

# Barriers Between Black Patients and their Health Care

Practices by insurers and middlemen - known as pharmacy benefit managers - are disproportionately affecting historically underserved communities. Many of these communities bear the burden of systemic and societal barriers to care.

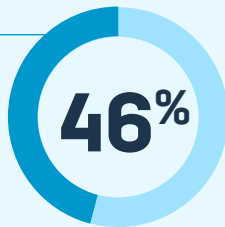
PhRMA's fourth installment of the [Patient Experience Survey \(PES\)](#) reveals the difficulties Black patients experience when accessing and affording health care, including the staggering discovery that only 34% of survey participants believe insurance is working as it's supposed to.<sup>i</sup>

**These are startling statistics when you consider the negative health care outcomes that disproportionately affect Black communities, including:**

- Higher likelihood of dying from the leading causes of death in the U.S.<sup>ii</sup>
- Experience higher rates of maternal mortality<sup>iii</sup>
- Account for 32% of preventable deaths by heart disease and stroke but comprise only 12.1% of the U.S. population<sup>iv, v</sup>
- Adherence to select, recommended chronic disease medicines is 10-12% lower among privately insured Black patients compared to white patients due to the cost of managing their condition<sup>vi</sup>

Communities of color express a number of concerns about the health care system. Here are four things to know about the Black patient experience:<sup>vii</sup>

Nearly half of insured Black Americans are **concerned about affording prescribed medications**

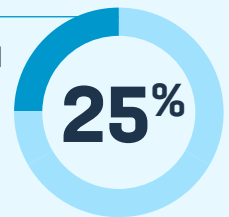


Nearly two out of three insured Black Americans expressed **concerns about affording out-of-pocket health care costs**



More than two in 10 insured Black Americans say their out-of-pocket costs **are more than they could afford** if they had a major unexpected medical event or were newly diagnosed with a chronic illness

A quarter of insured Black Americans reported having **outstanding medical debt**



Addressing social determinants of health, bias and discrimination throughout a patient's lifetime will help address health inequities and improve the patient experience. That's why America's biopharmaceutical companies support systemic, long-term change to address these barriers to care and better meet the needs of underserved communities. Read the full [PES report](#) and learn more about patient-centered health care solutions at [PhRMA.org/Middlemen](https://PhRMA.org/Middlemen).

<sup>i</sup> Patient Experience Survey, April 4 - 17, 2023 <sup>ii</sup> "Profile: Black/African Americans," Office of Minority Health, Centers for Medicare and Medicaid Services, February 24, 2023. <https://minorityhealth.hhs.gov/omh/browse.aspx?vl=36lvid=61>.

<sup>iii</sup> "Maternal Mortality Rates in the United States," Centers for Disease Control and Prevention, National Center for Health Statistics, March 16, 2023. <https://www.cdc.gov/nchs/data/hestat/maternal-mortality/2021/maternal-mortality-rates-2021.htm>.

<sup>iv</sup> Zhan, Muhammad S., Kumar, Pankaj, Sreenivasan, Jayakumar, Khan, Safi U., Michos, Erin D., Yancy, Clyde W., Warraich, Haider J. "Preventable Deaths From Heart Disease and Stroke Among Racial and Ethnic Minorities in the United States," *Circulation: Cardiovascular Quality and Outcomes*, June 28, 2021. <https://www.ahajournals.org/doi/full/10.1161/CIRCOUTCOMES.121.007835#R4>.

<sup>v</sup> "Profile: Black/African Americans," Office of Minority Health, Centers for Medicare and Medicaid Services, February 24, 2023. <https://minorityhealth.hhs.gov/omh/browse.aspx?vl=36lvid=61>. <sup>vi</sup> Xie, Zhiwen, St. Clair, Patricia, Goldman, Dana P., Joyce, Geoffrey. "Racial and ethnic disparities in medication adherence among privately insured patients in the United States," *PLoS One*, February 14, 2019. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6375669/>. <sup>vii</sup> Patient Experience Survey, April 4 - 17, 2023