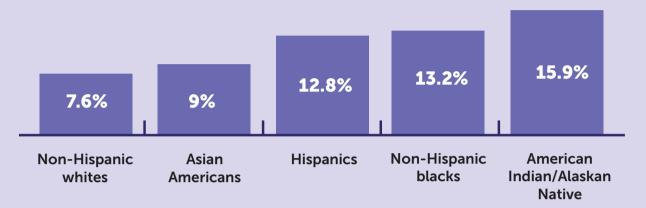


Diabetes' Impact on **Minority Communities**

WHO HAS DIABETES?

Minority groups have higher rates of diabetes than non-Hispanic whites.



Rates shown for diagnosed diabetes among people over 20 years old. Source: Centers for Disease Control and Prevention (CDC)

Know the Facts

50% of black women, Hispanic men and Hispanic women will develop type 2 diabetes in their lifetime. Source: CDC

African Americans and Hispanics are more resistant to insulin.

Source: National Institutes of Health (NIH)

Type 2 diabetes is more common than type 1 diabetes in 10 to 19-year-old non-Hispanic blacks, Asian/Pacific Islanders and American Indians/Alaskan Natives. Source: CDC



Lose weight and keep it off.

Cut your risk for type 2 diabetes by losing 5% to 7% of your body weight. That's 10 to 14 pounds for a 200-pound person.

Eat healthier.

Choose foods with less fat, drink more water and eat smaller portions to reduce your risk.

Move more.

Start with stretching or a walk around the block. Increase your activity until you are getting at least 30 minutes of movement five days a week.







