

African American Healthy Marriages Initiative (AAHMI)



**BUILDING STRONG AND HEALTHY FAMILIES:
CONNECTING RESEARCH TO PRACTICE
CONFERENCE**

**RELATIONSHIPS AND HEALTH:
SWEET AS SUGAR**

Relationships And Health

2

SWEET AS SUGAR

A workshop session discussion

By

Larry LeFlore, Ph. D.

Chair and Professor

Department of Family Sciences

Texas Woman's University

Relationships And Health

3

Sweet As Sugar

- Commitment
- Commitment
 - Commitment
 - Commitment

Relationships And Health

4

Sweet As Sugar

“Until death do us part?”

Or

“Until our legitimate personal interest do us part?”

Relationships And Health

5

Sweet As Sugar

Illnesses Among African Americans

Mental Health Illnesses

Depression

Bipolar Disorder

General Anxiety Disorder

Relationships And Health

6

Sweet As Sugar

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.

Relationships And Health

7

Sweet As Sugar

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.*

Relationships And Health

8

Sweet As Sugar

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.

Relationships And Health

9

Sweet As Sugar

Chronic Diseases

Diabetes

HIV AIDS

Heart Disease

Cancer

Relationships And Health

10

Sweet As Sugar

Diabetes

- Roughly 2.6 million or 11 percent of African Americans have diabetes
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

Relationships And Health

11

Sweet As Sugar

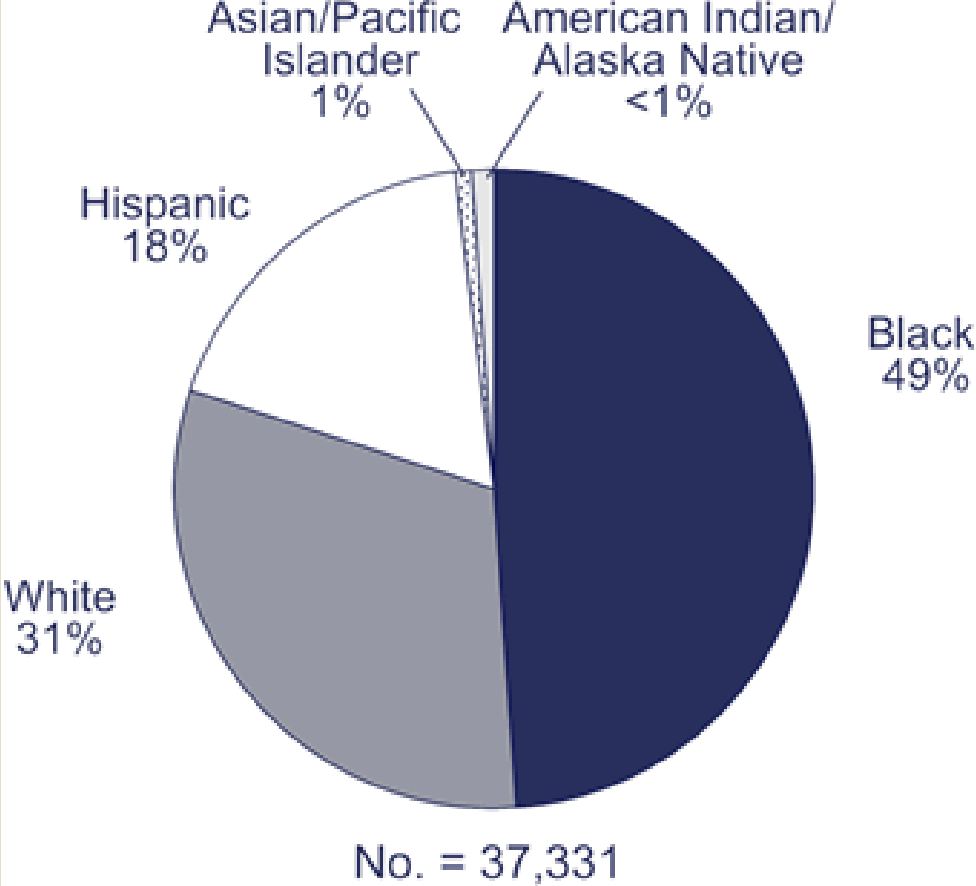
- Twenty-five percent of African American women have diabetes
- African American women are twice as likely to suffer from diabetes-related blindness and they are 1.5 to 2.5 times more likely to have lower limb amputations; 2.6 to 5.6 times more likely to suffer
- Diabetes is one of the five leading causes 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.

Relationships And Health

12

HIV AIDS



Relationships And Health

13

Sweet As Sugar

African Americans and Blacks:

- Account for 49 percent of HIV and AIDS cases
- Have shorter survival times
- HIV/AIDS is a Leading cause of death

Relationships And Health

14

Sweet As Sugar

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

Relationships And Health

15

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.

Relationships And Health

16

Sweet As Sugar

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

- Source: CDC 2007. Summary Health Statistics for U.S. Adults: 2006. Table 2.
http://www.cdc.gov/nchs/data/series/sr_10/sr10_235.pdf

Relationships And Health

17

Sweet As Sugar

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

	Men	Women
African American	342.1	236.5
Non-Hispanic White	268.7	175.1
African American/Non-Hispanic White Ratio	1.3	1.4
Men		

Source: CDC, 2007. Health United States, 2007. Table 36.

<http://www.cdc.gov/nchs/data/hus/hus07.pdf>

Relationships And Health

18

Sweet As Sugar

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.

Relationships And Health

19

Sweet As Sugar

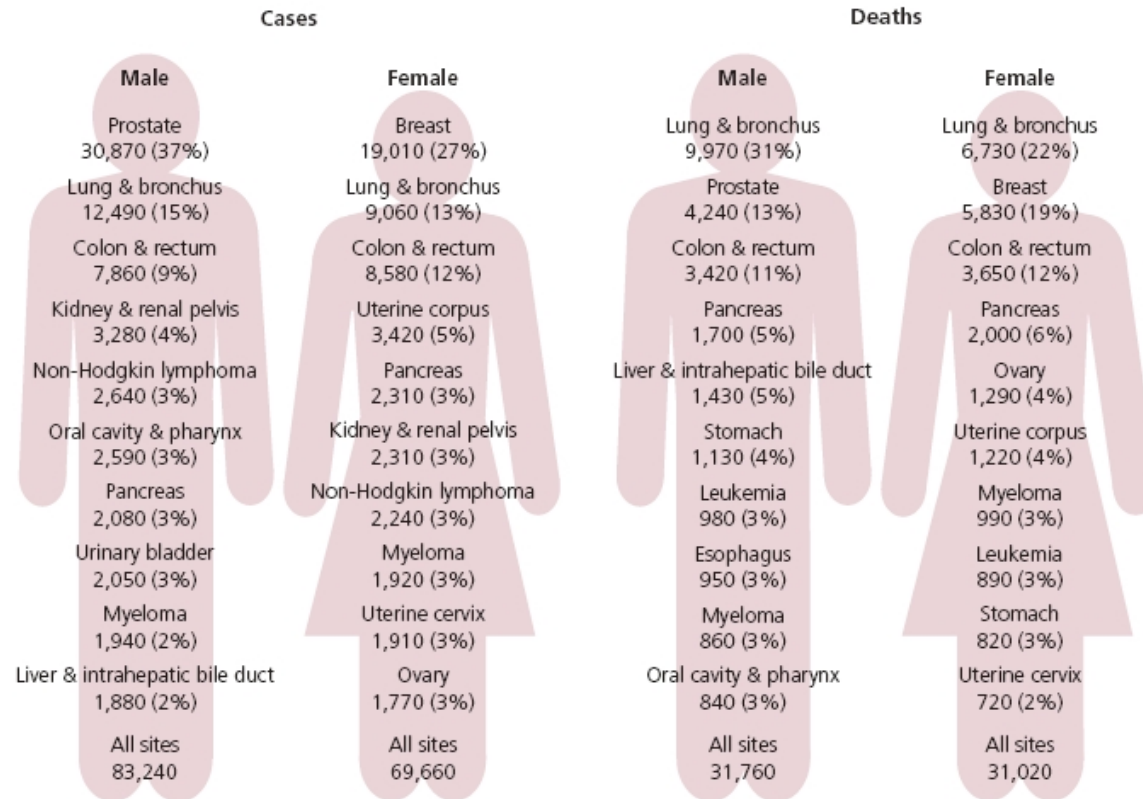
Cancer Among African Americans

**152,900 new cancer case
were expected to have been diagnosed among
African Americans in 2007**

Relationships And Health

20

Figure 1. Leading Sites of New Cancer Cases* and Deaths Among African Americans, 2007 Estimates



*Excludes basal and squamous cell skin cancers and in situ carcinoma except urinary bladder.

Note: Estimates are rounded to the nearest 10.

©2007, American Cancer Society, Surveillance Research

Relationships And Health

21

Sweet As Sugar

Treatment Regiments

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

Relationships And Health

22

Sweet As Sugar

Commitment

Relationship/personal goals

Role Strain

Economic factors

Access to health system factors

Relationships And Health

23

Sweet As Sugar

- Caregiver Role
- Information Understanding
- Parenting
- Sex and Intimacy
- Financial Concerns
- Educating Significant Others

Courts, Newton, & McNeal, (2005). Caregivers and MS.

Relationships And Health

24

Sweet As Sugar

Relationship And Health

25

Sweet As Sugar

Ambiguous Loss*

Psychologically Presence or Absence
Physically Presence or Absence

*Boss, P. (1999). *Ambiguous Loss*. Harvard University Press: Cambridge, MA.

Relationships And Health

26

SWEET AS SUGAR

A workshop session discussion

Larry LeFlore, Ph. D.

Chair and Professor

Department of Family Sciences

Texas Woman's University

940-898-2685

lleflore@twu.edu