

Minorities, Diabetes and Limb Loss

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Recent studies have shown that Hispanic/Latino Americans, African Americans, American Indians and Alaska Natives have an elevated risk for developing diabetes. Diabetes is a serious disease that, unless managed and treated properly, may lead to secondary complications including amputation. The following statistics, taken from various sources, illustrate the extent and serious nature of this disease and its effect on these populations.

- In 1997, 67% of the total number of lower-extremity amputations performed in the United States were diabetes-related.¹
- It has been estimated that perhaps 50% of lower-extremity amputations could be prevented by improving foot care among individuals with diabetes.²

Hispanic/Latino Americans

- According to a 2003 study of the U.S. Agency for Healthcare Research and Quality, “Hispanics were 3.6 times more likely to be hospitalized for uncontrolled diabetes” than non-Hispanic whites.³
- According to this same study, “Hispanics were 2.9 times more likely to be hospitalized for diabetes-related amputation of a foot or a leg” than non-Hispanic whites.⁴
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African Americans

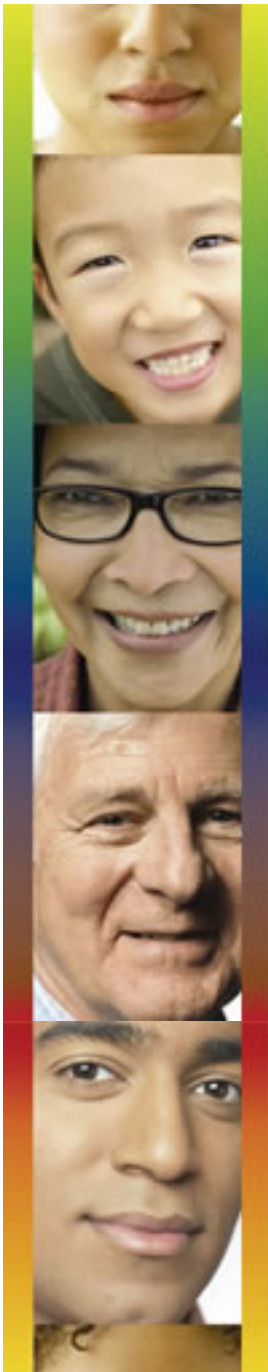
- The American Diabetes Association's Web site reports that "3.2 million or 13.3% of all African Americans aged 20 years or older have diabetes."
- According to a study of Maryland State Hospital Discharge data from 1986-1997, "African Americans were 2 to 4 times more likely to lose a lower limb than white persons of similar age and gender."⁵
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American Indians/Alaska Natives

- American Indian/Alaska Native groups have a rate of diabetes 2 to 5 times higher than that of other groups in the United States.⁶
- Amputation rates among American Indians are 3 to 4 times higher than those for the general population.⁷
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Related Resources

- Diabetes in Hispanic Americans
www.diabetes.niddk.nih.gov/dm/pubs/hispanicamerican/index.htm
- Spanish First Step - A Guide for Adapting to Limb Loss (2005 Edition)
www.amputee-coalition.org/spanish/ERFSSP05S.html
- BlackHealthCare.com
www.blackhealthcare.com
- Diabetes & African Americans
www.diabetes.org/uedocuments/AfAmFlyer-low.pdf
- American Indian Health
www.americanindianhealth.nlm.nih.gov
- American Indians, Alaska Natives, and Diabetes
www.diabetes.niddk.nih.gov/dm/pubs/americanindian/index.htm



References

- 1 "Hospital Discharge Rates for Nontraumatic Lower Extremity Amputation by Diabetes Status — U.S., 1997," *MMWR Weekly* 50: 954-8. www.cdc.gov/mmwr/preview/mmwrhtml/mm5043a3.htm.
- 2 Gavin, Laurence A., MD, et al. "Prevention and Treatment of Foot Problems in Diabetes Mellitus: A Comprehensive Program," *Western Journal of Medicine* 158 (1): 47-55.
- 3 Preidt, Robert. "Blacks, Hispanics Hospitalized More Often for Diabetes, Heart Disease." *HealthDay: News for Healthier Living*, August 15, 2006.
- 4 Ibid.
- 5 Dillingham, Timothy R., MD, et al. "Racial Differences in the Incidence of Limb Loss Secondary to Peripheral Vascular Disease: A Population-Based Study," *Archives of Physical Medicine and Rehabilitation* 83 (9): 1252-7.
- 6 American Diabetes Association. "Consensus Statement," *Diabetes Care* 23 (3): 381-9.
- 7 "Levels of Diabetes-Related Preventive-Care Practices — United States, 1997-99," *MMWR Weekly* 49 (42): 954-8. www.cdc.gov/mmwr/preview/mmwrhtml/mm4942a2.htm.

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