



## Minority Health Issues

April is [National Minority Health Month](#), an opportunity to learn more about the health status and health disparities of racial and ethnic minority populations in America. In Connecticut, studies show that people of color experience worse access to health care and have worse health outcomes. Living in poverty, especially in urban areas, is closely linked to a wide range of medical problems such as asthma, lead poisoning, tuberculosis, AIDS, and chronic diseases such as diabetes and heart disease.

Poverty is often a [barrier](#) to accessing good medical care in general. In Connecticut, racial and ethnic minority residents are more likely to be poor compared with white, non-Hispanic residents. Infant mortality rates are higher among African American and Hispanic residents than among white residents. High infant mortality is related to low birthweight, which is linked to low socioeconomic status, poor nutrition, lack of prenatal care, medical problems, and other issues.



## Overcoming Barriers to Health Care

Financial constraints, lack of transportation, inadequate provider availability, and other demographic, cultural, and linguistic factors are some of the barriers people face when trying to access health care. Even people who are insured may not seek preventative services or other medical care when they need it because they can't afford their out-of-pocket co-pays. Delaying needed medical care may eventually lead to an emergency department visit or a hospitalization that could have been avoided with an earlier intervention.

Community health centers, such as [InterCommunity](#), can provide much-needed primary care, behavioral health, and substance abuse treatment for individuals who are uninsured. In addition, some school districts in Connecticut offer school-based health clinics that offer a wide range of services to students and make routine health care visits easy and convenient.

**If you, or someone you know, is interested in primary care, addiction recovery services, or mental health care for children or adults, contact InterCommunity. To receive services at any of our Hartford or East Hartford locations, please call 860-569-5900.**



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