



## Z- HOPE for Women

# Diabetes and African Americans

**Objective:** At the completion of this activity, participants will:

- have an increased awareness of the types and symptoms of Diabetes
- receive information on how to get assistance in their community

**Estimated time of Activity/Program:** should not exceed 90 minutes

**Audience:** Females age 18 years +

**Procedure:**

1. Contact your local Health Department or Health Care Provider to find out where you might secure a speaker.
2. Decide when you would like to offer the program (have at least 2 dates).
3. Set a goal for attendance: 20, 50 or more. **Be realistic! It's better to meet & exceed your goal, than to miss it because it was too high.**
4. Contact eligible speakers to secure availability (date and time).
5. Confirm the agreed upon date & time with the speaker & chapter. It is always good to send the speaker a letter to follow-up your verbal agreement. Find out if they will need any equipment to make the presentation. Ask for a **30-minute** presentation. It will usually end up being 45 minutes and if it is a good one, attendees will have questions and that will take 20 to 30 minutes. **STOP the program at 90 minutes.** If there are more questions, suggest they stay around to discuss them with your speaker, if their schedule will allow it.
6. Assign someone to contact the speaker on the day before the program to remind them of the program and provide directions if necessary.
7. Begin your public announcements about the program. Send to local newspapers, radio stations, television stations, churches, encourage chapter members to place them in the bathrooms @ work, other community women's groups, college women.
8. Find out if you need to secure handouts for participants. **There is a local American Diabetes Association office?**  
**Check the web --www.diabetes.org or www.preventdiabetes.com**
9. Have a committee member assigned to arrive at the site early to greet early arrivals.
10. Have copies of the evaluation form available for each attendee and provide pen or pencils just in case they did not bring one.
11. Assign a committee member to collect the evaluations as persons leave the program.
12. Assign a committee member(s) to summarize the evaluations within in 2 weeks after the program.
13. Make a report to the chapter at the next chapter meeting.
14. Mail the summary report to the designated Regional person.
15. **CELEBRATE your success!**

**Safety considerations:** Be sure persons attending understand that any sign in list are only for the purpose of documenting attendance and will not be provided to any outside persons.

**Materials Needed:** A qualified, knowledgeable speaker.

Equipment needed will vary depending on the speaker.

Brochures/handouts from local agencies.

Information about local agencies that might provide screenings and treatment

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# Diabetes and African Americans

### Overview

Diabetes is one of the most serious health risks facing African Americans. One in 9 has the disease, and African Americans are more likely to develop disabilities from diabetes than Caucasian Americans. Approximately 1 in 9 African Americans has diabetes (compared with 1 in 16 Caucasians). In addition 1 out of every 4 African American women age 55 years or older has diabetes. 1 out of every 4 African American adults between the ages of 65 and 74 has diabetes.

Diabetes means that your body doesn't automatically control your blood sugar. That's up to you. The goal is to keep your blood glucose levels as close to those of a person who doesn't have diabetes. Your local Health Care Provider will help you set blood glucose goals. Achieving these goals vastly lowers your risk of the terrible complications of untreated diabetes: damage to your eyes, kidneys, nerves, and heart.

Diabetics have a two to four times greater likelihood of having a heart attack or stroke than non-diabetics, but 68% of people with diabetes don't know they're at any increased risk, says a poll by a coalition of health agencies and medical groups. "When most people think about diabetes, they probably worry most about blindness, kidney failure or amputations," says Christopher Saudek of the American Diabetes Association, which commissioned the Roper Poll of 2,000 diabetics. But, he says, "the most life-threatening complications of diabetes actually are heart disease and stroke." Health and Human Services Secretary Tommy Thompson says risks can be reduced by modest weight loss and moderate exercise.

If you have any of the risk factors for diabetes (overweight, sedentary, family history), make sure you've had a recent test to measure your blood sugar. Healthy adults should get a test about every three years starting at about age 45 (younger if you're at risk).

One-third of Americans who have type 2 (adult-onset) diabetes don't know they have it. In part, this is because you can have type 2 diabetes for as long as 10 years before noticing symptoms. Once you have symptoms, though, a lot of damage (nerves, blood vessels, eyes) has already been done.

A fasting blood sugar between 110 mg/dl and 125 mg/dl could mean you're headed for diabetes within the next 10 years. Anything 126 mg/dl or higher means you have diabetes.

**Source: American Diabetes Association [www.diabetes.org](http://www.diabetes.org)  
[www.preventdiabetes.com](http://www.preventdiabetes.com)**