How Diabetes Affects Minority Groups

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

<table>
<thead>
<tr>
<th>Race/Group</th>
<th>Diabetes Rate</th>
</tr>
</thead>
<tbody>
<tr>
<td>Non-Hispanic whites</td>
<td>7.6%</td>
</tr>
<tr>
<td>Asian Americans</td>
<td>9%</td>
</tr>
<tr>
<td>Hispanics</td>
<td>12.8%</td>
</tr>
<tr>
<td>Non-Hispanic blacks</td>
<td>13.2%</td>
</tr>
<tr>
<td>American Indian/Alaskan Native</td>
<td>15.9%</td>
</tr>
</tbody>
</table>

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.

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

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.

How can you prevent or delay type 2 diabetes?

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

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.