BRIDGING THE GAP:

Addressing Health Disparities Affecting African American Women

DIDYOU KNOW?

African American Women are at higher risks of ...



Heart Disease:

60% more likely to have high blood pressure



Breast Cancer:

40%

more likely to die from breast cancer than white women.



Diabetes:

1 in 4

over the age of 55 has diabetes



Mental Health:

25%

seek care when they are suffering from depression or anxiety



Maternal Health:

3Y

more likely to die from pregnancy-related causes



Alzheimer's Disease:

2/3

are women A.A.are 2X

more likely to be diganosed



CONTRIBUTING FACTORS

Socioeconomic Disparities:

Limited access to health care facilities, lower rates of health insurance coverage, and economic barriers.





BIAS AND STEREOTYPING IN HEALTHCARE

Experiences of discrimination and lack of cultural competency in healthcare settings.

4 STEPS TO ACTION:

1

Educate Yourself and Others:

Increase awareness by sharing information and engaging in conversations about these disparities.

2

Support Policy Change:

Advocate for policies that aim to improve the health care system for minority populations.

3

Community Engagement:

Volunteer, donate, or participate in programs that support the health and wellness of African American women in your community.

Closing Thought: Together, we can bridge this gap. It starts with awareness, is fueled by action, and leads to change. Join us in lifting each other up for a healthier, more empowered future."