



Preventable Diabetes

Type II diabetes is the seventh cause of death in the United States.¹ By 2050, as many as 1 in 3 U.S. adults could develop this preventable disease.² A diet lacking healthy foods, and inadequate exercise are two major factors involved with acquiring this preventable disease.

Broward County's Preventable Diabetes

According to the Broward Regional Health Planning Council's Preventable Quality Indicator (PQI) database, Broward County had 2,118 *preventable* cases of Long-Term Diabetes in 2014 (*Table 1*). This means that these diabetes cases could have been prevented if the patients had sufficient community conditions to prevent the disease. Since a healthy diet is closely linked to preventing Type II diabetes, access to healthy foods is one of these conditions.

Table 1: Rates of Preventable Diabetes by Health Determinants in Broward County

	Preventable Long Term Diabetes		
	ZIP Codes BELOW the County rate**	ZIP Codes ABOVE the County rate	Percent Change
Total Diabetes Cases	791	1,327	68
Black Population Diabetes*	133	333	150
White Population Diabetes*	64	149	133
Unhealthy Store rate*	39	64	64
Healthy Store Rate*	30	40	33
Ratio of Unhealthy to Healthy Stores	1.3	1.6	23
Food Deserts	33	69	109
Poverty	11%	19%	73

¹ <https://www.cdc.gov/nchs/fastats/diabetes.htm>

² <https://www.cdc.gov/media/pressrel/2010/r101022.html>

Other community conditions or diabetes determinants include poverty, the built environment (e.g. car dependent urban design), and programs and policies that inspire healthy eating.

The data in *Table 1* and *Figure 1* suggest that particular communities face inequities with adverse diabetes determinants, particularly a lack of access to healthy foods. For example, Broward County's black populations living in high diabetes ZIP codes have an average diabetes rate of 333 cases per 100,000, which is 123% higher than the white population living in these same high diabetes ZIP codes.

Although high diabetes ZIP codes may have a higher rate of healthier food retail such as supermarkets, they also have an even greater rate of unhealthy food retail destinations such as convenience stores. Indeed, the ratio of unhealthy to healthy retail is 23% higher in ZIP codes with an above county rate of diabetes (*Table 1*).

This means that residents challenged with diabetes live in food environments with a higher concentration of unhealthy food options. Because high diabetes ZIP codes also have 73% higher poverty, residents challenged with diabetes may also have difficulty affording healthier food options in their neighborhood supermarket.

The map (*Figure 1*) reveals that Broward County's diabetes cases are not random. The yellow areas are 18 ZIP codes where diabetes is above the county rate of 123 cases per 100,000 people. The confluence of diabetes and food deserts is clear: Food deserts tend to cluster within clusters of high diabetes ZIP codes, mostly between I-95 and the Turnpike. Indeed, the majority (68%) of the county's food deserts are located within high diabetes ZIP codes (*Table 1*).

Policy changes that make healthier foods more available, accessible, and affordable for vulnerable residents living in food deserts and high diabetes ZIP codes in Broward County could greatly curtail future cases of diabetes.

Contact Us

To partner with Food for All Broward or for more information about the initiative, please contact: info@urbanhs.com

Figure 1: Preventable Diabetes and Food Deserts in Broward County

