

According to Worldometer (2021), African American individuals comprise 14% of the total population of the United States and are unevenly distributed throughout the country. The minority (55%) are concentrated in the south and South and Southeast region with Georgia, Florida, and have the highest numbers of over three million in each of them. The African Americans trace their origin back to Africa, from where their ancestors were, mainly through the slave trade. This background has been a major defining factor for the kind of life lived by this race. According to the CDC (2021), the life expectancy of an African American has improved over the last 17 years demonstrated by a twenty five percent decline in death rate for the elderly above 65. Even with the significant improvement, it is worthwhile noting that their still a high number of the young population between twenty and forty years dying of diseases usually seen in the elderly whites, such as hypertension.

The black race has, over a long period have had a negative attitude towards medicine. A probable explanation for this effect is that the whites medical researchers and educators were fond of using the blacks for dissection and bedside teachings. Even with the abolishment of slavery in 1863, there is still the issue of racism that has unfortunately not been extinguished completely. Eley et al. (2017) note that the negative attitude impacted immensely on their health-seeking behavior. In general, an African American is at risk of cardiovascular and sexually transmitted diseases than the whites. Also, studies depict a difference in the delivery of healthcare services such that minority groups like the African American were less likely to receive dialysis services or get a cardiac implant as opposed to their white counterparts. It is

Spelling mistake: Worldometer → Odometer

majority (most, usually) wh... majority → most

Spelling mistake: demonstrated → demonstrated

Hyphenation problem: twenty five → twenty-five

worthwhile is weak: worthwhile → valuable

Statistically detect wrong us... their → there

Spelling mistake: abolishment → abolished

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disheartening to note that the United States is a first-world country and has not eliminated the disparities. Nevertheless, efforts have been, and overall progress is good even if it is a bit slow.

As regards nutrition, the prevalence of obesity is higher among African Americans compared to whites. The average body mass index for the former is around 28 compared to the latter of 25. It is worth noting that even with a higher BMI, blacks could be as healthy as Caucasians because they have reduced visceral fats. According to the California Institute of Health Services (2021), there were significant differences in food choices among both races except that whites were more likely to take sugary foods while their African counterparts were more likely to consume bacon, barbecued meat, and chicken.

#### Barriers to Health for African Americans

A point in medical history research that was very unethical was the Tuskegee experiment done on blacks to appreciate the stages of syphilis infection. This, among others, has somehow shaped African American attitudes towards healthcare, making them reluctant. Their reduced uptake of hospice services can demonstrate this despite the great strides made by the government to better this form of healthcare. A high sense of obligation to care for their elderly could also be a contributing factor as well as their strong sense of spirituality (Hammonds & Reverby, 2019).

Finance has been a challenge for African Americans in general. On average, they are more likely to withhold seeking a healthcare service due to financial constraints than the Whites.

Spelling mistake: Reverby → Reverby

Low education levels leading to low-paying jobs are the basis for such a state. On average, fewer blacks graduate from high school (72.5%) than Hispanics, White figures of 87.5%. Also, fewer African Americans attained a bachelor's degree, only about 18.67% as opposed to 32.5% for the Hispanics White. The direct implication was a higher unemployment rate of 8.8%, while the

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whites were 4.3%; the former was twice as high. Compared to the overall national unemployment rate of 5.7%, it is higher. The sequelae are poverty and poor quality of life. Formulation of policies advocating for equitable distribution of resources rather than equality might tip the scales in favor of the Blacks and offset the disparity (Hammonds & Reverby, 2019).

#### Health Promotion Activities among the African Americans

CDC. (2021) reports that cardiovascular diseases pose a significant challenge, especially for the African American community, and it does not come as a surprise that much campaign has been geared this way. The American Nurses Association has been on the frontline in this matter. More and more nurses are now being sent out to make community diagnoses. There is increased screening for blood cholesterol levels and increased health education on healthy behavior and lifestyle choices. While at it, emphasis is still on the importance of seeing a physician to build trust and confidence with the healthcare system.

#### Suitable Level of Health Promotion

The African American represents a subgroup of America's most vulnerable to non-communicable diseases. Cardiovascular diseases top the pyramid with as high as 16% percent of total deaths worldwide attributed to ischemic heart disease. Based on the prevalence of the disease among this particular subgroup, they are 30% more likely to die of the disease than the general population. Such a high disparity calls for risk reduction, and the primary level of health promotion would be the best option. The health education campaigns should therefore focus on lifestyle modification and shun sedentary life. Dietary adjustment, too, is crucial and involves a

Spelling mistake: sequelae → sequent

Spelling mistake: Reverby → Reverb

Spelling mistake: frontline → front line

Passive voice: nurses are now being sent

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reduction in high-fat and cholesterol diets. Generally, people should adopt prudent behavior regarding their life, and the government should ensure the provision of clean water and a safe environment free of drug and substance abuse (CDC, 2021).

#### Cultural Theory

The new world is nothing if not a plethora of technology and information. It is almost a

Redundant phrase: some of the → some



crime to be uninformed. Nevertheless, it does not surprise that some of the African cultural practices seem to depict otherwise. Some equate poor health to bad luck and, more often than not, would consider visiting a health facility after all home remedies have failed. Based on this norm, their view of ill health is that moment when a person has been hampered from engaging in their daily chores due to sickness. It is therefore essential to recognize this fact and target education that would remove ignorance. A postmodernist cultural theory looks at culture as dynamic and continuously reinforced by norms and values. Using the approach healthcare team can appeal to African American culture's positive aspects and reinforce them to better their health care while suppressing the poor practices (Rusert, 2017).

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