"Mental Wellness"

what happens at the intersection of mental health and one's experience as a member of the Black community? While the experience of being Black in America varies, there are shared cultural factors that play a role in helping define mental health and supporting well-being, resiliency and healing.

Black adults in the US are more likely than white adults to report persistent symptoms of emotional distress, such as sadness, hopelessness and feeling like everything is an effort. Black adults living below the poverty line are more than 2 times likely to report serious psychological distress than those with more financial security.

Barriers to Mental Health Care:
- 2018, 11.5% of Black adults in the US had no form of health insurance
- Study showed that 63% of Black people believe that a mental health condition is a sign of personal weakness
- 18.7% of adults aged 18 and over in fair or poor health
- 2.4% of children under age 18 in fair or poor health
- 38.7% of men aged 20 and over with obesity
- 55.9% of women aged 20 and over with obesity
- 56.8% of men aged 20 and over with hypertension and/or taking antihypertensive medication
- 57.6% of women aged 20 and over with hypertension and/or taking antihypertensive medication
- 14.5% of adults aged 18-64 without health insurance coverage
- 4.9% of children under the age of 18 without health insurance coverage

Leading causes of death:
- Heart disease
- Cancer
- COVID-19

Resources & Articles

Faculty Staff Assistance Program (emory.edu)

Choose the Right Medical Professional for You (emoryhealthcare.org)

African Americans | NAMI: National Alliance on Mental Illness

Mental Health and the African American community (njia.org)

https://wwwn.cdc.gov/NHISDataQueryTool/SHS_adult/index.html

https://www.cdc.gov/nchs/hus/contents2019.htm?search=Black_or_African_American

"Physical Wellness"

- 18.7% of adults aged 18 and over in fair or poor health
- 2.4% of children under age 18 in fair or poor health
- 38.7% of men aged 20 and over with obesity
- 55.9% of women aged 20 and over with obesity
- 56.8% of men aged 20 and over with hypertension and/or taking antihypertensive medication
- 57.6% of women aged 20 and over with hypertension and/or taking antihypertensive medication
- 14.5% of adults aged 18-64 without health insurance coverage
- 4.9% of children under the age of 18 without health insurance coverage

Leading causes of death:
- Heart disease
- Cancer
- COVID-19