

Diabetes 50% higher among African Americans

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According to the Minnesota Department of Health prevalence of obesity is 50% higher among African Americans than Whites. Diabetes among the African American population in St. Paul has always been much higher than other populations groups, with the exception of American Indians. As a result Open Cities Health Center has an internist, ophthalmologist, and podiatrist on staff. OCHC has participated in the national Diabetes Collaborative for over 12 years and has been offering diabetes classes and support groups for that long as well. Healthy eating and exercise have always been part of the regimen for diabetes programs offered at OCHC. Monthly Diabetic Support Groups are held every 3rd Wednesday of the month at 409 North Dunlap St, St. Paul, MN 55104 from 12pm-1pm. The support group features diabetic education, guest speakers, resources and more.

Topics include:

- Healthy meal planning
- Managing your medication
- Exercise
- What diabetes means to you

A light lunch will be served. The remaining 2013 dates are: October 16, November 20 and December 18.

For more information please contact Dugan at 651-290-9215.