



## *Spreading the Good News about Diabetes Prevention and Hispanic Americans*



### **Diabetes is a growing epidemic for Hispanic Americans:**

- Of the 30 million Hispanic/Latinos living in the United States, about 2 million have been diagnosed with diabetes.
- Over 8 percent of all Hispanic Americans have diabetes.
- On average, Hispanic Americans are 1.5 times more likely to have diabetes than non-Hispanic whites of similar age.
- Nearly half of Hispanic children born in the year 2000 are likely to develop diabetes within their lives.

### **But the GOOD NEWS is the Diabetes can be Prevented:**

- The Diabetes Prevention Program (DPP), a landmark trial sponsored by the National Institutes of Health, proved that type 2 diabetes can be delayed or prevented in people with pre-diabetes. Pre-diabetes is a condition where blood sugar levels are higher than normal, but not yet high enough for a diagnosis of diabetes.
- Risk factors for pre-diabetes include: being overweight, having a family history of diabetes, high blood pressure and cholesterol, and being part of a racial minority group, including Hispanic.
- Over 500 Hispanics participated in the DPP. More than 15 percent of all DPP participants were Hispanic/Latino.
- Two out of every three Hispanics in the DPP were able to delay or prevent the onset of diabetes.
- To prevent diabetes, DPP participants:
  - Were physically active for 30 minutes a day, 5 days a week. Most participants chose brisk walking.
  - Made healthier food choices and limited the amount of fat in their diet.
  - Lost 5 to 7 percent of their body weight. That's 10-15 pounds in a person that weighs 200 pounds.

### **To help Hispanic and Latino Americans prevent diabetes, the National Diabetes Education Program:**

- Launched the "Prevenamos la diabetes tipo 2. Paso a Paso" (Let's prevent type 2 diabetes. Step by Step") campaign to help spread the message of hope that diabetes can be prevented to the millions of at-risk Hispanics.
- Distributed Spanish-language radio and print public service announcements encouraging at-risk individuals to take steps towards preventing diabetes.
- Created free products to help Hispanics move more and eat better, including an original scored music CD, titled "Movimientos," and a recipe and meal planner.

The DPP proved that by making modest lifestyle changes, Hispanics can prevent diabetes, step by step. For more information about the NDEP's "Paso a Paso" campaign or to order any of the materials listed above, please call the NDEP at 1-800-438-5383.