Obesity, Diabetes, and Food Access

46% of residents surveyed in 2018 said obesity, diabetes, and food access were top issues in Durham.¹

Percent of High School Students in Durham Public Schools who were Overweight or Obese²

- White: 19%
- African-American or Black: 32%
- Hispanic or Latino: 33%
- Other: 29%

14% of Duke's adult patient population had diabetes in 2015.³

African-American or black patients were 80% more likely than whites to have diabetes.³

Why do inequities exist?

Policies have forced people of color to live in neighborhoods where it is harder to access safe places to exercise compared to neighborhoods that were only available to whites in the past.⁴ The food and beverage industry has also targeted people of color with unhealthy foods. These issues have increased rates of diabetes and obesity in these communities.⁵
We heard you!

Recommendations from Durham Residents

- Increase access to affordable gyms in convenient locations.
- Provide culturally appropriate physical activity and diet recommendations.
- Incentivize grocery stores that open in areas where there is limited access to healthy and affordable food.
- Offer healthier options at schools during lunch.
- Expand sidewalks and green ways to help connect parks, health centers, workplaces, and gyms.

You get home and you’re tired and stressed. Then you have to take care of the kids and pick up the mess. We have to focus on eating fast. That’s a huge barrier to cooking and eating healthy.

Durham resident


For more information or to get involved, visit: healthydurham.org