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Obesity, Diabetes, and Food Access has been the number 5 health priority since 2018

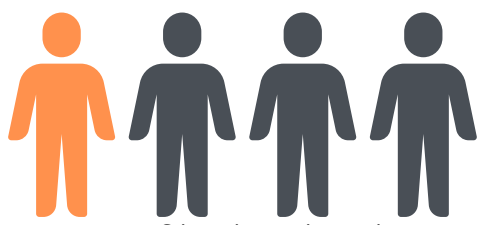
Obesity



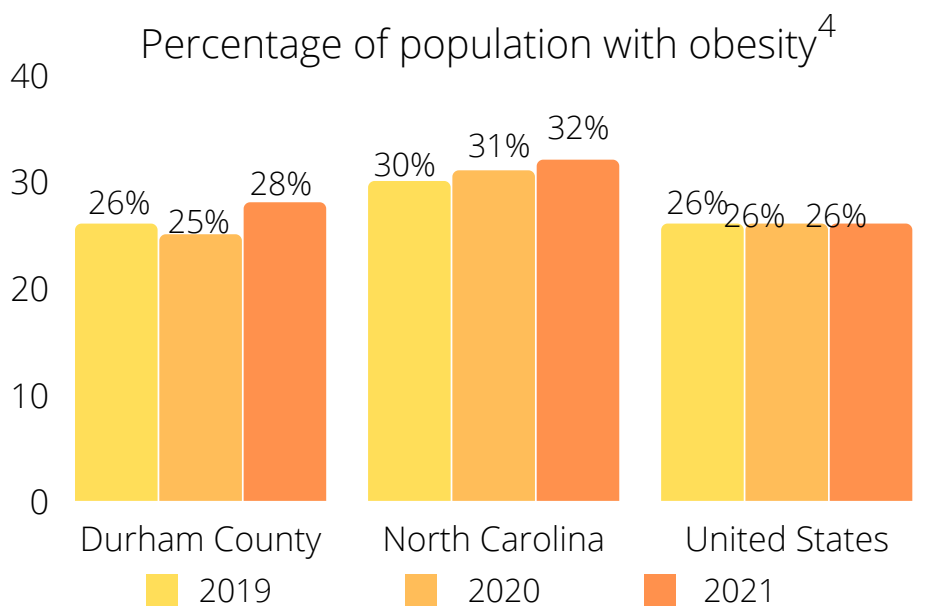
Obesity is a condition that occurs when the body has an excessive amount of fat and the person's weight is above a healthy weight for that person's height.¹

Body Mass Index (BMI)²

BMI measures a person's weight in kilograms (kg) and divides it by the person's height in meters squared (m²). It's a racist and out of date way to measure a person's health.² The BMI was developed by white men who focused research on white men and women not taking into account different body types, races, genders, or ethnicities. Using the BMI affects how a person is treated which can have a harmful effect on people of color who already have negative interactions with their health care providers due to linguistic and cultural barriers, mistrust of the medical system, and lack of education for providers on how to talk to people of color.²



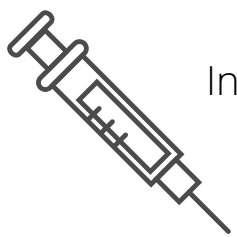
28% of high schoolers described themselves as overweight in 2019. This is a **24% decrease** since 2017.³



Diabetes

Types of Diabetes:

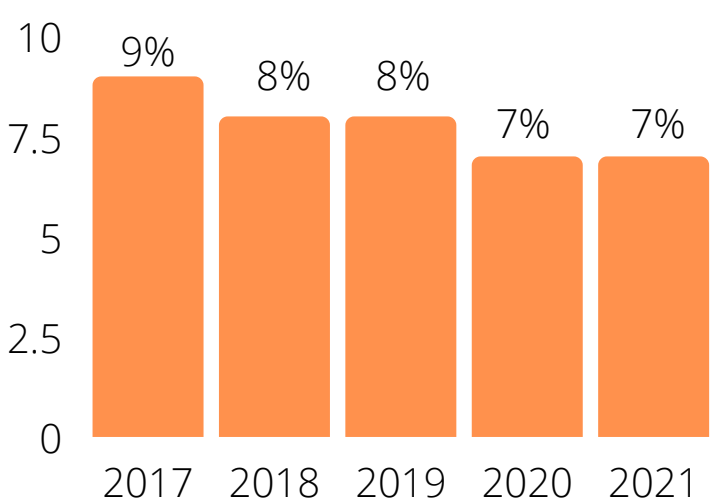
- Type 1 Diabetes - your body cannot make insulin
- Type 2 Diabetes - your body has become resistant to insulin
- Gestational Diabetes - diabetes that occurs during pregnancy



Insulin is a necessary hormone that helps your body use and store sugar to fuel itself.⁵

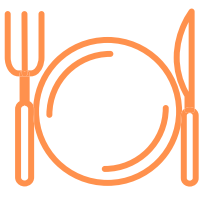
Insulin vials can cost \$50-\$1000 per month without insurance. With insurance, copays are \$30-\$50 per vial.⁶ To get insulin for free if you are uninsured and meet certain eligibility requirements, you can enroll in Patient Assistance Programs. Learn more here:⁷
<https://diatribe.org/how-get-diabetes-drugs-free>

Percentage of Durham County Residents with Diabetes⁴



Though Durham County residents with diabetes is decreasing, diabetes is still a high priority because people of color have a higher burden of diabetes, worse diabetes control and are more likely to experience health complications. Barriers to care include lack of education, mistrust of the medical system, and linguistic and cultural differences.⁸

Obesity, Diabetes, and Food Access

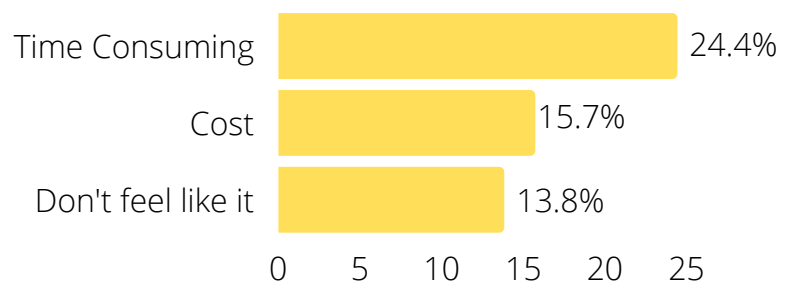


Durham County, NC

Food Access

The US Department of Agriculture defines food insecurity as not having consistent access to nutritious foods to help people achieve optimal health at all ages

Top reasons why people did not eat healthy according to the 2019 Durham County Community Health Assessment Survey⁹



12.1% of Durham County residents, or **37,850** people, are food insecure¹⁰

Reasons for disparities:

Grocery stores are less likely to take their business to lower income areas while fast food restaurants are more available.¹¹ Less access to healthier food options increases the risk for obesity, diabetes, heart disease and more.¹²

What Durham County residents are saying¹⁴

"Farmer's Markets are a good place for communities."

"If you don't have money, you buy a lot of pasta and carbs because it's more to spread with your family."

Community insights and recommendations^{9,13}

- Continue to address root causes of food insecurity.
- Increase food business in communities of color.
- Add more trails around Durham County and keep them maintained and well lit
- Increase access to diabetes self-management education and support programs.
- Invest in culturally relevant diabetes prevention programs.
- Drink more water and less sugar-sweetened beverages.



Shoppers who receive SNAP benefits can double their money with **Double Bucks at Durham and South Durham Farmers' Market to buy fresh fruits, veggies and more! Learn more at <https://durhamfarmersmarket.com/about-the-market/food-programs/>**

<https://healthydurham.org/health-data>

Resources: **1** CDC. Defining adult overweight and obesity. **2** New York Times. 2021. Is BMI a Scam <https://www.nytimes.com/2021/05/18/style/is-bmi-a-scam.html> **3** 2019 Youth Risk Behavior Survey **4** County health rankings <https://www.countyhealthrankings.org/app/north-carolina/2019/rankings/durham/county/outcomes/overall/snapshot> **5**American Diabetes Association <https://doi.org/10.2337/dc20-S002>. **6** <https://www.verywellhealth.com/insulin-prices-how-much-does-insulin-cost-and-why-5081872> **7** <https://diatribe.org/how-get-diabetes-drugs-free> **8** US FDA <https://www.fda.gov/consumers/consumer-updates/fighting-diabetes-deadly-impact-minorities> **9** 2019 Durham County Community Health Assessment **10** Feeding America <https://map.feedingamerica.org/county/2019/overall/north-carolina/county/durham> **11** <https://onlinelibrary.wiley.com/doi/10.1111/tgis.12142> **12** New York Law School Racial Justice Project. 2012. https://digitalcommons.nyls.edu/racial_justice_project/3/ **13** 2021 Durham County CHA Listening Sessions