



NASHVILLE COMMUNITY
Health + Well-being Survey

HEALTH DISPARITIES In Nashville

Working together, with a better understanding of the inequities that exist in our community, we can drive the systemic change needed to create a **HEALTHIER, EQUITABLE Nashville.**



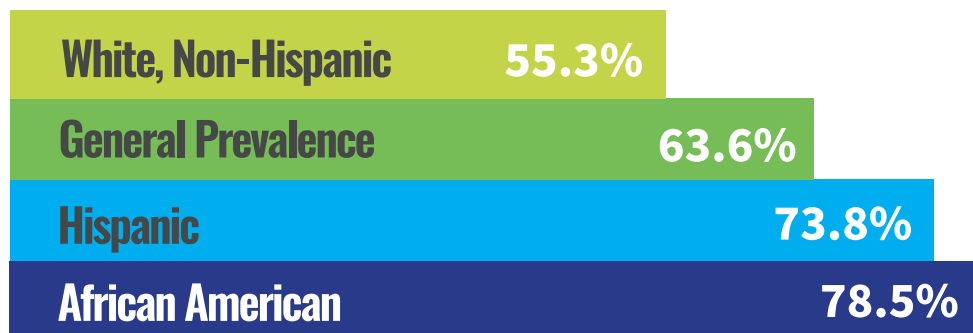
HIGH BLOOD PRESSURE

Nearly half of African American adults in Nashville have been diagnosed with high blood pressure compared to 27% of white, non-Hispanic.

African American adults are 2x more likely to be diagnosed with diabetes as the general population.

OBESITY

While 63.6% of all Nashville adults report being overweight or obese, African American and Hispanic adults are experiencing even more prevalence of the disease. Being overweight or obese can lead to many other health complications such as high blood pressure and diabetes.



NASHVILLE OVERWEIGHT & OBESITY RATES

RESPIRATORY CONDITIONS



More than one in four Hispanic women indicated having been diagnosed with a respiratory condition: COPD, Asthma, Chronic Bronchitis, Emphysema. African American adults also reported higher numbers (24.7%) than the general population. These conditions can cause serious complications for people infected with COVID-19.

Hispanic males are **12x** more likely to experience discrimination when seeking healthcare than white, non-Hispanic males.

NASHVILLE'S HISPANIC MEN AND WOMEN AND AFRICAN AMERICAN WOMEN REPORTED ALMOST A FULL WEEK OF POOR MENTAL HEALTH DAYS A MONTH.



Hispanic
Males & Females



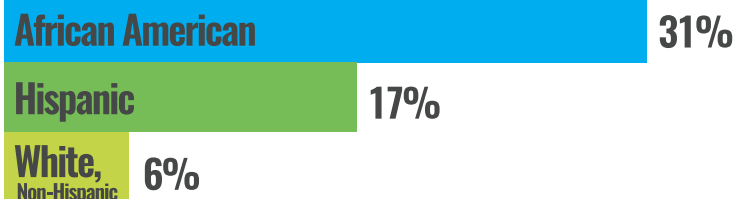
African American
Females

When Nashvillians were asked about their mental health, including stress, depression, and problems with emotions, women of all races reported having two more poor mental health days per month than men.



HISPANIC & AFRICAN AMERICAN ADULTS WERE MORE LIKELY TO REPORT FEELING EMOTIONAL DISTRESS, DISCRIMINATION & PHYSICAL SYMPTOMS BECAUSE OF THEIR RACE.

More than 31% of African American adults in Davidson County reported feelings of workplace discrimination compared to 17% of Hispanic and 6% of white, non-Hispanic adults.



African American females are **6x** more likely than white, non-Hispanic females to experience physical symptoms like headache, stomach upset and pounding heart as a result of how they were treated based on race.



NashvilleHealth.org

The Nashville Community Health & Well-being Survey, a partnership of NashvilleHealth and the Metro Public Health Department, is the first countywide health assessment in nearly 20 years. Learn more about the health of our city and explore the data at nashvillehealth.org.