



# Racial Dynamics of Health: HTN and Diabetes

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MABALA NYALUGWE, MD, ELDER

FOUNDER, UNITY IN OUR COMMUNITY

*“It’s one small step for man, one giant leap for mankind.”*

- NEIL ARMSTRONG

# Racial Dynamics Concerning Health: Hypertension / Diabetes

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QUESTION BEING ADRESSED:

**WHY HYPERTENSION AND DIABETES AFFECT BLACK  
COMMUNITIES MORE**

# PREVALENCE: HYPERTENSION

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Greater than 40 % African American Population

VS

29 % General Population

# PREVALENCE:DIABETES:

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Approximately 19% African American population ~4.9 million African Americans in USA

Vs

7% Non - Hispanic White Population

African Americans increased risk dialysis, hospitalizations, death

# RISK FACTORS: HYPERTENSION

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## GENETICS:

- African Americans are more prone (gene) to retain salt, so increased sensitivity to salt ( for example in affected individuals, 1 extra gram salt (half a teaspoon) can significantly raise Blood Pressure

## DIET

- African Americans typical diet is high in salt, cholesterol, fat

**SEDENTARY LIFESTYLE** – Exercise recommended: 20 mins 3 - 5 days a week

ACCESS TO HEALTHCARE/MEDICATIONS – known disparities

ADHERANCE TO MEDICATIONS

# RISK FACTORS:DIABETES

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AFRICAN AMERICAN

OVERWEIGHT

HISTORY OF HYPERTENSION

FAMILY HISTORY

# COMPLICATIONS: HYPERTENSION/ DIABETES

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CARDIOVASCULAR:

HEART ATTACK

CONGESTIVE HEART FAILURE

CHRONIC KIDNEY DISEASE

KIDNEY FAILURE

DIALYSIS

STROKE

AFRICAN AMERICANS MORE LIKELY TO DIE AND HAVE STROKE AT A YOUNGER AGE THAN GENERAL POPULATION



# PREVENTION HYPERTENSION/ DIABETES

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## **LIFESTYLE CHANGES**

Diet, Exercise, Weight, Stress ( decrease and manage )

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Water intake ( $\frac{1}{2}$  body weight in ounces daily, if no fluid restrictions)

## **PSYCHOSOCIAL ISSUES**

#1 Determinant of Health

Avoid toxic relationships/ environments : 7 positive affirmations needed for every negative one.

Avoid Poverty

Access to Healthcare and medications: medication adherence

## **PRIORITIZE HEALTHY STATE**

Mental/ Emotional/Physical/Spiritual Wellbeing

Not just an absence of disease

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## **EDUCATION!!**

Ideal Blood Pressure 120/80

Ideal Blood Sugar: less than 120 random stick/before meals; fasting (blood draw) less than 100

Total Cholesterol less than 200

LDL less than 100

HDL 50

GOOD SLEEP HYGIENE – 8 HRS/NIGHT! Turn off cell phone/TV and other electronics; dark room

Let's **BE THE CHANGE IN OUR LIVES AND OUR COMMUNITIES**

# CONTACT INFO

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