

Health of the African American Population

National Health and Nutrition Examination Survey - NHANES



There are 39 million African Americans living in the United States

Why is NHANES important to you and your family?

This is a unique opportunity to learn more about your health and help us better understand the health of African Americans in the United States. The information collected will help develop health policies and programs designed to improve the health and well-being of all African Americans communities. You are important to NHANES. We hope you will participate if you are selected.





We Protect You

The information you share will always remain private and confidential.

Because of NHANES data, we know...

- About 18% of African-American adults have diabetes, but more than 4% do not know they have it.
- About 16% of African-American adults with high blood pressure do not know that they have high blood pressure.
- About 9% of African-American men and 10% of African-American women have high total cholesterol.

... all of which can lead to heart disease and stroke.

Help Researchers Learn More About How to Help Our Community!

Special Benefits for You and Your Family:

FREE health measurements

Interpreters are available for your use

FREE exam results will be sent directly to you

A token of thanks for your time and effort

FREE transportation or transportation payment

Reimbursement for childcare or eldercare

Let's Improve Our Health!



PARTICIPATE in NHANES!

For more information:

Call the NHANES office at 1 (800) 452-6115 or visit our website at <https://www.cdc.gov/nhanes/>