African American Healthy Marriages Initiative (AAHMI)
SWEET AS SUGAR

A workshop session discussion

By

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Relationships And Health

Sweet As Sugar

• Commitment
  • Commitment
  • Commitment
Relationships And Health

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“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 Americans and about twice as many women as men.
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Chronic Diseases

*Diabetes*

*HIV AIDS*

*Heart Disease*

*Cancer*
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.
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-</td>
<td>1.3</td>
<td>1.4</td>
</tr>
<tr>
<td>Hispanic White Ratio</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Men</td>
<td></td>
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</tbody>
</table>

[http://www.cdc.gov/nchs/data/hus/hus07.pdf](http://www.cdc.gov/nchs/data/hus/hus07.pdf)
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

<table>
<thead>
<tr>
<th>Cases</th>
<th>Deaths</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Male</strong></td>
<td><strong>Female</strong></td>
</tr>
<tr>
<td>Prostate</td>
<td>Breast</td>
</tr>
<tr>
<td>30,870 (37%)</td>
<td>19,010 (27%)</td>
</tr>
<tr>
<td>Lung &amp; bronchus</td>
<td>Lung &amp; bronchus</td>
</tr>
<tr>
<td>12,450 (15%)</td>
<td>9,060 (13%)</td>
</tr>
<tr>
<td>Colon &amp; rectum</td>
<td>Colon &amp; rectum</td>
</tr>
<tr>
<td>7,860 (9%)</td>
<td>8,580 (12%)</td>
</tr>
<tr>
<td>Kidney &amp; renal pelvis</td>
<td>Uterine corpus</td>
</tr>
<tr>
<td>3,280 (4%)</td>
<td>3,420 (5%)</td>
</tr>
<tr>
<td>Non-Hodgkin lymphoma</td>
<td>Pancreas</td>
</tr>
<tr>
<td>2,640 (3%)</td>
<td>2,310 (3%)</td>
</tr>
<tr>
<td>Oral cavity &amp; pharynx</td>
<td>Non-Hodgkin lymphoma</td>
</tr>
<tr>
<td>2,500 (3%)</td>
<td>2,240 (3%)</td>
</tr>
<tr>
<td>Pancreas</td>
<td>Myeloma</td>
</tr>
<tr>
<td>2,080 (3%)</td>
<td>1,520 (3%)</td>
</tr>
<tr>
<td>Urinary bladder</td>
<td>Uterine corpus</td>
</tr>
<tr>
<td>2,050 (3%)</td>
<td>1,510 (3%)</td>
</tr>
<tr>
<td>Myeloma</td>
<td>Oral cavity &amp; pharynx</td>
</tr>
<tr>
<td>1,940 (2%)</td>
<td>1,770 (3%)</td>
</tr>
<tr>
<td>Liver &amp; intrahepatic bile duct</td>
<td>Ovary</td>
</tr>
<tr>
<td>1,880 (2%)</td>
<td>1,770 (3%)</td>
</tr>
<tr>
<td>All sites</td>
<td>Ovarian corpus</td>
</tr>
<tr>
<td>83,240</td>
<td>69,660</td>
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</tbody>
</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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Treatment Regiments

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

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Ambiguous Loss*

Psychologically Presence or Absence
Physically Presence or Absence

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