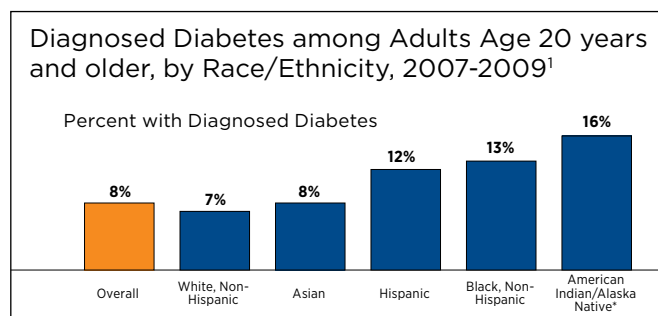


# Diabetes in Hispanic/Latino Communities Advocacy Fact Sheet



## Diabetes is an epidemic in the United States

Every 17 seconds someone is diagnosed with diabetes.<sup>1</sup> Nearly 26 million children and adults in the United States live with diabetes and an additional 79 million have prediabetes, placing them at an increased risk for developing type 2 diabetes and its complications.<sup>1</sup> Unless we take action, as many as one in three adult Americans will have diabetes by 2050.<sup>2</sup> The estimated total annual cost of diagnosed diabetes in the United States has risen 41% over the past 5 years, from \$174 billion in 2007 to \$245 billion in 2012.<sup>3</sup>



## Diabetes is an epidemic in Hispanic communities

11.8% of Hispanics have diagnosed diabetes, according to Centers for Disease Control (CDC) national survey data.<sup>1</sup> Hispanics are 66% more likely to have diagnosed diabetes compared to non-Hispanic Caucasians.<sup>1</sup> Latinas are 50% more likely than non-Hispanic Caucasian women to have gestational diabetes, which carries dangerous health consequences during and after pregnancy for both mother and baby, including increased risk of type 2 diabetes.<sup>4</sup>

## Diabetes complications hit Hispanic communities harder.

Diabetic retinopathy is 84% more prevalent in Hispanics than non-Hispanic whites.<sup>5</sup> Hispanics are 1.6 times more likely to have end stage renal disease due

to diabetes than Caucasians.<sup>6</sup>

## Advocacy Efforts: Support Health Reform Implementation

Effective implementation of the Affordable Care Act is essential to ensure people with and at risk for diabetes have access to affordable, quality health insurance. About 1 out of every 3 Hispanics in the United States lacks health insurance, so this community has much to gain from expanded coverage options. The American Diabetes Association's efforts include supporting the expanded insurance marketplaces, culturally and linguistically appropriate services, eliminating discrimination due to pre-existing conditions, and covering more people under Medicaid.

## Efforts to Eliminate Diabetes Disparities

In all of its advocacy efforts, the Association has a commitment to ending health disparities. In addition, the Association supports proposals specifically focused on reducing the disparate impact of diabetes on minority populations. Efforts such as these are needed to understand and address the factors leading to poorer diabetes outcomes in Hispanic communities.

## The Gestational Diabetes Act

The Hispanic population is disparately impacted by gestational diabetes (GDM), yet there is minimal public health research being conducted on GDM, and there is no coordinated effort to track women with GDM or those at risk of developing the disease. The Gestational Diabetes Act seeks to reduce the incidence of GDM and provides for the development of a multisite gestational diabetes research project within the diabetes program at the CDC to track mothers who have had gestational diabetes and support prevention programs to keep these women from developing type 2 diabetes later in life.

For more information, go to [www.diabetes.org/takeaction](http://www.diabetes.org/takeaction)

**Editor's note:** The terms "Hispanic" and "Latino" are used interchangeably to refer to people who were born in or descended from those born in Mexico, Puerto Rico, Cuba, Central or South America, or any other Caribbean island. In this article, the term "Hispanic" is used throughout.

<sup>1</sup> Centers for Disease Control and Prevention. *National diabetes fact sheet: national estimates and general information on diabetes and prediabetes in the United States, 2011*. Atlanta, GA: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, 2011.

<sup>2</sup> J. P. Boyle et al., "Projection of the year 2050 burden of diabetes in the US adult population: dynamic modeling of incidence, mortality, and prediabetes prevalence," *Population Health Metrics*, vol. 8, no. 1, p. 29, 2010.

<sup>3</sup> "The Economic Costs of Diabetes: Is It Time for a New Treatment Paradigm?" *Diabetes Care* April 2013 36:775-776

<sup>4</sup> Blatt, Amy J., Jon M. Nakamoto, and Harvey Kaufman. "Gaps in Diabetes Screening During Pregnancy and Postpartum." *Obstetrics & Gynecology*. 117.1 (2011): 61-68.

<sup>5</sup> Harris, MI, et al., "Is the risk of diabetic retinopathy greater in non-Hispanic blacks and Mexican Americans than in non-Hispanic whites with type 2 diabetes? A U.S. population study" *Diabetes Care*. 1998 Aug;21(8):1230-5.

<sup>6</sup> CDC 2012. National Diabetes Surveillance System. <http://www.cdc.gov/diabetes/statistics/esrd/fig5.htm>