

About Us

Health Equity for African American's League (HEAAL) is a community-driven collective based in Orange County, California dedicated to improving health outcomes for Black and African American populations by addressing social determinants of health—factors like housing, healthcare access, nutrition, and education that influence well-being.

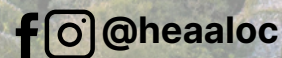


HEALTH EQUITY FOR AFRICAN AMERICANS LEAGUE

HEAAL aims to identify and address the social determinants of health affecting Black and African American communities in Orange County by collecting and sharing data, community feedback, and lived experiences; providing education; and advocating to influence decision-making at local, state, and federal levels so that historically excluded voices help shape equitable health outcomes.

www.heaaloc.org

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TYPE 2 DIABETES

Type 2 diabetes happens when the body cannot use insulin correctly and sugar builds up in the blood. It was once called adult-onset diabetes.

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SYMPTOMS

- More thirst.
- More urination.
- More hunger.
- Weight loss.
- Tiredness.
- Blurred vision.
- Slow-healing sores.
- Frequent infections.
- Numbness or tingling in the hands or feet.
- Areas of darkened skin, most often in the armpits and neck.



LIFESTYLE MODIFICATIONS



HEALTHY EATING

Focus on a diet rich in fruits, vegetables, whole grains, and lean proteins.

PHYSICAL ACTIVITY

Aim for at least 150 minutes of moderate-intensity activity or 75 minutes of vigorous activity each week.



STRESS MANAGEMENT

Stress can impact blood sugar levels.

QUALITY SLEEP

Adequate sleep helps manage blood sugar levels.



AVOID TOBACCO & ALCOHOL

Avoid smoking and minimize alcohol intake, as these behaviors increase the risk of complications.



“EFFECTIVE MANAGEMENT OF TYPE 2 DIABETES (T2D) REQUIRES A COMPREHENSIVE APPROACH ENCOMPASSING LIFESTYLE MODIFICATIONS, MEDICATIONS, REGULAR MONITORING, AND SUPPORT.”

Disclaimer: These recommendations are intended as guides and in no way are to replace the advice of a physician. HEAAL recommends you seek the attention and advice of your physician.