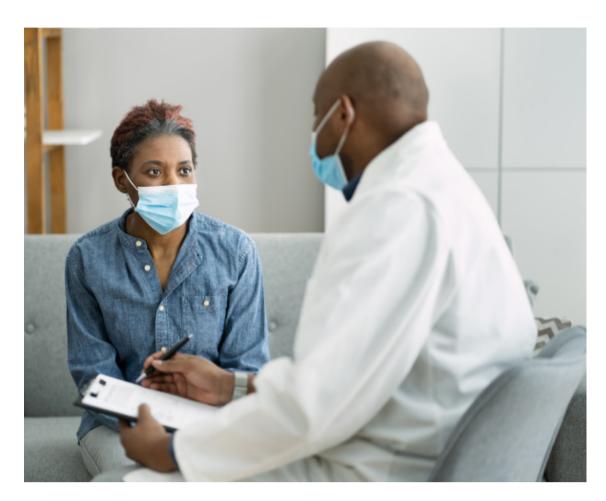
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How African Americans Can Reduce Health Risks



If you're Black, you may experience health disparities or higher rates of disease than white people or other minority groups in the U.S.



Regular visits with a primary care provider can help you:

- Learn how to make lifestyle changes that stick.
- Monitor and manage your blood pressure, blood sugar and cholesterol with medications, if necessary.
- Screen for diabetes, breast cancer, heart disease, prostate cancer and colon cancer to detect problems at earlier stages.

According to the Centers for Disease Control and Prevention:

76%

of Black adults are overweight or obese.

27%

of Black adults have high blood pressure. 49%

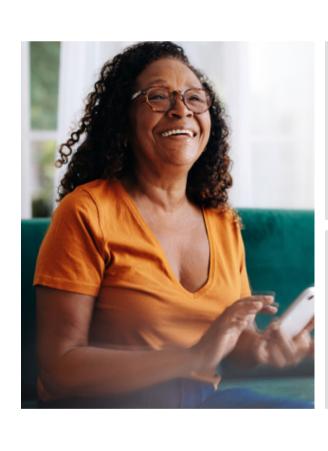
of Black adults are obese.

57%

of Black teenagers are obese.



African Americans are:



30%

more likely to die from heart disease

60%

more likely to have a stroke

40%

more likely to die from breast cancer

more likely to be diagnosed with diabetes

50%



likely to die from prostate cancer than non-Hispanic whites.

African American men are twice as



The Substance Abuse and Mental Health Services Administration points out that rates of mental health issues are similar between races, but only 39% of African Americans get the treatment they need.

Lowering your risk for disease includes lifestyle changes such as:

- Getting at least 150 minutes

- Eating a heart-healthy diet

- of moderate-intensity exercise per week - Limiting alcohol to one drink
- per day for women and two for men



Quitting smoking

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Concerned about your overall health?

Talk to your provider about lowering your health risks.