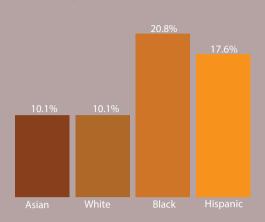
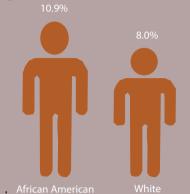
THE RISE OF DIABETES IN THE BLACK **COMMUNITY (AMERICA)**

People in the lowerclass communities are more at risk of getting diabetes beacause healthier food is more expensive to them. Based on the povery rates in America, African-Americans are more inclined to be diagnosed with diabetes. In order to understand deeper why the diabetes levels are higher in the black community, we have to look at the grocery stores that sell low-cost groceries.

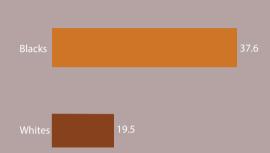
Poverty Rate In America



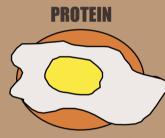
Percentage of Adults Aged 18+ **Diagnosed with Diabetes (2017)**



Number of Diabetes Deathes per 100,000 population by Number in the United States



Important Foods Sold Only in Grocercy Stores that are Essential for the Health of the Human Body



A startling 16 percent of the average person's body weight is from protein. Protein is used

CARBOHYDRATES



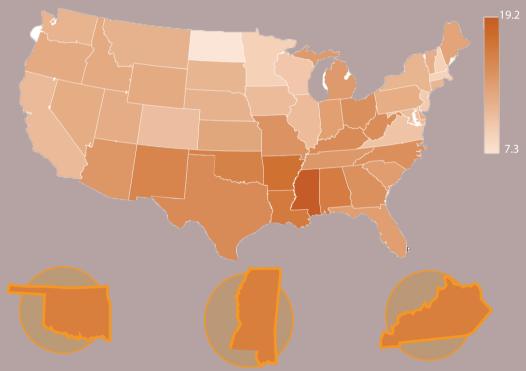
Carbohydrates are neces sary for a healthy body. Carbs fuel your body, especially your central

HEALTHY FATS



diet can help you to balance your blood sugar, decrease your chance of type 2 diabetes, and improve your

Food Insecurity by Percentage in the United States (2017)



OKLAHOMA

adult population is obese. Oklahoma requires its elementary school students to

MISSISSIPI

In Mississppi -- which has the highest obesity rate of any state--over 70 percent of food stamp elegible households travel more than 30 miles to

KENTUCKY

13.1% of Kentucky's adult population is living with diabetes. 33.5% of the youth population is either

BLURRY VISION

High levels of blood sugar can affect your ability to see by causing the lens inside the eye to swell, which can result in temporary blurring of eyesight.

Excessive thirst is one of the first signs that you might have diabetes. Thirst and having to urinate often are both caused by too much sugar in your blood.

THIRST



High blood sugar levels can weaken a person who has diabetes immune system defenses.

levels can can affect the body's ability to get glucose from to meet our energy needs.

EXHAUSTION

