African-American/Blacks represent approximately 13.4 percent of the United States population. The U.S. Census Bureau defines the terms “African-American/Black” as any person who “has origins in any of the Black racial groups of Africa.” Although this population has a long history, this population remains diverse. About 10 percent of this population is foreign-born, immigrants of African descent, who migrated from countries such as the Caribbean and Latin America.

What are the disparities?
As a group, they experience significant disparities with chronic conditions, access to care, preventive screenings, and mental health. The following are some of the health disparities that exist in comparison to the white population.

<table>
<thead>
<tr>
<th>Obesity and childhood obesity</th>
<th>Cancer</th>
</tr>
</thead>
<tbody>
<tr>
<td>Adults are 30% more likely to be obese.</td>
<td>Women are 40% more likely to die of breast cancer.</td>
</tr>
<tr>
<td>High rates of severe childhood obesity.</td>
<td>Men are 1.3 times more likely to have new cases of colorectal cancer.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Diabetes</th>
<th>Maternal and child health</th>
</tr>
</thead>
<tbody>
<tr>
<td>60% more likely to be diagnosed with diabetes.</td>
<td>Children are 1.6 times more likely to have ever been told they have asthma.</td>
</tr>
<tr>
<td>3.5 times more likely to begin treatment for end-stage renal disease.</td>
<td>3.8 times as likely to die as infants due to complications related to low birthweight.</td>
</tr>
<tr>
<td>3.2 times more likely to be hospitalized.</td>
<td>2.3 times higher infant mortality rate.</td>
</tr>
<tr>
<td>60% more likely to have visual impairments.</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Heart disease</th>
<th>Mental health</th>
</tr>
</thead>
<tbody>
<tr>
<td>Men are 30% and women 60% more likely to have high blood pressure.</td>
<td>Living below the poverty level, as compared to those over twice the poverty level, are twice as likely to report psychological distress.</td>
</tr>
<tr>
<td>Less likely to keep their blood pressure under control.</td>
<td>Suicide was the second leading cause of death for those ages 15 to 24.</td>
</tr>
<tr>
<td>Women are twice as likely to have a stroke.</td>
<td></td>
</tr>
</tbody>
</table>

What are the causes?
Underlying causes of the health disparities are linked to genetics, lack of economic resources, limited access to health care, delay in treatment, cultural beliefs, low literacy and health literacy, and environmental factors.

What is Cigna doing?
Cigna understands the importance of addressing health disparities and is working to close these gaps. Our efforts include clinical interventions, diversity and inclusion activities, cultural competency training and resources, as well as community outreach.
**Customers**

- Collaborated with the American Cancer Society to provide culturally-tailored outreach to educate African-Americans on colorectal cancer screening.
- Pilot ed incentives for African-American women to obtain cervical and breast cancer screening.
- Collaborated with Methodist Le Bonheur Healthcare in Memphis to connect our most vulnerable members with resources for diabetes management.
- In 2018, the breast cancer screening rate disparity between white and African-American/Black members in Tennessee had been successfully eliminated through localized approaches.
- Improved case management outreach to Haitian Creole customers through a tri-lingual pictorial.

**Health care providers**

- Offered the Cultural Awareness Designation to help increase cultural competency.
- Provide the Cultural Competency and Health Equity website on Cigna.com to support patients’ diverse values, beliefs, behaviors, and linguistic needs.

**Employees**

**African-American/Black Enterprise Resource Group**

- Celebrates Black Future Month by highlighting past health contributions of African-Americans and addressing present issues to positively impact the future.
- Created multi-cultural teams to review communications aimed at reducing health disparities.

**Cultural Competency Training**

- Host Cultural Diversity Forums for clinical staff to discuss how to clinically manage a diverse patient base.
- Provide cultural competency training on how to better serve and engage our customers.
- Equip customers and providers with resources to address diabetes management.

**Cigna Foundation has provided grants to:**

- University of Maryland to promote colorectal cancer screening in Black barber shops.
- Methodist Healthcare Foundation to address health disparities in South Memphis.
- Rush University Medical Center to promote healthy behavior change in south and west side of Chicago.
- MedStar Washington Hospital Center for colon cancer prevention.
- Novant Health to reduce cardiovascular disease and diabetes in Winston-Salem, NC.

For more information please visit our Corporate Responsibility Report on Cigna.com.

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2. USCB ASEC Supplement 2012.
11. S.A.F.E. - See, Access, Find, Ease

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