Social and Systemic Disparities Are Resulting in Devastating Health Effects

Decades of race-based inequities in the U.S. have created significant health consequences for Black people, leading to higher rates of illness and increased risk of early deaths.

This is amplified today with the disproportionate COVID-19 mortality rates. While only 12% of the general population, black people comprise 22% of COVID-19 deaths.

Other statistics surfacing within the Black population are also a major source of concern:

- **Mental health** burdens are at an all-time high among Black adults due to the pandemic and aggravated further by systemic racism and violence. Since the onset of the coronavirus, there has been a 26% increase in anxiety and a 22% increase in depression.
- **Chronic Illness** disproportionately affects Black adults with major health conditions such as diabetes, high blood pressure, obesity, depression, and impaired maternal health.

Creative Expression Re-wires the Brain

In order to alleviate these burdens and work towards achieving health equity for Black people, we’re tailoring our approach that has addressed vulnerable and under-served populations for over 15 years.

It’s time to get creative. Literally. Some have called our arts-enabled programs magical. But more than that, they’re medicine. Through an evidence-based, approach we’re partnering with community-based organizations to improve health outcomes for Black people.

- **Engaging Programs**
  Scalable intervention models with demonstrated results
- **Individual Tools**
  An approach that builds agency, skills, and confidence to improve self-care and other pro-health behaviors
- **Community & Camaraderie**
  A focus on peer support and social interactions that sustain learning, connection, and support

The Time is Now

Let’s work together to eliminate long-standing systemic and social barriers for Black people. We need your partnership to activate the arts as a vehicle for healing and health improvement in your community. To learn more, please drop us an email with your thoughts, ideas, and a convenient time to connect:

contact@artandhealing.org

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**Footnotes and references cited at artandhealing.org/stats • © 2020 The Foundation for Art & Healing**