

**Title:** Healthcare Access and Race Contribute to Cognitive Challenges in Appalachia

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**Background:** Adults in rural areas face many challenges to their well-being, including limited healthcare access. Racial/ethnic groups aging in rural areas may be especially disadvantaged. additional health constraints.

**Methods:** In order to examine whether age, race and disparities in healthcare access contribute to cognitive challenges, these relations were examined using the 2021 CDC's data for the 13 Appalachian states.

**Results:** A logistic regression equation that included age, race and healthcare access related to finances was used to predict cognitive difficulties,  $\chi^2$  (DF=5, N=121768) = 1133.4,  $p < .0001$ . Moreover, age,  $\chi^2$  (DF = 1) = 17.40,  $p < .0001$ , difficulty in healthcare access,  $\chi^2$  (DF = 1) = 997.40,  $p < .0001$  and race,  $\chi^2$  (DF=3) = 6.255.85,  $p < .0001$ , each uniquely contributed to the equation. The odds ratio showed that adults expressing financial difficulties in healthcare access were 3.53 times more likely to report cognitive difficulties.

**Conclusion:** The data are important because healthcare access issues related to financial resources may disproportionately impact in older, racial/minority groups stem from both location and minority status. Appalachia adults and members of racial and ethnic minority groups. Financial supports may be an important key to health equity.