

**THERE'S  
SOMETHING  
SPECIAL  
ABOUT THE  
HEALTH OF**

the  
**AFRICAN  
AMERICAN  
COMMUNITY**

## “Sugar” . . . a bitter pill for African Americans

“Sugar,” or diabetes, is a disease that prevents your body from using blood sugar (glucose) as energy. The amount of glucose in your body is controlled by a hormone called insulin. With diabetes, your body either cannot use the insulin it produces or simply does not produce enough. As a result, too much glucose, or sugar, builds up in your blood – sugar that can cause life-threatening complications and even death. Sadly, this condition is taking a devastating toll on the African American community.

### The truth about “sugar” isn’t so sweet:

- Diabetes affects nearly 3.7 million African Americans and is the fifth leading cause of death.
- African Americans are almost twice as likely to have diabetes as non-Hispanic whites.
- Twenty-five percent of African Americans between ages 65 and 74 have diabetes.
- One in four African American women over 55 has diabetes.
- Diabetes is the leading cause of blindness, amputation, and heart and kidney failure among African Americans.

**The good news is you can take steps today to significantly reduce your chances of developing diabetes. Control your weight, eat healthily, and start and exercise plan with the help of your doctor. You can also call 1-800-ASK-BLUE (1-800-275-2583) to speak to a Health Coach about diabetes. Health Coaches are available 24 hours a day, 7 days a week. It’s just one more way we’re here for you every step of the way.**



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