

One Healthy Life

DIABETES SELF-MANAGEMENT

Diabetes Mellitus (DM) is a lifelong disease marked by high levels of glucose in the bloodstream. Glucose is a type of sugar that everyone needs for energy. People with diabetes cannot properly convert sugar, starches, and other foods into energy because their bodies cannot make or use insulin—a key hormone in this process. 25 percent of African Americans between the ages of 65 and 74 have diabetes. One in four African American women over 55 has diabetes. Approximately 2.7 million or 11.4 percent of all African Americans aged 20 or older have diabetes. Blacks are 1.8 percent more likely than non-Hispanic whites to have diabetes. This represents a significant health disparity in our community. The African American Health Program's mission is to help to eliminate health disparities in the Black population of Montgomery County, Md. The AAHP provides information and support to help people live with this serious disease.

FACTS

- Diabetes is the fifth leading cause of death in the United States. African Americans experience higher rates of at least four serious complications of diabetes: cardiovascular disease (heart problems), blindness, amputations, and end stage renal disease (kidney failure).
- A staggering one-third of African Americans with diabetes do not know that they have it.
- Every 21 seconds a person is diagnosed with diabetes. The number of people with this disease will double worldwide by 2020.
- Most African Americans have Type 2 diabetes, or non-insulin-dependent diabetes (NIDDM), which usually develops after age 40. A small number of African Americans have T1 or insulin-dependent diabetes (IDDM), which usually develops before age 20.



ONE HEALTHY LIFE: *Gloria*

"Because there is a history of diabetes in my family, I was not surprised when I was diagnosed with the disease. What surprised me was the amount of time, effort and knowledge needed to manage my condition. Thankfully, I found the perfect partner—the African American Health Program. With their free health education classes, diet and exercise programs, and social dining clubs for others living with diabetes, I have found the support and programs I need to help monitor my condition—and live my life with confidence."

*Even with Diabetes,
You're Still in Control*

RESOURCES

American Diabetes Association

P: 1-800-DIABETES
www.diabetes.org

National Diabetes Information Clearinghouse

P: (800) 860- 8747
www.diabetes.niddk.nih.gov

The Diabetes Monitor

www.diabetesmonitor.com

African American Health Care and Medical Information

www.blackhealthcare.com

Center for Disease Control

www.cdc.gov

Statistic about African Americans and Diabetes

www.diabetes.org/diabetes-statistics/african-americans.jsp

Bryan, Jenny. Just the Facts. Chicago, Illinois: Heinemann Library 2004

- Signs and symptoms of diabetes include extreme hunger, extreme thirst, excessive urination, dehydration, and unexplained weight loss.
- Risk factors include a family history of diabetes; being age 45 or older; being overweight; having a certain ethnic background (especially African American, American Indian, Asian American, Pacific Islander or Latino); having a blood pressure of 140/90 or higher; having elevated cholesterol; and leading a sedentary life style (exercise less than three times a week).

PREVENTION

- Small lifestyle changes can make a big difference. Set realistic goals with the help of a healthcare professional.
- Eat less sugar and sweets. Moderation is key.
- Lose weight.
- Become more physically active. Consult with your doctor about the best way to get more exercise.
- Join a diabetes support group and attend classes and events.
- Drink plenty of water daily. Start out drinking one glass of water before, during, and after each meal. Gradually increase to two glasses, and so on. Your goal should be to drink at least eight glasses of water every day.

FOR MORE INFORMATION CONTACT THE: AFRICAN AMERICAN HEALTH PROGRAM

P: (301) 421-5445 F: (301) 421-5975
onehealthylife.org