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%).

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**Prevalence of Diagnostic Risk Factors**

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<thead>
<tr>
<th></th>
<th>HTN Non-Metro %</th>
<th>HTN Metro %</th>
<th>Obesity Non-Metro %</th>
<th>Obesity Metro %</th>
</tr>
</thead>
<tbody>
<tr>
<td>White</td>
<td>25</td>
<td>22.3</td>
<td>21.4</td>
<td>17.7</td>
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<tr>
<td>Afr Amer</td>
<td>33.5</td>
<td>28.7</td>
<td>29.4</td>
<td>29.2</td>
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