



HEALTH DISPARITIES

April is Minority Health Month, a time to raise awareness about the health disparities affecting racial and ethnic minorities and promote better health for all. At Walk with a Doc, we believe everyone should have an equal opportunity to live a long, healthy life - regardless of their background. Let's explore some steps we can take to address these gaps!

KEY FACTS ABOUT HEALTH DISPARITIES

- **Health disparities** refer to unequal differences in health outcomes and access to healthcare services that are often linked to factors such as race, ethnicity, income, and geography.
- **Chronic diseases**, like heart disease and diabetes, are more common in minority communities, including African American, Hispanic, and Native American populations.
- **Access to quality healthcare** is limited in minority communities, often due to a lack of nearby facilities (especially in rural or low-income areas). Minority groups are also more likely to be uninsured or underinsured.
- **Social determinants of health** play a key role as well.
 - Lower income often means less access to healthy food, safe living conditions, and quality care.
 - Lower levels of education, as well as language and cultural barriers, can lead to poorer health outcomes and limited health literacy.
 - Job stability and work conditions also impact overall health.
- Discrimination and cultural stigma around mental health can lead to underdiagnosis and undertreatment of mental health issues.



TAKE ACTION

- Schedule regular wellness check-ups, vaccinations, and screenings, and encourage friends/family to do the same.
- Follow a healthy lifestyle by staying active, eating balanced meals, and managing stress.
- Advocate for policies that provide healthcare access to everyone, regardless of their background.
- Support organizations and programs that provide free or low-cost health services to underserved communities (like a local food bank, or Walk with a Doc!)

LEARN MORE

- cdc.gov/healthequity
- minorityhealth.hhs.gov
- nasomh.org
- nimhd.nih.gov
- Check with your local or state health department for programs and services focused on minority health.