Self-Care Trends Among African Americans

**Majority of African Americans report an increase in self-care compared to one year ago.**

- 64 percent of African Americans agree with the statement, “I am more likely to treat my own health conditions today than I was 12 months ago.” This compares to 59 percent of all Americans.

**African Americans are less likely to have used dietary supplements for their general health.**

- Two out of five African Americans (44 percent) say they have used a dietary supplement in the past six months for some type of health maintenance. By contrast, more than half (53 percent) of all Americans have recently used dietary supplements for this reason.

**African Americans report the most interest in using dietary supplements in the future.**

- When looking to the future, 18 percent of African Americans say they plan to start using or reading about dietary supplements in the coming year. This compares with 11 percent of the general public.

**African Americans are more likely to embrace the communal aspect of health care.**

- Nearly seven out of 10 African Americans (68 percent) say they feel responsible to help friends and family make health decisions. This compares to 63 percent of all Americans.
- 70 percent of African Americans say that friends and family sometimes need their help to understand health and medical issues. By contrast 62 percent of all Americans agree with this statement.

All data provided by the Consumer Healthcare Products Association, the 120-year-old trade association representing U.S. manufacturers and distributors of nonprescription, over-the-counter medicines and dietary supplement products. The findings are based on 1,505 interviews conducted via telephone by Roper Starch Worldwide from January 8-24, 2001. The results of the survey are projectable to the entire U.S. population with a margin of error of +/-2.6 percent. African Americans were over-sampled in order to provide a sufficient number of respondents to complete more in depth subgroup analyses. For more information, contact Corinne Russell or Donna Edenhart (202-429-9260; crussell@chpa-info.org or dedenhart@chpa-info.org) or visit [www.chpa-info.org](http://www.chpa-info.org).