



TYPE 2 DIABETES



LATINOS
LIVING HEALTHY
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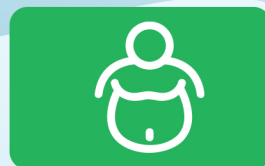
On average, Latinos are more likely to have prediabetes and type 2 diabetes than non-Hispanic whites, and they're more likely to develop it at a younger age. Prediabetes means your blood sugar levels are higher than normal, but not high enough to be considered type 2 diabetes. According to the **CDC**, US adults have a 40% chance of developing type 2 diabetes, while Latino American adults have more than a 50% chance.



Within the Latino community, there are differences in risk. Those from a Puerto Rican background are around twice as likely to have type 2 diabetes as someone from South America. (**CDC**)



Latinos can experience more severe complications related to diabetes, including higher rates of kidney failure and vision loss (**Baptist Health**)



Weight and level of physical activity are also risk factors. Latinos are more likely to be obese than non-Hispanic whites (**Office of Minority Health**), and obesity is linked to type 2 diabetes. Increasing physical activity often helps with the weight loss providers may recommend to those with prediabetes or type 2 diabetes.