



Promoting lifestyle behaviors to reduce diabetes among African Americans

Purpose of the study

From 1980 to 2012, the number of people with type 2 diabetes or high blood sugar increased among African Americans, but stayed the same for whites. To find out why, this study looked at 3,252 Jackson Heart Study participants, who did not have diabetes between 2000 and 2004, and then followed them until 2013 to compare those who developed diabetes with those who did not. The study compared differences in lifestyle behaviors between persons who did and persons who did not develop diabetes.

Major findings

- Five hundred sixty (560) participants developed type 2 diabetes between 2000 and 2013.
- Compared to participants who developed type 2 diabetes, participants who did not develop diabetes were more likely to exercise regularly, eat a healthy diet, avoid smoking, watch TV for fewer hours, and get more hours of sleep.
- This finding was strongest among participants who started the study with a low body mass index, normal waist circumference, and normal blood sugar levels.

Take away message

These findings suggest that a healthy lifestyle is helpful in the prevention of type 2 diabetes among African Americans and that diabetes prevention programs need to pay equal attention to African Americans who are not overweight and have a healthy lifestyle.



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www.jacksonheartstudy.org

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