



# Diabetes and Health Disparities: Community-Based Approaches for Racial and Ethnic Populations

*Leandris C., PHD Liburd*

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*"What Liburd and colleagues provide in this edition is a framework for all practitioners involved in diabetes prevention and control. The recommendations and tools provided here are key to the success of future research and programmatic efforts."*

-Wayne H. Giles, MD, MS &

Ann Albright, PhD, RD

(From the Foreword)

Type 2 diabetes and its principal risk factor, obesity, have emerged as twin epidemics in communities of color. This book investigates the epidemiology of diabetes in these minority communities, arguing that the determinants of diabetes include not only personal choices, but also broader social and contextual factors, such as community racism, residential segregation, and cultural patterns.

This book includes in-depth analyses of many community-based interventions which serve African-American, Hispanic/Latino American, Asian American, and Native American populations. The author also provides suggestions for community-based initiatives to reduce the "obesogenic" environment many minorities live in.

### Key features:

- Includes effective intervention approaches for prevention and control of diabetes in racial and ethnic populations
  - Explores the influence of institutionalized racism and residential segregation on the emergence of diabetes and obesity
  - Presents extensive case studies detailing the experiences, challenges, and breakthroughs of various community health initiatives and programs

This book will serve as an important resource for professors, students, community leaders, policymakers, health practitioners, and anyone interested in joining the movement to eliminate health disparities and achieve health equity.

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#### **Tara Winston:**

Playing with family in the park, coming to see the marine world or hanging out with close friends is thing

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