Did you know that Asian Americans have a higher risk of getting diabetes?

Among Asian Americans in New York City:

- has a family history of diabetes
- 1 out of 3 has higher than normal sugars

While being overweight increases diabetes risk for everyone, Asian Americans do not have to be overweight to be at risk.

What is diabetes?

Diabetes is a disease in which the body does not make enough insulin or does not properly use insulin. Insulin is necessary for the body to use glucose (sugar) for energy. Diabetes can lead to serious complications and premature death, but people at risk for diabetes can take steps to prevent it.

You can do a lot to lower your chances of getting diabetes!

- Exercise regularly
- Reduce fat and calorie intake
- Lose a little weight

Lowering blood pressure and cholesterol levels also helps you stay healthy.

Find out if you are at risk and we may be able to help you prevent getting diabetes!

**Project RICE** is a five-year community-driven research initiative to promote diabetes prevention among Korean and South Asian immigrants in New York City through the work of community health workers (CHWs).

Our CHWs are community members who are trained to work with communities to address health needs holistically by providing information on wellness, nutrition, stress relief, and prevention of diabetes in a culturally appropriate manner.

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