

Take Heart



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This brochure was funded through a grant from
Centers for Disease Control & Prevention
#1U58DP001978-01

DPC-PAM-9 4/10 (99260)
(Previous version DPC-PAM-10 1/09 should not be used)

Live a Healthy Latino Life

Diabetes

Latino Americans have a greater risk than any other ethnic group for developing diabetes. Latino Americans are almost twice as likely as whites to have diabetes. About 1 in 10 or 10.4 percent of Latinos age 20 or older have diagnosed diabetes.

Diabetes tends to strike Latinos at a younger age than the non-Hispanic white population. Among adults, 3.2 percent of Hispanics had diagnosed diabetes compared with 1.3 percent non-Hispanic whites.

Diabetes is even more common in older Latinos. About 1 in 4 Latinos over age 50 have diabetes.

Most people with diabetes have type 2 which is associated with having a family history of diabetes, older age, obesity and race/ethnicity. Latino Americans are at a particularly high risk for developing type 2 diabetes.

Diabetes is the leading cause of heart disease, stroke, kidney disease, blindness and amputations.

Diabetes affects Latinos differently. Diabetes causes kidney failure more often in Latinos than whites.

Heart disease and stroke are the leading cause of death among persons with diabetes. The risk for death from heart disease is two to four times greater for a person with diabetes than for a person without.

Honor the Latino Life:

- ❖ Increase your physical activity.
- ❖ Stay at a healthy weight, or lose weight if you are overweight.
- ❖ Use less salt and fewer processed or convenience foods.
- ❖ Reduce stress.
- ❖ Quit smoking.
- ❖ If you have high blood pressure, take your medication.
- ❖ Use less or stop drinking alcohol.
- ❖ Know your blood pressure number. Your blood pressure should be under 130/80.
- ❖ Have your blood pressure checked at every doctor visit.
- ❖ Talk with your doctor and ask questions about how best to lower blood pressure. Diabetes and high blood pressure cause about 3 out of 4 cases of kidney failure.



Blood Pressure:

Anyone can develop high blood pressure, also called hypertension.

Blood pressure is the force of the blood leaving the heart. There are actually two pressures in the blood vessels. The higher blood pressure number is when the heart is contracting, the low blood pressure number is when the heart has relaxed. Too much force or high blood pressure on the blood vessels can damage them. Those mostly affected are blood vessels in the eyes, kidneys, heart, and brain, which can lead to heart disease, as well as kidney disease.

Among Latinos, almost 1 in four adults have high blood pressure. High blood pressure is the #2 cause of kidney failure.

The good news is that high blood pressure can be controlled - and better yet, it can be prevented.

Honor the Latino Life –

To prevent diabetes:

- ❖ Be physically active or be more active.
- ❖ Stay at a healthy weight, or if you are overweight lose weight.
- ❖ Make healthier food choices and limit the amount of calories and fat in your diet.
- ❖ If there is diabetes in your family, have your blood sugar checked yearly.

If you have diabetes:

- ❖ Be physically active or be more active.
- ❖ Take your medication.
- ❖ Plan your meals, make healthier food choices and limit the amount of calories and fat in your diet.
- ❖ Stay at a healthy weight, or if you are overweight, lose weight.
- ❖ Check your blood glucose often and keep your blood glucose as close to normal as possible.
- ❖ Do not smoke.
- ❖ Get your blood pressure checked. If you have high blood pressure, take your medication.
- ❖ Get tested for kidney disease every year.



Physical Inactivity –

In the past, Latino Americans were very active. They ran, walked, hunted, danced.

Lack of physical activity can contribute to high cholesterol, weight gain and your risk for developing heart disease and diabetes.

Obesity rates in the United States have more than doubled in the past three decades. Diabetes rates have more than doubled for Latinos that are obese. Studies show that among Latinos 64.7 percent of men and 56.8 percent of women are overweight or obese.

If you have too much fat, especially in your waist area, you are at a high risk for heart disease and stroke.

Combined with healthy eating, regular physical activity can keep your weight under control, improve blood cholesterol levels and prevent and manage high blood pressure.

Honor the Latino Life:

- ❖ Be more physically active.
- ❖ Eat lean meats such as game or fish.
- ❖ Eat food high in fiber, more whole grains.
- ❖ Eat less of foods high in fat and cholesterol such as fried foods, butter or creamy foods.
- ❖ Eat 5 or more servings of fruits and vegetables every day.
- ❖ Stay at a healthy weight or lose weight if you are overweight.
- ❖ Read food labels.
- ❖ Have your cholesterol number checked.
- ❖ If you have a cholesterol number above 200 you are at risk for heart disease.
- ❖ Choose 1 percent or skim milk and low-fat dairy products.

Cholesterol:

With high cholesterol, fat can build up inside blood vessels. The higher the cholesterol is in the blood, the more it builds up in the blood vessels. This makes the openings in the blood vessels get smaller. If the openings get too small, not enough blood gets through. The blood vessels can become so narrow that they cut off blood flow and increase your risk of heart attack and stroke.

In adults, total cholesterol levels of 200 mg/dL or higher are considered at risk.

Among Americans age 20 - 74, 53 percent of the men and 48 percent of the women have total blood cholesterol levels of 200 or higher. 18 percent of the women and 17 percent of the men have levels of 240 or higher.

High-density lipoprotein (HDL) "good cholesterol levels of less than 40 mg/dL for men and less than 50 mg/dL for women are associated with a higher risk of coronary heart disease. Among Latinos age 20 and older, 40 percent of the men and 18 percent of the women have an HDL cholesterol level less than 40.



Honor the Latino Life:

- ❖ Run, walk, dance.
- ❖ Be physically active at least five times a week for about 30 minutes a day to improve health.
- ❖ Get moving – take the stairs, walk at lunch, watch less TV.
- ❖ Even doing gardening or housework can improve your health.
- ❖ Find ways to be physically active with your family - take a hike, go to the zoo, or play soccer or softball together.
- ❖ Physical activity helps prevent many of the risk factors for heart disease.



Tobacco:

Studies show that among Latinos age 18 and older, an estimated 24.1 percent of men and 12.3 percent of women smoke.

Tobacco is the only consumer product that, when used as directed, could cause death.

Lung cancer is the leading cause of cancer death in the United States. Compared with nonsmokers, smoking increases the risk of men developing lung cancer by 23 times and women developing lung cancer by 12 - 13 times.

Tobacco use also causes bladder and kidney cancer and increased risk for cancers of the mouth, lips, cheeks and tonsils.

Smoking doubles your risk of heart attack and stroke, and increases your risk of sudden cardiac death two - four times.

Smokeless tobacco products are not a safer alternative to smoking. Using smokeless tobacco can lead to nicotine addiction and dependence. Use of tobacco in any form harms health.



Honor the Latino Life:

Do not start smoking.

If you have started smoking, then make the decision to quit:

- ❖ List your reasons for quitting, and place the list where you can see it often.
- ❖ Set your quit date.
- ❖ Get prepared. Think of habits or routines to change. Throw away tobacco-use material. For your weaker moments, buy raw vegetable or other healthy snacks.
- ❖ Get help. Your doctor can provide helpful ways to quit. Choose a method that you think will work best for you.
- ❖ Make a plan. Think about how you will handle weaker moments.
- ❖ Plan for uneasy times. Plan for how you will handle others smoking around you.
- ❖ Get support. Ask for support from your partner, family and friends.
- ❖ Reward your self. Decide how you will spend all the money you save once you quit.

Nebraska Tobacco Quitline

TOLL-FREE

1-800-QUIT-NOW
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