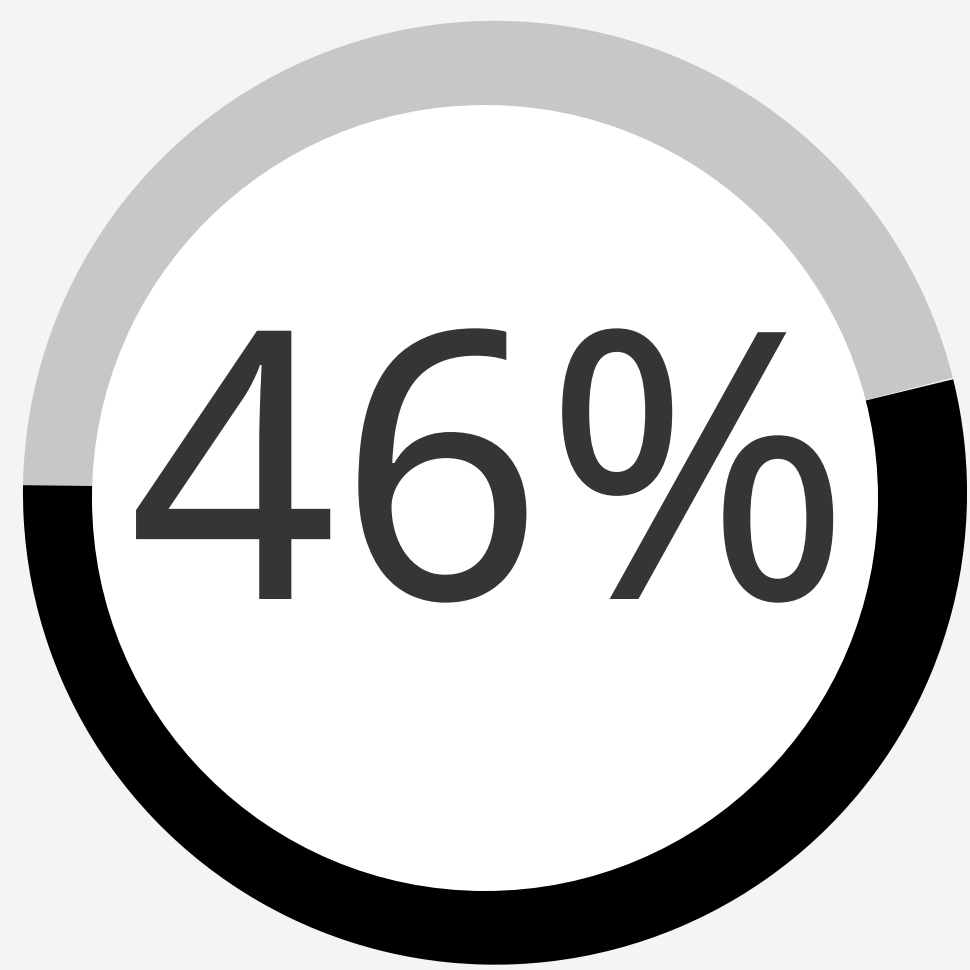


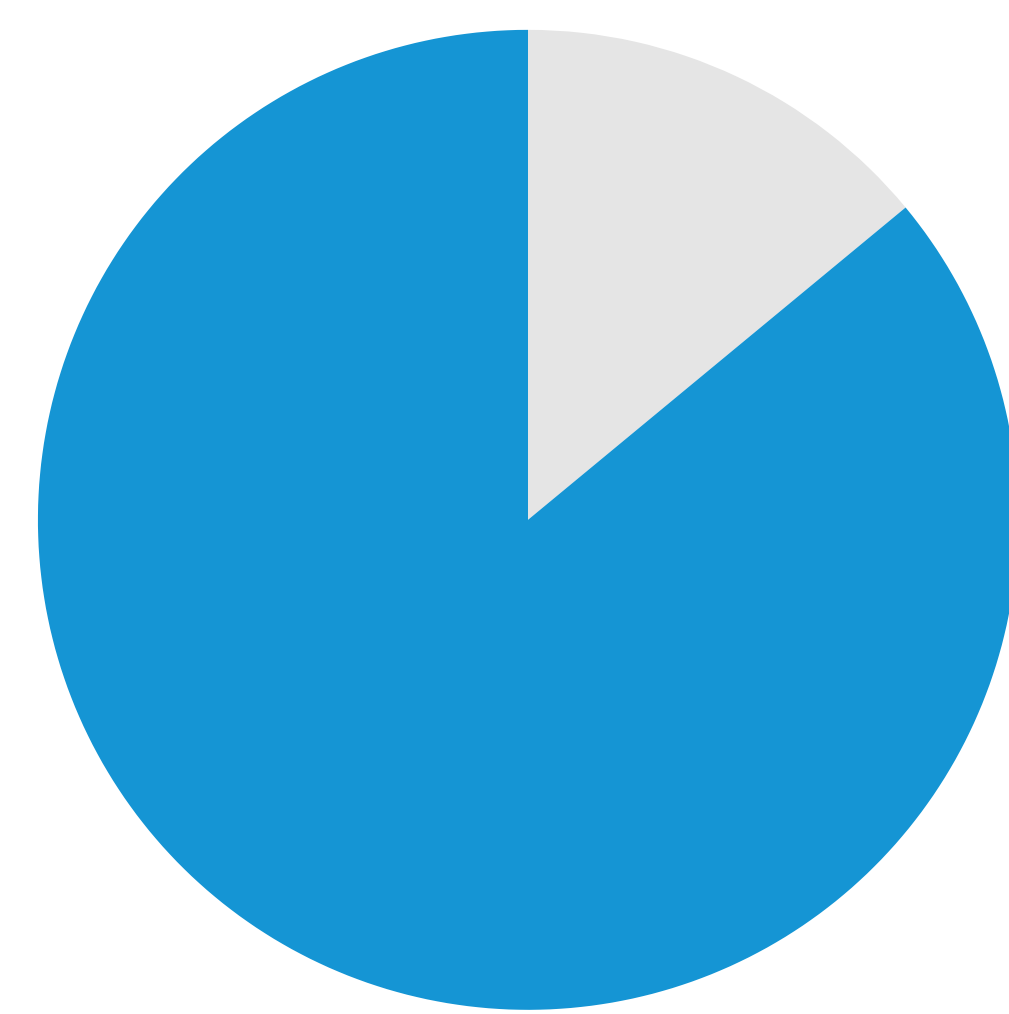
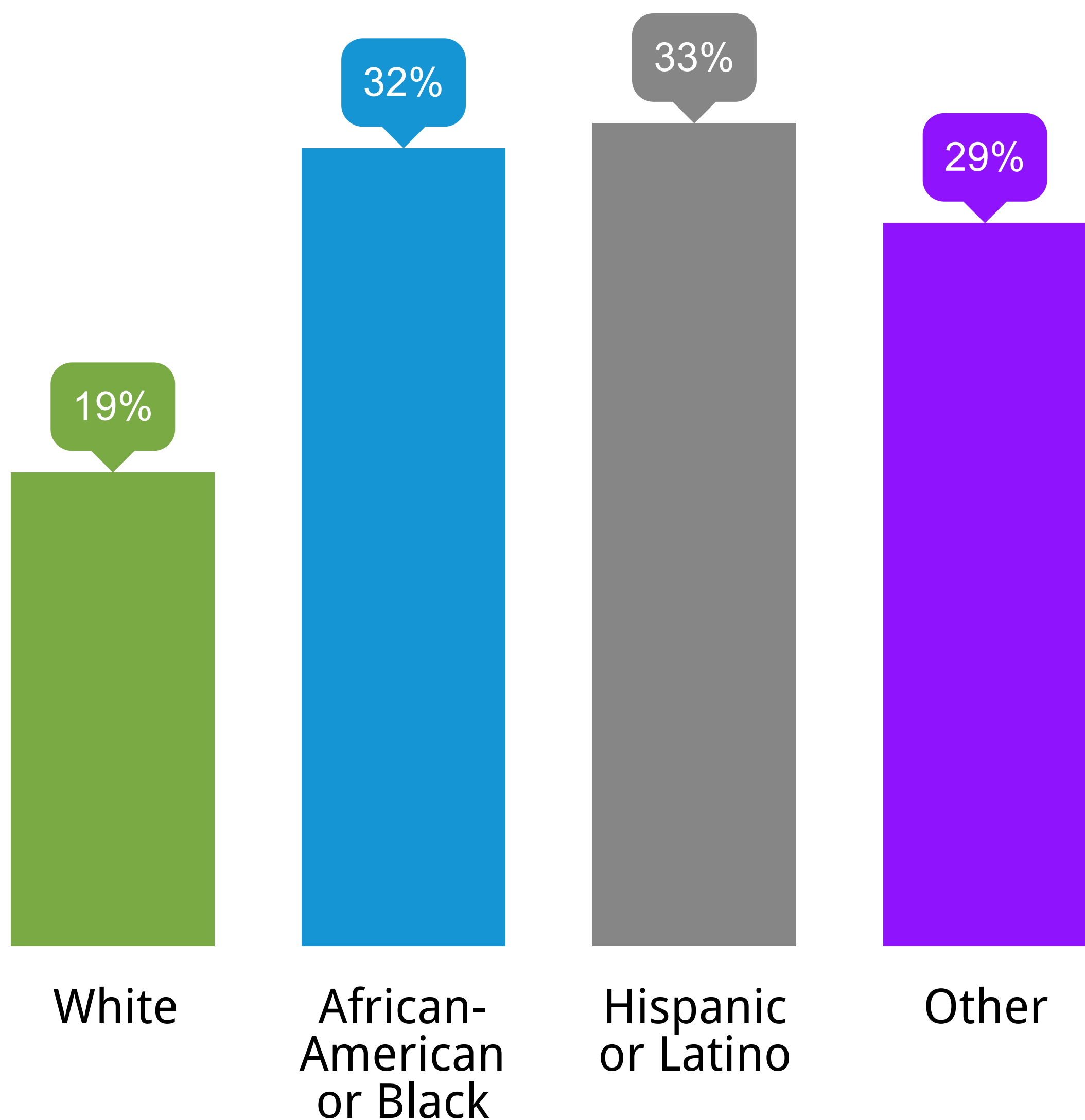
Obesity, Diabetes, and Food Access



of residents surveyed in 2018 said obesity, diabetes, and food access were top issues in Durham.¹



Percent of High School Students in Durham Public Schools who were Overweight or Obese²



14% of Duke's adult patient population had **diabetes** in 2015.³

African-American or black patients were **80% more likely** than whites to have diabetes.³

Why do inequities exist?

Policies have **forced people of color** to live in neighborhoods where it is harder to access safe places to exercise compared to neighborhoods that were **only available to whites** in the past.⁴ The food and beverage industry has also **targeted** people of color with unhealthy foods. These issues have increased rates of diabetes and obesity in these communities.⁵



Public Health



Partnership for a Healthy Durham

We heard you!

Recommendations from Durham Residents

- Increase access to affordable gyms in convenient locations.
- Provide culturally appropriate physical activity and diet recommendations.
- Incentivize grocery stores that open in areas where there is limited access to healthy and affordable food.
- Offer healthier options at schools during lunch
- Expand sidewalks and green ways to help connect parks, health centers, workplaces, and gyms.

“

You get home and you're **tired and stressed**. Then you have to take care of the kids and pick up the mess. We have to focus on eating fast. That's a huge barrier to cooking and eating healthy.⁶

—
Durham resident

For more information or to get involved, visit: healthydurham.org

Sources: 1. Durham County Department of Public Health Online Prioritization Survey. Internal data and analysis; 2. 2015 Durham County Youth Risk Behavior Survey; 3. Pam Maxson, Director of Operations at Duke Center for Community and Population Health Improvement. Email correspondence 7/18/17; 4. The New York Times. Middle-Class Black Families, in Low-Income Neighborhoods; 5. Black and Hispanic Youth Disproportionately Targeted with Advertising for Unhealthy Food and Beverages; 6. Durham County Department of Public Health and Healthy Durham 20|20 Focus Group, 2018. Photos retrieved from Durham County Department of Public Health.

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