



# Neighborhoods and type 2 diabetes among African Americans

## Purpose of the study

Little is known about how where you live affects your chance of getting type 2 diabetes. Researchers from the Jackson Heart Study wanted to see whether neighborhood social and physical environments were related to participants' chances of getting type 2 diabetes.

## Major findings

Greater levels of neighborhood violence (gang fights, robbery) and problems (heavy traffic, lack of access to parks) were related to a higher number of participants with type 2 diabetes at visit 1. Higher levels of neighborhood social cohesion (where neighbors trust, help and get along with each other) were associated with a lower chance of getting type 2 diabetes from visit 1 to visit 3; and a larger number of food stores with greater amounts of unhealthy foods was related to a greater chance of getting type 2 diabetes from visit 1 to visit 3.

## Take away message

Efforts to strengthen community ties, eliminate neighborhood violence and problems, and to attract healthy food retail outlets might be important strategies to consider for prevention of diabetes among African Americans.



**Citation:** Gebreab SY, Hickson D, Sims M, Wyatt S, Davis S, Correa A, Diez-Roux A. Neighborhood Social and Physical Environments and Type 2 Diabetes in African Americans: The Jackson Heart Study. Health Place. 2017;43:128–137. PMID: 28033588.