

# CAREGIVING AMONG AFRICAN AMERICAN ADULTS

2021-2022 Behavioral Risk Factor Surveillance System (BRFSS) Data from African American adults in 47 States and Puerto Rico



**1 in 5** African American adults are caregivers

CAREGIVERS provide regular care or assistance to a FRIEND or FAMILY member with a health problem or disability

## CAREGIVING CAN BE

### LENGTHY

**Over half** have provided care for at least two years



### INTENSE

**Over a third** have provided care for at least 20 hours per week



## HOW DO CAREGIVERS HELP?



**Over 80%** manage household tasks

**Over half** assist with personal care



## WHO ARE CAREGIVERS?

**63%** are women

**18%** are 65 years old or older

**36%** are caring for a parent or parent-in-law

**21%** of caregivers are providing care to someone with dementia



## FUTURE CAREGIVERS

**1 in 7** NON-CAREGIVERS expect to **BECOME CAREGIVERS** within 2 years



U.S. Department of Health and Human Services  
Centers for Disease Control and Prevention

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