

# Breaking Barriers, Healing Hearts: Empowering Black Women in the Fight Against Breast Cancer



## A Resilience Building Initiative

### WHO?



- African American women ages 40+ are dying at higher rates from breast cancer compared to any other racial group in the country (American Cancer Society, 2022).
- The American Cancer Society reports that Black women have a 4% lower incidence rate of breast cancer compared to White women but have a 40% higher breast cancer death rate (2022).

### SO WHAT?

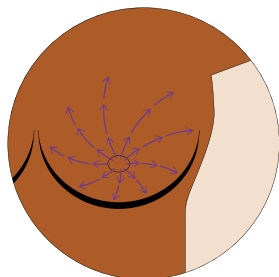
*The highest rates of breast cancer mortality in the nation are in the District of Columbia where 45.4% of the population is African American*

(American Cancer Society, 2022)

### WHY?

#### Individual level:

African American women are more likely to have subtypes of tumors that are more aggressive and resistant to treatment (Williams et al., 2016).



#### Community level:

Incidence of late stage breast cancer diagnosis is much higher in African American communities due to poor access to healthcare facilities (Dai, 2010).



#### Relationship level:

Due to discrimination, African American women experience higher levels of social isolation and socially isolated women are 2x likely to die from breast cancer (Coughlin, 2019).



#### Societal level:

African American women experience the weathering effect: waned immunity and premature health decline due to general social disadvantage (Phelan & Link, 2015).

### Program Goals

1

Educate women on individual risk, encourage engagement in screening, and promote mental well-being to build individual resilience

3

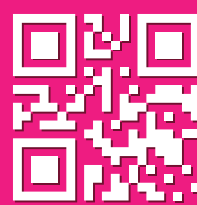
Gain community partnerships that will aid in creating greater access to social and healthcare programs to build community resilience

2

Create patient and family support groups throughout DC to promote interpersonal resilience

4

Create lobbyist groups that will push legislators to create better access to health care facilities in Black communities to build societal resilience



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and learn  
how to get  
involved**

**Program Cost: Free**