

Diabetes and African Americans

Prediabetes

is when a person's blood sugars are higher than normal, but not high enough for that person to be diagnosed with diabetes.

Diabetes

is a disease where the body does not make or use insulin properly.

4th

Diabetes is the fourth leading cause of death among African Americans in Indiana.



12.2%

of African Americans in Indiana have been told they have diabetes by their doctor.



African Americans and Diabetes

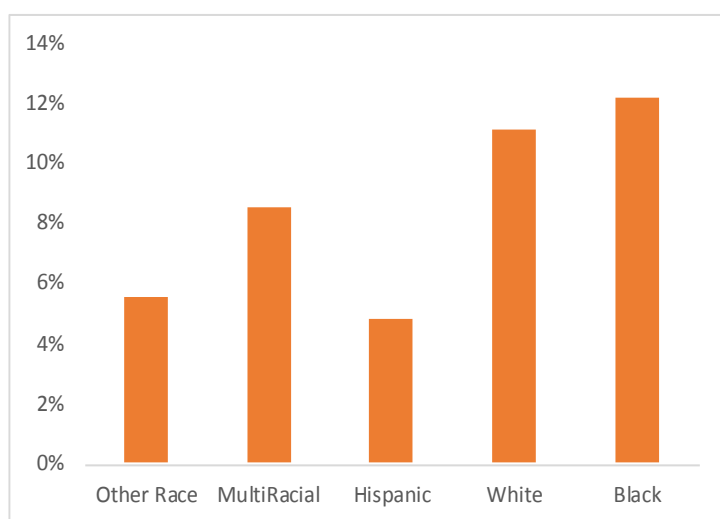
- When you have diabetes, your body has a hard time keeping your blood sugars (blood glucose) at the normal level. This can happen when your pancreas does not make enough insulin.
- Type 2 diabetes can happen when your body does not make enough or use insulin well.
- African Americans are almost twice as likely to get type 2 diabetes as non-Hispanic Whites.
- African Americans are more likely to have complications from type 2 diabetes.
- Diabetes is the fourth leading cause of death among African Americans in Indiana and seventh overall in Indiana.³
- African American women in Indiana are more likely to be told they have diabetes by a doctor.
- 12.2% of African Americans in Indiana have been told that they have diabetes by a doctor, compared to 11.4% of all people in Indiana. ^[Figure 1]

Are you at risk for getting diabetes?

You may be at risk for the disease if:

- You have been told you have prediabetes by a doctor. (Take the [prediabetes risk test](#))
- You have someone in your family with type 2 diabetes.
- You are overweight.
- You have been told that you have polycystic ovarian syndrome by your doctor.
- You have high blood pressure or higher levels of bad cholesterol.
- Have a lot of tummy fat.
- You don't get a lot of exercise.
- You smoke.
- Some medications may put you at risk for getting diabetes.

Figure 1: Percent of People with Diabetes by Race in Indiana, 2014



References:

1. [Indiana State Department of Health. \(2014\). Behavioral Risk Factor Surveillance System.](#)
2. Office of Minority Health. (2016, May 05). Retrieved May 24, 2016, from <http://minorityhealth.hhs.gov/omh/browse.aspx?lvl=4>
3. Indiana State Department of Health. Vital Records, 2014.

Take action

- See your doctor once a year for check-ups— more often if you have a chronic disease like hypertension.
- Maintain a healthy blood pressure and cholesterol level. If you've been told that you have high blood pressure or cholesterol, ask your doctor about the [DASH diet](#).
- At mealtime, make half your plate fruits and veggies.
- Take a walk after lunch and dinner. Just 15 minutes can make a difference.
- Don't smoke or chew tobacco. If you do, talk to your doctor about the benefits of quitting.
- Get at least eight (8) hours of sleep a night.
- If your health changes or you aren't feeling well, talk to your doctor.
- Talk to your doctor or a dietitian about lifestyle changes that could help improve your health.
- Go to www.choosemyplate.gov to find recipe ideas, online tools and resources to help you eat healthier and move more.

Chronic disease resources

- [Diabetes Self-Management Education and Support](#). Learn to live with diabetes. Find classes through the [Indiana Diabetes Education and Support Program Directory](#).
- [Diabetes Prevention Program \(DPP\)](#) is a lifestyle change program that helps to delay and/or prevent type 2 diabetes for individuals at risk.
- [Indiana's Community Health Centers](#) provide local primary health care services from a community perspective.
- [Indiana Perinatal Network](#) is a group of providers that seeks to improve the health of all mothers and babies.
- For problems with depression, addiction or other mental health services: [Community Mental Health Services Locator](#).
- [WISEWOMAN](#): (Well-Integrated Screening and Evaluation for Women Across the Nation Program) provides cardiovascular screening for women ages 40-64 who are participants in the Indiana Breast and Cervical Cancer Program (IN-BCCP).
- [Indiana Tobacco Quitline](#) is a free phone service to help Indiana smokers quit. For support call: 800-Quit-Now (800-784-8669).
- [Indiana Women, Infants and Children \(WIC\)](#) is a program helping mothers and babies improve access to nutritious food and achieve a healthier lifestyle.