

## WHAT IS TYPE 2 DIABETES?

Type 2 diabetes is a chronic condition in which the body does not produce enough insulin or the cells do not respond properly to the insulin that is produced. This leads to high blood sugar levels. It is often associated with obesity, high blood pressure, and high cholesterol. Type 2 diabetes is the most common form of diabetes and is preventable through lifestyle changes.



## WHO'S AT RISK?

Type 2 diabetes affects approximately 29 million people in the United States, or about 9% of the population. It is most common among African Americans, Hispanic Americans, and Native Americans. The risk of developing type 2 diabetes increases with age, especially after 40 years old. Other factors that increase the risk include being overweight or obese, having a family history of diabetes, and being physically inactive.

## WHY ARE THERE DISPARITIES IN TYPE 2 DIABETES?

Disparities in type 2 diabetes are largely due to differences in lifestyle and access to healthcare. African Americans and Hispanic Americans are more likely to live in areas with limited access to healthy food and safe places for exercise. They are also more likely to have lower health insurance coverage and less access to primary care physicians. Cultural differences in diet and physical activity levels also contribute to these disparities.

Improving diet and increasing physical activity can significantly reduce the risk of type 2 diabetes. For African Americans and Hispanic Americans, this may mean choosing healthier food options and finding safe places to walk or exercise. Regular medical check-ups and blood sugar monitoring are also important for early detection and management of the disease.



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

