



FACTSHEETS AND RESOURCES THAT ADDRESS HEALTH DISPARITIES AMONG BLACK / AFRICAN AMERICANS

Purpose

Many Americans are impacted by poor health outcomes. However, some groups, particularly Black/ African Americans are disproportionately impacted by negative health consequences. Such disparities lead to greater morbidity and mortality rates for this population. To address health inequities in this population, the Black Commissioned Officers Advisory Group – Health Disparities Committee (BCOAG - HDC) is supporting the prevention efforts of the Department of Health and Human Services (HHS), the Office of the Surgeon General (OSG), and other federal health agencies by distributing factsheets and reports that address health issues which impact Black and African American communities. Many of the resources listed here contain basic information about health issues, the symptoms of the disease/illness, factors that may contribute to poorer health outcomes, and what individuals and communities can do improve their health and quality of life.

This webpage attempts to serve as a focal point, bringing together relevant information that is available on the internet and addresses health disparities amongst Black / African-Americans. The factsheets and reports on this website can be downloaded and distributed as handouts at health fairs or other venues by Public Health Officers and the public. We hope our effort will help facilitate efforts toward educating individuals and communities about health disparities and help them determine what they can do to improve their health and to enhance healthy lifestyle practices.

Note: You will need Adobe's Acrobat Reader to view these PDFs. Download it free of charge from the Adobe website or, for people with visual disabilities, visit [Access Adobe](#).

Thank you.

BCOAG Health Disparities Committee



A

AFRICAN AMERICANS AND HEALTH DISPARITIES (GENERAL)

- [2013 United States Health Statistics on Blacks / African Americans](#)
- [Selected Health Risk Behaviors and Health Outcomes by Race/Ethnicity National YRBS](#)
- [CDC Health Disparities and Inequalities Report, 2013](#)
- [HHS Action Plan to Reduce Racial and Ethnic Health Disparities](#)

ALZHEIMER'S DISEASE

- [African-Americans and Alzheimer's](#)
- [2014 Alzheimer's Disease Facts and Figures](#)
- [Stress Relief for the African-American Caregiver](#)

ARTHRITIS

- [Facts About Arthritis](#)
- [Gout \(Spanish\)](#)

ASTHMA

- [Asthma Facts](#)
- [Children and Asthma](#)
- [Asthma and African Americans](#)

B

BLOOD PRESSURE

- [High Blood Pressure Facts \(Spanish\)](#)
- [What Is High Blood Pressure?](#)
- [A Review of Psychosocial Factors and Systems-Level Interventions: A Closer Look at African American Men and High Blood Pressure Control](#)

BREASTFEEDING

- [Breastfeeding: Frequently Asked Questions](#)
- [The Surgeon General's Call to Action to Support Breastfeeding](#)
- [Breastfeeding Report Card](#)
- [Break Time For Nursing Mothers Employee Rights Card \(Spanish\)](#)
- [Breastfeeding Fact Sheet for African American Women](#)

C

CANCER

- [Cervical Cancer](#)
- [Cancer of the Colon and Rectum](#)
- [Prostate Cancer](#)



- [Endometrial Cancer](#)
- [Cancer of the Bladder](#)
- [Breast Cancer](#)
- [Cancer of the Kidney and Renal Pelvis](#)
- [Lung Cancer](#)

CANCER (cont.)

- [Skin Cancer \(Melanoma\)](#)
- [Non-Hodgkin Lymphoma](#)
- [Hodgkin Lymphoma](#)
- [Pancreatic Cancer](#)
- [Leukemia](#)
- [Ovarian Cancer](#)
- [Stomach Cancer](#)
- [Oral Cancer](#)

CHLAMYDIA (See "SEXUALLY TRANSMITTED DISEASES")

D

DEATH

- [Leading Causes of Death in Females United States, 2011](#)
- [Leading Causes of Death in Males United States, 2011](#)

DEPRESSION

- See "MENTAL HEALTH"

DIABETES

- [Diabetes and African Americans](#)
- [National Diabetes Factsheets, 2014 \(Spanish\)](#)
- [More than 50 Ways to Prevent Diabetes](#)

E

EPILEPSY

- [Epilepsy: Frequently Asked Questions](#)

F

FLU (See "INFLUENZA")

FOOD SAFETY

- [Be Food Safe: Protect Yourself from Food Poisoning](#)

G

GONORRHEA (See "SEXUALLY TRANSMITTED DISEASES")



H

HEART DISEASE

- [Heart Attack - Know the and Symptoms Signs of a Heart Attack \(Spanish\)](#)
- [Heart Disease - Know the facts about Heart Disease \(Spanish\)](#)
- [Heart Disease - Women and Heart Disease Fact Sheet](#)
- [Heart Disease - Men and Heart Disease Fact Sheet](#)
- [Heart Disease and African Americans](#)

HEALTHY EATING

- [Healthy Eating: Dietary Guidelines 2010 \(Spanish\)](#)
- [Healthy Eating - Tips for Parents – Ideas to Help Children Maintain a Healthy Weight \(Spanish\)](#)
- [Weight-loss and Nutrition Myths \(Spanish\)](#)

HEPATITIS

- [Hepatitis and African Americans](#)

HERPES (See “SEXUALLY TRANSMITTED DISEASES”)

HIV/AIDS

- [HIV/AIDS - HIV among African Americans \(Spanish\)](#)
- [HIV/AIDS: HIV Testing in the United States \(Spanish\)](#)
- [HIV/AIDS - HIV and AIDS among African Americans](#)
- [HIV/AIDS - HIV and AIDS among African American Youth](#)
- [HIV among African American Gay and Bisexual Men \(Spanish\)](#)
- [National HIV/AIDS Strategy](#)
- [HIV/AIDS in Correctional Settings](#)
- [HIV Transmission Risk](#)
- [Issues in HIV Policy: Poverty and HIV Factsheet](#)
- [Black Americans and HIV/AIDS](#)

HUMAN PAPILLOMAVIRUS

- [HPV and Men \(Spanish\)](#)
- [Genital HPV Infection - Fact Sheet \(Spanish\)](#)
- [HPV Vaccination - Fact Sheet \(Spanish\)](#)
- [HPV Vaccination Information for Young Women \(Spanish\)](#)

HYPERTENSION (See “BLOOD PRESSURE”)

I

IMMUNIZATIONS

- [Immunizations - Recommended Immunization schedule for adults \(those 19 years and older\) \(Spanish\)](#)



- [Recommended Immunizations for Children from Birth Through 6 Years Old \(Spanish\)](#)
- [Recommended Immunizations for Children from 7 Through 18 Years Old \(Spanish\)](#)
- [Immunizations and African Americans](#)

INFANT MORTALITY

- [Infant Mortality and African Americans](#)

INFLUENZA

- [Influenza - Influenza: Flu and You](#)
- [What are the Benefits of Flu Vaccination? \(Spanish\)](#)
- [Influenza - Everyday Preventive Actions That Can Help Fight Germs](#)
- [Influenza - The Flu: Caring For Someone Sick at Home](#)
- [The Flu: A Guide For Parents](#)
- [Flu Vaccination: Who Should Do It, Who Should Not](#)

K

KIDNEY DISEASE

- [National Chronic Kidney Disease Fact Sheet, 2014](#)
- [Kidney Disease - African Americans and Kidney Disease](#)
- [Kidney Disease: What does that mean for me?](#)
- [Kidney Disease Statistics for the United States](#)
- [Eating Right for Kidney Health: Tips for People with Chronic Kidney Disease \(Fact Sheet\) \(Spanish\)](#)

L

LIVER DISEASE

- [Chronic Liver Disease and African Americans](#)

LUPUS

- [Lupus - LUPUS: Health Snapshot](#)
- [What is Lupus?](#)
- [Lupus - Lupus Factsheet](#)
- [Systemic Lupus Erythematosus](#)

M

MENTAL HEALTH

- [Mental Health and African Americans](#)
- [Bipolar Disorder and African Americans](#)
- [Depression And African Americans](#)
- [Health Disparities and Stress](#)



O

OBESITY

- [Obesity and African Americans \(Spanish\)](#)
- [Overweight in African American Youth](#)
- [Overweight & Obesity: Statistical Fact Sheet 2013 Update](#)
- [The Obesity Epidemic and United States Students](#)
- [Aim for a Healthy Weight](#)

ORGAN DONATION

- [Organ Donation and African Americans](#)

P

PREGNANCY

- [Preventing Teen Pregnancy in the US](#)
- [Health Disparities in Adolescent Pregnancy and Childbirth](#)
- [Racial and Ethnic Disparities in Maternal Mortality in the United States](#)

S

SEXUALLY TRANSMITTED DISEASES

- [STD Trends in the United States: 2013 National Data for Chlamydia, Gonorrhea, and Syphilis](#)
- [Selected Health Risk Behaviors and Health Outcomes by Race/Ethnicity National YRBS](#)
- [Health Disparities in HIV/AIDS, Viral Hepatitis, STDs, and TB](#)
- [Bacterial Vaginosis](#)
- [Chlamydia](#)
- [Gonorrhea: CDC Factsheet](#)
- [Herpes \(Spanish\)](#)
- [Syphilis](#)
- [Trichomoniasis](#)

SICKLE CELL DISEASE

- [What You Should Know About Sickle Cell Disease](#)
- [What You Should Know About Sickle Cell Trait](#)
- [What You Should Know About Sickle Cell Disease and Pregnancy](#)

SMOKING/ TOBACCO USE

- [Tobacco Use in African Americans](#)
- [Tips From Former Smokers](#)
- [Fast Facts on Smoking and Tobacco Use](#)
- [Adult Cigarette Smoking in the United States: Current Estimate](#)
- [Secondhand Smoke \(SHS\) Facts](#)
- [Youth and Tobacco Use](#)



STROKE

- [Stroke and African Americans](#)
- [CVD Health Disparities](#)
- [Health Disparities in Coronary Heart Disease and Stroke](#)
- [African Americans Heart Disease and Stroke Fact Sheet](#)
- [Who is at Risk for stroke?](#)

SUICIDE

- [Suicide: Facts at a Glance](#)

V

VACCINES (See "IMMUNIZATIONS")