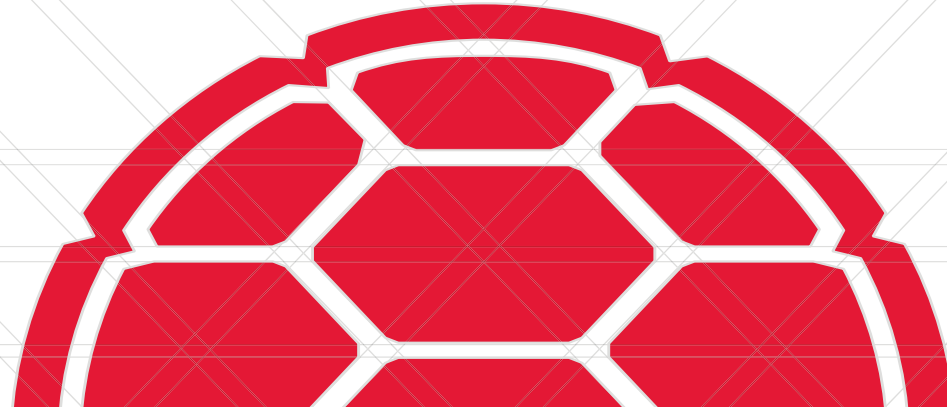
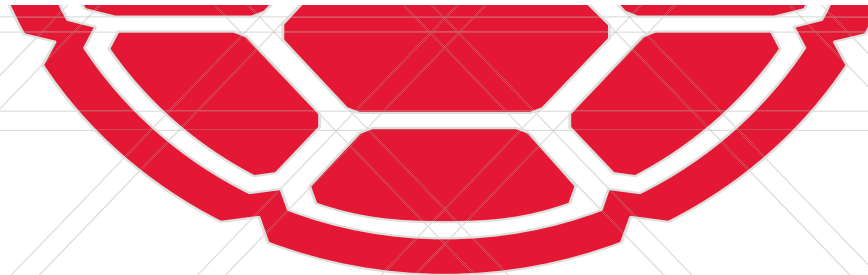




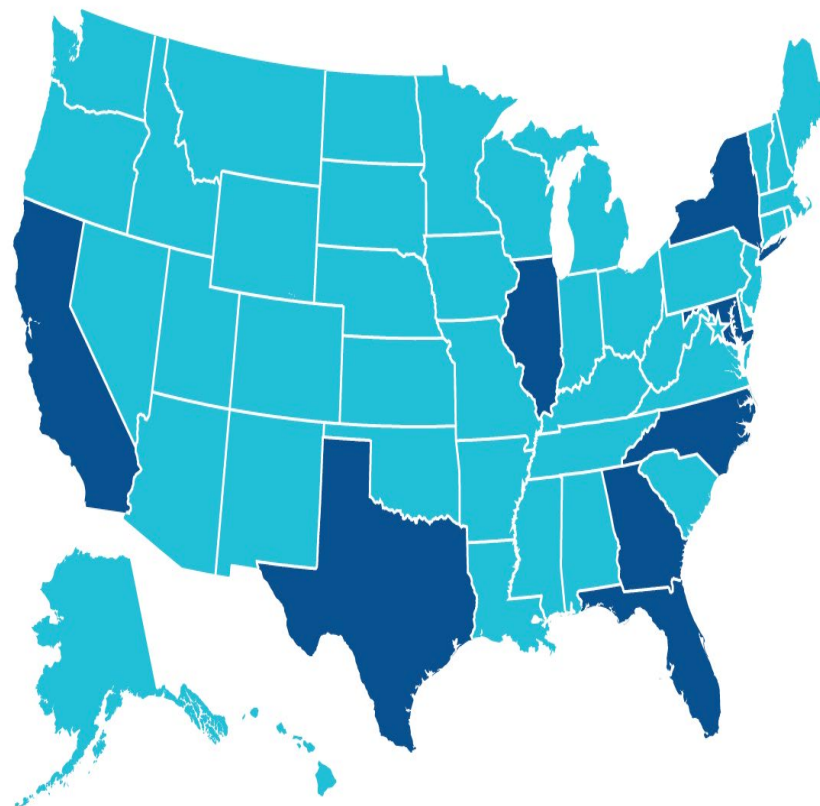
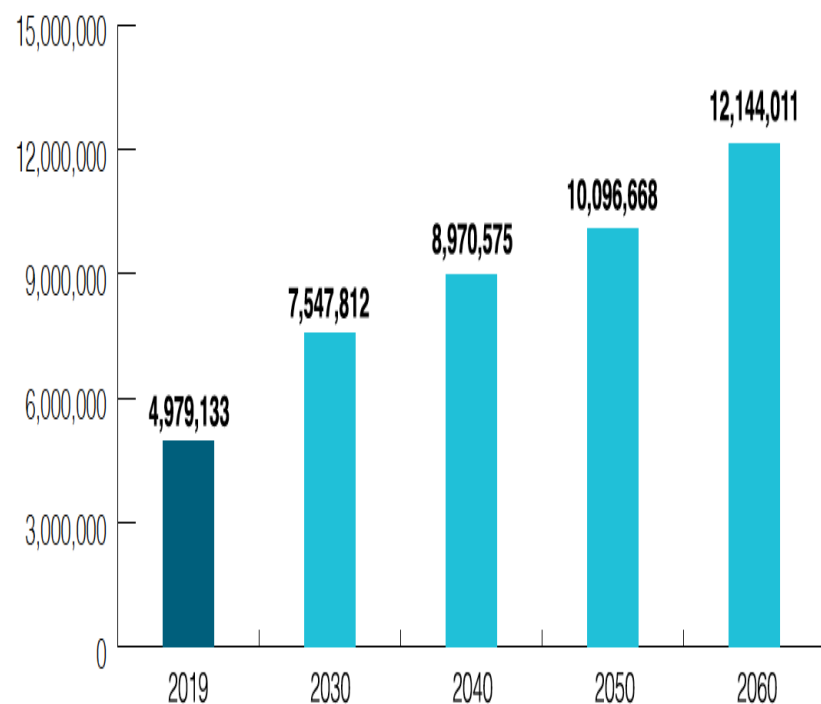
Racial and Ethnic Disparities in Aging Populations: Black/African-Americans

Kellee White, PhD, MPH



Sociodemographic Snapshot of Older African Americans

Population and Projections of African Americans Age 65+:
2019 to 2060



Demographic Statistics

- 38% never been married
- 22% bachelor's degree or higher
- Poverty rate: 18%
- Life expectancy:
 - Women: 78.0
 - Men: 71.3
- 38% have 1+ disability

Source: <https://acl.gov/aging-and-disability-in-america/data-and-research/minority-aging>



Physical and Mental Health Status Among Black Older Adults



Source: <https://stock.adobe.com/search>

- Black older adults experience significant physical health disparities (e.g., hypertension, stroke, cancer, diabetes)
- Significant personal social, and financial cost for individual, families, communities, and the nation
- Several large population-based studies have documented a black-white mental health racial paradox

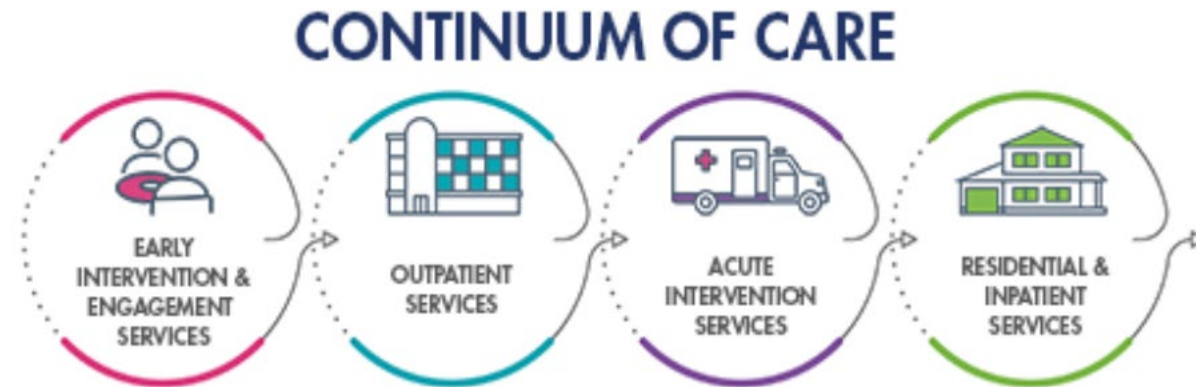
References: Tobin, CST et al 2020 Is the Black-White mental health paradox consistent across age, gender, and psychiatric disorders? *Aging & Mental Health*, 0(0), 1–9.

Taylor, RJ & Chatters, LM (2020). Psychiatric disorders among older Black Americans: Within- and between-group differences. *Innovation in Aging*, 4(3), 1–16



Unmet Mental Healthcare Needs

- Less likely to:
 - Seek and initiate mental health services
 - Have mental and behavioral health care insurance coverage
 - Access to quality mental health care
 - Receive culturally competent care and services
 - Obtained guideline-consistent care
 - Be offered evidence-based psychotherapy
 - Use prescription medications
 - Afford mental health care
 - Access community-based interventions
 - Receive regular outpatient care after discharge



Source: <https://health.alaska.gov/dbh/Pages/Director/default.aspx>

References: Jimenez DE, et al (2022) Centering Culture in Mental Health: Differences in Diagnosis, Treatment, and Access to Care Among Older People of Color. *Am J Geriatr Psychiatry*. 2022 Nov;30(11):1234-1251.
Mouzon DM. Chronic Stress, Coping, and Mental Health Among Older African Americans. *J Aging Health*. 2022 Jun;34(3):347-362



Factors Associated with Mental Healthcare

- Racism
- Socioeconomic status
- Stigma
- Mistrust
- Social isolation
- Resilience
 - Coping
 - Cultural values



Source: <https://stock.adobe.com/search>

References: References: Jimenez DE, et al (2022) Centering Culture in Mental Health: Differences in Diagnosis, Treatment, and Access to Care Among Older People of Color. *Am J Geriatr Psychiatry*. 2022 Nov;30(11):1234-1251. Mouzon DM. Chronic Stress, Coping, and Mental Health Among Older African Americans. *J Aging Health*. 2022 Jun;34(3):347-362



SCHOOL OF
PUBLIC HEALTH

Opportunities to Advance Mental Health Equity

POLICY

- Improve affordability of behavioral health insurance coverage
- Expand access to behavioral health and mental health care services
- Increased resources and funding for mental health care services
- Expanding and standardizing payment models for Community Health Workers
- Removal of structural barriers and oppression

PRACTICE

- Integration of mental health services with primary care
- Routine the provision of behavioral health
- Culturally competent and tailored provision of care
- Training mental health workforce
- Enhancing availability and capability of telehealth
- Utilizing Community Health Workers for outreach in communities
- Removal of structural barriers and oppression

