Stress in young African American women between ages 18-25

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Stress in the young African American community is very high. This generation is by far very different from the ones in the past. There are many different problems that occur during these years. Young African American women are more prone to have higher blood pressure or even have a stroke than any other race. Stress is the root to some of the health problems that African American have now like hypertension. In the hospitals they find it harder to reduce the high blood pressure that occurs in the young African American community. Younger African American girls stress more at a younger age. As they get older and it just progress to a different stage. People wait until their stress becomes unbearable.