

CHRONIC DISEASE

Centers for Disease Control: Diabetes

Diabetes is a serious disease affecting humans in Africa and in the United States. It can lead to blindness, nerve damage, kidney disease, leg amputations, heart disease, and stroke, thus diabetes management is a serious health concern. According to the Centers for Disease Control (CDC, <http://www.cdc.gov/diabetes>), in 2004, 3.2 million African-Americans had diabetes, which is more than 13% of all African-Americans of 20 or older. Diabetes was the fourth-leading cause of death in African-Americans in 2004. Additionally, the number of African-Americans diagnosed with diabetes increased between 1988 and 2004.

The National Diabetes Education Program (NDEP) developed a curriculum to assist African-American communities increase awareness for the need for appropriate diet and physical activity. *Power to Prevent: A Family Lifestyle Approach to Diabetes Prevention* bases its approach on principles established by the Diabetes Prevention Program of 2002, which showed that Type 2 diabetes can be prevented or delayed in those at risk through weight loss, diet, and exercise. The NDEP recommends physical activity 5 days a week, and a reduced-fat low-calorie diet, and gives 50 tips on how to do it. The NDEP, a program run by the National Institutes of Health (<http://www.ndep.nih.gov/diabetes/>), is linked to the Centers for Disease Control website.

African-Americans are 1.8 to 2 times as likely to have diabetes as are non-Hispanic whites. Additionally, African-Americans are more likely to experience complications of diabetes than are non-Hispanic whites: 50% more likely to experience diabetic retinopathy, 3 to 6 times as likely to experience kidney disease, and almost 3 times as likely to have leg amputations.

Other programs are linked to the Centers for Disease Control website to assist in educating minority populations in delaying or preventing diabetes. *African American Initiatives*, a program developed by the American Diabetes Association, is accessed through the Centers for Disease Control website. African American Initiatives is designed to increase awareness of diabetes in members of and professionals working in African-American communities, provide information about the seriousness of diabetes and its complications, teach the importance of making healthy lifestyle choices, and educate those with or at risk for diabetes about prevention, treatment, and management of the disease.

The Office of Minority Health Research Coordination, a service of the National Institute of Diabetes and Digestive Kidney Diseases, has also been created to address the burden of diseases and disorders,

Impaired fasting glucose is a condition in which the fasting blood sugar level is 100 to 125mg/dL after an overnight fast.

Prevalence of impaired fasting glucose in people aged 20 years or older, United States, 2007

- In 2003–2006, 25.9% of United States adults 20 years or older had it (35.4% of adults 60 years or older). Applying this percentage to the entire U.S. population suggests that at least 57 million American adults had prediabetes in 2007.
- After adjusting for population age and sex differences, prevalence among United States adults aged 20 years or older in 2003–2006 was 21.1% for non-Hispanic blacks, 25.1% for non-Hispanic whites, and 26.1% for Mexican Americans.

From National Diabetes Fact Sheet 2007, at <http://apps.nccd.cdc.gov/ddtstrs/FactSheet.aspx>

Online newspaper Business Daily Africa below, reports the burden of diabetes in children in Nairobi.

http://www.bdafrica.com/index.php?option=com_content

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Why you might be at risk of getting diabetes
Written by Millicent Kamau



October 20, 2008: Margaret Mungai is no longer happy. When her only child, William Macharia, 16, was diagnosed with Type-2 diabetes, her family doctor attributed the disease to poor eating habits and lack of exercise.

Macharia, now a Form Two student, weighs 120 kilograms.

"He started gaining weight at the age of 13 when he weighed 75 kilograms," says 35-year-old Ms Mungai, a self-employed marketing and public relations manager.

According to James Mwangi, a diabetes educator at Kenya Diabetes Management & Information Centre (KDMIC), obese people are more prone to Type-2 diabetes because of the excess fat which forces the body cells to resist its effects.

The Nairobi Hospital. Type-2 diabetes is prevalent in people with busier lifestyles

including diabetes, that disproportionately impact the health of minority populations. The Office of Minority Health Research Coordination funds training for researchers from traditionally underserved communities, including African-American communities, and places greater emphasis on research into areas of health disparity.

By Andrew Reinhart MS

Mr Reinhart trained in chemistry and biochemistry at Univ North Carolina (Chapel Hill), Washington Univ (St Louis), and Univ Missouri-Columbia. He has worked for over 5 years in preclinical and nonclinical research. He is an expert in regulatory documentation, particularly FDA nonclinical and preclinical documentation. His resume is on <http://mjota.org>, and on LinkedIn. He is the MJoTA Nonclinical Managing Editor. E-mail: reinhart.andrew@gmail.com.