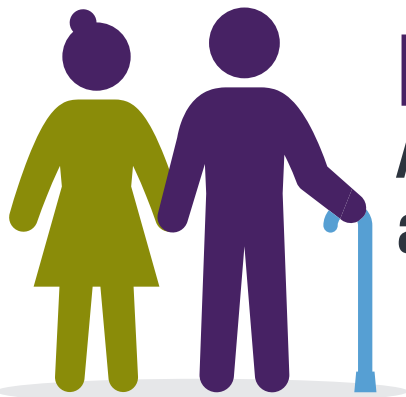


CAREGIVING AMONG AFRICAN AMERICAN ADULTS

2015–2017 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
Almost a third
have provided care for at
least 20 hours per week



HOW DO CAREGIVERS HELP?



Over 80% manage
household tasks

Over 50% assist
with personal care



WHO ARE CAREGIVERS?

61% are women

13% are 65 years old or older

35% 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
Centers for Disease
Control and Prevention

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