

# Data Brief

## MDHHS 2016 Health Equity Report

### Monitoring Health Disparities in Michigan, 2005-2013

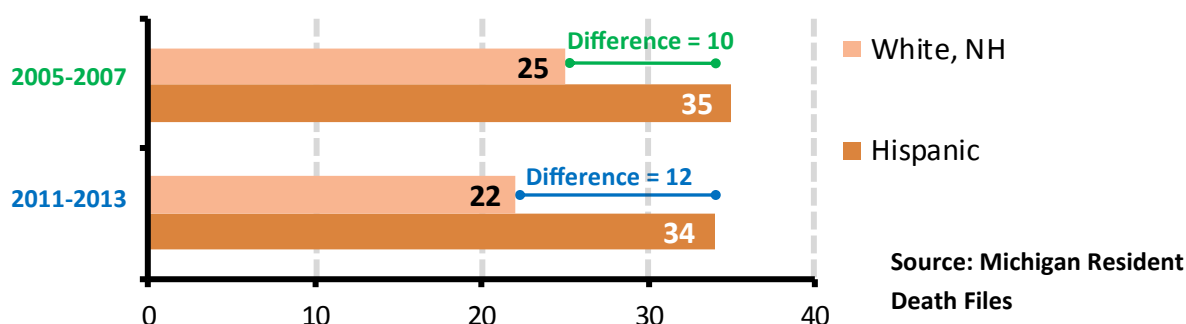
#### *The Experience of Hispanic Americans*



## Monitoring Health Disparities in Michigan, 2005-2013

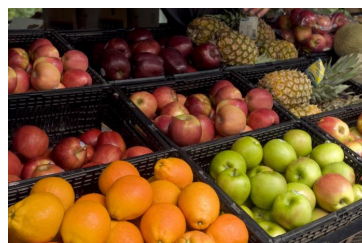
### *The Experience of Hispanic Americans*

**Diabetes** is a disease that is characterized by high levels of glucose in the blood. Diabetes is the seventh leading cause of death in Michigan. The mortality rate for diabetes for both non-Hispanic Whites and Hispanics decreased between 2005-2007 and 2011-2013; however, the equity gap between these populations increased. The mortality rate was **1.6 times higher** among Hispanics than Whites between 2011-2013, indicating a health disparity between Whites and Hispanics for diabetes.



Imagine there are two groups of 100,000 people, one group made up of Whites and the other Hispanics. From 2005-2007, there were **10** more deaths due to diabetes in the Hispanic group than the White group in Michigan. Between 2011-2013, there were **12** more deaths due to diabetes in the Hispanic group than the White group. If the Hispanic mortality rate for heart diabetes was the same as the White rate in 2005-2007, an estimated **116 Hispanic lives** in Michigan could have been saved. In 2011-2013, an estimated **199 Hispanic lives** could have been saved.

While both Type 1 and Type 2 diabetes have a known genetic component, many factors that are associated with increased risk of type 2 diabetes are based on lifestyle factors<sup>1</sup>. Reducing barriers to healthy choices may lead to a decrease in diabetes disparities.



Obesity, unhealthy diet, physical inactivity and high blood pressure are all risk factors for type 2 diabetes<sup>1</sup>. Understanding the influence of environmental factors on health is crucial to social determinants of health<sup>2</sup>. Resource availability, health care access and neighborhood safety should all be considered when analyzing the diabetes health disparity.

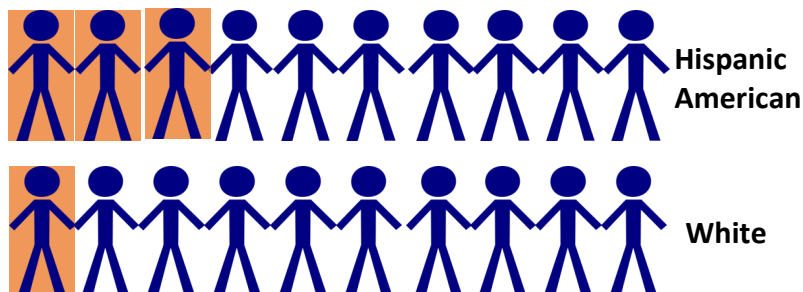
Estimates for additional health indicators are available in the report "Michigan Health Equity Data Project – 2016 Update," available at [www.michigan.gov/minorityhealth](http://www.michigan.gov/minorityhealth).

Between 2011-2013, a higher proportion of Hispanic American adults reported obesity, healthcare access barriers, no leisure time physical activity, inadequate fruit and vegetable consumption and worry about money for rent and nutritious meals than Whites in Michigan. It's important to consider the role of social and environmental factors in the development of diabetes. Three examples that contribute to risk factors for diabetes include safe neighborhoods to exercise, access to health care, the ability to pay for healthy foods, and financial stress.

In Michigan,

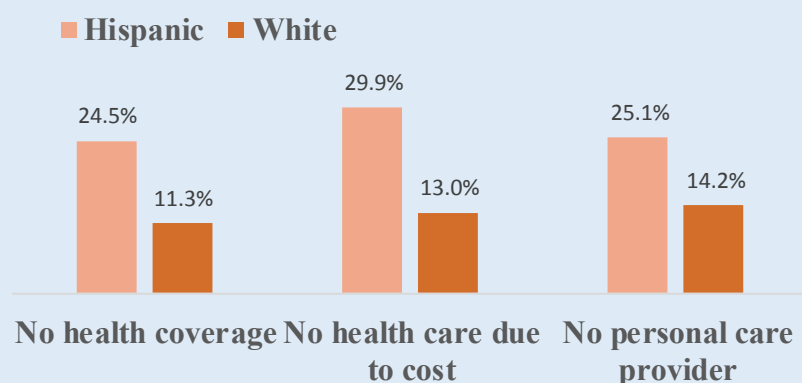
More than 2 out of 10 Hispanic kids (26.1%) lived in a community that was “usually not safe” as reported by their parents.

Less than 1 out of 10 White kids (6.5%) lived in a community that was “usually not safe” as reported by their parents.



Source: National Survey of Children's Health, Michigan, 2011-12

### Health Care Access, Michigan, 2014



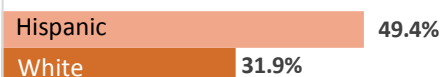
In 2014, Hispanics reported barriers to health care approximately **two times more** often than adults in Michigan.

Health care access is vital to diagnosis and treatment of prediabetes and diabetes. In some cases, proper health and behavioral interventions can halt the progression from prediabetes to diabetes.<sup>1</sup>

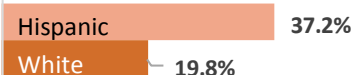
Source: 2014 MiBRFS

In 2012, a greater percentage of Hispanic adults reported worrying about money for rent/mortgage as well as nutritious meals than White adults in Michigan. Individuals with a limited income may have a harder time making healthy food choices as healthy options are often more expensive. Eating an unhealthy diet increases the risk for overweight and obesity, which are risk factors for diabetes.<sup>2</sup> In addition, the worry these individuals feel may increase diabetes risk as long term stress has been shown to increase blood glucose levels.<sup>3</sup>

#### Worried About Having Enough Money For Rent/Mortgage



#### Worried About Having Enough Money For Nutritious Meals



Source: 2012 MiBRFS

Death mortality rates due to diabetes were age-adjusted. Statistical significant differences were achieved for all risk factor comparisons. For all of the data, White were non-Hispanic. The photos on the front page were acquired from the Public Health Image Library (<http://phil.cdc.gov/Phil/home.asp>), courtesy of the Centers for Disease Control and Prevention/Amanda Mills. **References:** 1. Centers for Disease Control and Prevention [CDC]. U.S. Department of Health and Human Services [DHS]. 2016. Preventing Diabetes. <https://www.cdc.gov/diabetes/basics/prevention.html>. 2. Office of Disease Prevention and Health Promotion, U.S. Department of Health and Human Services. 2017. Social Determinants of Health. <https://www.healthypeople.gov/2020/topics-objectives/topic/social-determinants-of-health>. 3. American Diabetes Association. 2013. Stress. <http://www.diabetes.org/living-with-diabetes/complications/mental-health/stress.html>. **Citation:** Scharles H, Weir S, McKane P. Monitoring Health Disparities in Michigan, 2005-2013 — The Experience of Hispanic Americans. Lansing, MI: Michigan Department of Health & Human Services, Division of Lifecourse Epidemiology and Genomics and Health Disparities Reduction and Minority Health Section, 2017.