Incidence of Type 2 Diabetes in Hispanics as Compared to the General Population in Massachusetts

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TYPE 2 DIABETES MELLITUS

Definition:

- A metabolic disease in which the body’s inability to properly use insulin causes elevated levels of glucose in the blood

- Contrary to type 1 diabetes mellitus where the body is unable to produce insulin
WHAT IS A HEALTH DISPARITY?

The NIH defines a health disparity as:

“The differences in the incidence, prevalence, mortality, and burden of disease and other adverse health conditions that exist among specific population groups compared to a larger group.”

Health disparities limit continued improvement in overall quality of care and population health and result in unnecessary costs.
Hispanic Population in Massachusetts

The Massachusetts population is 8% Hispanic

CDC National Center for Health, 2013
Hispanic vs. General Population

- 1.6 times more likely to have diabetes than Non-Hispanic Whites
- 1.5 times more likely to die from diabetes compared to Non-Hispanic Whites

Source data: Massachusetts BRFSS
Leading Causes

*Diabetes is the 4th leading cause of death in Hispanics*

- Genetics
- Inequalities in Income and Education
- Lifestyle Patterns
- Access and Quality of Healthcare
Genetics

Strong link to family history and lineage

• Mutations of one gene increase the risks for developing Type 2 diabetes

• SLC16A11 variation accounts for about 20 percent of Hispanics' increased risk of Type 2 diabetes
Lifestyle Patterns

2011 BRFSS

Routine Doctor Visits
- Hispanic adults less likely to have visited doctor in the last year (78.6% versus 85.7%) than Non-Hispanic White adults
- Less likely to have early detection

Diet and Nutrition
- Higher prevalence of poor diet

Obesity and Overweight
- Hispanic adults are 50% more likely to be obese than Non-Hispanic Whites.

Family History

2010 MA Department of Public Health
49% of Hispanic students spend three or more hours watching TV daily compared to 46% of Black students and 27% of Non-Hispanic White students

2007 MA Youth Risk Behavior Survey
Inequalities in Income and Education

- 43% of Hispanics in Massachusetts do not complete high school compared to 13% of Non-Hispanic Whites
- 44% Hispanics reported receiving diabetes education compared to 59% of Whites
- Individuals with less income and less education have higher rates of diabetes

Access and Quality of Healthcare

**2011 MA FRBSS**

- Uninsured Hispanic adults dropped from 19% to 11% following health care reform
  - Three times as many uninsured Hispanic adult residents compared to Non-Hispanic Whites.
- 20% of Hispanic adults without a personal health care provider
- **2010 MA Department of Public Health**

![Graph showing access and quality of healthcare](image-url)

**Adults Without Personal Health Care Provider**

Source: MDPH BRFSS 2001-2008
Current News: Project REACH

Racial and Ethnic Approaches to Community Health

Project is based in the Greater Lawrence Family Health Center

Goals:
Work to raise awareness of diabetes and its complications in the Hispanic population of Massachusetts.
The Lawrence Latino Diabetes Prevention Project (LLDPP)

Collaboration with UMass Lowell and UMass Medical School

Goals:

Inexpensive, culturally sensitive intervention program to improve the incidence of diabetes in the Latino population of Lawrence.
The Lawrence Latino Diabetes Prevention Project (LLDPP)

Diabetes Care for Latino Residents Treated at the Greater Lawrence Family Health Center

Source: REACH Latino Health Project
Narrowing The Gap

Culturally tailored interventions

- Preventative Care
  - Recognizing the symptoms

- Self-Management
  - Less-costly alternative

- Nutrition Education
  - Better dietary choices

- Active Living
  - Increased insulin sensitivity
  - Decrease total calories to lose weight
Conclusion

- Incidence of Type 2 Diabetes is higher in Hispanics than in the general population
- Socioeconomic factors contribute to disparity
- Awareness campaigns such as Project REACH help raise awareness and lower the prevalence of diabetes within high risk communities

“together we can put an end to diabetes”
Questions?
References


