

Community Health Coalition, Inc.

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Health Sunday Topic: Diabetes in Your Community

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 Institutes of Health and American Diabetes Association:

- 3.2 million 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.
- Approximately 13.5 percent of all African Americans have diabetes.
- Death rates for people with diabetes are 29 percent higher for African Americans compared with non-Hispanic whites.

Dr. Anelia Rose of Carolina Primary Care, PA states that "even more alarming is that approximately 40% of adults over 40 have a condition known as pre-diabetes. Unfortunately, African Americans also are 1.5-2.0 times more likely to have pre-diabetes as well."

For more information, read today's Health Sunday Flyer; and refer to the following websites:

Diabetes www.diabetes.org



**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 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 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. 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. After pregnancy, 5 to 10 percent of women with gestational diabetes are found to have Type 2 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. Results from 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 factor contributing to the increasing diagnosis of diabetes in our community.

Symptoms

Frequent Urination
Unusual weight loss
Irritability
Blurred vision

Excessive thirst and hunger
Increased fatigue
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.