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# **Factors Contributing to Health Disparities in the African American Community**

Brown, My’Jia and Reyes-Rodríguez, Ángel L.

College of Sciences and Health Professions, Cleveland State University

## **Abstract**

Diabetes Mellitus is a group of chronic metabolic disorders characterized by hyperglycemia (elevated blood sugar levels) over a prolonged period of time affecting 37.3 million Americans, 90% of them suffering from type 2 diabetes. Type 2 diabetes patients are characterized by insulin resistance, and in some cases, a decrease in insulin production. Among African Americans, the prevalence of type 2 diabetes is up to 2.3-fold higher than their White counterparts. This review aims at examining the different factors that contribute to disparities in health outcomes in African American communities. The difference in genetic factors, such as G6PD deficiency, and its consequences for accurate HbA1c measurements tests were explored. Socioeconomic factors, such as food insecurity and healthcare access were examined, and lifestyle interventions were explored. Together, this illustrates the complicated interconnectivity of genetic and socioeconomic health determinants and suggests a need to further understand how they intersect to design better interventions to serve African American communities.