

Pamoja Holistic Health

PRIORITIZING SOCIAL DETERMINANTS TO HEALTH, WHOLENESS AND HEALING

Health Disparities: Black vs White Americans (2024-2025)

HYPERTENSION

Black Men
42%

White Men
31%

Black Women
43%

White Women
27%

KEY FACTS

- 55% of Black adults have high blood pressure overall
- Develop earlier with greater severity
- Black men: 2x uncontrolled hypertension
- Higher stroke, heart disease, kidney disease rates

DIABETES

Black

~15%

White

~8%

STATISTICS

- 24% more frequent diagnosis
- 60% more likely than Whites
- 40% higher death rate
- 2.19x kidney disease rate
- Rural Black Americans: 61% poor control vs 33% Whites

CANCER

Highest death rate for most cancers

Black Men
+16%

Black Women
+10%

DISPARITIES

- Prostate: 62% more, 92% higher deaths
- Breast: 41% higher mortality
- Uterine: 2x death rate
- Colorectal: 30-37% higher
- Stomach, Myeloma: 2x higher

WHY?

- Later diagnosis • Less access
- Healthcare barriers • Systemic inequity
- Social determinants • Insurance gaps

2025: 248,470 cases • 73,240 deaths

KEY INSIGHTS: Understanding Health Disparities

PATTERNS ACROSS CONDITIONS

- Earlier onset of disease
- Greater severity at diagnosis
- Worse health outcomes
- Higher mortality rates
- Clustering of conditions (64% hypertension, 23% diabetes, 62% obesity often occur together)

ROOT CAUSES (Not Biological)

- Socioeconomic factors: 18% Black Americans below poverty vs 8% White
- Healthcare access: 8% uninsured vs 5% White Americans
- Environmental: Food deserts, pollution, housing quality
- Systemic racism: Discrimination, chronic stress, limited resources

ADDRESSING DISPARITIES

- Expand healthcare access
- Address social determinants
- Improve preventive care
- Increase clinical trial diversity
- Combat systemic racism
- Culturally competent care
- Economic opportunity
- Education health literacy