

## Diagnostic Risk Factors & Improvement Activities Among Rural African Americans

### Hypertension & Cholesterol

- Non-metro African American adults suffer a higher prevalence of high blood pressure than do their metro counterparts (non-metro = 33.5%, metro = 28.7%) and their non-metro White neighbors (25%).
- A larger percentage of non-metro adult African Americans have never had their cholesterol checked compared to metro (non-metro = 43.9%, metro = 31.3%), and when compared to non-metro White neighbors (29.9%).

### Diabetes

- A smaller percentage of non-metro than metro African Americans reported having Diabetes or "Sugar Diabetes" (non-metro 6.7%, metro = 7.7%). However, Diabetes figures among rural African Americans are higher than non-metro Whites (5.3%).

### Body Mass Index

- In rural areas, two of every three African American adults are overweight or obese (68.6%).
- Non-metro African Americans were more likely to be severely obese compared to non-metro Whites.

### Weight Control Behaviors

- Non-metro African Americans were more likely to report that they were doing *nothing* with regard to their weight than were metro African American adults (non-metro = 42.7%, metro = 38.8%). When compared to non-metro Whites, non-metro African Americans are slightly less likely to do nothing (non-metro Whites = 45.8%).

Prevalence of Diagnostic Risk Factors

