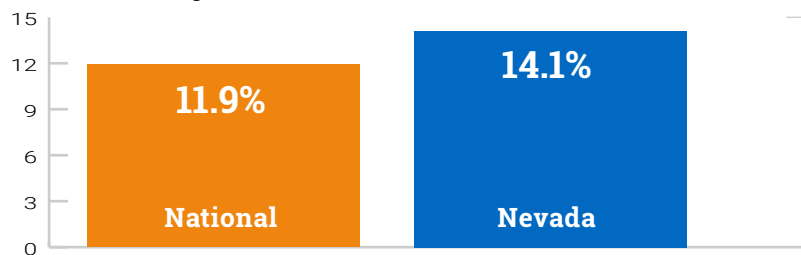


Diabetes among Hispanics/Latinx in Nevada

Percentage of Hispanic/Latinx diagnosed with diabetes in 2021 ¹

Hispanic/Latinx individuals, the largest minoritized group in the United States, had diagnosis rates in Nevada exceeding the national average of 8.5% in 2021*



* 2021 is the most recent data available for Nevada



Understanding risk factors for Type 2 Diabetes ²

Those who are overweight or have obesity

Ages 35 or older

Parents or siblings with diabetes

Increase in thirst

Extreme hunger

Fatigue

Dry skin/mouth

Signs to Watch for ^{2,3}

Slow wound healing

Frequent urination

Blurred vision

Reducing Risk of Diabetes in our Community ⁴

- Include a variety of fruits, vegetables, whole grains (such as whole wheat tortillas), and lean proteins when cooking
- Stay active: whether its playing soccer with friends or taking a walk around the park with family
- Limit food with added sugars, sodium, and saturated fat
- Reduce or eliminate sugary beverages including regular soda, lemonade, fruit drinks (e.g., aguas frescas and Jumex), sports drinks, and energy drinks
- Spend quality time with loved ones or practice meditation to keep your mental well-being

* Some people may have no symptoms, while others may experience one or more. You should always consult a healthcare professional for guidance.

1) Centers for Disease Control and Prevention. United States Diabetes Surveillance System. Accessed on February 6, 2024. <https://gis.cdc.gov/grasp/diabetes/diabetesatlas-surveillance.html#>

2) Genuth S. M., Palmer J. P., Nathan D. M. Classification and Diagnosis of Diabetes. In: Cowie CC, Casagrande SS, Menke A, et al., editors. Diabetes in America. 3rd edition. Bethesda (MD): National Institute of Diabetes and Digestive and Kidney Diseases (US); 2018 Aug. CHAPTER 1. Available from: <https://www.ncbi.nlm.nih.gov/books/NBK568014/>

3) Centers for Disease Control and Prevention. (2022, December 30). Diabetic ketoacidosis. Centers for Disease Control and Prevention. <https://www.cdc.gov/diabetes/basics/diabetic-ketoacidosis.html>

4) Gruss, S. M., Nhim, K., Gregg, E., Bell, M., Luman, E., & Albright, A. (2019). Public Health Approaches to Type 2 Diabetes Prevention: the US National Diabetes Prevention Program and Beyond. Current Diabetes Reports, 19(9), 1–11. <https://doi.org/10.1007/s11892-019-1200-z>



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