



BLACK COMMUNITY HEALTH IN KING COUNTY



Highlighting health inequities in the Black community deepens understanding of their impact on well-being in King County.

Ensuring access to health insurance, expanding Black provider networks, and promoting culturally competent care are crucial steps toward improving health outcomes and fostering a healthier future for the Black community in King County.

Health Inequities to Address

Youth Mental Health

In 2023, 28.4% of Black 8th, 10th, and 12th graders in King County experienced depression.⁽¹⁾

School-based mental health services can alleviate mental distress in Black youth by removing access barriers.⁽²⁾



Infant Mortality

In King County, the infant mortality rate for babies born to Black mothers was 8.5 per 1,000 live births - higher than the county average.⁽³⁾ Infant mortality can be reduced by providing more Black physician networks and quality prenatal care.⁽⁴⁾



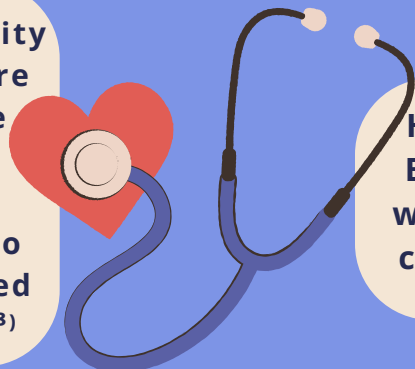
Elder Care

Black adults ages 65-74 report the highest amount of frequent mental distress (24.5%) compared to any other age group among Black people in King County.⁽⁵⁾

To combat this, healthcare providers can work to understand the impact of racism, listen with empathy, and create safe spaces for older Black adults.⁽⁶⁾

Heart Disease

Improving accessibility to quality healthcare and increasing the presence of Black physicians are examples of ways to combat heart-related mortality rates.⁽⁴⁾⁽⁸⁾



Heart disease deaths among the Black community in King County were roughly 50% more prevalent compared to the county average.⁽⁷⁾

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Data Sources:

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3. Washington State Vital Statistics (Births), 2022. Retrieved (April 2024) from Public Health — Seattle and King County, Community Health indicators. www.kingcounty.gov/chi
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7. Washington State Vital Statistics (Deaths), 2021. Retrieved (April 2024) from Public Health — Seattle and King County, Community Health indicators. www.kingcounty.gov/chi
8. How Race and Ethnicity Impact Heart Disease, 2022. Retrieved (May 2024) from Cleveland Clinic. <https://my.clevelandclinic.org/health/articles/23051-ethnicity-and-heart-disease>