



Black Health

DIABETES AND AFRICAN AMERICANS

Diabetes and African Americans

Diabetes is Preventable: Learn more in this article

- In 2018, non-Hispanic Blacks were twice as likely as non-Hispanic Whites to die from diabetes.
- African American adults are 60 percent more likely than non-Hispanic White adults to be diagnosed with diabetes by a physician.
- In 2017, non-Hispanic Blacks were 3.2 times more likely to be diagnosed with end stage renal disease as compared to non-Hispanic Whites.
- In 2017, non-Hispanic Blacks were 2.3 times more likely to be hospitalized for lower limb amputations as compared to non-Hispanic Whites.

Black Health New Mexico in collaboration with New Mexico Department of Health, have joined together to bring the National Diabetes Prevention Program to our community.

There are more than 79 million Americans who have prediabetes, and many don't know it. Diabetes can lead to serious health complications including heart attack, stroke, blindness, kidney failure, or loss of toes, feet or legs.

Although prediabetes puts you at a higher risk, there are ways you can lower your chances of getting type 2 diabetes. This program is designed to help you change your lifestyle to create sustainable change.

The program is:

- Free
- Community based
- Bilingual (English & Spanish)
- Focused on women of color
- Nationally recognized by the Center for Disease Control
- Evidence-based
- Being offered in your local community and virtually

You may qualify for this program if:

- You are an adult overweight
- Have a family history of diabetes
- Have ever been told by a healthcare professional that you have prediabetes, borderline diabetes, high blood sugar, or had gestational diabetes (GDM) while pregnant.

You can enroll yourself or receive a doctor's referral. To enroll in this free, yearlong diabetes prevention program contact:

Black Health New Mexico
Enrollment line: (505) 933-5156
Blackhelthnewmexico.com



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"This program is not a weight loss program, it is a lifestyle program. Going on a diet is not the treatment for diabetes or prediabetes, a lifestyle change is the treatment"
-Program Participant, New York