

Diabetes and Latinos

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.

4.8%

of Latino people in Indiana have been told they have diabetes by a doctor.



5th

Diabetes is the 5th leading cause of death for Latinos in Indiana.



Diabetes and Latinos

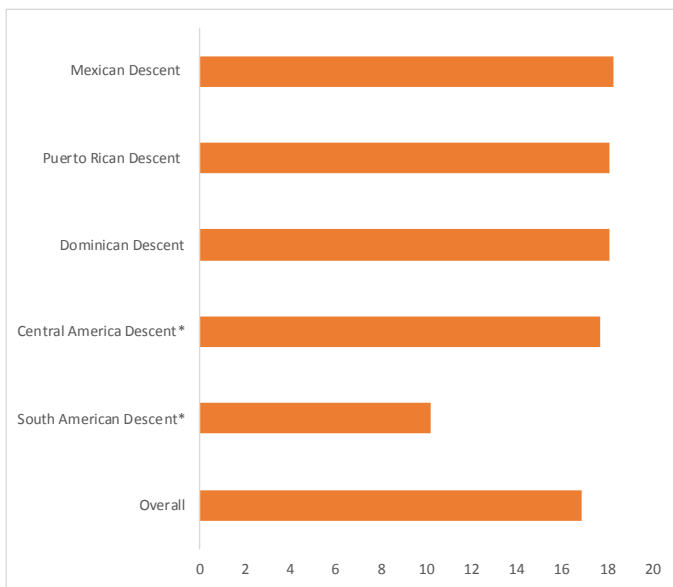
- When you have diabetes, your body has a hard time keeping your blood sugars (blood glucose) at the normal level. This can happen when your pancreas does not make enough insulin.
- Type 2 diabetes can happen when your body does not make enough or use insulin well.
- 4.8% of Latino people have been told they have diabetes by a doctor compared to 11.4% of all adults in Indiana.
- Latino people are 70% more likely to be diagnosed with diabetes in the United States.
- 12.8% of Latino people in the United States have been told they have diabetes by a doctor.
- Latino males in Indiana are more likely to be told they have diabetes than Latina females.

Are you at risk for getting diabetes?

You may be at risk for getting diabetes if:

- You have been told you have prediabetes by a doctor. (Take the [prediabetes risk text](#))
- 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 high levels of bad cholesterol.
- Have a lot of tummy fat.
- You don't get a lot of exercise.
- You smoke.
- You take certain medications.

Figure :The country your family comes from may increase your risk of getting diabetes.



Source: The Hispanic Community Health Study/Study of Latinos (HCHS/SOL)
*Based on US Census Data

References

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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 have 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 are not 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 who are 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.