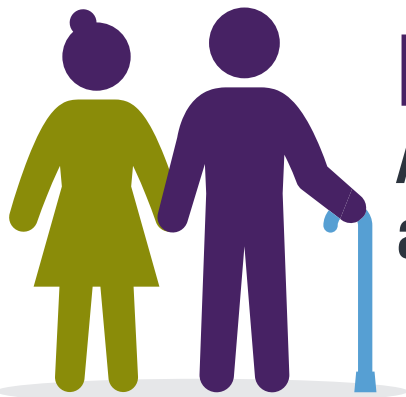


CAREGIVING AMONG AFRICAN AMERICAN ADULTS

2015–2018 Behavioral Risk Factor Surveillance System (BRFSS) Data from African American adults in 44 States, Puerto Rico, and the District of Columbia



Nearly 1 in 4 African American adults are caregivers

CAREGIVERS provide regular care or assistance to a FRIEND or FAMILY member with a health problem or disability

CAREGIVING CAN BE

LENGTHY
Nearly half
have provided care for at
least two years



INTENSE
One third have
provided care for at least
20 hours per week



HOW DO CAREGIVERS HELP?



80% manage
household tasks

Over 50% assist
with personal care



WHO ARE CAREGIVERS?

60% are women

14% are 65 years old or older

33% are caring for a
parent or parent-in-law

9% of caregivers are
providing care to someone
with dementia



FUTURE CAREGIVERS

1 in 6
NON-CAREGIVERS
expect to **BECOME**
CAREGIVERS within
2 years



U.S. Department of
Health and Human Services
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Control and Prevention

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