Diabetes is a chronic condition characterized by high blood glucose (sugar) levels. In the case of African Americans, this population group faces a higher risk of developing diabetes compared to other racial and ethnic groups.

Healthcare disparities also contribute to the adverse effects of diabetes. These disparities can result in delayed diagnosis, inadequate management of the condition, and limited access to diabetes education. Consequently, African Americans with diabetes may experience more severe complications and poorer health outcomes compared to other populations.

The adverse effects of diabetes on African Americans are far-reaching and can have a significant impact on both the individuals affected and the population as a whole. Diabetes increases the risk of various complications, such as cardiovascular disease, kidney disease, nerve damage, and lower-limb amputations. These complications can lead to increased morbidity, reduced quality of life, and premature mortality among African Americans.

**Evidence-Based Approaches to Optimize Health in African Americans**

By implementing evidence-based approaches that include cultural tailoring, health literacy improvement, chronic disease management, addressing bias and discrimination, community engagement, and policy and advocacy efforts, health disparities among African Americans can be minimized. These approaches aim to provide equitable and culturally sensitive care, empower individuals, and address the underlying social determinants that contribute to health disparities.

Increasing Health Literacy can be one of the evidence-based approaches. Low health literacy can contribute to health disparities. Evidence-based approaches focus on improving health literacy by providing clear and accessible health information. This can be achieved through the development of plain language materials, educational programs, and community workshops. By improving health literacy, individuals are empowered to make informed decisions about their health, engage in preventive behaviors, and effectively manage chronic conditions, thus minimizing health disparities.

By incorporating evidence-based practices and cultural sensitivity, this proposed health education program such as family-based wellness activities aims to empower African American families to take an active role in their health and well-being. By addressing prevalent health issues, promoting healthy lifestyles, reducing health disparities, and preventative care.

[caption id="attachment\_306623" align="alignnone" width="300"] Diabetes in African Americans[/caption]

The education plan which is family-based wellness activities can be utilized by organizing family-oriented activities that promote physical fitness, such as walking clubs, dance classes, or sports events, or even encouraging healthy cooking and nutrition by hosting cooking demonstrations and providing recipe ideas that align with African American culinary traditions.

Involving Certified Diabetes Educators, Exercise physiologists who are interdisciplinary health professionals in the health promotion of diabetes in the African American population ensures a comprehensive approach. This approach addresses medical, nutritional, psychological, and community-related aspects. This holistic approach improves the effectiveness of interventions, facilitates culturally appropriate care, and enhances patient outcomes by considering the unique needs and challenges faced by African Americans in managing diabetes.

Referrals:

1. "Diabetes and African Americans" - American Diabetes Association: This page provides an overview of diabetes among African Americans, including statistics, risk factors, complications, and tips for prevention and management. You can find it at: <https://www.diabetes.org/resources/statistics/cultural-heritage/df-AA>
2. "Diabetes and African Americans" - National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK): This NIDDK publication explores the impact of diabetes on African Americans, including prevalence, risk factors, complications, and cultural considerations. You can access it here: <https://www.niddk.nih.gov/health-information/diabetes/overview/risk-factors-type-2-diabetes/diabetes-african-americans>
3. "Diabetes: African Americans & Complications" - Office of Minority Health (OMH): This OMH fact sheet provides a concise overview of diabetes among African Americans, including complications, prevention strategies, and resources for further information. You can find it at: <https://minorityhealth.hhs.gov/omh/browse.aspx?lvl=4&lvlid=19>
4. "Diabetes Disparities Among Racial and Ethnic Minorities" - Centers for Disease Control and Prevention (CDC): This CDC page provides an overview of diabetes disparities among racial and ethnic minorities, including African Americans. It highlights the factors contributing to these disparities and offers resources for prevention and management. You can access it here: <https://www.cdc.gov/diabetes/library/features/diabetes-disparities-minorities.html>