

# HIV/AIDS



## What is it?

HIV is a sexually transmitted disease that can progress to AIDS if untreated  
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 approxiative of new HIV diagnoses

## Risk Factors

Unprotected sex with multiple partners  
Injection drug use  
Not getting regular STD tests if you are sexually active  
Bisexuality

## Prevention

Don't have sex with multiple partners  
Always use a condom even if the person is on birth control  
If you are sexually active, get an STD test at least once per year  
Ask questions and know your partner's sexual background

# Sources

## Asthma

Centers for Disease Control  
[http://www.cdc.gov/nchs/data/series/sr\\_03sr03\\_035.pdf](http://www.cdc.gov/nchs/data/series/sr_03sr03_035.pdf)  
[www.asthma.com](http://www.asthma.com)

## 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](http://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 referral  
[www.cdc.gov/mmwr/preview/mmwrhtml/rr5912a1.htm](http://www.cdc.gov/mmwr/preview/mmwrhtml/rr5912a1.htm)

## Acknowledgments

This brochure was created with generous support from the NATA Ethnic Diversity Advisory Committee, Colorado State University-Pueblo EXHPR Department, Athletic Training Program, Diversity Resource Center, Office of External Affairs, and Graphic Design students, Zoe Clark and Sarah Nako.

ASTHMA • DIABETES • HYPERTENSION • HIV/AIDS

# HEALTHCARE ISSUES & CONDITIONS in ethnically diverse populations



# Diabetes



## What is it?

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

## Incidence/Prevalence

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

## Risk Factors

### Type 2 Diabetes

Older Age	Race/ethnicity
Obesity	African Americans, Hispanic/Latino
Family history	American, American Indians, and some Asian Americans
Impaired glucose tolerance	
Physical inactivity	

### Type 1 Diabetes

Autoimmune	Obesity
Genetic	Other: Genetic syndromes, surgery, drugs, malnutrition, infections, illnesses
Environmental factors	
Gestational diabetes	
Race/Ethnicity	

## Management

Healthy Eating Habits	Blood Glucose Checks
Physical Activity	Early recognition of Signs & Symptoms
Insulin Injections	Routine MD visits

# Asthma



## What is it?

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

## Incidence/Prevalence

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

## Risk Factors

### Allergens

Pets  
Pollen  
Dust Mites  
Cockroaches  
Indoor Mold

### Irritants

Odors  
Aerosol Sprays  
Smoke

### Others

Excessive  
Colds/Respiratory Infection  
Stress  
Weather  
Food Allergies  
Sensitivities

## Management

### Self-Management Education

Asthma Action Plan  
Classes  
Early Recognition of Signs & Symptoms

### Know How

To Respond  
Peak Flow Meter  
To Control Environment Factors

**Routine Doctor Visits Every 6 months**

# Hypertension (High blood Pressure)



## 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

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

High Fat or High Sodium Diet  
Very Little exercise  
Performance enhancing drugs  
Over-the-counter drugs for weight loss  
High Body Mass Index (over 20% for men and 25% for women)

## Prevention

Maintain a healthy weight  
Exercise 30 minutes 5 days/week  
Eat a well-balanced diet (use [www.myplate.gov](http://www.myplate.gov) for assistance)  
Practice stress management techniques  
Avoid alcohol and tobacco

