

Health Status of Black, Non-Hispanic Adults in Michigan, 2013-2014



- Blacks make up the largest racial minority group in Michigan, comprising about 15% of the state's population.¹
- Blacks experience poorer health outcomes compared to both the general population and Whites. Public health researchers are attempting to identify factors that underlie this disparity, including understanding the extent to which historic discrimination and limited access to social and economic resources may contribute to these differences.
- Data from the 2013-2014 Michigan Behavioral Risk Factor Survey (BRFS) were used to describe the current health status of Black, non-Hispanic adults in Michigan.

Black, non-Hispanic Adults vs. All Adults in Michigan

For **4 of the 46** health indicators,

Black, non-Hispanic adults reported doing **better** than all adults in Michigan. A smaller proportion of Black adults reported binge drinking and ever being told by a doctor that they have cancer than all Michigan adults. A higher proportion of Blacks reported having a routine medical checkup in the past year and ever having an HIV test.

For **22 of the 46** health indicators,

Black, non-Hispanic adults were **worse** than all adults in Michigan. Some^a of these included: fair or poor general health, obesity (body mass index ≥ 30.0), no health insurance, no personal health care provider, no leisure time physical activity, low vegetable consumption, inadequate sleep, and ever being told by a doctor to have high blood pressure or diabetes.

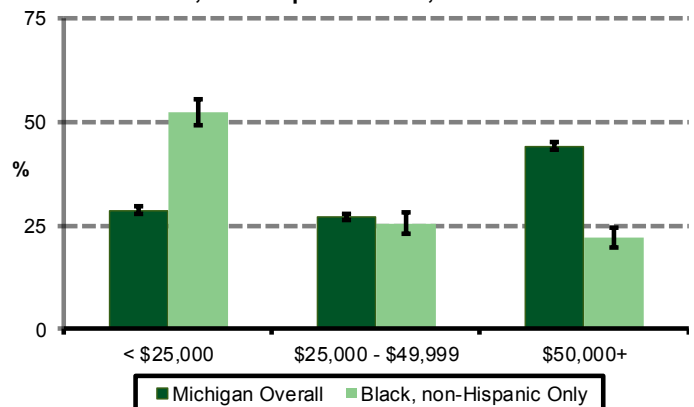
For **20 of the 46** health indicators,

Black, non-Hispanic adults were **similar** compared to all adults in Michigan. Some^a of these included: low fruit consumption, cigarette smoking, high cholesterol, breast and cervical cancer screenings, colorectal cancer screening, and ever being told by a doctor to have arthritis or cardiovascular disease.



Blacks[†] reported consuming fewer vegetables compared to all adults in Michigan. It's important to consider the role **social and environmental factors** may play in this process. Black adults were more likely to report barriers accessing fresh fruits and vegetables including transportation and difficulty finding produce in their community. Other barriers that may hinder healthy food consumption are limited resources. Over half of all Black adults reported a household income level of less than \$25,000, almost two times higher than the proportion among all adults in Michigan (Figure 1).

Figure 1: Household Income Comparison, Michigan Overall vs. Black, non-Hispanic Adults, 2013-2014



^a For a complete list of health indicators, reference the full report, "Health Risk Behaviors Among Black, Non-Hispanic Adults Within the State of Michigan" at www.michigan.gov/brfs and www.michigan.gov/minorityhealth. All of the estimates reported in the summary are age-adjusted.

[†] All Black participants in the MiBRFS were of non-Hispanic origin. The right photo was acquired from the Public Health Image Library (<http://phil.cdc.gov/Phil/home.asp>), courtesy of the Centers for Disease Control and Prevention/Amanda Mills.



In 2013-2014 (Figure 2),

- A higher proportion of Black, non-Hispanic adults in Michigan were between the ages of 18 and 44 years (49.7%) compared to all Michigan adults (44.1%).
- A smaller proportion of Black, non-Hispanic adults were 65 years or older (15.3%) compared to all adults statewide (19.8%).
- Due to these differences, age-adjusted estimates were reported for this data brief.

Figure 2: Age Group Comparison, Michigan Overall vs. Black, non-Hispanic Adults Only, 2013-2014

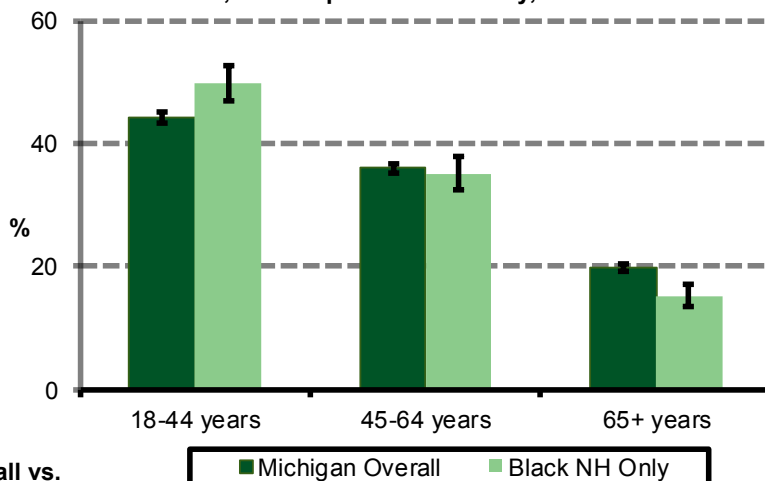
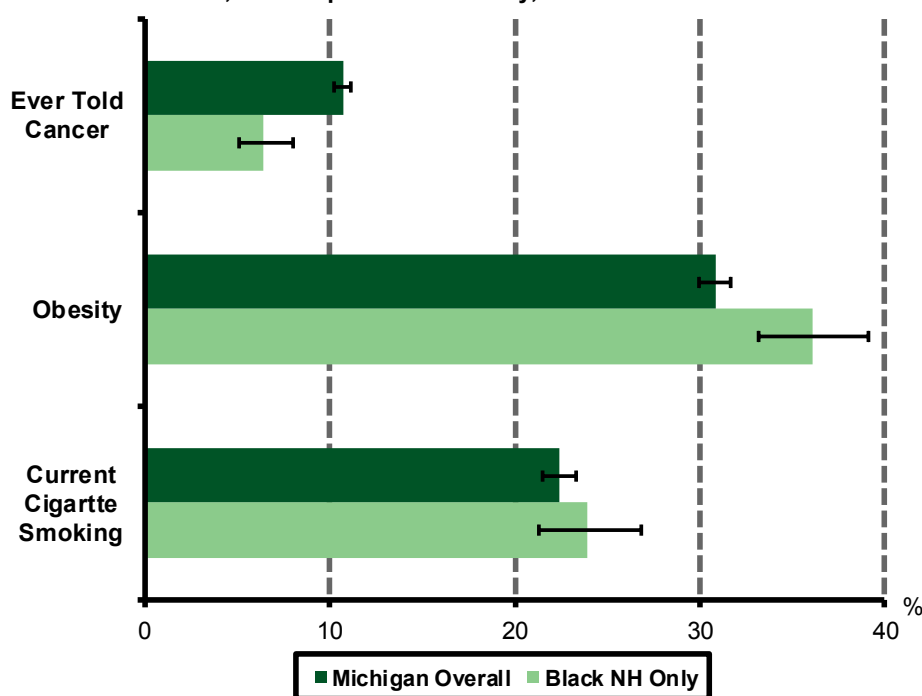


Figure 3: Selected Risk Factors, Michigan Overall vs. Black, non-Hispanic Adults Only, 2013-2014



In 2013-2014 (Figure 3),

- A **smaller** proportion of Black, non-Hispanic adults (6.4%) reported ever being told to have cancer compared to all Michigan adults (10.7%).
- A **higher** proportion of Black, non-Hispanic adults (36.1%) were obese (body mass index ≥ 30.0) compared to all Michigan adults (30.8%).
- A **similar** proportion of Black, non-Hispanic adults (23.9%) reported current cigarette smoking compared to all Michigan adults (22.4%).

The full list of health indicator estimates and survey methods are available in the report, "Health Risk Behaviors Among Black, Non-Hispanic Adults Within the State of Michigan," which can be found online at www.michigan.gov/brfs and www.michigan.gov/minorityhealth.

It's Important to Consider the Role of Health Care Access:

- Blacks[†] reported lower health care coverage than all adults in Michigan. In addition, Blacks were more likely to report not having a personal health care provider and not seeing a doctor due to cost than all adults statewide. It is interesting, however, that Blacks reported having a routine health checkup in the past year more often than all adults.
- Blacks were more likely to report barriers to health care related to transportation and health care provider communication than all adults.
- Individuals with inadequate access to care may not be properly screened for certain conditions and not aware of current medical conditions when reporting their health status.

Reference: 1. Michigan Department of Health and Human Services. 2015. Michigan Population Trends by Race, 1990-2014, Michigan Total. NCHS, CDC, MDHHS. Division for Vital Records and Health Statistics, Michigan Department of Health and Human Services. http://www.mdch.state.mi.us/pha/osr/CHI/POP/DP00_R1.asp (June 2016).

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