



## April – Minority Health Month

### A Healthy Community Starts with You!

**What Does Community Mean to You?** To many, it looks like family, friends, and neighbors working together to support each other and achieve great things – like better health! Certain communities are uniquely at risk for health issues, such as prediabetes, a condition that comes before type 2 diabetes and means a person’s blood sugar levels are higher than normal but not high enough yet to be diagnosed as diabetes. For example:

- 39.2% of African Americans have prediabetes, and only 21% are aware that they do.
- 34.5% Hispanics and Latinos have prediabetes, and only 20.9% are aware that they do.
- American Indians and Alaska Natives are twice as likely to be diagnosed with type 2 diabetes when compared to the rest of the population.
- Asian American are 10% more likely to be diagnosed with type 2 diabetes when compared to the rest of the population. What’s more, they are at risk for diabetes at a lower body mass index – a ratio of height to weight – than other Americans.

**April is Minority Health Month in the U.S.**, a time for teaming up as a community to strive for better health. Getting healthy on your own isn’t easy, but healthy changes are much more enjoyable together. Plus, others can help keep you on track and celebrate your successes. Families, friends, and neighbors who work together have a better chance of beating the odds of progressing to type 2 diabetes.

**A Healthy Community Starts with You!** Talk with people around you about what you can do to prevent prediabetes. One thing you can do together is learn whether you might have prediabetes. You can quickly and easily find out if you might have it by taking the prediabetes risk test at [Take The Prediabetes Risk Test | DoIHavePrediabetes.org](https://www.dohaveprediabetes.org). An estimated more than 1 in 3 Americans has prediabetes, so after you’ve taken the test, share it with your friends and neighbors so they can take it too. Prediabetes is often reversible with healthy lifestyle changes. Together, you and your friends and neighbors can find a CDC-recognized lifestyle change program that can help you work on incorporating healthy habits. This might mean grocery shopping and cooking healthy meals together or going on a group walk around the block.

**Making Long-Term Healthy Lifestyle Changes is Possible**, especially if you attend a program like Monitor My Health, Lifestyle Change Program, part of the CDC’s National Diabetes Prevention Program. At Monitor My Health Lifestyle Change Program, participants learn ways to eat better and increase physical activity while connecting with others who share the same goals for improving their health.

**“It has helped me a lot in learning how to change my lifestyle, and my eating habits, and activity habits.”** *Kathy M., Program Participant; Lost 15 Pounds Half-Way Through the Program*

Monitor My Health Lifestyle Change Program is offered in-person and virtually (on-line) at various times throughout the year. To [register](#) for an upcoming class, click [here](#)

Joining a lifestyle change program like Monitor My Health Lifestyle Change Program is something you, your family, friends, and neighbors can do together to improve your health.

Learn more at [www.monitormyhealth.org](http://www.monitormyhealth.org) and/or [cdc.gov/diabetes/prevention](http://cdc.gov/diabetes/prevention). Remember, a healthy community starts with you!

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**DIABETES AND  
CARDIOVASCULAR  
DISEASE PREVENTION**



Centers for Disease Control and Prevention  
National Center for Chronic Disease Prevention and Health Promotion  
Division of Diabetes Translation

