

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.

Sources:

Diabetes Research & Wellness Foundation and the
American Diabetes Association, Vital Statistics
Table 34a, New York State Health Department,
CDC 2005 & 2007 National Diabetes Surveillance
System, & New York State Health Facts

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



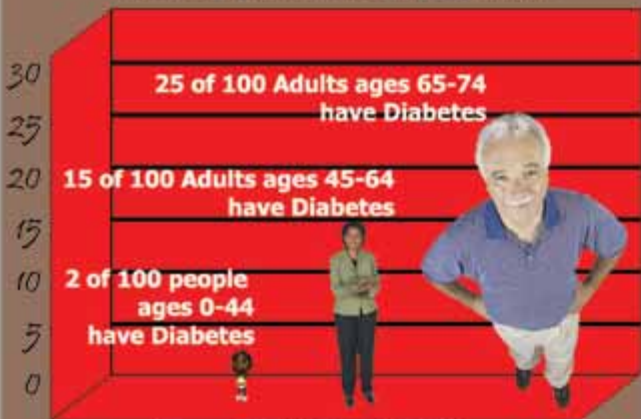
University at Albany, SUNY
www.albany.edu/cehd
(518) 442-5976

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Diabetes
and
African Americans
in the
Capital Region

African Americans and Diabetes



from CDC, March 2007

The older you are, the more likely you are to have Diabetes

WARNING SIGNS

If you have more than one of these symptoms, ask your doctor for a blood sugar test:

- ✓ Extreme thirst
- ✓ Blurred vision
- ✓ Cuts that are slow to heal
- ✓ Extreme tiredness
- ✓ Mood changes
- ✓ Weight loss without trying
- ✓ Frequent urination

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.

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



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

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.



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