Type 2 Diabetes Health Disparities Among Hispanics in the U.S.

There are significant disparities in health between Hispanics and other demographic groups due to:

- **Language Barriers**: ~9M Hispanic or Latino people in the U.S. report they speak English “not at all” or “not well”
- **Health Literacy**: Health literacy is the ability to understand information needed to make appropriate health decisions
- **Access to Care**: Hispanics have the highest uninsured rates of any racial or ethnic group in the U.S.
- **Cultural Disconnect**: The number of Hispanic physicians in the U.S. has decreased over the last few decades
- **Environmental Factors**: Hispanics experience higher food insecurity rates, as they lack access to nutritious and consistent food sources

Type 2 diabetes management is impacted by a number of factors. To help improve health outcomes and achieve health equity, it’s crucial to address the social, economic and environmental factors that influence type 2 diabetes management.

Visit AmericasDiabetesChallenge.com to learn more about the documentary, A Touch of Sugar, and to access educational resources in both English and Spanish to help tackle some common type 2 diabetes challenges—head on. You can also head to How2Type2.com for disease management information.
The Social Determinants of Health Impacting America’s Type 2 Diabetes Epidemic

30M+ adults in the U.S. are living with diabetes
90 to 95% have type 2 diabetes

If current trends continue, by 2030 the prevalence of diabetes will increase by 54%

Social Determinants of Health
are conditions and factors that affect a wide range of health outcomes and risks. Some of those impacting diabetes include:

Access to Healthy Food
23M+ Americans live in food deserts—low-income communities without ready access to healthy and affordable food
The risk for developing type 2 diabetes is 2x higher in people with food insecurity

Neighborhood Safety
Crime, violence and lack of resources can be barriers to optimal health outcomes in diabetes
Neighborhoods more conducive to walking are associated with lower levels of diabetes

Rural Communities
16% of the U.S. population lives in rural areas, but only 10% of physicians practice there
Rural residents experience a 17% higher rate of type 2 diabetes than urban residents

Health Literacy
Only 12% of adults in the U.S. are health literate and have the ability to understand information needed to make appropriate health decisions
People with diabetes who also have low health literacy:
- Have a harder time understanding their disease
- Participate less in self-care activities
- Have poorer blood sugar control

Income
Individuals with lower levels of income experience higher rates of diabetes
Among individuals with diabetes, those with lower incomes have a higher rate of forgoing medical care due to cost

Access to Care
~29M Americans are uninsured
People with diabetes who do not have private insurance (excluding those with government insurance)*:
- Have 60% fewer physician office visits
- Are prescribed 52% fewer medications

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Take Action
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