



Houston Academy of Medicine



HOUSTON MEDICAL FORUM

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The information presented in this brochure serves as an educational guide only. This guide highlights specific disease states that have a high prevalence rate among different races and ethnicities and does not preclude or omit any individuals from any other disease states that are not listed under their ethnic category.

Appropriate steps should be taken to identify, prevent or delay the development or subsequent complications stemming from these diseases. Physicians should continue to collect the usual and necessary information, such as the chief complaint and associated symptoms, history of present illness (HPI), past medical history (PMHx) family medical history, social history, and a review of systems (ROS) for any examination.

Any necessary diagnostic tests, recommended treatments or referral to a specialist for further evaluation should be based upon the physician's best clinical judgment.

This information is not a substitute for physical examinations, standard medical checkups, or routine wellness care.

Asian Americans

Ten Leading Causes of Death

1. Cancer
2. Heart Disease
3. Stroke
4. Diabetes
5. Unintentional Injuries
6. Influenza and Pneumonia
7. Chronic Lower Respiratory Diseases
8. Nephritis, Nephrotic Syndrome, & Nephrosis
9. Alzheimer's disease
10. Hypertension

Asian Americans:

- Are 40% more likely to be diagnosed with diabetes
- Are 70% more likely to have end-stage renal disease
- Male subgroups have higher mortality rates for liver cancer
- Male subgroups have some of the highest smoking prevalence in the U.S.
- Men are twice as likely to die from stomach cancer
- Tuberculosis was 35 times more common than among non-Hispanic whites
- Are twice as likely to develop chronic Hepatitis B and are eight times more likely to die from it
- Have overall lower cancer rates, but nearly twice the incidence of liver cancer
- 92.7% have health coverage (2017)
- Are 50% less likely to die from heart disease as compared to non-Hispanic Whites
- Ages 15 – 24 had the highest rates of suicidal thoughts (4.2% for females and 16.9% for males) compared to other age groups

- Are twice as likely to die from liver and IBD cancer, as compared to non-Hispanic whites
- Have lower rates of being overweight or obese
- Have lower rates of hypertension
- Are less likely to be current cigarette smokers
- Lower percentages of adults receive mental health services and prescription medications

Asian American Women:

- Are 2.8 times as likely to have stomach cancer
- Are 30% less likely to have breast cancer
- Have an incidence rate for liver and IBD cancer of almost two times higher than women of other racial groups
- Have subgroups that are less likely than others to receive early and adequate prenatal care
- About 8 to 9% of their babies born with low birth weight
- Have lower infant mortality rates than overall population
- Have the highest rate of gestational diabetes compared to all other race and ethnicities
- Are 76% more likely to develop stomach cancer

Asian American Children:

- Adolescents reportedly have the highest rates of anxiety and depressive symptoms
- Infants are 40% more likely to die from maternal complications
- About 20% were overweight, and higher among males (24.9%) than females (15.2%)

Sources:

- Centers for Disease Control and Prevention (2021). *Asian American Populations*. Centers for Disease Control and Prevention.
- Office of Minority Health (2021). *Profile: Asian Americans*. U.S. Department of Health and Human Services.
- Division of Vital Statistics (2019, July). *Suicide Rates for Females and Males by Race and Ethnicity: United States, 1999 and 2017*. National Center for Health Statistics.
- Carratala, S. & Maxwell, C. (2020, May). *Health Disparities by Race and Ethnicity*. Center for American Progress.
- Smoking Cessation Leadership Center. (2017, May 9). *Race and Ethnicity*. University of California San Francisco.
- America's Health Rankings. (2020). *Trend: Low Birthweight – Asian/Pacific Islander, United States*. United Health Foundation.
- Families USA (2020). *Asian American & Pacific Islander Health Disparities Compared to Non-Hispanic Whites*. Families USA.
- Asian & Pacific Islander American Health Forum (2016, April). *Obesity and Overweight Among Asian American Children and Adolescents*. Asian & Pacific Islander American Health Forum.

See reverse for information on AFRICAN AMERICAN and HISPANIC AMERICAN statistics

CULTURAL AWARENESS HEALTH CARE DATA

African Americans

Ten Leading Causes of Death:

1. Heart Disease
2. Cancer
3. Stroke
4. Diabetes
5. Chronic Lower Respiratory Disease
6. Kidney Disease
7. Homicide
8. Septicemia
9. Alzheimer's Disease
10. Hypertension

African Americans:

- Are twice as likely to have a stroke
- Have the highest prevalence of hypertension; more than 40% of men and women have high blood pressure
- Are 60% more likely to be diagnosed with diabetes and twice as likely as non-Hispanic whites to die from diabetes
- Have the highest mortality rate for all cancers combined compared with any other racial and ethnic group
- Are most commonly diagnosed with prostate cancer
- Have 18.3% of adults who smoke, with men at 21.8% and women at 15.4% (2017)

Sources:

- American Cancer Society (2021). *Cancer Facts & Figures for African Americans 2019-2021*. American Cancer Society.
- Centers for Disease Control and Prevention (2021). *Leading Causes of Death*. Centers for Disease Control and Prevention.
- Centers for Disease Control and Prevention (2021, March 1). *Health of Black or African American Non-Hispanic Population*. Centers for Disease Control and Prevention.
- National Center for Chronic Disease Prevention and Health Promotion (2020). *Cervical Cancer Statistics*. Centers for Disease Control and Prevention.
- Office of Minority Health (2021). *Profile: Black/African Americans*. U.S. Department of Health and Human Services.
- Carratala, S. & Maxwell, C. (2020, May). *Health Disparities by Race and Ethnicity*. Center for American Progress.
- Smoking Cessation Leadership Center. (2017, May 9). *Race and Ethnicity*. University of California San Francisco.

Hispanic Americans

Ten Leading Causes of Death

1. Cancer
2. Heart Disease
3. Unintentional Injuries
4. Stroke
5. Diabetes
6. Chronic Liver Disease
7. Chronic Lower Respiratory Diseases
8. Alzheimer's Disease
9. Influenza and Pneumonia
10. Kidney Disease

Hispanic Americans:

- Are 70% more likely to be diagnosed with diabetes
- Are twice as likely to be hospitalized for treatment of end-stage renal disease related to diabetes
- About 25% have high blood pressure (2017)
- Account for almost 25% of all HIV infection cases
- Are 1.2 times more likely to be obese than non-Hispanic whites
- Are 30% less likely to receive the flu shot, 30% less likely to be fully immunized against hepatitis

Sources:

- Centers for Disease Control and Prevention (2020). *Hispanic Health / Vital Signs / CDC*. Center for Disease and Control.
- Office of Minority Health (2021). *Profile: Hispanic Americans*. U.S. Department of Health and Human Services.
- Smoking Cessation Leadership Center. (2017, May 9). *Race and Ethnicity*. University of California San Francisco.
- Carratala, S. & Maxwell, C. (2020, May). *Health Disparities by Race and Ethnicity*. Center for American Progress.

- Are 1.3 times more likely to be obese compared to non-Hispanic whites
- Have a higher age adjusted rate of obesity (48.1%)
- Are less likely to receive treatment for depression and other mental health conditions
- Are 50% more likely to have a stroke
- Are 30% more likely to die of heart disease

African American Women:

- About 4 out of 5 are overweight or obese – highest rate of obesity compared to other groups in the U.S.
- Are twice as likely to be diagnosed with stomach cancer
- Have higher incidence rates for breast cancer
- Are 60% more likely to have high blood pressure
- Are 2.3 times more likely to receive late or no prenatal care
- Death rate of cervical cancer is higher than for women of other ethnicities

African American Children:

- Have 2.3 times the infant mortality rate as non-Hispanic whites
- Have a 11.0 infant mortality rate per 1,000 live births
- Are twice as likely to have asthma and three times as likely to die from asthma
- Are more likely to attempt suicide, ages 15-24

Hispanic American Women:

- 78.8% are overweight or obese
- Teenage birth rates are more than two times higher than non-Hispanic white teens
- Have low rates for screening for cervical cancer despite having one of the highest incidence of cervical cancer
- Are twice as likely to receive late or no prenatal care compared to non-Hispanic white mothers
- Are 20% less likely to receive HPV vaccine

Hispanic American Children:

- Are 1.8 times more likely to be obese
- Infant mortality rate ranges from 4.0 per 1,000 live births to 6.5 per 1,000 live births
- Have the lowest prevalence of low-birth weight infants compared to other Hispanic or non-Hispanic groups
- Have infant mortality rates slightly higher than those for Non-Hispanic Whites