



CBHN

CaBlackHealthNetwork.org

The State of Black Health in California





2021 and Beyond: New Focus and Direction

Vision

A California where every African American and Black Immigrant has the opportunity to live long healthy lives, free from violence, racism, and health inequities.

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Mission

To ensure that all Black Californians, regardless of their education, socio-economic class, zip code, sexual orientation, gender identity, homelessness, or immigration status have access to high quality and equitable primary and behavioral healthcare and avoid unnecessarily succumbing to disease.

THE STATE OF AFFAIRS

Black Health in CA





The State of Black Health in California

- **The life expectancy at birth for Black Californians is 75.1 years — five years shorter** than the state average and the lowest life expectancy of all racial and ethnic groups
- Black Californians **experienced the state's highest rates of death** from COVID-19 virus disproportionately contracted the virus compared to other racial groups.
- Black Californians have the **highest rates of new prostate, colorectal, and lung cancer cases, and the highest death rates for breast, colorectal, lung, and prostate cancer.**
- **Black Californians experience disparities in care and outcomes despite having higher health insurance coverage rates (93%) than the state average**
- In California, as in much of the US, **Black mothers/ birthing people*** **experience the highest rates of maternal morbidity** (serious complications) and mortality (death), prenatal and postpartum depressive symptoms; low-risk; first-birth cesareans; preterm births; low-birthweight births; infant mortality; of any racial/ethnic group

Cancer

Black Californians have the highest rates of new prostate, colorectal, and lung cancer cases, and highest death rates for breast, colorectal, lung, and prostate cancer.

2X

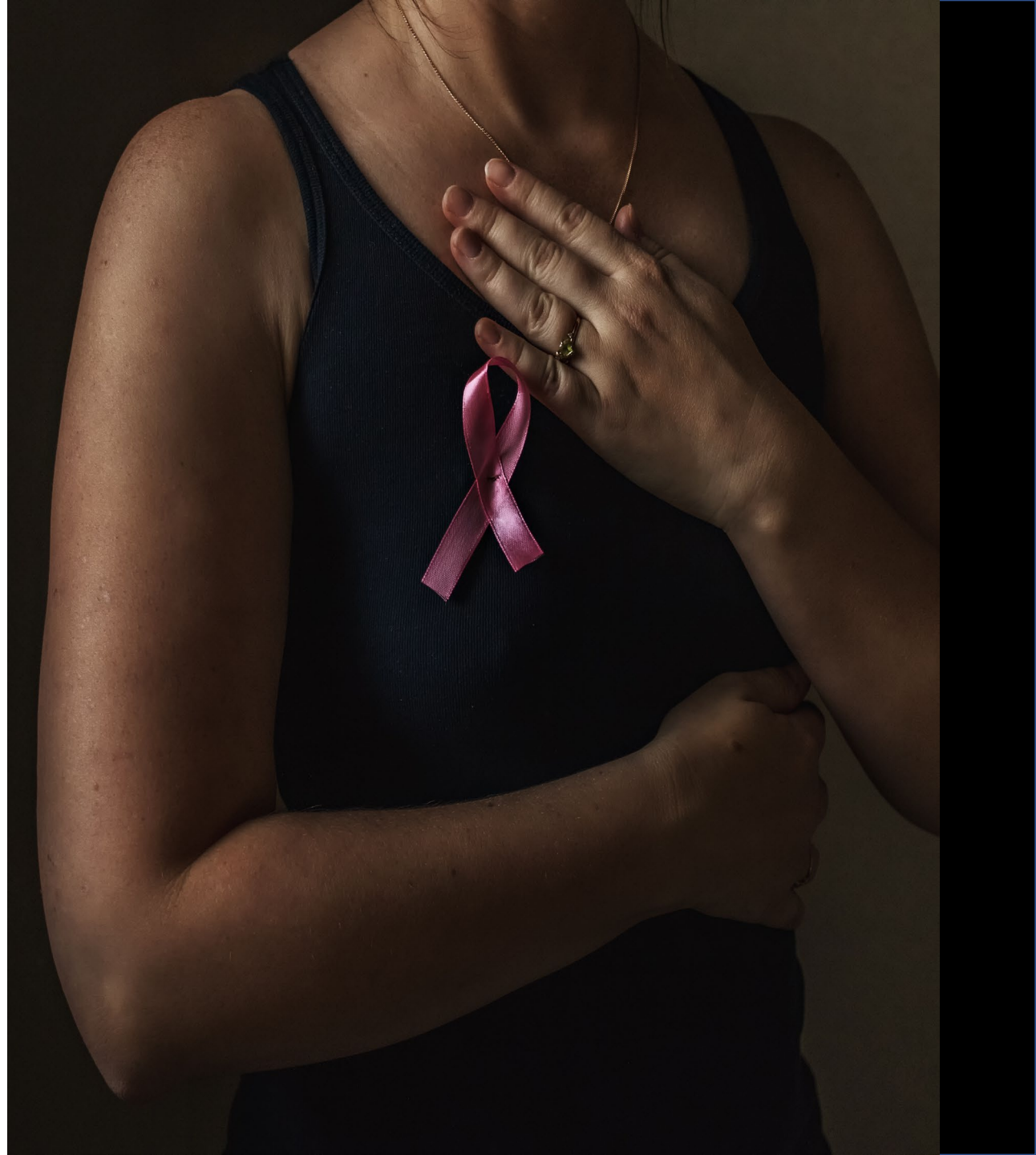
Black men are 44% more likely than White men to be diagnosed with prostate cancer and **2 times more likely to die** from it.

33%

Black Californians are 24% more likely to be diagnosed with lung cancer and **suffer a death of 33% higher than the state average.**

56%

Black women are nearly 20% less likely to be diagnosed with breast cancer than White women but are **56% more likely to die** from breast cancer.



Diabetes

In California, more than 13 million adults (46 percent of all adults in the state) are estimated to have prediabetes or undiagnosed diabetes. An additional 2.5 million adults have diagnosed diabetes. Altogether, 15.5 million adults (55 percent of all California adults) have prediabetes or diabetes.

2X

Black adult Californians are **nearly twice as likely** to be told they have diabetes compared to their White counterparts.

16%

Black Californians have the **highest prevalence of diabetes** at 16% compared to all other racial and ethnic groups.

83%

Black Californians have the highest death rate from diabetes compared to all other racial/ethnic groups and are **83% more likely to die** from diabetes compared to Whites.



Obesity

In California, obesity affects **25% of white adults, 33% of Black adults, 34% of Hispanic adults, 29% of American Indian/Alaskan Native adults and 10% of Asian adults.***

3X

Black adults with a BMI of 30 or greater are **3 times more likely** to be admitted to the hospital due to a COVID-19 infection.

33%

Percentage of Black adult Californians who are obese compared to 25% of Whites.

34%

Percentage of Black women ages 18-44 with a body mass index of 30.0 or higher.



Mental Health

Mental health conditions occur in Black and African American (B/AA) people in America at about the same or less frequency than in White Americans. However, **the historical Black and African American experience in America has and continues to be characterized by trauma and violence more often** than for their White counterparts and impacts emotional and mental health of both youth and adults.

4%

4% of psychologists in the U.S. workforce are Black/African-American, 86% are White.

48%

48% of Black Californians report symptoms of anxiety and/or depressive disorder during the COVID-19 pandemic.

63%

63% of Black people believe that a mental health condition is a sign of personal weakness, experience shame and worry they may be discriminated against due to their condition.

Datapoint, 2018



Black Maternal Health

Despite impressive reductions in maternal mortality for all racial/ethnic groups in California, Black mothers/birthing people are **still 3 to 4 times more likely to die** from pregnancy/birth-related causes and **2 times more likely to suffer a maternal morbidity** (such as hemorrhage and infection) than all other racial/ethnic groups.

3X

Black infants are about **3 times more likely** than White infants to die during the first year of life and **3 times more likely to die during childbirth** while being cared for by a White provider.

10%

More than 10% of Black mothers reported that they were treated unfairly during their hospital stay because of their race or ethnicity.

30%

30% of Black women screened positive for anxiety during pregnancy, compared to 20% of white women.

Source: Listening to Black Mothers in California, 2022





Covid & Social Determinants of Health in California

- COVID-19 disproportionately affected low income, Latino, Black, and Pacific Islander communities, as well as essential workers in health care, grocery, and cleaning services.
- Residents living in crowded housing, without transportation, with less access to paid leave, and other worker protections were at higher risk of infection of COVID-19.
- COVID-19 disrupted access to healthy, fresh nutritious and worsened food insecurity.
- Lack of health insurance, and housing instability increased the risk of poor outcomes for Black Californians.

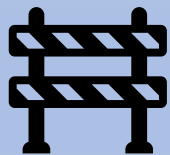
From Reducing Disparities to Achieving Health Equity

Health Disparities

Differences in health outcomes among specific groups such as race/ethnicity, age, disability, socioeconomic status, sexual orientation and education.



**Disease
Progression &
Late Dx**



**Structural
Barriers to
Care**



**High Death
Rates**



Health Equity

Attainment of the highest level of health for all people, ensuring that everyone has full and equitable access to health opportunities that enable them to lead healthy lives.



**Prevention &
Early Dx**

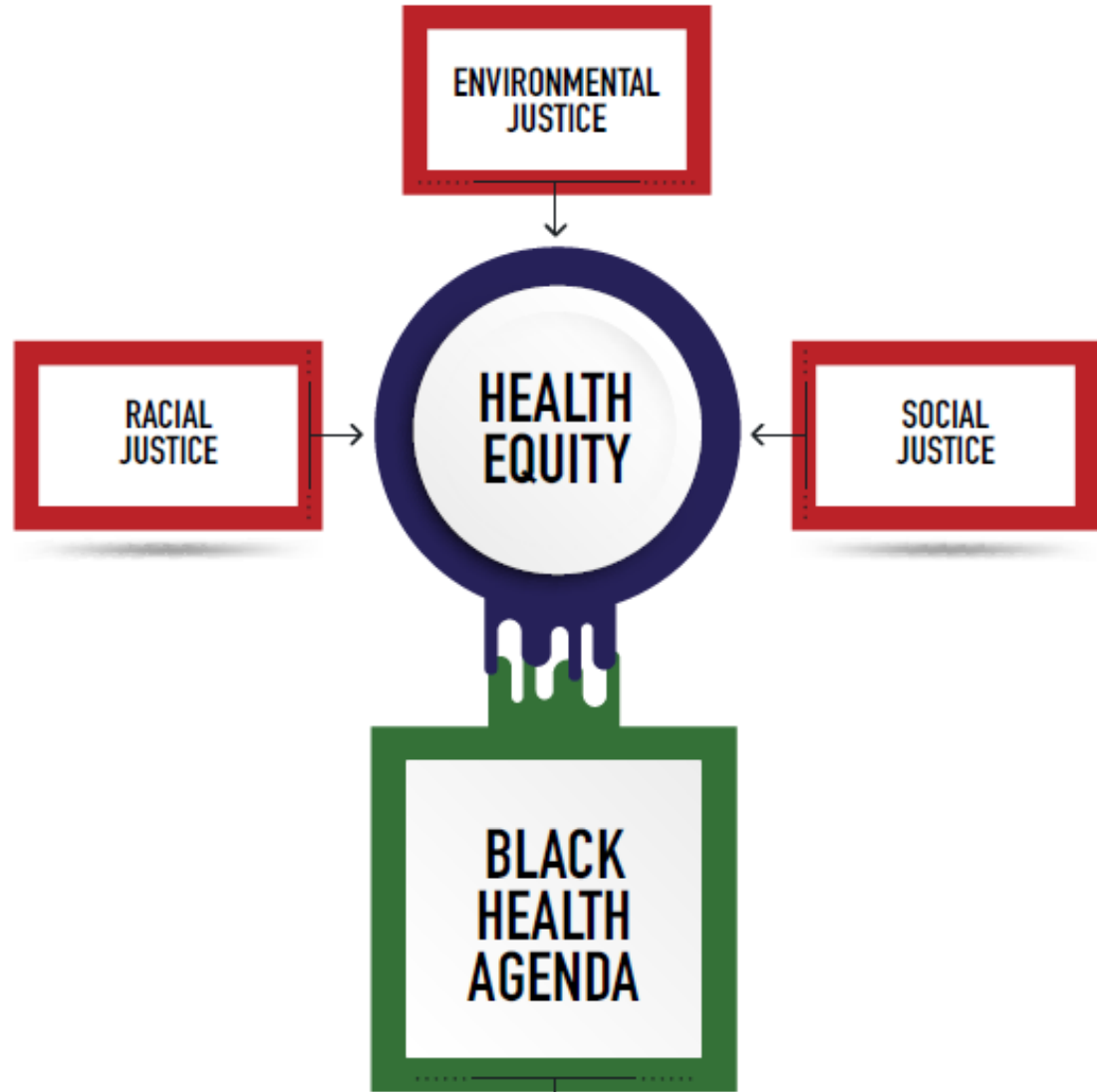


**Access to
Quality
Equitable Care**



**Lives
Saved**

CBHN
Health Equity
Framework



THE CAMPAIGN FOR
BLACK
HEALTH
EQUITY
HEALTH, HOPE, HUMANITY



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