

MyDiversePatients.com

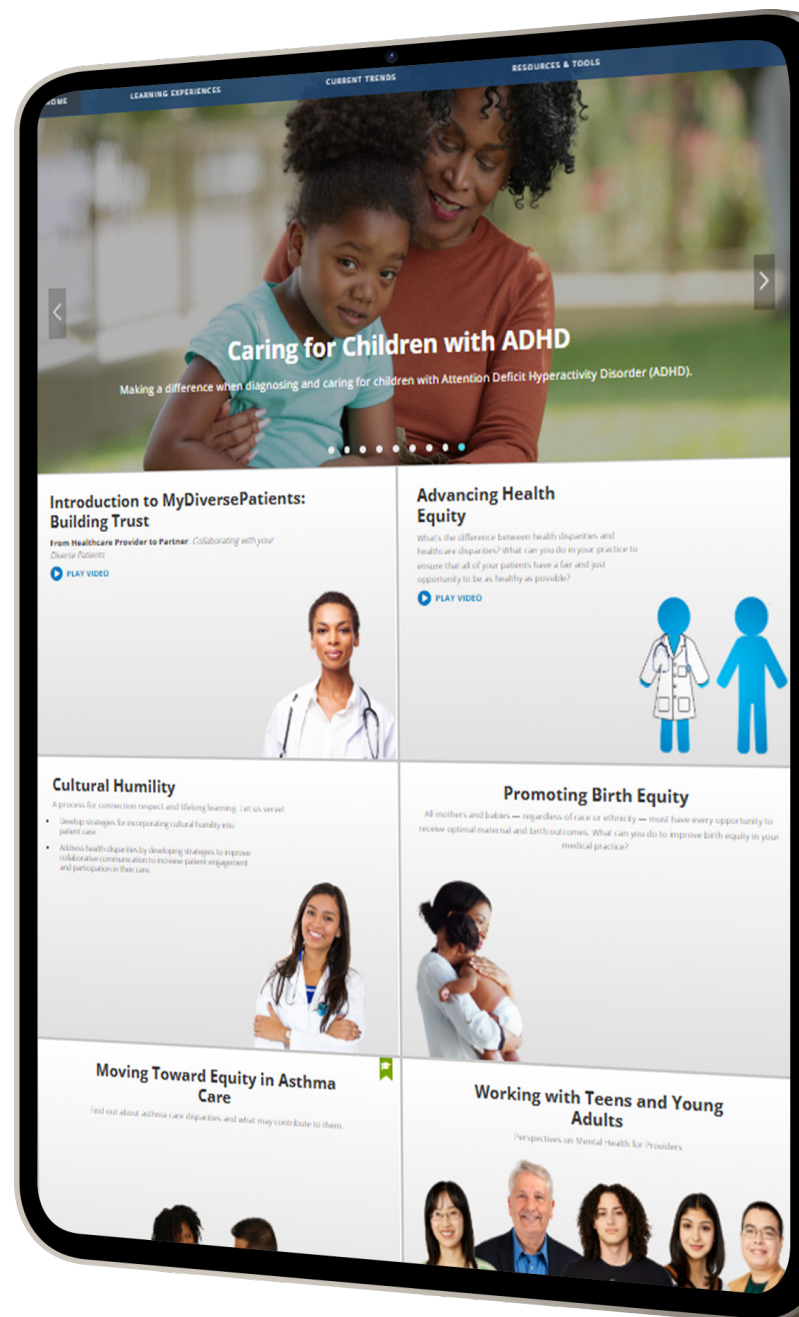
A website to support your diverse patients

MyDiversePatients.com features robust resources to help support you in addressing disparities:

- CME learning experiences about disparities, potential contributing factors, and opportunities for care providers to enhance care.
- Real-life stories about diverse patients and the unique challenges they face.
- Tips and techniques for working with diverse patients to improve health outcomes.

Advancing health outcomes through culturally responsive care

That is why we want to introduce you and your staff to **MyDiversePatients.com**. This site features educational resources you can use to help address disparities. The aim of **MyDiversePatients.com** is to empower healthcare professionals with evidence-based education, practical tools, and CME resources to improve health outcomes for diverse populations.



In the United States:

Measure	Updated health disparity statistics (2025) Latest CDC/NIH-supported Update
Hypertension	African American adults continue to have the highest prevalence of hypertension in the U.S. NHANES 2017–2020 estimates: ~57% of African American men and ~61% of African American women have hypertension.
Infant mortality	2023 infant mortality: 10.93 deaths per 1,000 live births for non-Hispanic African American mothers versus about 4.5 per 1,000 for non-Hispanic White mothers.
Diabetes	CDC now reports race/ethnicity disparities through the U.S. Diabetes Surveillance System. Hispanics continue to experience disproportionately high diabetes prevalence, complications, and mortality.
LGBTQ+ youth	Recent CDC Youth Risk Behavior Survey data show about 45% of LGBTQ+ high school students seriously considered suicide and about 22% attempted suicide in the previous year.

References

Centers for Disease Control and Prevention. (2024). Black or African American Health. <https://www.cdc.gov/nchs/fastats/black-health.htm>
Centers for Disease Control and Prevention. (2025). U.S. Diabetes Surveillance System. <https://www.cdc.gov/diabetes/php/data-research/data-statistics/index.html>
Centers for Disease Control and Prevention. (2024). National Center for Health Statistics: Infant Mortality. <https://www.cdc.gov/nchs>
Centers for Disease Control and Prevention. (2024). Youth Risk Behavior Survey Data Summary & Trends Report. YRBS Data Summary & Trends Report | Youth Risk Behavior Surveillance System (YRBSS) | CDC
National Institutes of Health. (2024). Minority Health and Health Disparities. <https://www.nimhd.nih.gov>

Here are the **current U.S. Census population estimates (2025)** for the major race and ethnicity groups:

Race/ethnicity	Estimated % of U.S. population
White alone	74.3%
White alone, not Hispanic or Latino	56.1%
Black or African American alone	13.5%
Hispanic or Latino (any race)	20.5%
Asian alone	6.9%
American Indian & Alaska Native alone	2.1%
Native Hawaiian & Other Pacific Islander alone	0.3%

<https://provider.simplyhealthcareplans.com>

