Know the Facts

3.2 million (13.3%) of all African Americans aged 20 years or older have diabetes.

African Americans are nearly twice as likely to have diabetes than whites of similar age.

African Americans with diabetes are more likely to develop diabetes complications and experience greater disability from the complications than whites with diabetes.

Twenty-five percent of African Americans between the ages of 65 and 74 have diabetes.

The prevalence of diagnosed diabetes is higher for blacks than for whites across all age groups.

For more information contact:

American Diabetes Association
7 Washington Avenue
Albany, NY 12205
(518) 218-1755

New York Diabetes Coalition
P.O. Box 10474
Albany, NY 12201
www.nydc.org
(518) 432-1382

Diabetes Prevention and Control Program
Bureau of Chronic Disease Services
Riverview Center
150 Broadway - 3rd Floor
Albany, NY 12204
(518) 474-1222

New York State Health Department
Corning Tower, Empire State Plaza
Albany, NY 12237

Center for the Elimination of Minority Health Disparities

University at Albany, SUNY
www.albany.edu/cemhd
(518) 442-5976

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What is Diabetes?

Diabetes is a defect in the body’s ability to convert glucose (sugar) to energy. Glucose is the main source of fuel for our bodies.

Untreated Diabetes can lead to:

- Heart Disease
- Stroke
- High Blood Pressure
- Blindness
- Kidney Disease
- Neuropathy
- Amputations
- Dental Disease
- Pregnancy Complications

If you are Diabetic:

Don’t stop taking your medication or insulin.

REMAIN PHYSICALLY ACTIVE.

ALWAYS monitor your blood or urine glucose when you are sick.

If you are unsure of what to do, GET MEDICAL ADVICE.

Remember, you can prevent these complications and have a normal life by keeping your diabetes under control.

Prevention of Diabetes

As yet, there is no cure for diabetes, although there are many ways of keeping the condition under control. Studies have shown that good control of blood glucose level (blood sugar) is the key to avoiding diabetic complications later.

Diabetes Is the Fourth Leading Cause of Death for African Americans!