

## Diabetes and Cardiovascular Disease in Rural African Americans

### Overall Health Status

- Previous research has indicated that persons living in rural areas are more vulnerable to poor health than those living in urban areas. Minorities in particular are more vulnerable to poor health than non-minorities.
- Many issues including limited access to care and under-diagnosis of certain diseases can affect the health outcomes of vulnerable populations.

### Diabetes Control

- Among rural African-Americans with diagnosed diabetes, nearly 61% have inadequate diabetic control, versus almost 43% of urban whites.
- A quarter of rural African Americans with diagnosed diabetes have diabetic retinopathy, compared to only 12% of urban whites.
- Rural African Americans and urban African Americans were more likely than rural and urban whites to have undiagnosed diabetes.

### Hypertension Control

- Nearly a quarter of rural African Americans who had been diagnosed with hypertension still had elevated diastolic blood pressure compared to just 14% of urban whites.
- Rural African Americans had the highest prevalence of undiagnosed diastolic hypertension and the second highest prevalence of undiagnosed systolic hypertension.

Control Indicators for Diabetes and Hypertension by Race

