

HOUSTON HEALTH HIGHLIGHTS

Houston African American Health Highlights

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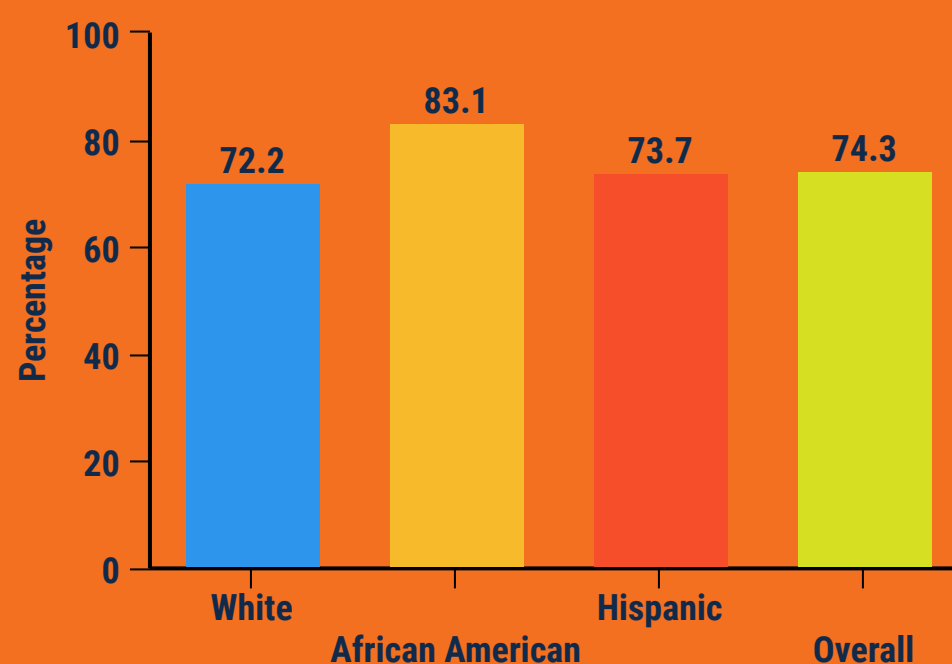
Motivation is not the reality

According to recent findings from the African American Health Engagement Study (AAHES), despite expressed motivation for a healthier lifestyle, African Americans were at risk for and actually suffered from more chronic diseases.

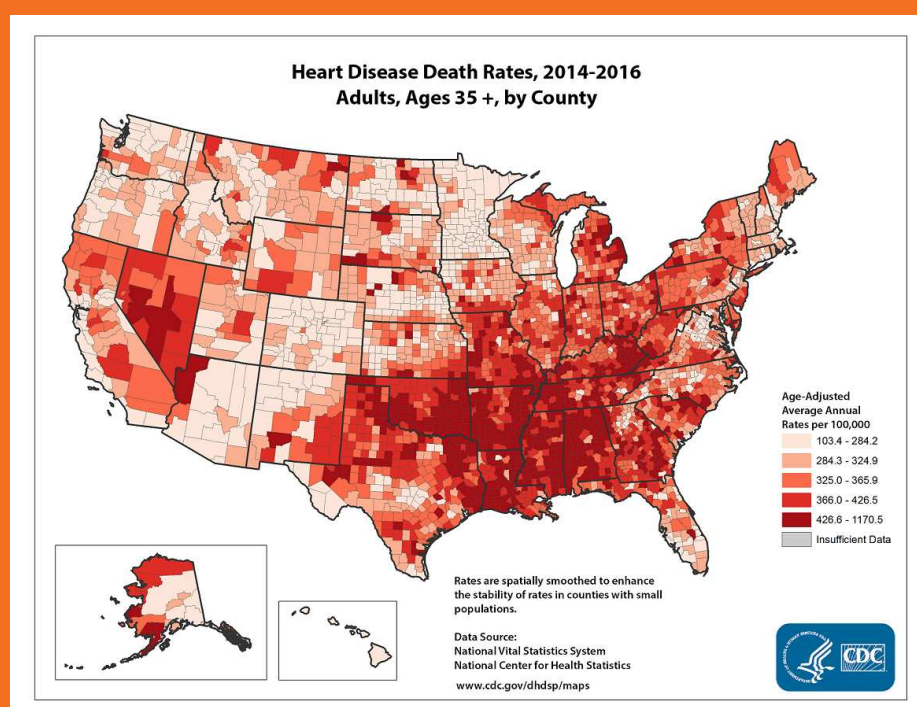
The National Medical Association, National Black Nurses Association and Pfizer- Action Plan to Increase Health Equity of African Americans, 2019. Available: <http://bit.ly/2FgYqoc>

In 2017, African Americans showed the highest percentage of overweight and obesity in Harris County. Overweight or obesity affects the quality of life and puts people at risk of developing many diseases, especially heart disease, stroke, diabetes and cancer.

Percentage of adults who are overweight or obese by race/ethnicity. Harris County, 2017



Source: Texas Behavioral Risk Factor Surveillance System



African-Americans in 2017 had the highest mortality-adjusted rates for heart disease compared to other racial and ethnic populations in Houston (185 per 100,000 population for African Americans, 157.1 per 100,000 population for non-Hispanic whites, and 83.3 per 100,000 population)