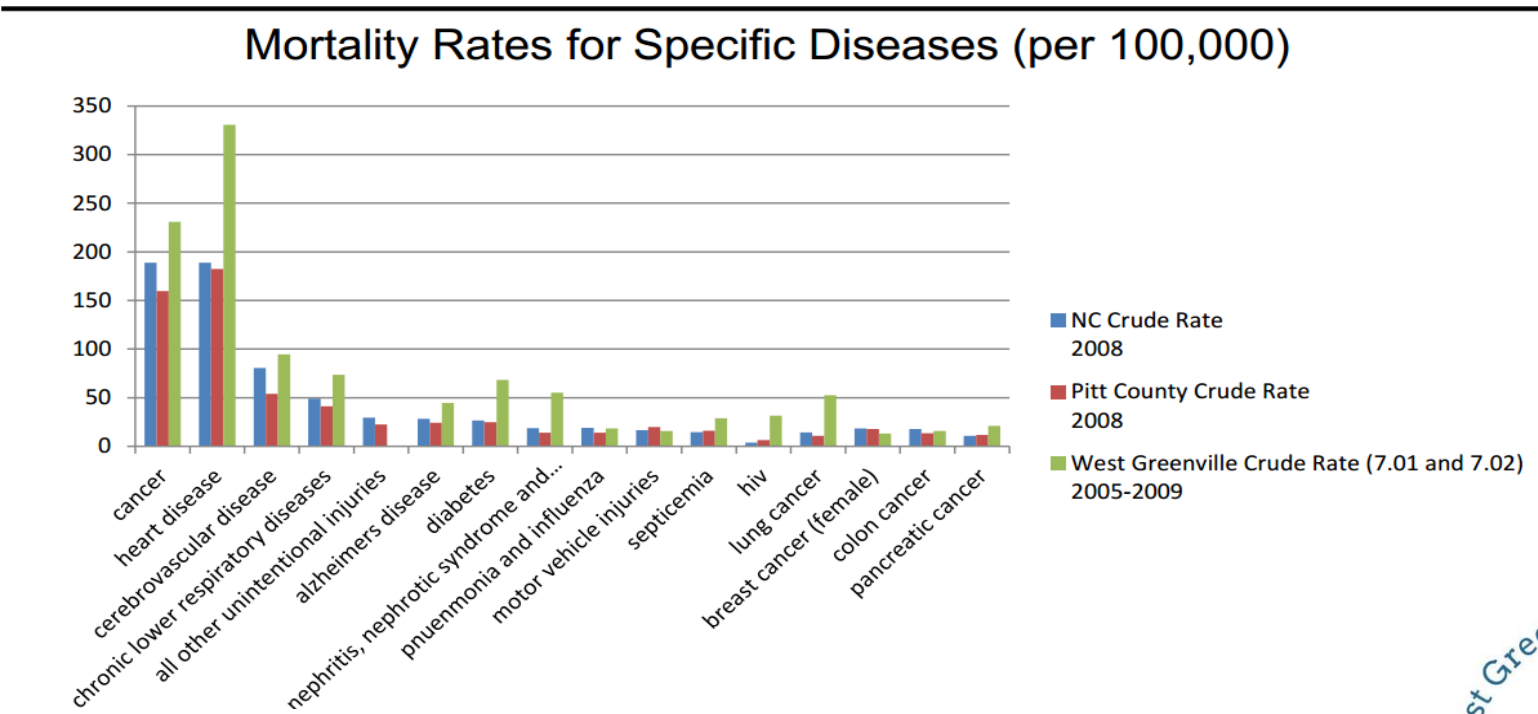


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What do Health Disparities look like in West Greenville?

West Greenville residents have higher death rates for most diseases and other health outcomes in comparison with Pitt County residents and residents of North Carolina, overall.

West Greenville Community Health Needs Assessment – Secondary Data Analysis



Why are Health Disparities so Common among African-Americans?

- Things we can change ourselves:

- Individual behaviors
 - Eating a healthy diet with fruits and vegetables
 - Getting plenty of physical activity and exercise
 - Stress management
 - Adequate sleep
 - Self-care

- Things we can change through advocacy:

- System changes
 - Improve access to healthy foods
 - Improve neighborhoods - fix sidewalks, streetlights, security, parks and playgrounds
 - Improve access to health care and opportunities for self care

“Health disparities are differences in the ability to practice wellness behaviors, access to grocery and corner stores which offer nutrient-rich foods, and access to medical care/screenings critical to early detection and prevention”. – National Institutes of Health



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Thank you!

Kali Guest, BA
Lauren Marino, BS

West Greenville Health Council's Health Education Session:
Monday, February 19th, 2018 - 6:30 pm to 7:30 pm.

