

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.**

49%
of Black adults are **obese.**

27%
of Black adults have **high blood pressure.**

57%
of Black teenagers are **obese.**



African Americans are:



30%
more likely to die from **heart disease**

40%
more likely to die from **breast cancer**

60%
more likely to have **a stroke**

50%
more likely to be diagnosed **with diabetes**



African American men are twice as likely to die from prostate cancer than non-Hispanic whites.



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:

- Eating a heart-healthy diet
- Getting at least 150 minutes of moderate-intensity exercise per week
- Limiting alcohol to one drink per day for women and two for men
- Quitting smoking



Concerned about your overall health? Talk to your provider about lowering your health risks. Find a doctor: weillcornell.org/doctors