

## Welcome From

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We are pleased to bring you the latest issue of NJN's e-newsletter regarding healthcare issues of significance to New Jersey's Hispanic communities. Previous issues focused on Cardiovascular Health and the importance of Staying Fit through nutrition and exercise. In this issue, we will look at Diabetes – what it is, who is at risk, how it can be prevented and what you need to know if you have been diagnosed with Type 1, Type 2, Gestational or Pre-Diabetes.

According to the American Diabetes Association, [www.diabetes.org](http://www.diabetes.org), there are 18.2 million people in the United States, or 6.3% of the population, who have diabetes. While an estimated 13 million have been diagnosed with diabetes, unfortunately, 5.2 million people (or nearly one-third) are unaware that they have the disease. Type 2 diabetes is the most common form of diabetes and is more common in African Americans, Latinos, Native Americans, and Asian Americans/Pacific Islanders, as well as the aged population.

NJN's *Images/Imágenes* covered the topic of Diabetes, providing information about the contributing factors that lead to Diabetes and how to survive the disease with a change in life style. We are pleased to make available this program - and others - through the NJN Online Store [<http://www.njnsecure.com/njnvideo/imagesimagenes.html>].

Please share this e-newsletter with family, friends and colleagues, and let them know they can sign up at [saludnj@njn.org](mailto:saludnj@njn.org) to receive the next issue. Please let us know what you think—send your comments and suggestions to [saludnj@njn.org](mailto:saludnj@njn.org). Here's to your health, New Jersey! 🍷

(Information adapted from the American Family website)

**Q:** When is *World Diabetes Day*, and why is this date of historical importance?

[see below for answer](#)

## DEALING WITH DIABETES

Adapted From the American Family Website  
Learn about the disease and how to manage it.

### What is Diabetes?

Diabetes means that your blood glucose (often called blood sugar) is too high. Your blood always has some glucose in it because your body needs glucose for energy to keep you going.

But too much glucose in the blood isn't good for your health.

### How Do You Get High Blood Glucose?

Glucose comes from the food you eat and is also made in your liver and muscles. Your blood carries the glucose to all the cells in your body. Insulin is a chemical (a hormone) made

by the pancreas. The pancreas releases insulin into the blood. Insulin helps the glucose from food get into your cells. If your body doesn't make enough insulin or if the insulin doesn't work the way it should, glucose can't get into your cells. It stays in your blood instead. Your blood glucose level then gets too high, causing pre-diabetes or diabetes.

### There are three types of diabetes:

Type 1 Diabetes, formerly called juvenile diabetes or insulin-dependent diabetes, is usually first diagnosed in children, teenagers, or young adults. In this form of diabetes, the beta cells of the pancreas no longer make insulin because the body's immune system has attacked and destroyed them. Treatment for type 1 diabetes includes taking insulin shots or using an insulin pump, making wise food choices, exercising regularly, taking aspirin daily (for some), and controlling blood pressure and cholesterol.

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Type 2 diabetes, formerly called adult-onset diabetes or noninsulin-dependent diabetes, is the most common form of diabetes. People can develop type 2 diabetes at any age—even during childhood. This form of diabetes usually begins with insulin resistance, a condition in which fat, muscle, and liver cells do not use insulin properly. At first, the pancreas keeps up with the added demand by producing more insulin. In time, however, it loses the ability to secrete enough insulin in response to meals. Being overweight and inactive increases the chances of developing type 2 diabetes. Treatment includes using diabetes medicines, making wise food choices, exercising regularly, taking aspirin daily, and controlling blood pressure and cholesterol.

Gestational Diabetes is a temporary form of diabetes that between two to five percent of pregnant women develop. This occurs among Hispanic women almost twice as often than among non-Hispanic women. Women who have had gestational diabetes are at risk for the development of Type 2 diabetes later in life. 🇺🇸

[click to read more](#)

**A:** November 14 was designated World Diabetes Day because it's the birthday of Frederick Banting who, along with Charles Best, first conceived the idea that led to the discovery of insulin in October 1921.

*Adapted from the [International Diabetes Federation](#) and the [CDC websites](#)*

## *RESOURCES & LINKS*

### [American Diabetes Association](#)

[Frequently Asked Questions and Resources](#)

[Diabetes Public Health Resource—Diabetes & Me](#)

[Comprehensive information in Spanish](#)

[Cookbook](#)

### [National Center for Disease Control](#)

Hispanic/Latino Americans: 2.0 million; 8.2% of all Hispanic/Latino Americans aged twenty years or older have diabetes. On average, Hispanic/Latino Americans are 1.5 times more likely to have diabetes than non-Hispanic whites of similar age. Mexican Americans, the largest Hispanic/Latino subgroup, are over twice as likely to have diabetes as non-Hispanic whites of similar age. Similarly, residents of Puerto Rico are 1.8 times more likely to have diagnosed diabetes than U.S. non-Hispanic whites. Sufficient data are not available to derive more specific current estimates for other Hispanic/Latino groups.

### [Movimiento Por Su Vida](#)

### [National Diabetes Information Clearinghouse](#)

Diabetes in Hispanic Americans is a serious health challenge because of the increased prevalence of diabetes in this population, the greater number of risk factors for diabetes in Hispanics, the greater incidence of several diabetes complications, and the growing number of people of Hispanic ethnicity in the United States.

### [Points to Remember](#)

In 2000, about 2 million Hispanic Americans were known to have diabetes.

10.2 percent of all Hispanic Americans have diabetes.

Being overweight or physically inactive is a major risk factor for developing diabetes. Hispanic Americans have high rates of both of these risk factors.

Healthy lifestyles, such as eating healthy foods and getting regular exercise, are particularly important

for people who are at increased risk of diabetes. Some diabetes may be prevented with weight control and regular physical activity.

Hispanic Americans with diabetes have a higher incidence of diabetes complications such as eye and kidney disease than non-Hispanic whites. However, they may have lower rates of heart disease.

If Hispanic Americans can prevent or control their diabetes, their risk of complications will decrease.

### [Information in Spanish](#)

### [National Diabetes Education Program](#)

Hispanic and Latino Americans with diabetes have a higher risk of having a heart attack or a stroke, but they can lower that risk. The NDEP's "Si Tiene Diabetes, Cuide su Corazón" (If You Have Diabetes, Take Care of Your Heart) campaign encourages Hispanic and Latino Americans with diabetes, and their families, to control not only their blood sugar but also their blood pressure and cholesterol to help prevent heart disease and stroke.

### [National Alliance for Hispanic Health](#)

Hispanics are more likely than the general population to get diabetes. It is estimated that 5% of Hispanics between the ages of 20 and 44 have diabetes, and that about 20% of Hispanics between the ages of 45 and 74 have diabetes. Diabetes is serious, but it is a highly manageable chronic condition. However, half of all Hispanics with diabetes have not been diagnosed. When diabetes is undiagnosed or untreated, many long-term complications follow. These include cardiovascular disease, stroke, hypertension, blindness, kidney disorders, loss of sensation in the feet and legs, and amputations.

### [Healthfinder](#)

A Service of the National Health Information Center, U.S. Department of Health and Senior Services

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## RESOURCES & LINKS *continued*

### Diabetes Risk Test

New Jersey Department of Health and Senior Services: Office of Minority and Multicultural Health

A new Cardiovascular and Diabetes Resources section has been added to the site:

### Hispanic online.com

As the seventh leading cause of death for Hispanics, diabetes is a perpetual concern in the Latino community.

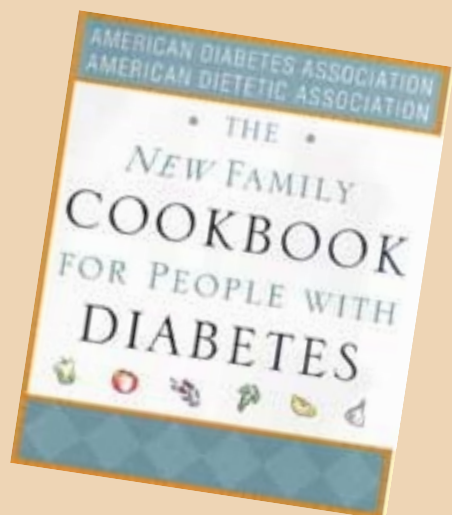
[Diabetes: Can Diet Make A Difference?](#)

[Staying Fit: Key for Diabetics](#)

### Cookbook and Recipes

## FEATURED RECIPE

Lime-Grilled Fish with Fresh Salsa...a taste straight from sunny Mexico, and perfect for a backyard summer barbeque. 🍴



## IMAGES/IMAGENES

Airs each Thursday at 6:30 PM; rebroadcast Sundays at 8 AM

### WHAT'S A FATHER?

Thursday, June 9

This program highlights the stories of dedicated fathers who have gone out of their way to help their families. It provides an inspirational look at the role of the father in our society.

### PUERTO RICO

Thursday, June 16

In November 2003, Puerto Rico celebrated its 510th anniversary. This documentary takes a look at the history of this tropical island paradise.

### MEXICAN ART, MUSIC, and DANCE IN NEW JERSEY

Thursday, June 23

Uncover the beautiful work of masters in glass art, learn about the history and traditions of the "Day of the Dead," and travel the Garden State to celebrate Mexican culture with Mariachi bands and colorful dancers who call New Jersey their home.

### JAYRO ROSADO: RISING INTERNATIONAL STAR

Thursday, June 30

Jayro Rosado began his career at the NJN Hispanic Youth Showcase by winning the teen vocal category in the year 2000. In 2002, he became the first and only contestant to win both the New Jersey and New York Apollo competitions. In 2004, Rosado participated in our first *Images/Imagenes Road to Stardom* talent competition drawing votes and acclaim from all over the United States and the Caribbean. In 2005, Fosado reached international fame as one of the most popular finalists in "Objetivo Fama," a Spanish version of "American Idol."



Watch for upcoming issues of NJN's e-newsletter regarding Hispanic Healthcare Issues: July 2005 "Aging Gracefully"

Special thanks to our community partners, [The Center for Latino Arts and Culture at Rutgers University](#) and [The Statewide Hispanic Chamber of Commerce of New Jersey](#).

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