

Diabetes



WHAT IS TYPE 2 DIABETES?

Diabetes was the seventh leading cause of death in the United States in 2013. Unlike people with type 1 diabetes, people with type 2 diabetes produce insulin.

However, the insulin their pancreas secretes is either insufficient or their body is resistant to the insulin. When either of these happens, glucose can't get into the body's cells to use as energy.

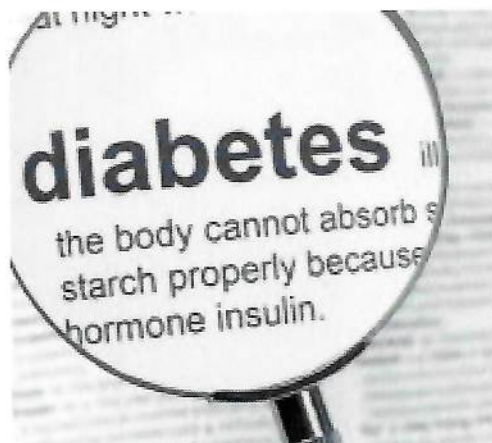
WHO'S AT RISK?

Nearly 90% of all cases of diabetes in the world are Type 2. In the U.S. alone, nearly 24 million cases have been diagnosed, which is roughly 8% of the U.S. population. Also known as "adult-onset diabetes," Type 2 diabetes is increasingly diagnosed in children because of the rise of obesity in youth. The diabetes and obesity epidemics, combined with longer life spans, have increased the lifetime risk of developing diabetes to about 40% for U.S. adults. The risk is the same for both men and women.

WHY ARE THERE DISPARITIES IN TYPE 2 DIABETES?

Diabetes is more prevalent in racial and ethnic minority groups, such as Hispanics, African-Americans, Asians, and American Indians. During their lifetime, half of all Hispanic men and women and non-Hispanic black women are predicted to develop the disease.

It is not a coincidence that the racial and ethnic minority groups are also a disproportionate share of the poor and uninsured. Low-income neighborhoods also have innumerable fast-food restaurants and substandard grocery store selections, which leads to greater levels of obesity. However, the disparities exist primarily due to disparities in quality of care; minority populations receive lower quality and less routine care, and thus experience higher risks of diabetes and its complications.



REACH
Racial and Ethnic Approaches to Community Health



Increasing exercise, even if coming from a sedentary lifestyle, can drastically lower the risk of diabetes. Improving food choices can also be effective.