

Welcome to NBMBA[®] Webinar

**I Have A Dream Speaker Series: Health
& Wellness Matters in The African
American Community**

Presented by Anton C. Bizzell, MD

The Bizzell Group, LLC

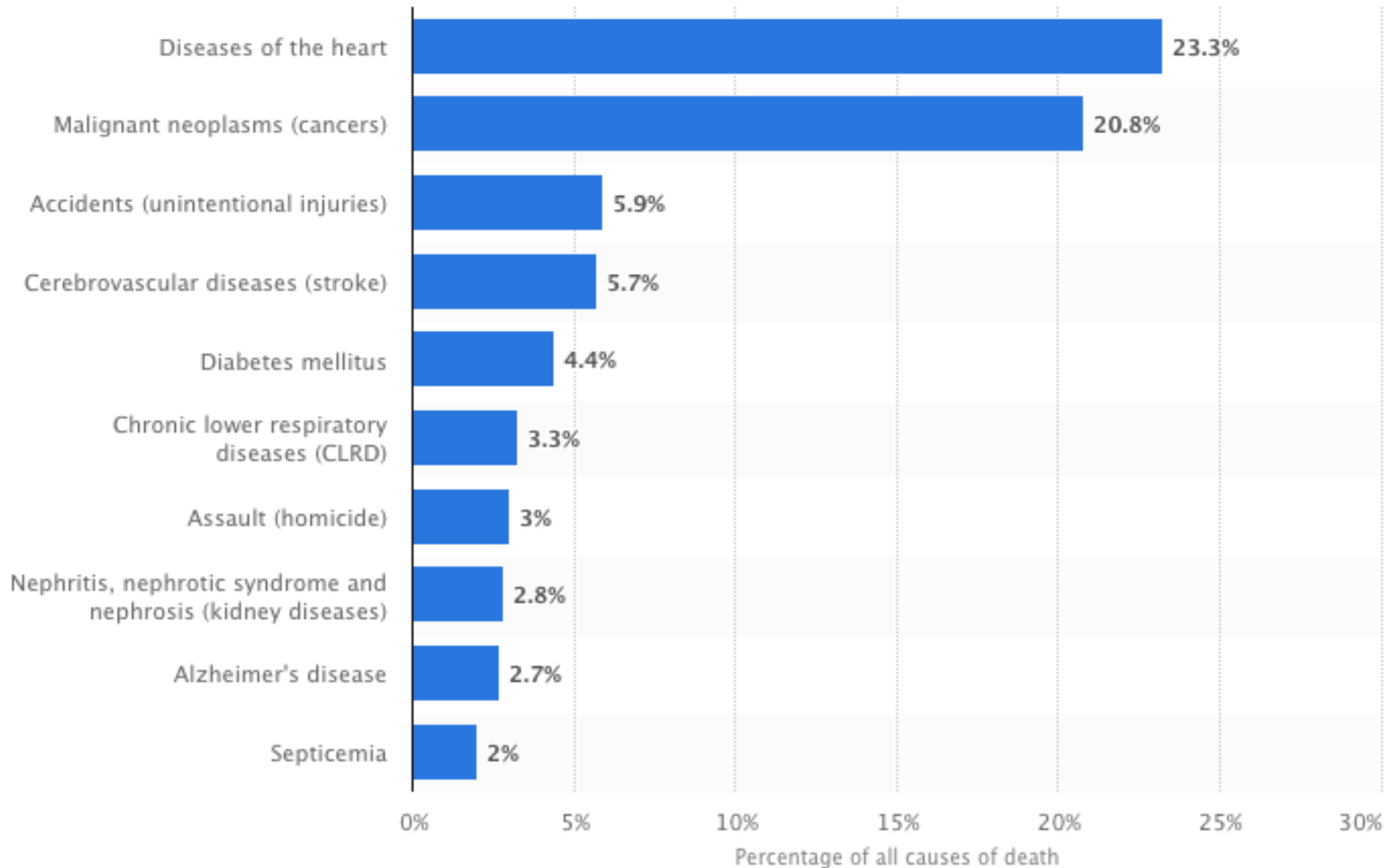
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- African Americans are living longer.
 - The death rate for African Americans has declined about 25% over 17 years, primarily for those aged 65 years and older.
 - Even with these improvements, new analysis shows that younger African Americans are living with or dying of many conditions typically found in white Americans at older ages.
 - The difference shows up in African Americans in their 20s, 30s, and 40s for diseases and causes of death.

Top Ten Health Issues in the African American Community



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 - The difference shows up in African Americans in their 20s, 30s, and 40s for diseases and causes of death.

Social Determinants of Health

Social determinants of health (SDOH) are the conditions in the environments where people are born, live, learn, work, play, worship, and age that affect a wide range of health, functioning, and quality-of-life outcomes and risks. SDOH can be grouped into 5 domains:





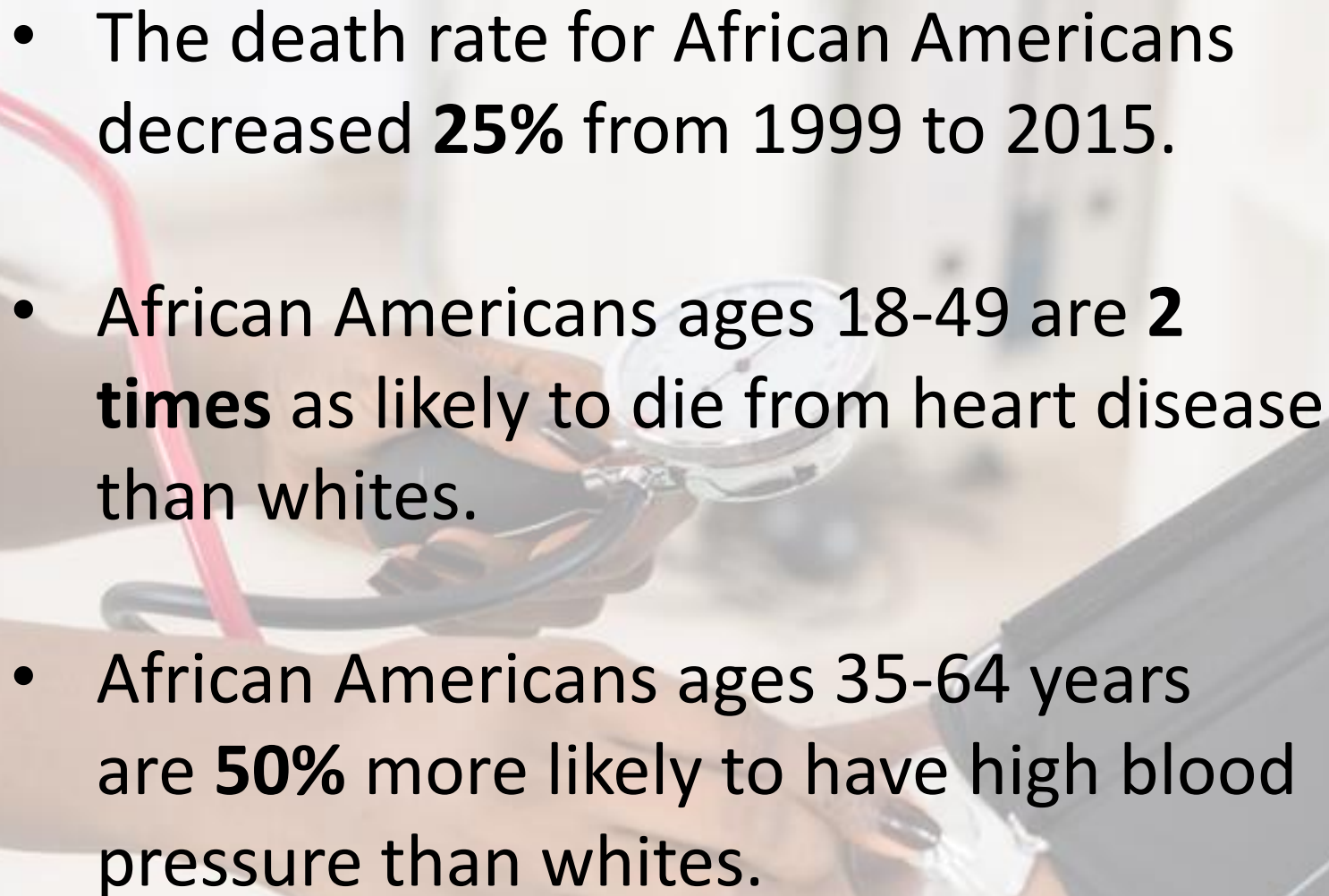
Social determinants of health (SDOH) have a major impact on people's health, well-being, and quality of life. Examples of SDOH include:

- Safe housing, transportation, and neighborhoods
- Racism, discrimination, and violence
- Education, job opportunities, and income
- Access to nutritious foods and physical activity opportunities
- Polluted air and water
- Language and literacy skills



SDOH also contribute to wide health disparities and inequities. For example, people who don't have access to grocery stores with healthy foods are less likely to have good nutrition. That raises their risk of health conditions like heart disease, diabetes, and obesity — and even lowers life expectancy relative to people who do have access to healthy foods.

Just promoting healthy choices won't eliminate these and other health disparities. Instead, public health organizations and their partners in sectors like education, transportation, and housing need to take action to improve the conditions in people's environments.

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- The death rate for African Americans decreased **25%** from 1999 to 2015.
 - African Americans ages 18-49 are **2 times** as likely to die from heart disease than whites.
 - African Americans ages 35-64 years are **50%** more likely to have high blood pressure than whites.

African American

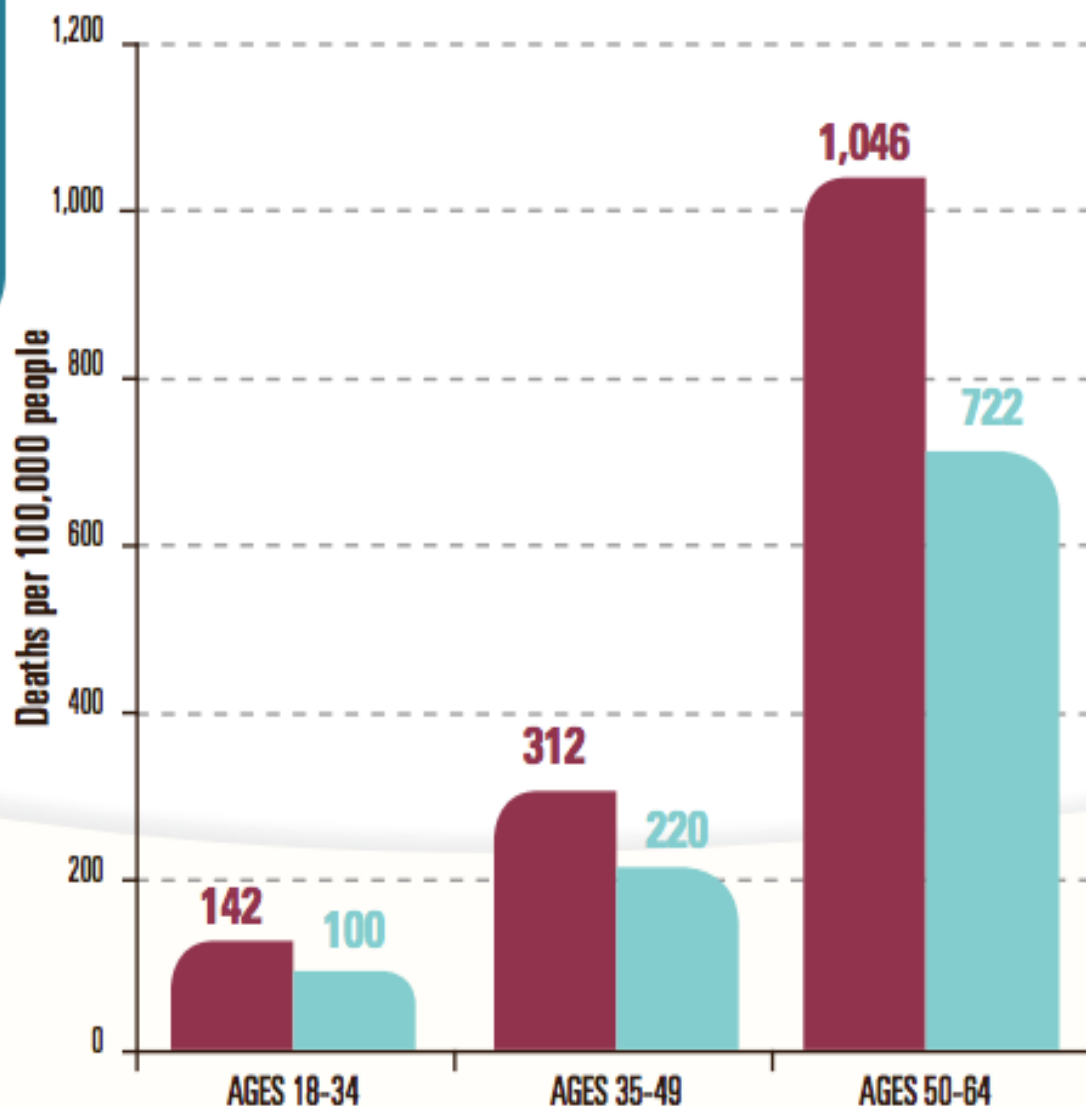


White



African Americans and whites include Hispanic and non-Hispanic origin.

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



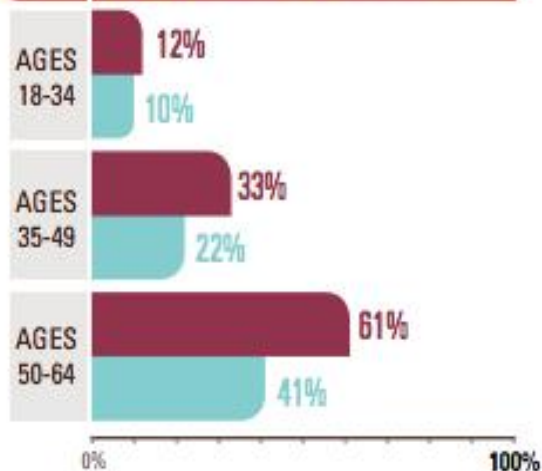
SOURCE: US Vital Statistics, 2015.

Problem:

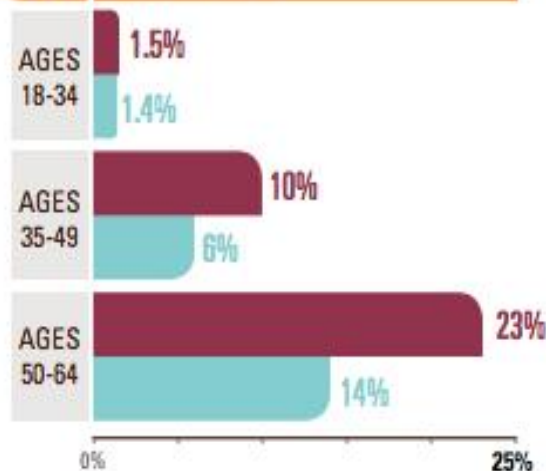
Young African Americans are living with diseases more common at older ages.



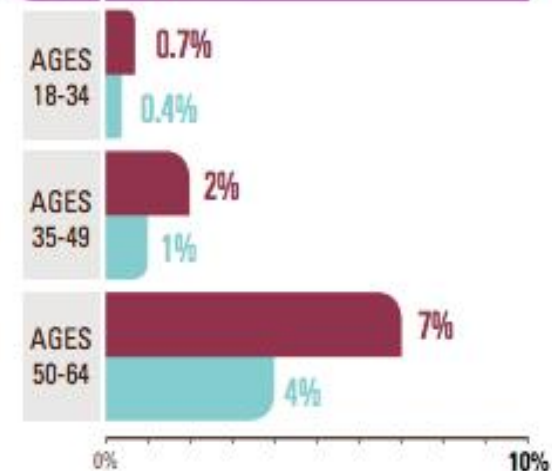
High Blood Pressure



Diabetes



Stroke



African American

White

African Americans and whites include Hispanic and non-Hispanic origin.

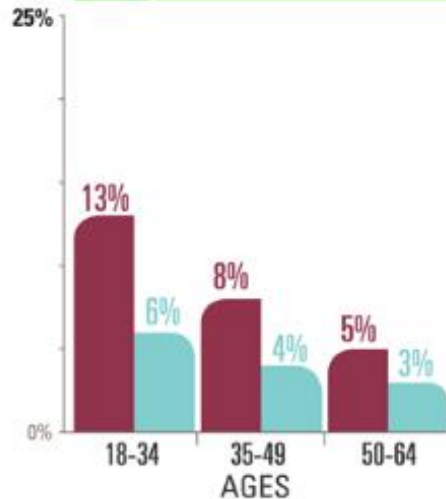
SOURCE: Behavioral Risk Factor Surveillance System, 2015.

Some social factors and health risks affect African Americans at younger ages.

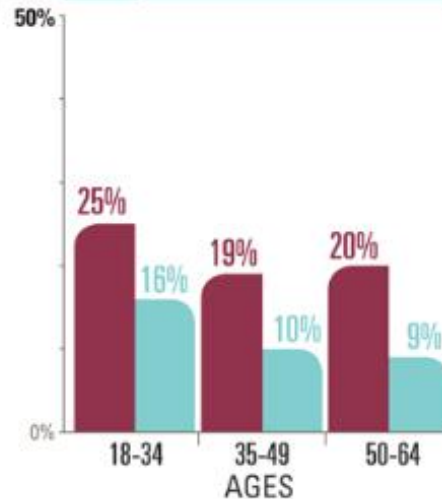
African American

White

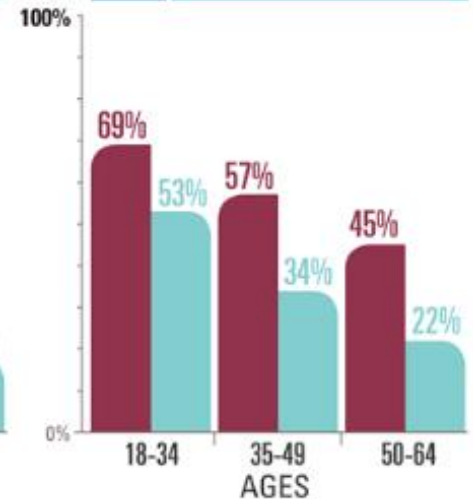
 Unemployment



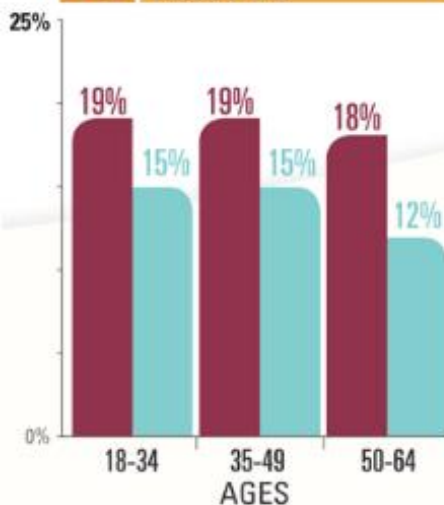
 Living in poverty



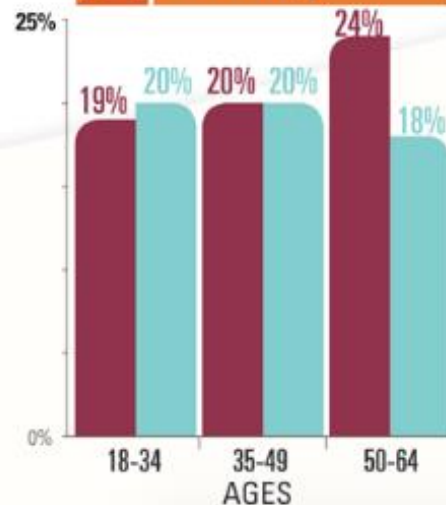
 No home ownership



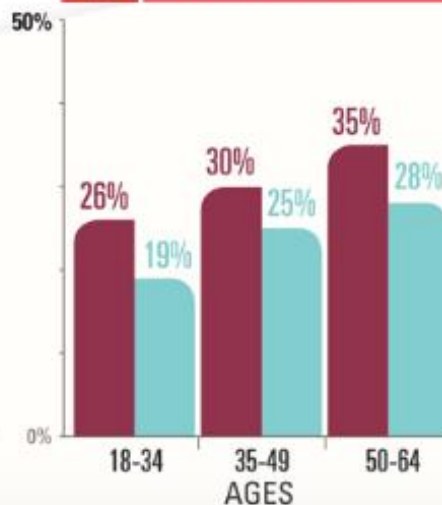
 Could not see an MD because of cost



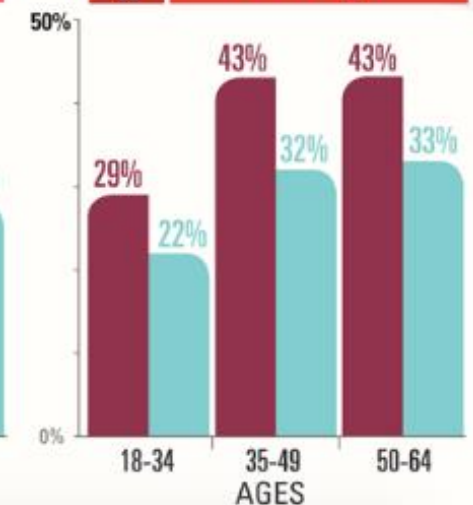
 Smoking



 Not active



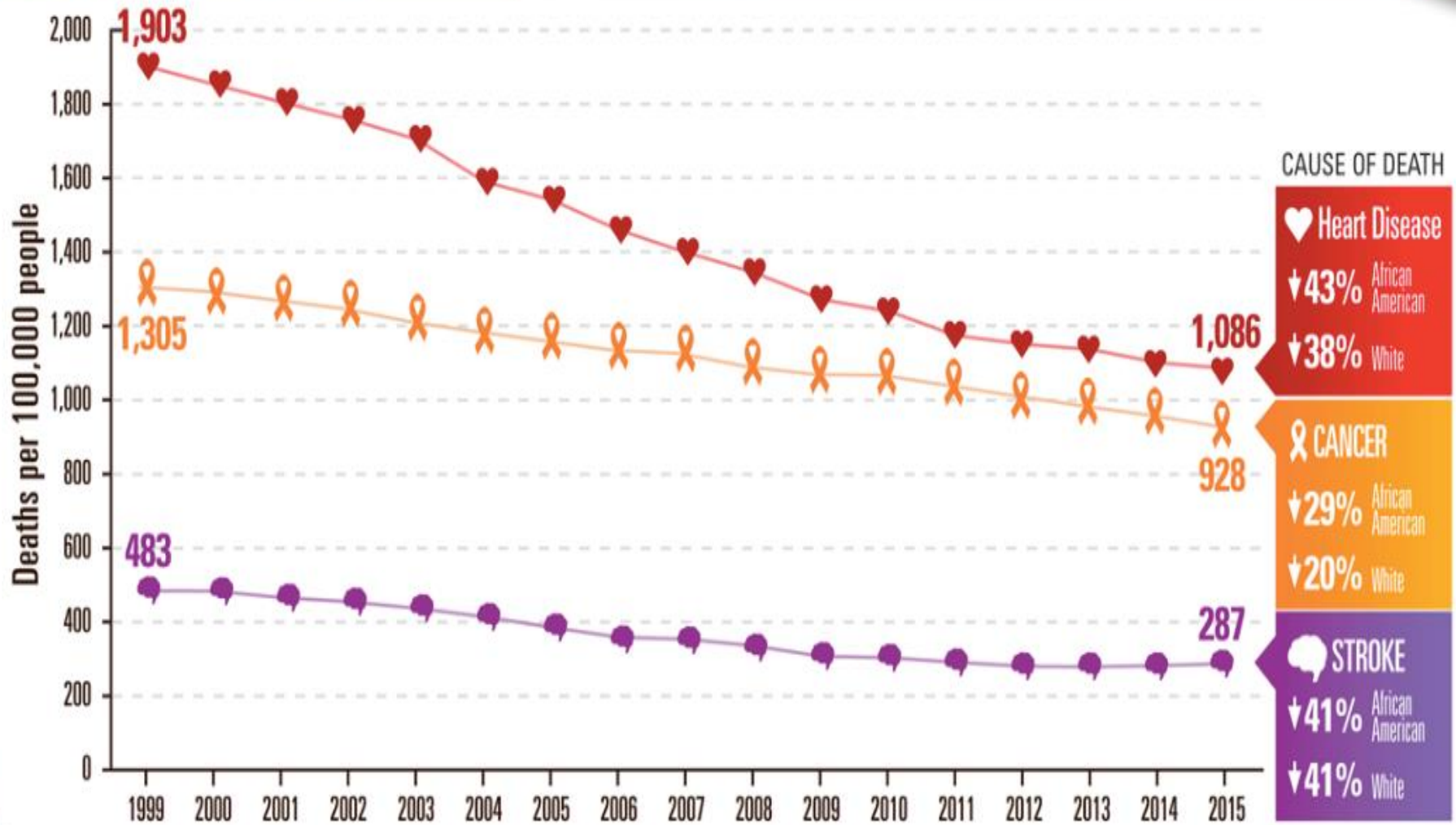
 Obesity



SOURCES: Behavioral Risk Factor Surveillance System, 2015; American Community Survey of the US Census Bureau, 2014.

The leading causes of death for African Americans have decreased from 1999–2015.

Deaths in African Americans ages 65 years and older



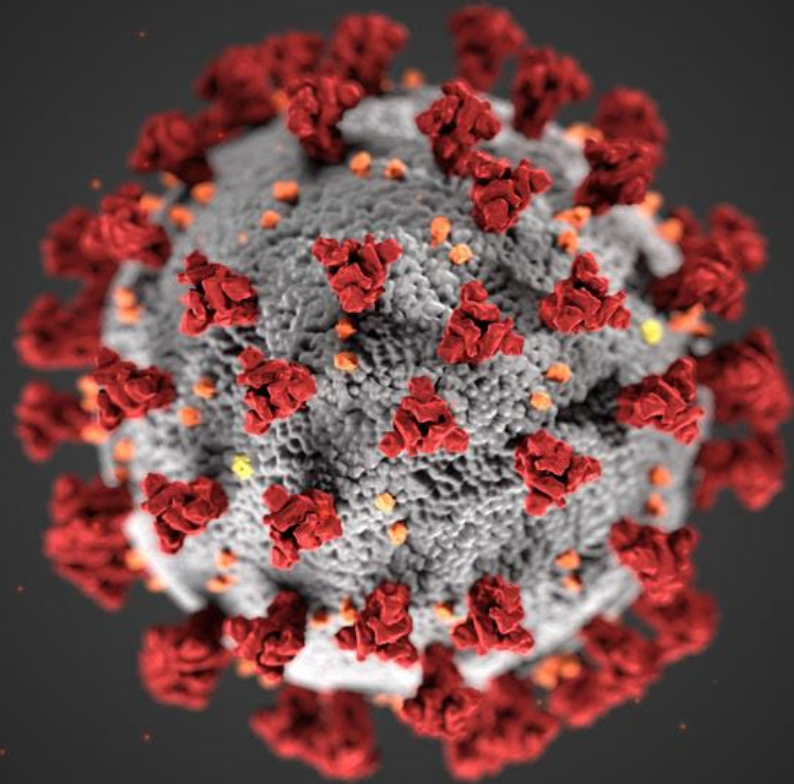
SOURCE: US Vital Statistics, 1999–2015.

- According to CDC, life expectancy in the United States declined by one full year in the first half of 2020 to 77.8 years, down from 78.8 years in 2019.



Impact of COVID-19 on Black and Latino Communities

The coronavirus (COVID-19) pandemic has revealed deep-seated inequities in health care for communities of color and amplifies social and economic factors that contribute to poor health outcomes. Recent news reports indicate that the pandemic disproportionately impacts communities of color, compounding longstanding racial disparities.



Impact of COVID-19 on Black and Latino Communities

People of color are:

- At an increased risk for serious illness if they contract COVID-19 due to higher rates of underlying health conditions, such as diabetes, asthma, hypertension, and obesity compared to Whites;
- More likely to be uninsured and to lack a usual source of care which is an impediment to accessing COVID-19 testing and treatment services;
- More likely to work in the service industries such as restaurants, retail, and hospitality that are particularly at risk for loss of income during the pandemic;
- More likely to live in housing situations, such as multigenerational families or low-income and public housing that make it difficult to social distance or self-isolate; and
- Often working in jobs that are not amenable to teleworking and use public transportation that puts them at risk for exposure to COVID-19.

(Kaiser Family Foundation, 2020; Health Affairs, 2020)

QUESTIONS

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Thank you!

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