



# Minorities are at Greater Risk of Diet-related Diseases

- About 80 percent of African American and Mexican adult women are overweight or obese, compared to 60 percent of white women. About 82 percent of Mexican men are overweight or obese, the highest rate among all races and sexes. The rates among black and white men are about 72 percent.<sup>1</sup>
- The rate of obesity among African American adult women is 70 percent higher, and Hispanic women 40 percent higher, than among white women. (Obesity rates in black and Hispanic men are just 10 percent higher than among non-Hispanic white men.)<sup>2</sup>
- The rate of obesity among black high-school girls is almost two-and-one-half times higher than among white girls.<sup>3</sup>
- Obesity is 50 percent more common in American Indian/Alaskan Native adults than in white adults.<sup>4</sup> American Indian/Alaska Natives are also over twice as likely as white adults to have diabetes.<sup>5</sup>
- Compared to white adults, the percentage of adults with diabetes is 18 percent higher among Asian Americans, 66 percent higher among Hispanics, and 77 percent higher among blacks.<sup>6</sup> About 12.6 percent of black adults and 11.8 percent of Hispanic adults have diabetes, compared to only 7.1 percent of non-Hispanic white adults.<sup>7</sup>
- Blacks are more than twice as likely to die from diabetes as whites.<sup>8</sup> Hispanics are 40 percent more likely than whites to die from diabetes.<sup>9</sup>
- Black adults consume 8.6 percent, and Mexican American adults 8.2 percent, of their total calories from sugar drinks (soda, sports drinks, and energy drinks). That's much more than non-Hispanic white adults, who consume 5.3 percent of their calories from sugar drinks.<sup>10</sup> Sugar drinks beverages are the top source of added sugars in Americans' diets and a significant cause of obesity.<sup>11</sup>
- Among adults aged 20 to 39, blacks consume about 45 percent more of their daily calories from fast food than whites and Hispanics. Frequent fast-food intake has been linked to weight gain.<sup>12</sup>
- About 33.5 percent of adults have hypertension, a cause of heart attacks and strokes, caused in part by obesity and by consuming too much sodium from packaged and restaurant foods and too little potassium from fruits and vegetables.<sup>13</sup> 44 percent of African-American adults have hypertension, the highest rate in the world<sup>14</sup> and the rate of hypertension among blacks is 40 percent higher than the national average in the United States.<sup>15</sup>
- High total cholesterol and low HDL cholesterol (the "good" cholesterol) are risk factors for coronary heart disease. Hispanic adults have the highest rate of unhealthy cholesterol levels, while non-Hispanic blacks have the lowest rate.<sup>16</sup>
- Untreated dental carries are about twice as common in Mexican-American and black children and adolescents (23 percent) as in whites (13 percent).<sup>17</sup> That increase may be partially explained by poor nutrition.<sup>18</sup>



<sup>1</sup>NCHS. *Health, United States, 2011: With Special Feature on Socioeconomic Status and Health*. Hyattsville, MD. 2012. <http://www.cdc.gov/nchs/data/atus11.pdf>

<sup>2</sup>Ibid.

<sup>3</sup>CDC. *Youth Risk Behavior Surveillance — United States, 2011*. *MMWR* 2012;61 No. SS-6104:149. <http://www.cdc.gov/mmwr/pdf/ss/ss6104.pdf>

<sup>4</sup>Schiller JS, Lucas JW, Ward BW, Peregoy JA. *Summary health statistics for U.S. adults: National Health Interview Survey, 2010*. NCHS. *Vital Health Stat* 10(252). 2012. [http://www.cdc.gov/nchs/data/series/sr\\_10/sr10\\_252.pdf](http://www.cdc.gov/nchs/data/series/sr_10/sr10_252.pdf)

<sup>5</sup>Ibid.

<sup>6</sup>OMH. <http://minorityhealth.hhs.gov/>. Accessed May 14, 2013.

<sup>7</sup>CDC. *National diabetes fact sheet: national estimates and general information on diabetes and prediabetes in the United States, 2011*. Atlanta, GA: U.S. DHHS, CDC, 2011. [http://www.cdc.gov/diabetes/pubs/pdf/ndfs\\_2011.pdf](http://www.cdc.gov/diabetes/pubs/pdf/ndfs_2011.pdf)

<sup>8</sup>OMH. *Diabetes and African Americans*. <http://minorityhealth.hhs.gov/>. Accessed May 14, 2013.

<sup>9</sup>OMH. *Diabetes and Hispanic Americans*. <http://minorityhealth.hhs.gov/>. Accessed May 14, 2013.

<sup>10</sup>Ogden, C.L. et al. *NCHS Data Brief*. 71, August (2011). <http://www.cdc.gov/nchs/data/databriefs/db71.pdf>

<sup>11</sup>USDA and DHHS. *Dietary Guidelines for Americans 2010*. (2010). <http://www.cnpp.usda.gov/dietaryguidelines.htm>

<sup>12</sup>Fryar, C.D. et al. *NCHS Data Brief*. 114, February (2013). <http://www.cdc.gov/nchs/data/databriefs/db114.htm>

<sup>13</sup>Roger, V.L. et al. *Circulation*. 125, 188-197 (2012).

<sup>14</sup>Ibid.

<sup>15</sup>Yoon, S.S. et al. *NCHS Data Brief*. 107, October (2012). <http://www.cdc.gov/nchs/data/databriefs/db107.htm>

<sup>16</sup>Carroll, M.D. et al. *NCHS Data Brief*. 92, April (2012). <http://www.cdc.gov/nchs/data/databriefs/db92.pdf>

<sup>17</sup>Dye, B.A. et al. *NCHS Data Brief*. 96, May (2012). <http://www.cdc.gov/nchs/data/databriefs/db96.pdf>

<sup>18</sup>Shenkin, J.D. *J Public Health Dent*. 71, 1-5 (2011).