African American Healthy Marriages Initiative (AAHMI)
SWEET AS SUGAR

A workshop session discussion

By

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Chair and Professor

Department of Family Sciences

Texas Woman’s University
Sweet As Sugar

- Commitment
  - Commitment
  - Commitment
Relationships And Health

Sweet As Sugar

“Until death do us part?”

Or

“Until our legitimate personal interest do us part?”
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Illnesses Among African Americans

Mental Health Illnesses
  Depression
  Bipolar Disorder
  General Anxiety Disorder
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**Clinical depression:**
- More than ups and downs;
- It is not a personal weakness, gracelessness, or faithfulness;
- It is a serious medical illness.
- It is not normal.
- It is a “whole body” illness that affects your mood, thoughts, body and behavior.
- Every year more than 19 million Americans suffer from some type of depressive illness.
Bipolar Disorder:

- An estimated 2.3 million Americans have bipolar disorder (also called manic-depressive illness).
- Although African Americans have the same rate of bipolar depression as other Americans, African Americans are less likely to receive a diagnosis and, treatment for this illness.
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General Anxiety Disorder

- GAD is diagnosed when a person worries excessively about a variety of everyday problems for at least 6 months.

- GAD affects about 6.8 million adult Americans¹ and about twice as many women as men.
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Chronic Diseases

Diabetes
HIV AIDS
Heart Disease
Cancer
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**Diabetes**

- Roughly 2.6 million or 11 percent of African Americans have diabetes, but 35 to 40 percent don’t even know it.

- African Americans are twice as likely to develop diabetes compared to non-Hispanic whites.

- Twenty-five percent of all African Americans between the ages of 65 and 74 have diabetes.
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- Twenty-five percent of African American women have diabetes

- African American women are twice as likely to suffer from diabetes-related blindness and they are 1.5 to 2.5 times more likely to have lower limb amputations; 2.6 to 5.6 times more likely to suffer

- Diabetes is one of the five leading causes of death for African Americans
As the pie chart below shows, in 2005, about half (49%) of the people diagnosed with HIV/AIDS were black (according to information from 33 states). Children are included in these data.
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African Africans and Blacks:
- Account for 49 percent of HIV and AIDS cases
- Have shorter survival times
- HIV/AIDS is a Leading cause of death
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Among men, 41% of men living with HIV/AIDS were Black in 2005

Among women, 64% of women living with HIV/AIDS were black in 2005
Heart Disease

African Americans adults are:

less likely to be diagnosed with coronary heart disease, however they are more likely to die from heart disease.

are 40% more likely to have high blood pressure, they are 10% less likely than their non-Hispanic White counterparts to have their blood pressure under control.

In 2004, African American men were 30% more likely to die from heart disease, as compared to non-Hispanic white men.

African Americans were 1.4 times as likely as non-Hispanic whites to have high blood pressure.
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Age-adjusted percentages of coronary heart disease among persons 18 years of age and over, 2006

Non-Hispanic Black 6.1
Non-Hispanic White 6.6
Non-Hispanic Black/Non-Hispanic White Ratio 0.9

### Age-Adjusted Heart Disease Death Rates per 100,000 (2004)

<table>
<thead>
<tr>
<th></th>
<th>Men</th>
<th>Women</th>
</tr>
</thead>
<tbody>
<tr>
<td>African American</td>
<td>342.1</td>
<td>236.5</td>
</tr>
<tr>
<td>Non-Hispanic White</td>
<td>268.7</td>
<td>175.1</td>
</tr>
<tr>
<td>African American/Non-Hispanic White Ratio Men</td>
<td>1.3</td>
<td>1.4</td>
</tr>
</tbody>
</table>

In 2003, the death rate for all cancers combined continued to be 35% higher in African American men and 18% higher in African American women than in white men and women.
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Cancer Among African Americans

152,900 new cancer case were expected to have been diagnosed among African Americans in 2007
Figure 1. Leading Sites of New Cancer Cases* and Deaths Among African Americans, 2007 Estimates

Cases

<table>
<thead>
<tr>
<th>Male</th>
<th>Female</th>
<th>Male</th>
<th>Female</th>
</tr>
</thead>
<tbody>
<tr>
<td>Prostate</td>
<td>Breast</td>
<td>Lung &amp; bronchus</td>
<td>Lung &amp; bronchus</td>
</tr>
<tr>
<td>30,870 (37%)</td>
<td>19,010 (27%)</td>
<td>9,970 (31%)</td>
<td>6,730 (22%)</td>
</tr>
<tr>
<td>Lung &amp; bronchus</td>
<td>12,490 (15%)</td>
<td>Colon &amp; rectum</td>
<td>4,260 (13%)</td>
</tr>
<tr>
<td>Colon &amp; rectum</td>
<td>7,860 (9%)</td>
<td>Colon &amp; rectum</td>
<td>8,580 (12%)</td>
</tr>
<tr>
<td>Kidney &amp; renal pelvis</td>
<td>3,280 (4%)</td>
<td>Uterine corpus</td>
<td>3,420 (5%)</td>
</tr>
<tr>
<td>Non-Hodgkin lymphoma</td>
<td>2,640 (3%)</td>
<td>Pancreas</td>
<td>2,310 (3%)</td>
</tr>
<tr>
<td>Oral cavity &amp; pharynx</td>
<td>2,500 (3%)</td>
<td>Kidney &amp; renal pelvis</td>
<td>2,310 (3%)</td>
</tr>
<tr>
<td>Stomach</td>
<td>1,130 (4%)</td>
<td>Non-Hodgkin lymphoma</td>
<td>2,240 (3%)</td>
</tr>
<tr>
<td>Pancreas</td>
<td>2,020 (3%)</td>
<td>Myeloma</td>
<td>1,920 (3%)</td>
</tr>
<tr>
<td>Urinary bladder</td>
<td>2,050 (3%)</td>
<td>Uterine cervix</td>
<td>1,510 (3%)</td>
</tr>
<tr>
<td>Myeloma</td>
<td>1,940 (2%)</td>
<td>Ovary</td>
<td>1,770 (3%)</td>
</tr>
<tr>
<td>Liver &amp; intrahepatic bile duct</td>
<td>1,880 (2%)</td>
<td>All sites</td>
<td>69,660</td>
</tr>
<tr>
<td>All sites</td>
<td>83,240</td>
<td>All sites</td>
<td>31,760</td>
</tr>
</tbody>
</table>

Deaths

<table>
<thead>
<tr>
<th>Male</th>
<th>Female</th>
<th>Male</th>
<th>Female</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lung &amp; bronchus</td>
<td>5,820 (19%)</td>
<td>Lung &amp; bronchus</td>
<td>3,650 (12%)</td>
</tr>
<tr>
<td>Colon &amp; rectum</td>
<td>2,000 (6%)</td>
<td>Colon &amp; rectum</td>
<td>1,220 (4%)</td>
</tr>
<tr>
<td>Ovary</td>
<td>1,290 (4%)</td>
<td>Uterine corpus</td>
<td>1,220 (4%)</td>
</tr>
<tr>
<td>Pancreas</td>
<td>2,000 (6%)</td>
<td>Stomach</td>
<td>1,130 (4%)</td>
</tr>
<tr>
<td>Myeloma</td>
<td>950 (3%)</td>
<td>Leukemia</td>
<td>990 (3%)</td>
</tr>
<tr>
<td>Esophagus</td>
<td>890 (3%)</td>
<td>Leukemia</td>
<td>890 (3%)</td>
</tr>
<tr>
<td>Stomach</td>
<td>820 (3%)</td>
<td>Stomach</td>
<td>820 (3%)</td>
</tr>
<tr>
<td>Oral cavity &amp; pharynx</td>
<td>720 (2%)</td>
<td>Uterine cervix</td>
<td>1,220 (4%)</td>
</tr>
<tr>
<td>All sites</td>
<td>31,020</td>
<td>All sites</td>
<td>31,760</td>
</tr>
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</table>

*Includes basal and squamous cell skin cancers and in situ carcinoma except urinary bladder.
Note: Estimates are rounded to the nearest 10.

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Relationships And Health

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Treatment Regiments

- Diabetes
- Clinical depression
- Heart disease
- HIV/AIDS
- Multiple Sclerosis (MS)
- Cancer
Relationships And Health

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Commitment
Relationship/personal goals
Role Strain
Economic factors
Access to health system factors
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- Caregiver Role
- Information Understanding
- Parenting
- Sex and Intimacy
- Financial Concerns
- Educating Significant Others

Relationship And Health

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Ambiguous Loss*

Psychologically Presence or Absence
Physically Presence or Absence

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