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Health Equity for All

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Abstract

Past research has found clear evidence for racial disparities of chronic disease among African Americans when considered alongside other racial groups. African American men are particularly impacted by these disparities. Social determinants of health such as structural racism combined with cultural elements such as diet and risk-taking behaviors are incredibly predictive of the health burdens of African American men. Furthermore, low-income African American men struggle with food insecurity, lack of housing, and often rely on government health programs due to a lack of health insurance. However, most research on chronic health conditions fails to focus on low-income African American men. Thus, a disturbing gap exists in the research regarding African American men's health. The purpose of the current research is to expand the literature by exploring the themes from various focus groups associated with health management related to low-income African American men with chronic health conditions. The current project will answer the following question; How do caregivers' perceptions of disparities and institutional racism shape the way they perceive and manage health? Thematic analysis will be used to identify themes that are linked to the data with an inductive approach. The analysis was conducted on a focus group composed of caregivers and family members of low-income African American men with chronic conditions. Clear themes will emerge regarding self-reflective perspectives on health as it relates to their caregiver obligations. Mistrust in providers and low motivation were sighted as barriers to appropriately caring for the men in their life with chronic conditions.