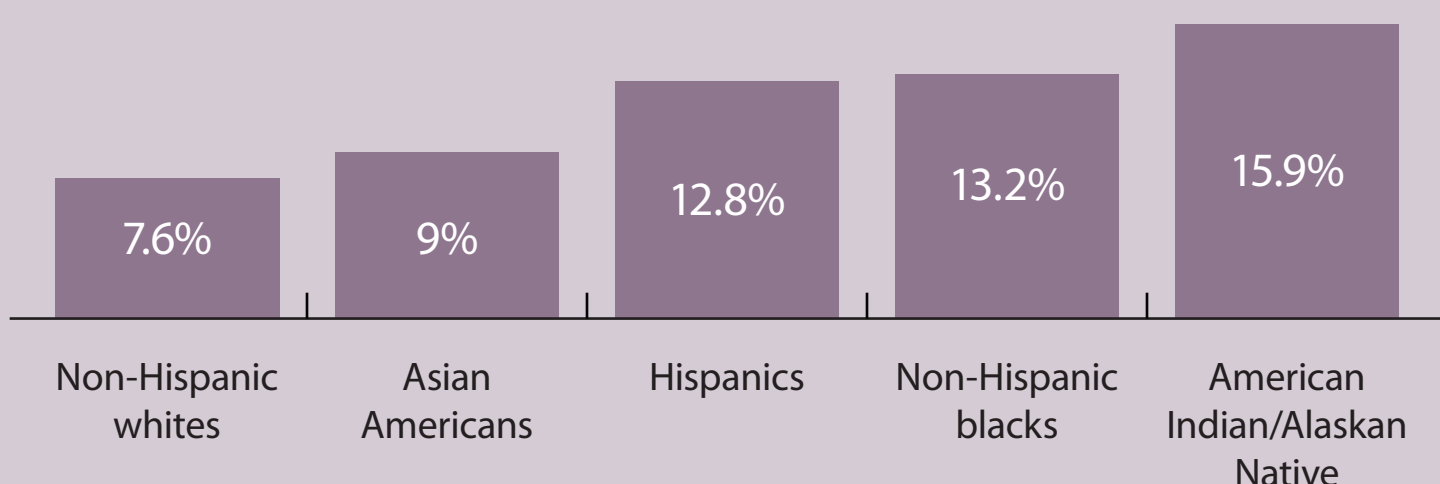


HOW DIABETES AFFECTS MINORITY GROUPS

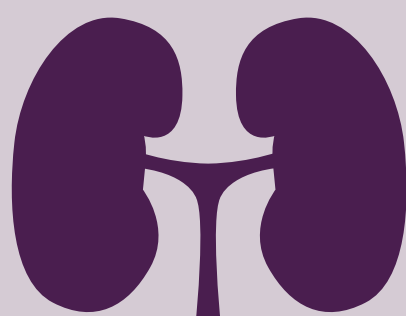
Minority groups have higher rates of diabetes than non-Hispanic whites¹



Rates shown for diagnosed diabetes among people over 20 years old

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

Diabetes is the leading cause of **kidney failure** among African Americans and American Indians.³



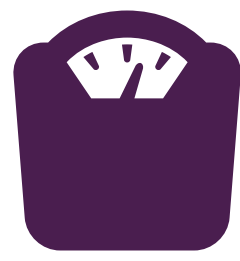
Minority **YOUTH** are affected too

In youth 10-19 years old, type 2 diabetes is more common than type 1 diabetes in non-Hispanic blacks, Asian/Pacific Islanders, and American Indians/Alaska Natives.¹

HOW CAN YOU PREVENT OR DELAY TYPE 2 DIABETES?

Research shows type 2 diabetes can be prevented or delayed in minority groups.⁴

TO CUT RISK BY AS MUCH AS 58%:



Lose weight



Eat less fat



Eat fewer calories



Be active 30 minutes, 5 days a week

To learn more about diabetes in minority groups, visit www.ndep.nih.gov.

1. Centers for Disease Control and Prevention: National diabetes statistics report: estimates of diabetes and its burden in the United States A, GA: U.S. Department of Health and Human Services; 2014.
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3. U.S. Renal Data System, USRDS 2010 Annual Data Report: Atlas of Chronic Kidney Disease and End-Stage Renal Disease in the United States, National Institutes of Health, National Institute of Diabetes and Kidney Diseases, Bethesda, MD, 2010.
4. Knowler WC, Barrett-Connor E, Fowler SE, Hamman RF, Lachin JM, Walker EA, et al. Reduction in the incidence of type 2 diabetes with lifestyle intervention or metformin. *N Engl J Med*. 2002;346(6):393-403.



National Diabetes Education Program

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