



The Miami Valley Age-Friendly Network

Aging While Black

The Intersection of Age and Race

Mary E. Tyler
October 12, 2022



MARY E. TYLER
CONSULTING



Social determinants of health

The conditions under which people are born, grow, live, work, play, and age.

- Access to health care.
- Access to nutritious foods.
- Access to clean water and functioning utilities (e.g., electricity, sanitation, heating, and cooling)



Influencers of Health

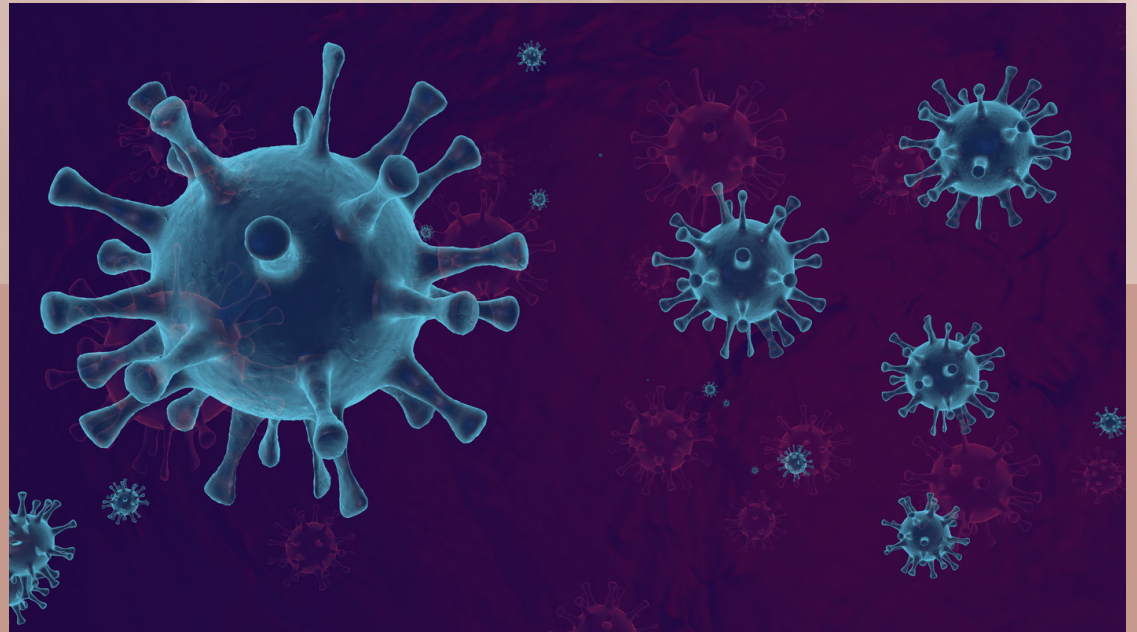
(Factors Magnified for Black, Indigenous, and people of color)



- A person's surroundings
- Background and lifestyle
- Economic and social conditions
- Education and literacy
- Personal health practices and coping skills

Black Americans endured **generations of economic racism**; lower wages, and declining income as we age - still getting paid somewhere between 14 percent and 30 percent less than our counterparts on average; discretionary income is lessened

Chronic disease and disabilities



- Stress: Studies of **vicarious racism** are described as “secondhand” (indirect form) exposure to racism
- 80 percent more likely to be diagnosed with **diabetes** than whites, and nearly twice as likely to be hospitalized
- Four in 10 Black men aged 20 or older have **high blood pressure**, a rate 30 percent higher than that of white men; Black women at a rate 60 percent higher than white women
- Black women are 40 percent more likely to die of **breast cancer** than white women.

Our realities of aging while black

Economic and
Geographic Social
Barriers (Select list)

- Zip Codes & Life Expectancy
- Income
- Trust and Relationships



Life expectancy- 14.4-year range

Source: St. Mary Development Corporation

Oakwood 82.1

Miamisburg 77.90

Kettering 82.10

Wilmington 77.10

Yellow Springs 80.9

Troy 75.60

W. Alexandria 80.3

Huber Heights 75.30

Lebanon 79.60

Xenia 73.90

Beavercreek 79.0

Eaton 71.30

Centerville 79.0

West Carrollton 71.10

Cedarville 78.50

Dayton (Hoover Ave) 67.70

1



Long-term illness: Primary Care Giver, and Home Health Care

2



Chronic illness: Education and Management

3

Girlfriends' discussion



- Hypertension
- Dementia
- Stress and Anxiety
- Style and Appearance

Actions for Change...

*Change the language you use
and encourage others to do the
same*

*Promote and establish more
preventive health programs,
services, and facilities*

*Be intentional about
intergenerational connections*

*Join the Movement to advocate
for changes in Social Security and
Retirement benefits*

*Advocate and speak out about
needed changes in prescription
drug costs*

"It matters not how long we live but how." - Philip James Bailey



Thank You!



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