

## Community Health Coalition, Inc.

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### **Health Sunday Topic: *Diabetes in the African American Community***

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.



- According to the National Institute of Health and American Diabetes Association, 3.2 million African Americans ages 20 years and older have diabetes. One third of these are undiagnosed.
- Death rates for people with diabetes are 29 percent higher for African Americans compared with non-Hispanic whites.
- According to the 2007 Durham County Community Health Assessment, death rates in Durham's African-Americans from heart disease, stroke, breast cancer and diabetes are greater than among whites.

**Dr. Anelia Rose of Carolina Primary Care, PA** states that “even more alarming is that African Americans are 1.5-2.0 times more likely to have pre-diabetes.” Pre-diabetes is a condition where the “sugar” is high but not high enough to be diagnosed as diabetes.



### ***A Community Call to Action***

Durham's African American Health Improvement Partnership (AAHIP) comprised of researchers, healthcare providers, health care consumers and area churches is dedicated to improving the health of African Americans in Durham. The Diabetes Improvement Project (DIP), an initiative of AAHIP is designed to help African Americans with type II diabetes to better control their diabetes. **We need your church involved in this project.** Recruitment will begin in January 2009. For further information about the DIP Project, please contact Andrea McMillon, Program Coordinator at 919-681-3082 or email her at [andrea.mcmillon@duke.edu](mailto:andrea.mcmillon@duke.edu).

**HEALTH SUNDAY 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 4<sup>th</sup> Sunday.

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

# ***Diabetes in the African American Community***

## **Risk Factors:**

■ **Genetics:** family history; “diabetes runs in families”

■ **Pre-diabetes:** “sugar” is high but not high enough to be diagnosed with diabetes.

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 or high glucose in pregnancy:** diabetes or glucose intolerance in pregnancy.

Gestational diabetes occurs more frequently among African Americans and other Minorities.

It is also more common among obese women and women with a family history of diabetes. After pregnancy, 5 to 10 percent of women with gestational diabetes are found to have Type 2 diabetes, and 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. Moderate diet changes and exercise can delay and prevent Type 2 diabetes.

■ **Physical Activity:** lack of physical activity among African Americans is a factor contributing to the increasing diagnosis of diabetes in our community.

## **Symptoms:**

**Frequent urination**

**Irritability slow healing skin infections**

**Tingling or numbness in the hands or feet**

**Unusual weight loss Increased fatigue**

**Blurred vision**

**Excessive thirst and hunger**

If you don't have diabetes, reduce your risk of developing it with regular exercise, keeping your weight under control, trying to control stress and anxiety, 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.

*For more information, please refer to the Following websites:*

- [www.diabetes.org](http://www.diabetes.org)
- [www.eatright.org](http://www.eatright.org)
- [www.nmqf.org/Diabetesvideo.aspx](http://www.nmqf.org/Diabetesvideo.aspx)
- [www.niddk.nih.gov](http://www.niddk.nih.gov)
- [www.blackhealthcare.com](http://www.blackhealthcare.com)

**Your Healthy Sunday Coordinator is \_\_\_\_\_**

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

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**Note: Please make enough copies of this flyer to distribute to each morning service attendee.**