

What is it?

HIV is a sexually transmitted disease that can progress to AIDS if

Time between HIV infection to AIDS development can range from months to years

Early diagnosis is key

Incidence/Prevalence

About 25% of new HIV infections occur in 13 to 24 year olds African Americans account for approximative of new HIV diagnoses

Risk Factors

Prevention

If you are sexually active, get an STD test at least once per year

Sources

Asthma

Centers for Disease Control http://www.cdc.gov/nchs/data/series/sr_03sr03_035.pdf

Diabetes

http://www.cdc.gov/diabetes/home/index.html

Hypertension

Bruno R. Cartoni, G., Taddei, S. & Cardiol, F. (2011). Hypertension in special populations: Athletes. Future Medicine, 7(4): 571-584. **Centers for Disease Control** www.cdc.gov/cdcgradnrounds/pdf/gr_hypertensions_ may21.pdf

HIV & AIDS

Centers for Disease Control Workowski, K. & Berman, S. (2010). HIV infection: Detection, counseling, and referal www.cdc.gov/mmwr/preview/mmwrhtml/rr5912a1.htm

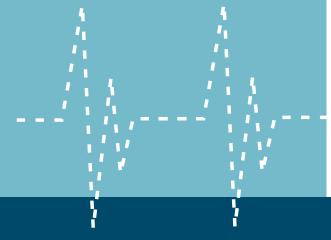
Acknowledgments

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ASTHMA • DIABETES • HYPERTENSION • HIV/AIDS

HEALTHCARE ISSUES & CONDITIONS in ethnically diverse populations





Diabetes



Asthma



Hypertension (High blood Pressure)



What is it?

Blood glucose levels above normal Sugar builds up in blood Numbness in extremities, very dry skin, more infections than usual, sores

What is it?

Chronic, long-term disease Narrows airways by inflammation Wheezing, coughing, shortness of breath, tightness in chest

What is it?

Blood pressure values equal to or greater than 140/90 Blood pressure measurements taken over a month to conform May be drug supplement or dietary induced Leading risk factor for cardiovascular disease

Incidence/Prevalence

Race	Ethnicity	Gender
White 5.9%	Hispanic 9.2%	Men 6.9%
Black 9.3%		Woman 5.9%
Asian 6.5%		

Incidence/Prevalence

Race	Ethnicity	Gender
White 7.8%	Hispanic 7.2%	Men 7%
Black 11.9%		Women 9.8%
Other 8.1%		

Incidence/Prevalence

It is estimated that about half of the population has hypertension with differences occurring between sports. The real prevalence is unknown. However, the incidence of sudden cardiac death is approximately 65 deaths per year.

Risk Factors

Type 2 Diabetes

Older Age

Rick Factors

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Allergens	Others
Pets	Excessive
Pollen	Colds/Respiratory Infection
Dust Mites	Stress
Cockroaches	Weather
Indoor Mold	Food Allergies
Irritants	Sensitivities
Odors	
Aerosol Sprays	

Risk Factors

Over-the-counter drugs for weight loss High Body Mass Index (over 20% for men and 25% for women)

Type 1 Diabetes

drugs, malnutrition, infections,

Management

Self-Management Education

Know How

Peak Flow Meter Routine Doctor Visits Every 6 months

Prevention

Maintain a healthy weight Exercise 30 minutes 5 days/week Avoid alcohol and tobacco

Management

Blood Glucose Checks **Healthy Eating Habits** Early recognition of Signs & Symptoms Routine MD visits