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Diabetes Health Education for South Jersey Communities

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Background

-Diabetes is a chronic health condition in which the the human body's function of using glucose and insulin to drive its metabolic processes is hindered.

-Over 10% of global adult population has diabetes. In the US, this percentage climbs to over 11% which accounts for over 37 million people.

-Cost of treatment and misconceptions of the likelihood of having or developing diabetes makes the disease a great enemy to public health. **It is the eighth leading cause of death in the US and NJ.**

Objective

Diabetes management is centered around achieving glycemic control, preventing complications, promoting a healthy lifestyle, and enhancing the overall quality of life for individuals with diabetes. These objectives require a collaborative and multidisciplinary approach involving healthcare professionals, patients, and support networks.

Patient education, promote self management, medication management.

Methods

-Attempted to find/sign up for education programs about diabetes in Spanish/Bengali/Hindi.

-Referenced publications from the CDC and Diabetes foundations

-Researched demographic ethnic distributions in Counties of South Jersey and compared them to Diabetes mortality rate in said county.

Results

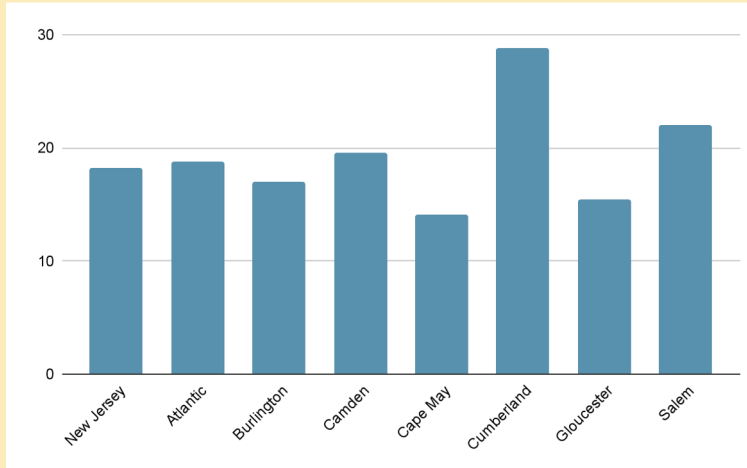


Figure 1. Deaths due to diabetes in South Jersey per 100,000

All Topics	Salmon County, New Jersey	Gloucester County, New Jersey	Cumberland County, New Jersey	Cape May County, New Jersey	Camden County, New Jersey	Burlington County, New Jersey	Atlantic County, New Jersey
Population estimates, July 1, 2023, (V2023)	NA	NA	NA	NA	NA	NA	NA
White alone, percent	80.2%	81.6%	71.1%	91.6%	87.7%	71.3%	71.9%
Black or African American alone, percent (a)	15.2%	12.1%	22.4%	4.8%	22.3%	19.0%	17.2%
American Indian and Alaska Native alone, percent (a)	0.7%	0.3%	1.6%	0.4%	0.7%	0.4%	0.7%
Asian alone, percent (a)	1.1%	1.3%	1.6%	1.0%	1.3%	6.3%	8.1%
Native Hawaiian and Other Pacific Islander alone, percent (a)	0.1%	0.1%	0.2%	0.1%	0.1%	0.1%	0.1%
Two or More Races, percent	2.7%	2.5%	3.2%	2.0%	2.9%	3.2%	2.9%
Hispanic or Latino, percent (b)	11.2%	7.9%	33.6%	8.6%	19.0%	9.6%	20.3%
White alone, not Hispanic or Latino, percent	71.7%	75.6%	43.9%	84.7%	53.7%	64.3%	55.1%

Figure 2. Demographic Census data. South Jersey counties with higher percentages of minority populations were also the counties with higher mortality rates due to Diabetes

Proposed Interventions

-Create an educational pamphlet that includes information about carb counting, lifestyle modifications, and insulin usages

-Connect South Jersey counties with local resources and health clinics that provide free diabetes screenings

- Provide diabetes friendly recipes and nutritional guidelines to promote healthy eating

Conclusion

Diabetes is a multisystem disease that can cause a multitude of adverse health outcomes. Many of which can be prevented through lifestyle modifications. Stigma against the disease, lack of education, and lack of access of resources cause increasing prevalence of untreated diabetes in underserved communities. We hope that by connecting these communities with local resources and providing an accessible and digestible educational source, more people will advocate for their health.

References



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