

Diabetes in Cleveland, OH

What is diabetes?

Diabetes (sometimes called “the Sugar”) is a health problem that happens when your blood sugar gets too high. Your body either doesn’t make enough **insulin** or can’t use it the right way. Insulin helps your body turn sugar from food into energy.

If you don’t manage diabetes, it can lead to problems with your **heart, feet, eyes, kidneys** and more.



CITY OF CLEVELAND

Mayor Justin M. Bibb

PUBLIC HEALTH

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15.8% of adults in Cleveland have diabetes

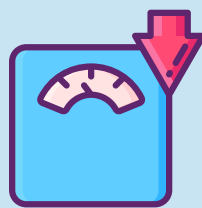


Symptoms of Diabetes

Sometimes people have diabetes and don’t know it. If you experience any of these signs, talk to your healthcare provider about diabetes. A simple blood test can tell you if you have diabetes.



Needing to urinate
often



Losing weight
without trying



Feeling very thirsty all
the time



Cuts or sores that take a
long time to heal



Feeling tired all
the time



Blurry vision



Tingling or numbness in
your hands or feet

Diabetes and Race

In Cleveland, **17.4%** of non-Hispanic Black adults and **14.9%** of Hispanic adults have diabetes compared to **9.5%** of non-Hispanic white adults.

Obesity is a major risk factor for diabetes. Among Cleveland residents, **50%** of non-Hispanic Black adults and **41%** of Hispanic adults are considered obese compared to **36%** of non-Hispanic white adults.

These differences are caused by social factors that affect health, like access to care, healthy food, and housing.

How can I manage my diabetes?

Learning to manage your diabetes takes time and can feel overwhelming.



- Eat healthy. Swap fried foods and salty snacks for fruits, veggies, and whole grains and eat home-cooked meals when you can.
- Get active. Move your body 30 minutes a day, 5 days a week. Walk, dance, garden—whatever keeps you moving.
- If you take medicine or insulin, don't skip doses. Check your blood sugar, blood pressure, and your feet for diabetic ulcers regularly.

Start Small

You don't need to be perfect – you just need to stick with it.

- Set small goals each day.
- Visit your doctor at least once a year and keep your appointments.
- If you fall off track, you can start fresh tomorrow.



Take care

Diabetes doesn't only affect your body – it can affect you mind and spirit too.



- Stress can raise your blood sugar. Try deep breathing, prayer, talking to a loved one, or quiet time.
- Rest is important. Aim for 7–9 hours of sleep each night.
- Support matters. Talk with family, a faith leader, or a support group.

References:

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