

Diabetes in African American

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Introduction

Diabetes can be expounded on as a devastating condition that is affected by interdependent genetic, social, economic, cultural and historical elements. In view of the United States, it can be explained that an approximated 26 million Americans have been diagnosed with diabetes while on the other hand, there is another 79 million Americans who are reported to be pre diabetes. In that view, it can thus be noted almost 33% of the Americans are affected by diabetes. On a different views, it can also be noted that apart diabetes directly affecting the individuals who have been diagnosed with the condition, it also has an impact on the US health care systems and at the same time also affects millions of other Americans who care for those who have been diagnosed with the condition (Edward et al. 2012). This specific paper focuses on the subject of diabetes with specific attention been placed on the diabetes among the African Americas.

Overview of Diabetes among the ethnic minorities in US

Racial and ethnic minorities that mainly comprises of American Indians, African Americans that are also referred to as Blacks, Alaska Natives, Latinos or Hispanics, Asian Americans, the Pacific Islanders among other are alleged to have a higher prevalence rate of diabetes and at the same time also experience a great burden of diabetes while contrasted with the Whites. Apart from that, some of the minorities have also been reported to experience severe cases of diabetes complications. Even though one might be of the perception that the unprecedented medical innovations together with the increased access to medical care might have helped address the huge different that has existed for long as far as the provision of health care between the ethnic

minorities and the Whites are concerned, it can be highlighted that numerous studies that have been carried out in the past have found that there still exists a wide gap as far as the rates of whites that have access to quality diabetes health care services are compared to the rates of other ethnic minorities that also have diabetes (Edward et al. 2012). From that perspective, it can thus be noted that the Whites who have been diagnosed with diabetes have a higher chance for living longer while compared to other ethnic minorities.

Statistics of African Americans with Diabetes

The following are some of the statistics regarding the African American with Diabetes:

- a) About five million African American who can be considered as adults, or about 20% of all the African Americans who are above the age of twenty years have either been diagnosed or undiagnosed with diabetes. On the other hand, the percentage of the non-Hispanic white Americans adults who have either been diagnosed or undiagnosed with diabetes is only anticipated to be 7% (National Diabetes Information Clearinghouse, 2011).
- b) As far as the risk of being diagnosed with diabetes is concerned, it can be noted that while the risk of the African American is contrasted with that of the non-Hispanic White Americans, the risk of African Americans is 77% higher than that of the non-Hispanic White Americans (Centers for Disease Control and Prevention, 2011).

- c) From a different perspective, it can be noted that from a study that was carried out in the year 2006, it was found that when it comes to the chances of been hospitalized, it was found that the African Americans who had already been diagnosed with diabetes were 1.5 times more likely to be admitted in hospital and 2.3 times more likely to end up dying from diabetes complications while compared to the non-Hispanic whites (U.S. Department of Health and Human Services Office of Minority Health, 2013).
- d) As far as the chances of been diagnosed with diabetes are concerned, the African American were found to have a very high chance of been diagnosed with diabetes while compared to the non-Hispanic whites (American Diabetes Association, 2014).

Treatment of Diabetes among the African Americans

As explained by Marshall (2004), type 2 diabetes is most prevalent type of diabetes among the African Americans. On the other hand, the cornerstone of management of type 2 diabetes entails lifestyle changes that includes was cautious with the diet consumed and been involved in physical exercises on regular basis (Marshall, 2004). As pointed out by American Diabetes Association (2015), various measures have been adopted in order to ensure that the African Americans who have been diagnosed with diabetes have a clear understanding that the condition is a lifestyle condition that those who have it can be able effectively manage it as long as they change their lifestyle and start living a healthy life.

As far as the specific costs that are incurred by the African Americans when it comes to the treatment of diabetes, it can be explained that it is hard to specify the exact amount of money that African Americans spends on treatment of diabetes.

Nevertheless, it can also be pointed out that as noted by American Diabetes Association (2015), at least 62.4% of all the costs pertaining to the treatment of diabetes are catered for by the government insurance. The remaining 34.4% is catered for by the private insurance while the other 3.2% of the costs are paid by the uninsured individuals. The total estimates costs of diagnosed diabetes in year 2012 were reported to be \$245 billion (American Diabetes Association, 2015).

Conclusions

In conclusions, it can be pointed that African Americans are the most affected race when it comes to diabetes prevalence rates. In addition to that, as has also been pointed out in the paper, the African Americans who have been diagnosed with diabetes have a less chance of living longer while compared to the non-Hispanic whites. Thus, it can be concluded that it is high time that the relevant authority together with other stakeholders put in place various measures in order to ensure that the issue is effectively addressed since as the research has found out, diabetes is not well managed among the African Americans.

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