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 were related to a higher number of participants with type 2 diabetes at visit 1. Higher levels of neighborhood social cohesion 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:

Acknowledgements for JHS Manuscripts:
The Jackson Heart Study is supported by contracts HHSN268201300046C, HSN268201300047C, HHSN268201300048C, HHSN268201300049C, and HHSN2682013-00050C from the National Heart, Lung, and Blood Institute and the National Institute on Minority Health and Health Disparities.

www.jacksonheartstudy.org