

## 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](http://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](http://www.albany.edu/cehd)  
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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!**