This survey was conducted by Kelton Research between July 22nd and July 30th, 2009, using an email invitation and an online survey. The survey was fielded to 200 African-Americans with diabetes, 200 African-Americans without diabetes, and 100 non-African-Americans with diabetes.

Results of any sample are subject to sampling variation. The magnitude of the variation is measurable and is affected by the number of interviews and the level of the percentages expressing the results.

For the African-American sample, the chances are 95 in 100 that a survey result does not vary, plus or minus, by more than 4.9 percentage points from the result that would be obtained if interviews had been conducted with all persons in the universe represented by the sample.

For the non-African-American sample, the chances are 95 in 100 that a survey result does not vary, plus or minus, by more than 9.8 percentage points from the result that would be obtained if interviews had been conducted with all persons in the universe represented by the sample.

The following slides depict data specifically selected as relevant for the focus of this PowerPoint presentation.
### Respondent Demographics

#### Age & Gender

<table>
<thead>
<tr>
<th></th>
<th>35-49</th>
<th>50-59</th>
<th>60+</th>
<th>Male</th>
<th>Female</th>
</tr>
</thead>
<tbody>
<tr>
<td>African-American</td>
<td>32%</td>
<td>46%</td>
<td>22%</td>
<td>37%</td>
<td>64%</td>
</tr>
<tr>
<td>Non-African-American</td>
<td>22%</td>
<td>33%</td>
<td>45%</td>
<td>48%</td>
<td>52%</td>
</tr>
</tbody>
</table>

#### Region

<table>
<thead>
<tr>
<th></th>
<th>Northeast</th>
<th>Midwest</th>
<th>South</th>
<th>West</th>
</tr>
</thead>
<tbody>
<tr>
<td>African-American</td>
<td>13%</td>
<td>19%</td>
<td>54%</td>
<td>15%</td>
</tr>
<tr>
<td>Non-African-American</td>
<td>9%</td>
<td>25%</td>
<td>41%</td>
<td>25%</td>
</tr>
</tbody>
</table>

#### Household Income

<table>
<thead>
<tr>
<th></th>
<th>Less than $35,000</th>
<th>$35,000-$74,999</th>
<th>$75,000+</th>
</tr>
</thead>
<tbody>
<tr>
<td>African-American</td>
<td>45%</td>
<td>42%</td>
<td>14%</td>
</tr>
<tr>
<td>Non-African-American</td>
<td>36%</td>
<td>39%</td>
<td>25%</td>
</tr>
</tbody>
</table>
## Respondent Demographics

### Marital Status

<table>
<thead>
<tr>
<th></th>
<th>Married</th>
<th>Single</th>
<th>Separated, Divorced, or Widowed</th>
</tr>
</thead>
<tbody>
<tr>
<td>African-American</td>
<td>45%</td>
<td>23%</td>
<td>32%</td>
</tr>
<tr>
<td>Non-African-American</td>
<td>61%</td>
<td>13%</td>
<td>26%</td>
</tr>
</tbody>
</table>

### Parents

<table>
<thead>
<tr>
<th></th>
<th>Parents</th>
<th>Non-Parents</th>
</tr>
</thead>
<tbody>
<tr>
<td>African-American</td>
<td>28%</td>
<td>72%</td>
</tr>
<tr>
<td>Non-African-American</td>
<td>23%</td>
<td>77%</td>
</tr>
</tbody>
</table>

### Employment Status

<table>
<thead>
<tr>
<th></th>
<th>Full or Part Time</th>
<th>Unemployed</th>
<th>Retired</th>
<th>Student</th>
</tr>
</thead>
<tbody>
<tr>
<td>African-American</td>
<td>43%</td>
<td>25%</td>
<td>31%</td>
<td>1%</td>
</tr>
<tr>
<td>Non-African-American</td>
<td>39%</td>
<td>20%</td>
<td>41%</td>
<td>-</td>
</tr>
</tbody>
</table>
African-Americans with diabetes are much more willing than those without the disease to discuss this matter with their relatives.

Have You Ever Discussed the Topic of Diabetes with any Family Members? Please Be Honest.*

- Yes: 95%
- No: 6%

*All decimals are rounded to the nearest percentage point. This may result in certain numerical totals adding up to slightly more or slightly less than 100%.
Yet, a majority of African-Americans without diabetes still have at least one family member who suffers from this disease.
Furthermore, many diabetes risk factors are present among African-Americans without the condition.

Which of the Following Describe You? Please Choose all that Apply.

- I Have High Blood Pressure: 40%
- I Am a Smoker: 27%
- I Have High Cholesterol: 25%
- I Have A Family History of Diabetes: 24%
- A Doctor Has Told Me That I Am Overweight or Obese: 19%
- A Doctor Has Told Me That I Am at Risk for Diabetes: 11%
- None of These: 26%
African-Americans with diabetes report a host of health problems from this disease.

Which of the Following Have Been Affected By Your Diabetes? Please Choose all that Apply.

- Weight: 48%
- Eyes: 40%
- Feet: 25%
- Teeth: 20%
- Kidneys: 17%
- Other: 4%
- None of These: 29%
Most African-Americans with diabetes have a number of troubling foot problems as well.

Which of the Following Foot Conditions Have You Experienced as a Result of Your Diabetes? Please Choose all that Apply.

- Tingling: 45%
- Burning Sensations: 22%
- Decreased Sensation: 18%
- Hair Loss: 13%
- Open Sores or Ulcers: 7%
- Amputation: 2%
- Other: 3%
- None of These: 43%
This is likely why proper foot care for those with diabetes is widely agreed-upon.
Improper Podiatric Care

However, African-Americans with diabetes aren’t taking action to ensure foot health.

- Have Your Feet Ever Been Examined by a Medical Professional?
  - Yes: 83%
  - No: 17%

- Have You Ever Visited a Podiatrist?
  - Yes: 52%
  - No: 48%
A majority of African-Americans (68%) with diabetes have delayed podiatrist visits, mostly because they felt no sense of urgency.

**Which of the Following Are Reasons You Have Ever Put off a Visit to a Podiatrist? Please Choose all that Apply.***

- I Didn't Have Any Urgent Problems With My Feet: 68%
- I Couldn't Afford It: 16%
- I Had No Health Insurance: 11%
- My Health Insurance Didn't Cover a Podiatrist: 11%
- I Couldn't Get a Referral: 5%
- Other: 10%

*Among African-Americans with diabetes who have put off a visit to a podiatrist*
Many African-Americans with diabetes choose to examine their own feet on a regular basis for any potential problems.

Which of the Following Best Describes How Often You Check Your Feet for Sores, Cuts, or Bruises?

- Daily: 68%
- Weekly: 21%
- Monthly: 4%
- Yearly: 2%
- Never: 6%
African-Americans with diabetes aren’t taking full advantage of diabetic shoes.

Do You Currently Have or Have You Ever Had Diabetic Shoes?

- Yes: 17%
- No: 83%
Diabetes tops the list of troubling health ailments that Americans face. This condition is more likely to strike African-Americans than some other ethnicities. According to a new study by the American Podiatric Medical Association, a great deal of African-Americans ages 35 and over – whether they have the disease or not – don’t take enough steps to safeguard themselves, especially from its side effects.

Families should discuss the risks and effects associated with diabetes. Those who have not been diagnosed with diabetes are far less likely to discuss it with their families than those who are suffering from this disease (59% vs. 95%). Yet more than half (54%) of those without diabetes have at least one family member who has diabetes.

African-Americans with diabetes acknowledge that this condition has intruded on their health. Nearly one in two (48%) report changes in their weight – some reported eye (40%), tooth (20%), or kidney (17%) difficulties. Feet are also part of the problem among those with diabetes with complications such as tingling (45%), burning sensations (22%), and decreased sensation (18%). This is likely why almost every (98%) African-American, regardless of diabetes diagnosis, agrees that those with the condition require proper foot care.
Unfortunately, many African-Americans with diabetes aren’t doing all they can when it comes to their own feet. Nearly one in five (17%) have never had their feet examined by a medical professional and almost half (48%) have never visited a podiatrist. Some respondents (38%) confess to delaying a podiatrist visit due to lack of coverage. Instead of doctor visits, most are likely to take matters into their own hands with almost seven in ten (68%) African-Americans with diabetes choosing to examine their own feet to check for sores, cuts, or bruises on a daily basis. Though this approach is conscientious, many may be missing out on crucial medical care only a podiatrist can provide.