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Diabetes Awareness Month

November, 2011

"Evidence to Action to Achieve Health Equity"

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Maya Angelou Center for Health Equity

Diabetes is a devastating disease that unfortunately disproportionately affects racial and ethnic minorities and persons of low socioeconomic status. The major focus of the Maya Angelou Center for health equity is addressing the disparities caused by diabetes and obesity in underserved populations. This special edition of the MACHE Health Equity Update is being sent to you in acknowledgement of November as National Diabetes Awareness Month and November 14th as World Diabetes Day. Thank you very much for your support.

National Diabetes Month

With nearly 26 million children and adults in American living with diabetes, and another 79 million at high risk for developing type 2 diabetes, the disease is taking a

Council for Inclusion and Diversity

Diversity and Development Initiatives

Roots of Health Inequity

Focus Forward Video about the Center

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devastating physical, emotional and financial toll on our country. Yet, most Americans don't consider diabetes a serious matter. They feel it is someone else's responsibility; someone else's problem. Recent numbers by the Centers for Disease Control and Prevention paint a desperate situation of where we are at, and where we are headed:

- Every 17 seconds, someone is diagnosed with diabetes.
- Diabetes kills more people each year than breast cancer and AIDS combined.
- Recent estimates project that as many as 1 in 3 American adults will have diabetes in 2050 unless we take steps to Stop Diabetes.

Now is the time to act. Become Involved in American Diabetes Month® 2011

November is American Diabetes Month, a time to rally individuals, communities and families to Join the MillionsSM in the movement to Stop Diabetes®. This year, the American Diabetes Association is asking individuals to take a pledge and raise their hand to Stop Diabetes.

click here for more information.

World Diabetes Day - November 14, 2011

World Diabetes Day (WDD) is celebrated every year on November 14. The World Diabetes Day campaign is led by the International Diabetes Federation (IDF) and its member associations. It engages millions of people worldwide in diabetes advocacy and awareness. World Diabetes Day was created in 1991 by the International Diabetes Federation and the World Health Organization in response to growing concerns about the escalating health threat that diabetes now poses. World Diabetes Day became an official United Nations Day in 2007 with the passage of United Nation Resolution 61/225. The campaign draws attention to issues of paramount importance to the diabetes world and keeps diabetes firmly in the public spotlight. This year sees the second of a five-year campaign that will address the growing need for diabetes education and prevention programMes.

World Diabetes Day is a campaign that features a new theme chosen by the International Diabetes Federation each year to address issues facing the global diabetes community. While the themed campaigns last the whole year, the day itself is celebrated on November 14, to mark the birthday of Frederick Banting who, along with Charles Best, first conceived the idea which led to the discovery of insulin in 1922. (read more).

Characteristics Associated With Glycemic Control Among Family Medicine Patients With Type 2 Diabetes

Julienne K. Kirk, Stephen W. Davis, Carol A. Hildebrandt, Elizabeth N. Strachan, Madhavi L. Peechara, Richard Lord

Background

As new payment models are developed for chronic diseases such as diabetes, there is a need to understand which patient characteristics impact glycemic control. This study examines the relationship between patient variables and glycemic control, defined as a hemoglobin A1C (A1C) level of <7%, in a cohort of family medicine patients with type 2 diabetes.

Methods

A total of 1,398 medical charts were selected using International Classification of Diseases, Ninth Revision, Clinical Modification codes for diabetes. To gather information not available through chart review, a survey was used to collect data on individual-level characteristics. Information included marital status, education level, income level, insurance status, activity level, receipt of diabetes education, living arrangement, employment status, and annual income. A cross-sectional design was used to obtain, via chart review, data about diabetes outcomes (ie, A1C level, blood pressure, and low-density lipoprotein cholesterol [LDL-C] level).

Results

A mailed survey was completed by 669 patients (response rate, 47.9%). Almost half of patients in this sample achieved the goal A1C level, LDL-C level (ie, <100 mg/dL), and/or blood pressure (ie, <130/<80 mm Hg). Medicare insurance (odds ratio [OR], 2.16 [95% confidence interval {CI}, 1.18-3.96]) and female sex (OR, 1.61 [95% CI, 1.01-2.56]) were associated with glycemic control. Other variables, such as annual income, education level, and receipt of diabetes education, that were expected to impact glycemic control were not significantly associated with an A1C level of <7%.

Limitations

The survey response rate was less than 50%, the study was conducted at a single site, and the chart data were retrospective.

Conclusions

Our findings indicate that Medicare insurance and female sex were associated with glycemic control. Further evaluation is needed to identify determinants that lead to achievement of optimal glycemic control among individuals with type 2 diabetes.

Dr. Kirk is an affiliate of the Maya Angelou Center for Health Equity.

Read entire article here.

Maya Angelou Center for Health Equity Affiliates to be Featured in Special Diabetes Issue of the North Carolina Medical Journal

Dr. Ronny A. Bell

Dr. Ramon Velez

Dr. David L. Mount

Drs. Ronny Bell, Ramon Velez and David Mount are lead authors in articles that will be published in the November issue of the North Carolina Medical Journal.

Dr. Bell's article will focus on the burden of diabetes in American Indian communities in North Carolina; Dr. Velez's article will focus on diabetes retinopathy, and Dr. Mount's will focus on diabetes and alzheimer's disease.

The special issue will be published on November 14, 2011 and can be found at www.ncmedicaljournal.com.

Being Vegetarian Can Save African-Americans From Diabetes

By Lord Jorrel Polintan | November 6, 2011 7:10 PM EST

Medically speaking, African-Americans are more prone to being affected by diabetes. According to the American Diabetes Association, 3.7 million, or 14.7% of all African Americans aged 20 years or older have diabetes, while the Centers for Disease Control and Prevention estimates that as many as 1 in 3 U.S. adults could have diabetes by 2050 unless things change.

That is why researchers at the Loma Linda University embarked on a study to find out how some lifestyle changes can affect the risk of African-Americans having diabetes.

In the study, led by Serena Tonstad, following a vegetarian diet and exercising at least three times a week could significantly reduce the risk of diabetes.

Based on Tonstad's findings, vegan African-Americans had a 70% reduced risk of diabetes, while lacto-ovo African-American vegetarians, or those who consume dairy but not meet, had a 53% less risk of diabetes.

In addition, African-Americans participants who exercised three or more times a week had a 35% less chance of diabetes.

But of course, not everyone can change their life drastically in an instant. The National Diabetes Education Program knew this and suggested some small steps that African-Americans can take to reduce the risk of diabetes. (more)

Chronic Health Problems Plague Immigrants

Decades After Move

By Dalina Castellanos, Los Angeles Times / For the Booster Shots blog
October 31, 2011, 4:39 p.m.

Is migrating to the United States hazardous to your health?

If you're Latino and have lived in the states more than 20 years, you might want to listen up: Researchers at the University of North Carolina at Chapel Hill have found that the longer immigrants have lived in the U.S., the worse their health gets.

Latinos who migrated to the U.S. more than 20 years ago were twice as likely to be obese as those who had lived here for less than 10 years, lead researcher Leslie Cofie and colleagues reported Monday at the American Public Health Association's annual meeting and expo in Washington.

Latino immigrants also had a 68% higher chance of developing hypertension and were more than twice as likely to have diabetes as counterparts who'd lived in the U.S. for less than 10 years.

"It says a lot about living in the U.S.," Cofie said in a telephone interview after his presentation. "It says a lot about lifestyles and adaptation of U.S. culture" -- behavior changes involving diet, exercise, types of jobs, more.

Though minority immigrants may arrive with the thought that they will have health advantages after they move to the U.S., his research, instead, shows there may be a steady decline of those advantages over the years. (more)

Living with Diabetes

Skin Complications - General Skin Conditions

Diabetes can affect every part of the body, including the skin. As many as 33 percent of people with diabetes will have a skin disorder caused or affected by diabetes at some time in their lives. In fact, such problems are sometimes the first sign that a person has diabetes. Luckily, most skin conditions can be prevented or easily treated if caught early. Some of these problems are skin conditions anyone can have, but people with diabetes get more easily. These include bacterial infections, fungal infections, and itching. Other skin problems happen mostly or only to people with diabetes. These include diabetic dermopathy, necrobiosis lipoidica diabeticorum, diabetic blisters, and eruptive xanthomatosis.

Bacterial Infections
Fungal Infections
Itching
Xanthomatosis
Diabetic Dermopathy
Necrobiosis Lipoidica Diabeticorum
Granuloma Annulare
Atherosclerosis

Allergic Reactions
Diabetic Blisters
Eruptive

Digital Sclerosis
Disseminated

Acanthosis nigricans

Read about all these complications here.

One in 10 Adults to Have Diabetes by 2030 as Cases Surge 90%

By Simeon Bennett - Nov 14, 2011 12:17 PM ET

Diabetes will strike one in 10 adults by 2030, hampering economic growth in the world's fastest-growing economies as it kills people in their most productive years, according to a report.

About 552 million people may have diabetes by 2030, compared with about 366 million now, if nothing is done to curb the epidemic, the International Diabetes Federation said in a report today. As many as 183 million people have the disease and don't know it, the Brussels-based federation said.

High-calorie diets and sedentary lifestyles are fanning the spread of type 2 diabetes in nations such as China, which with 90 million diabetics has more people with the condition than any other. People between 40 and 59 have the greatest proportion of cases, according to the report.

*"In every country and in every community worldwide, we are losing the battle against this cruel and deadly disease," Jean Claude Mbanya, the federation's president, said in a statement. The group represents more than 200 national diabetes associations around the world. (read article **here**).*

We hope you have have enjoyed this special issue of the Health Equity Updates. Please e-mail with any comments or suggestions.

Sincerely,

Dr. Ronny Bell
Co-Director

Dr. Bettina Beech
Co-Director

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