



# **WE CAN BE STRONGER THAN DIABETES**

## *World Diabetes Day*

*[Announcer] This podcast is presented by the Centers for Disease Control and Prevention. CDC – safer, healthier people.*

The National Diabetes Education Program encourages its partners to celebrate World Diabetes Day on November 14th.

World Diabetes Day, celebrated on November 14<sup>th</sup>, is the main global diabetes awareness campaign promoted by the Centers for Disease Control and Prevention, the National Diabetes Education Program, and by the International Diabetes Federation.

World Diabetes Day was first celebrated in 1991 as a response to the increasing levels of diabetes in the world.

World Diabetes Day is November 14<sup>th</sup>, Frederick Banting's birthday, who, along with Charles Best, contributed to the discovery of insulin in 1921.

There are now 44.3 million Hispanics living in the United States, which account for 15% of the US population. By the year 2050, 1 of every 4 Americans will be Hispanic.

The numbers are staggering. Most Hispanic/Latino communities in the US are affected by diabetes. Statistics show that about 2.5 million Hispanic/Latino Americans aged 20 years or older have diabetes, which represents 9.5 percent of all Hispanics in the U.S.

There is a need for health education materials in Spanish. Many community and health-based organizations in the U.S. who work with Hispanic/Latino communities need these materials. Due to the increasing number of people with diabetes in the Hispanic/Latino community, more culturally appropriate health education materials are needed.

Reach out to the Hispanic/Latinos in their communities. Distribute NDEP educational materials in pharmacies, hospitals, schools, health clinics, convenience stores, business, chamber of commerce, churches, and grassroots organizations.

Visit [www.ndep.nih.gov](http://www.ndep.nih.gov) to order or download diabetes education materials in Spanish, or call 1-800-438-5383.

*[Announcer] To access the most accurate and relevant health information that affects you, your family and your community, please visit [www.cdc.gov](http://www.cdc.gov).*