



Health Risks for Minority Populations

Did you know that some minority groups are at greater risk for certain medical conditions? If you are a member of a minority group, it is important for you to know your risk for diseases in order to discuss your health concerns with your physician. The Centers for Disease Control and Prevention (CDC) Office of Minority Health & Health Disparities (OMHD) web sites provide valuable information for a variety of racial and ethnic minority populations including leading causes of death and high prevalence health issues¹. For example:

- In 2004, African Americans were 2.2 times as likely as non-Hispanic Whites to die from diabetes²
- American Indian/Alaska native men and women have higher incidence and death rates for stomach and liver cancer³
- Among Asian/Pacific Islanders, Sudden Infant Death Syndrome (SIDS) is the fourth leading cause of infant mortality⁴

The cultural make-up of our country is constantly changing. According to the U.S. Census Bureau by the year 2050, an estimated one in two Americans will be part of a minority group. Your physician may not

be aware of your individual beliefs about disease, wellness, birth, death and other values of your particular culture related to health care. To receive the care you need it is important for your health care provider to understand characteristics of who you are.

We hope you find this information useful. By becoming an educated health care consumer, you may improve communications between yourself and your physician and become more satisfied with your healthcare experiences.

For More Information Please Visit the Following Referenced Sites:

1. [Centers for Disease Control Office of Minority Health & Disparities](#)
2. [Diabetes and African Americans](#)
3. [Cancer and American Indians/Alaska Natives](#)
4. [Infant Mortality and Asians and Pacific Islanders](#)

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