

Reflections on Our Results



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As an HCHS-SOL participant: I make a big impact on my health by knowing more about diabetes. I am helping with diabetes prevention. My role as a participant helps SOL learn about the long-term effects of diabetes.



Diabetes varied among study participants of diverse backgrounds.

It was highest among people of:

Mexican background
Puerto Rican background
Dominican background

We found that these factors may be linked to a higher risk of diabetes:

Living in the US for 10 years or more
Sleep apnea,* older age, and excess body weight
Lack of social support

For prevention, try a brisk 30-minute walk each day. Our data show that **the risk of diabetes can be reduced by walking daily.** Learn more about [prevention](#).

*Sleep apnea is a brief involuntary pause of breathing that occurs during sleep. [Learn more about sleep apnea.](#)