

Community Health Coalition, Inc.

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Health Sunday Topic: Diabetes

Diabetes in the African American Community

by Dr. Anelia P. Rose

Diabetes is one of the most serious health challenges in the United States. Diabetes is one of the leading causes of death and disability in the United States. It is of even greater significance in the African American community given these statistics from the National Institutes of Health and American Diabetes Association:

- 3.2 million (13.3%) African Americans ages 20 years and older have diabetes. One third of these are undiagnosed.
- On average, African Americans are twice as likely to have diabetes as non-Hispanic whites of similar age.
- 20.8 million (7%) of U.S. population of children & adults.
- African Americans with diabetes are more likely to develop diabetes complications and experience greater disability from the complications than non-Hispanic whites with diabetes.
- Death rates for people with diabetes are 29 percent higher for African Americans compared with non-Hispanic whites.
- However many people are not even aware that they have diabetes until they develop one of its complications. African -Americans are 50% more likely to have diabetic retinopathy (eye changes from diabetes) that leads to blindness, 2.6-5.6 times more likely to have kidney disease, and 2.7 times more likely to have lower limb amputations.



HEALTHSUNDAY IN THE BLACK COMMUNITY

is a program of Health Tips.

It is provided by the
Community Health Coalition
in cooperation with the
Interdenominational
Ministerial Alliance of Durham and
Vicinity for church goers each 4th
Sunday.

Today's Health Tip is:

"Infant Mortality"

in the
African American
Community.

**REMEMBER:
A HEALTHY DURHAM
INCLUDES YOU !!**

Note: Please make enough copies of the attached flyer and distribute to each morning service attendee. PLEASE return the enclosed POSTCARD.

“Of the 3.2 million African Americans with diabetes, one third of them don’t know it.”

DIABETES RISK FACTORS & SYMPTOMS

Risk Factors

- Genetics: family history; “diabetes runs in families”
- Pre-diabetes: “sugar” is high but not high enough to be diagnosed with diabetes. Progression to diabetes among those with pre-diabetes is not inevitable. Studies have shown that people with pre-diabetes who lose weight and increase their physical activity can prevent or delay diabetes and even return their blood glucose levels to normal.
- Gestational diabetes: diabetes or glucose intolerance in pregnancy. Gestational diabetes occurs more frequently among African Americans, Hispanic/Latino Americans, and American Indians. It is also more common among obese women and women with a family history of diabetes. Women who have had gestational diabetes have a 20 to 50 percent chance of developing diabetes in the next 5 to 10 years.
- Obesity: African Americans have much greater rates of obesity than Caucasian Americans. The results of the Diabetes Prevention Program (DPP) showed that moderate diet changes and exercise can delay and prevent type 2 diabetes.
- Physical activity: lack of physical activity among African Americans is a major factor contributing to the increasing diagnosis of diabetes in our community. Strive for 30 minutes a day, most days of the week.



Symptoms

- Frequent urination
- Excessive thirst
- Extreme hunger
- Unusual weight loss
- Increased fatigue
- Irritability
- Blurred vision
- Slow healing skin infections
- Tingling or numbness in the hands or feet



If you don’t have diabetes, reduce your risk of developing it with regular exercise, keeping your weight under control, and eating a balanced diet. If you have diabetes, in addition to those things listed already for those who don’t have diabetes, prevent or decrease severity of complications by keeping your sugar under control, keep blood pressure controlled, control cholesterol and follow recommended screening exam of eyes, feet, and kidneys. Most importantly, in any health matter, be your own best advocate on your journey to better health.

Your Health Sunday Coordinator is: _____

A Message from your Community Health Coalition in association with
The Interdenominational Ministerial Alliance of Durham and Vicinity, North Carolina Mutual Insurance Company, Central Carolina Black Nurses' Council Inc., and Durham Regional Hospital.