

Diabetes

Disease Information Packets – Slide Sets



Public Health Services,
Community Health Statistics

12/2012

What is Diabetes?

- Diabetes Mellitus, or Diabetes, is a disorder of carbohydrate metabolism that results in high blood glucose (sugar).
- In 2009, Diabetes was the 7th leading cause of death for in the United States.
- Approximately 26 million people in the United States had diabetes; nearly 7 million of whom were undiagnosed.

Types of Diabetes

- Type I: The body does not produce insulin.
 - Diagnosed most often in childhood and requires daily insulin
 - Accounts for 5-10% of all diabetes
 - Autoimmune disorder; is not preventable
- Type II: The body cannot produce enough insulin or does not use its insulin properly.
 - Occurs at all ages, and is often associated with obesity
 - Accounts for 90-95% of all diabetes
 - Is preventable
- Gestational: First diagnosed during pregnancy.
 - 5-10% of women with gestational diabetes remain Type II diabetics
 - Gestational diabetics have a 35-60% chance of developing type II in the following 10-20 years.

Demographic Risk Factors

- **Age**
 - Type II diabetes is associated with older age, although it is increasingly diagnosed in children and teens.
- **Family history**
 - Individuals with first degree relatives who are diabetic are at risk for developing diabetes.
- **Race/Ethnicity**
 - Hispanic/Latino Americans, American Indians, and some Asian Americans and Native Hawaiians/Pacific Islanders are at particularly high risk for Type II diabetes.



Social and Behavioral Risk Factors

- Pre-diabetes:
 - Blood glucose levels are elevated, but are not as high as when someone has diabetes
 - Progression can be stopped with diet, exercise, and weight management.
- Poor diet and physical inactivity
- Overweight/Obesity

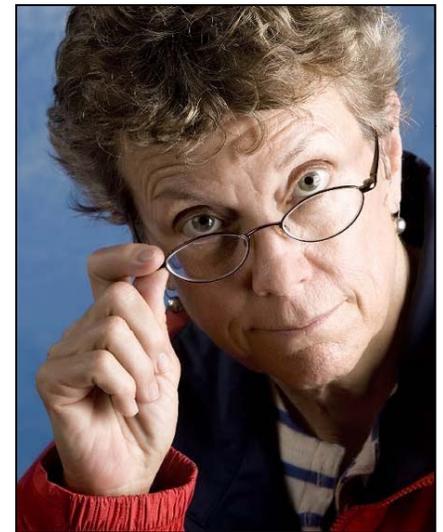


Intermediate Outcomes

- Heart Disease
 - Heart disease death rates for diabetic adults are 2-4 times higher than for non-diabetics.
- High Blood Pressure
 - In 2009, 57% of diabetic American adults reported having high blood pressure.
- High Cholesterol
 - In 2009, 58% of diabetic American adults reported having high cholesterol.
- Stroke
 - In 2009, nearly 1 in 10 diabetic adults had ever had a stroke.

Intermediate Outcomes

- Eye Disease
 - Diabetes is the leading cause of blindness in Americans aged 20-74 years.
- Gum Disease
 - Diabetics are twice as likely to have gum disease as non-diabetics.
- Kidney disease
 - In 2007, diabetes accounted for 44% of new end stage renal disease cases in the United States.



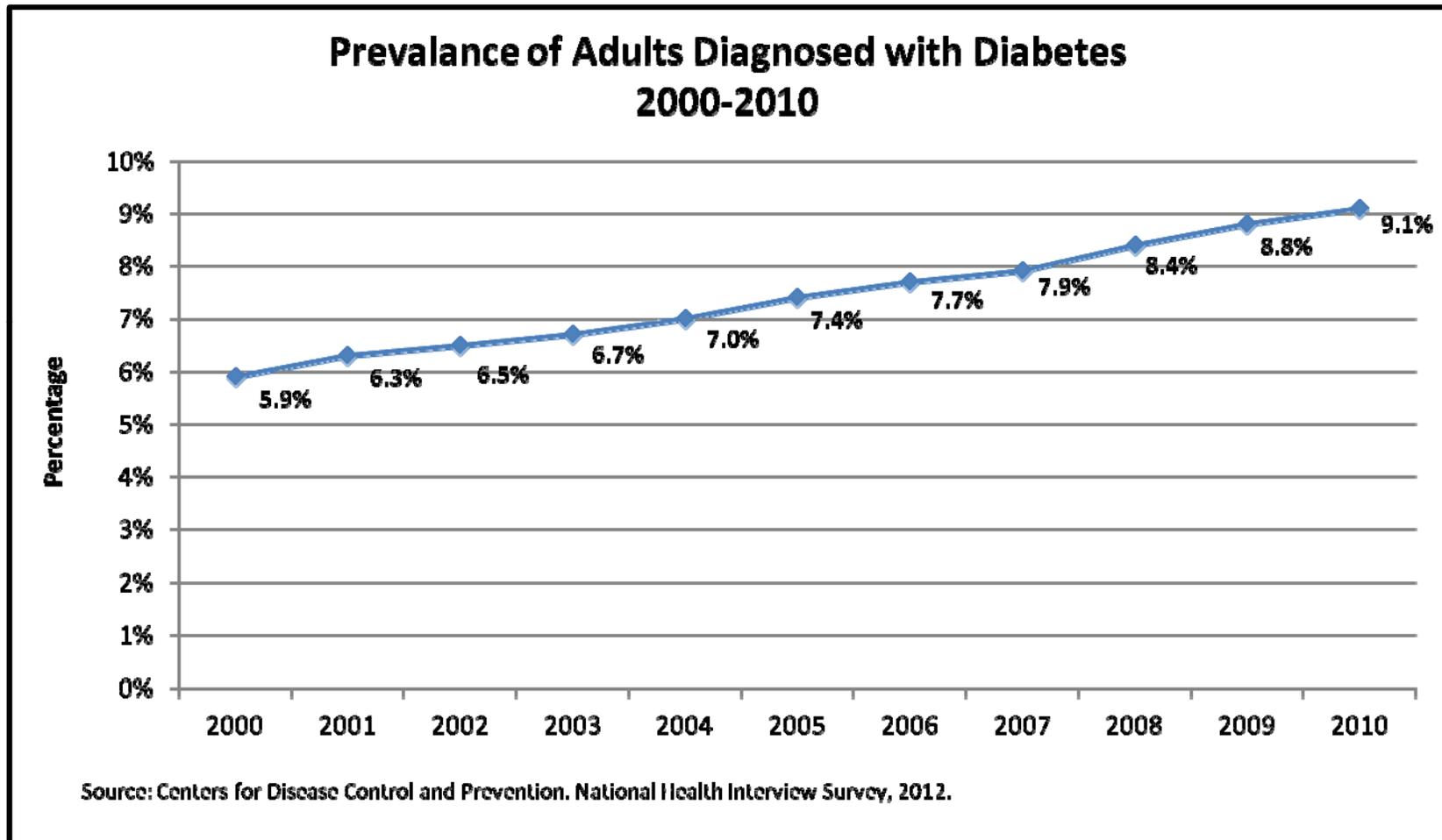
Intermediate Outcomes

- Lower extremity conditions
 - 60-70% of diabetics have some form of neuropathy.
 - More than 60% of non-traumatic lower limb amputations occur among diabetics.
- Infections
 - Diabetics are more prone to infections such as influenza or pneumonia.
- Pregnancy complications
 - Gestational diabetes can cause complications to the infant.

National Statistics and Disparities

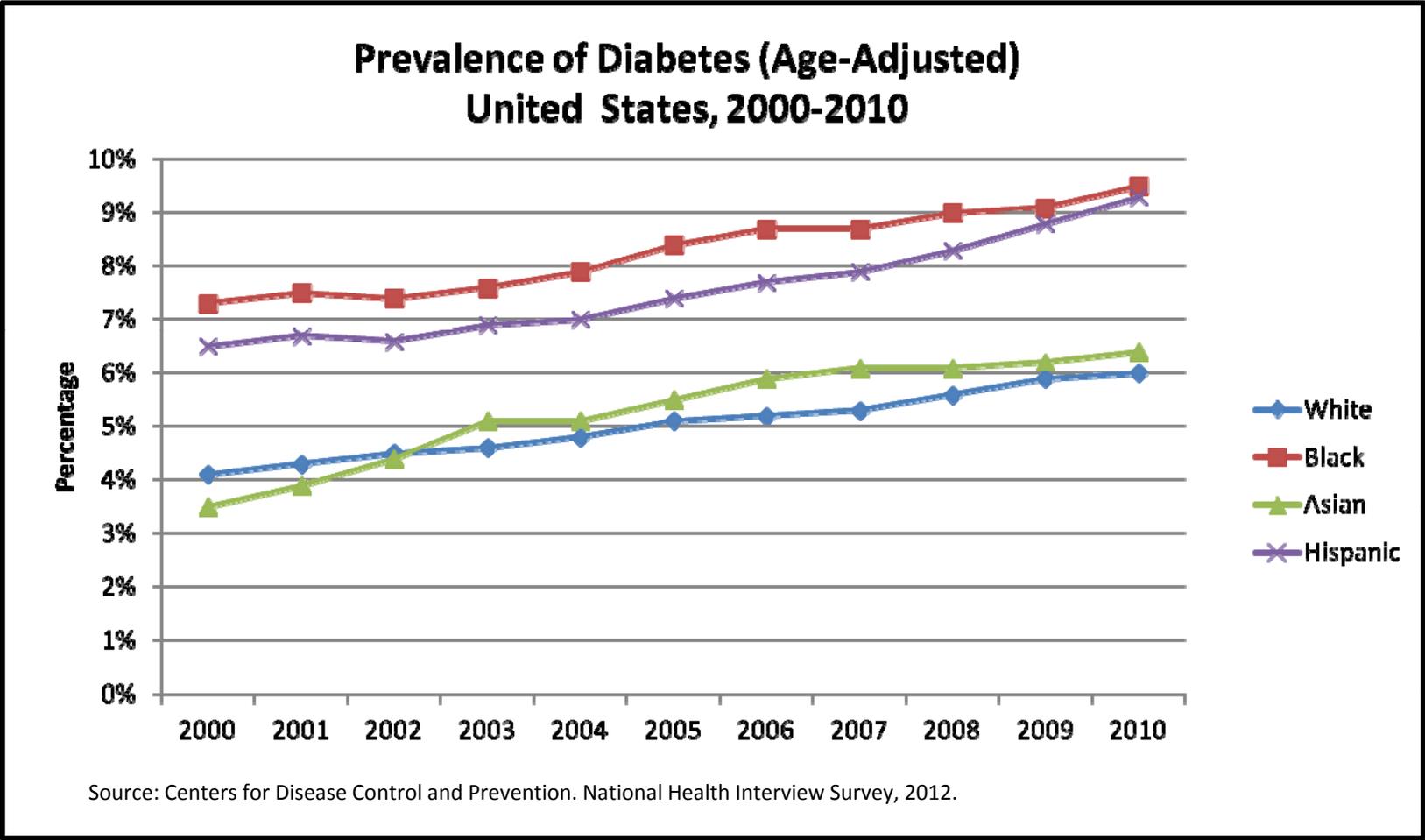
- In 2010, nearly 1 of every 11 American adults were diagnosed with diabetes.
- Compared to whites, the risk of being diagnosed with diabetes was 77% higher among blacks, 66% higher among Hispanics, and 18% higher among Asian Americans.
- Nearly 1 out of 4 Americans is pre-diabetic.

National Statistics and Disparities



The percentage of Americans with diabetes increased from 2000-2010.

National Statistics and Disparities

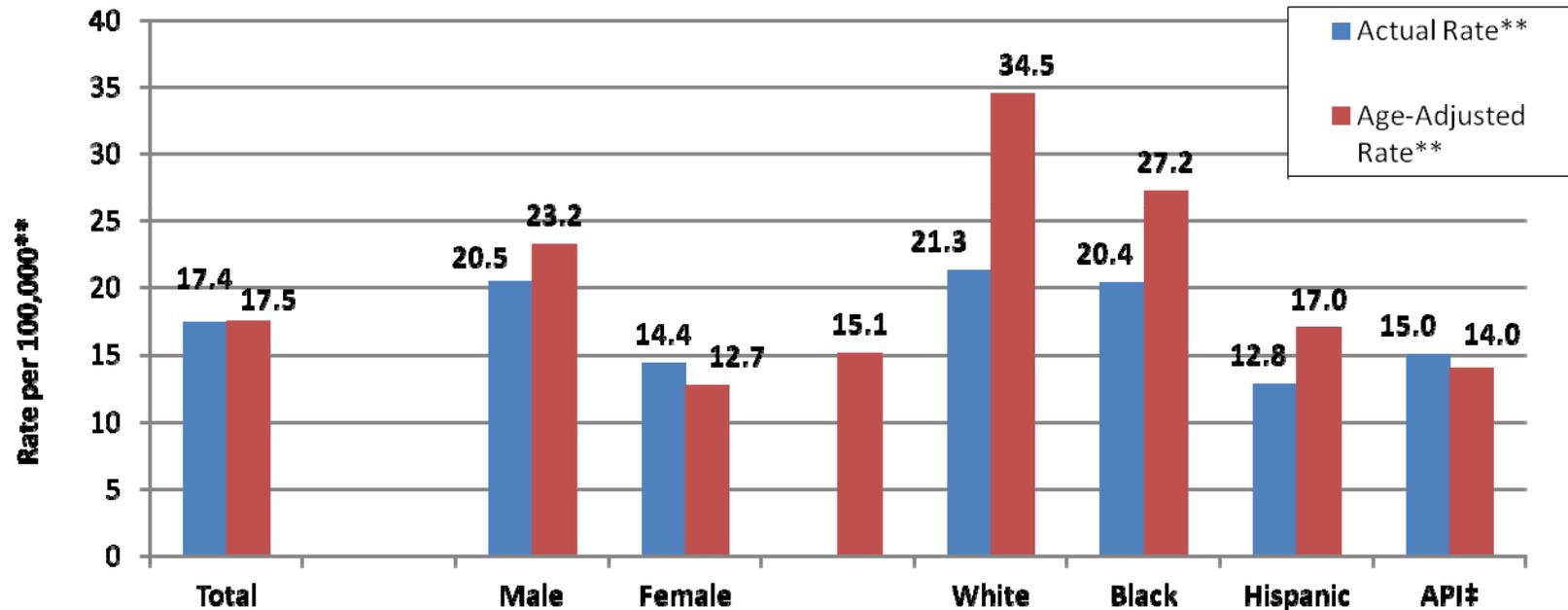


Costs

- In 2007, the United States spent \$174 billion on diabetes:
 - \$116 billion in direct medical costs.
 - \$ 58 billion in indirect costs, such as lost productivity and disability payments.

Local Statistics and Disparities

Diabetes Deaths*: Actual and Age-Adjusted Rates
San Diego County, 2009**



* Diabetes Death refers to (underlying cause of death) ICD-10 codes E10-E14.

** County actual rates are per 100,000 individuals. County age-adjusted rates per 100,000 2000 US standard population.

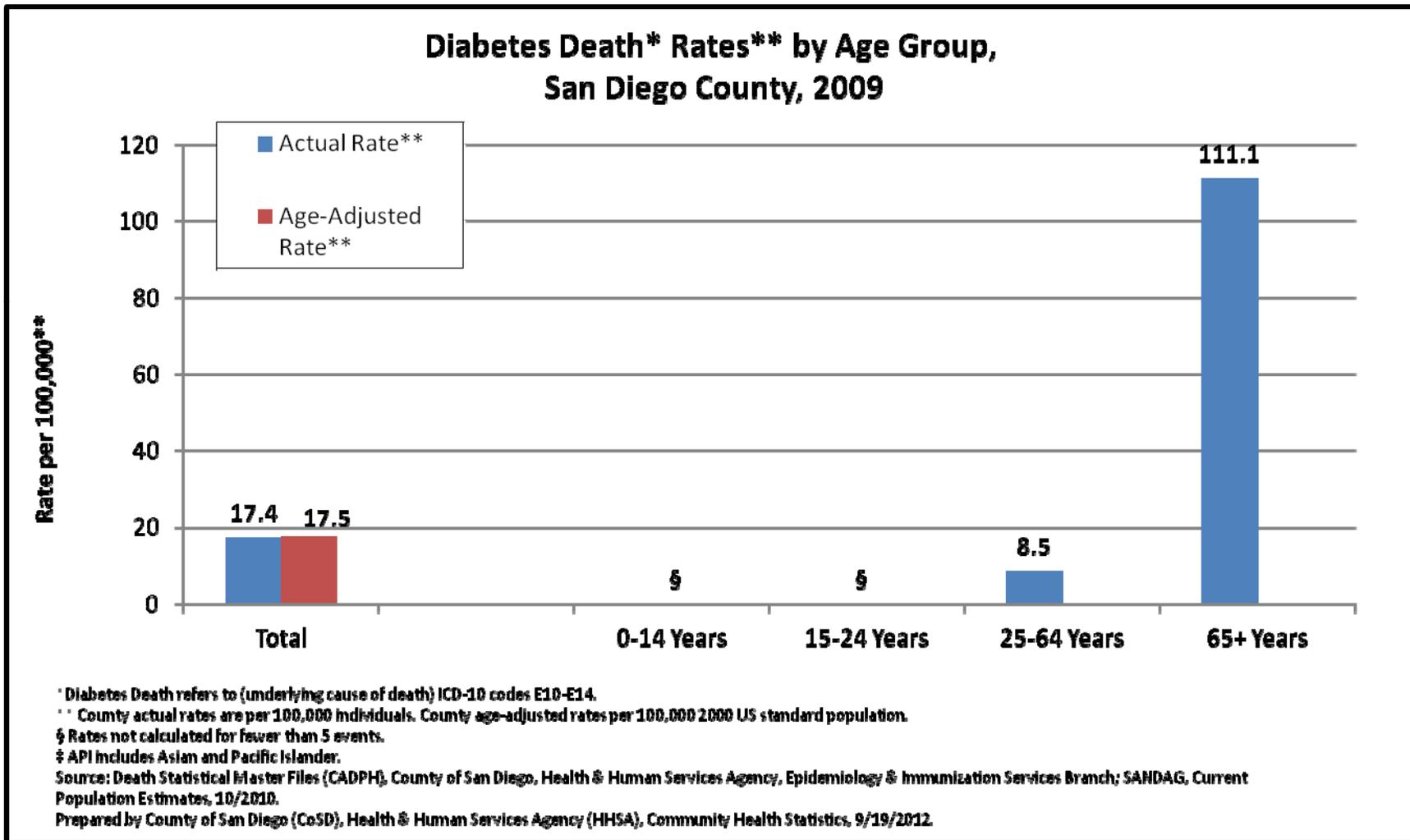
‡ Rates not calculated for fewer than 5 events.

‡ API includes Asian and Pacific Islander.

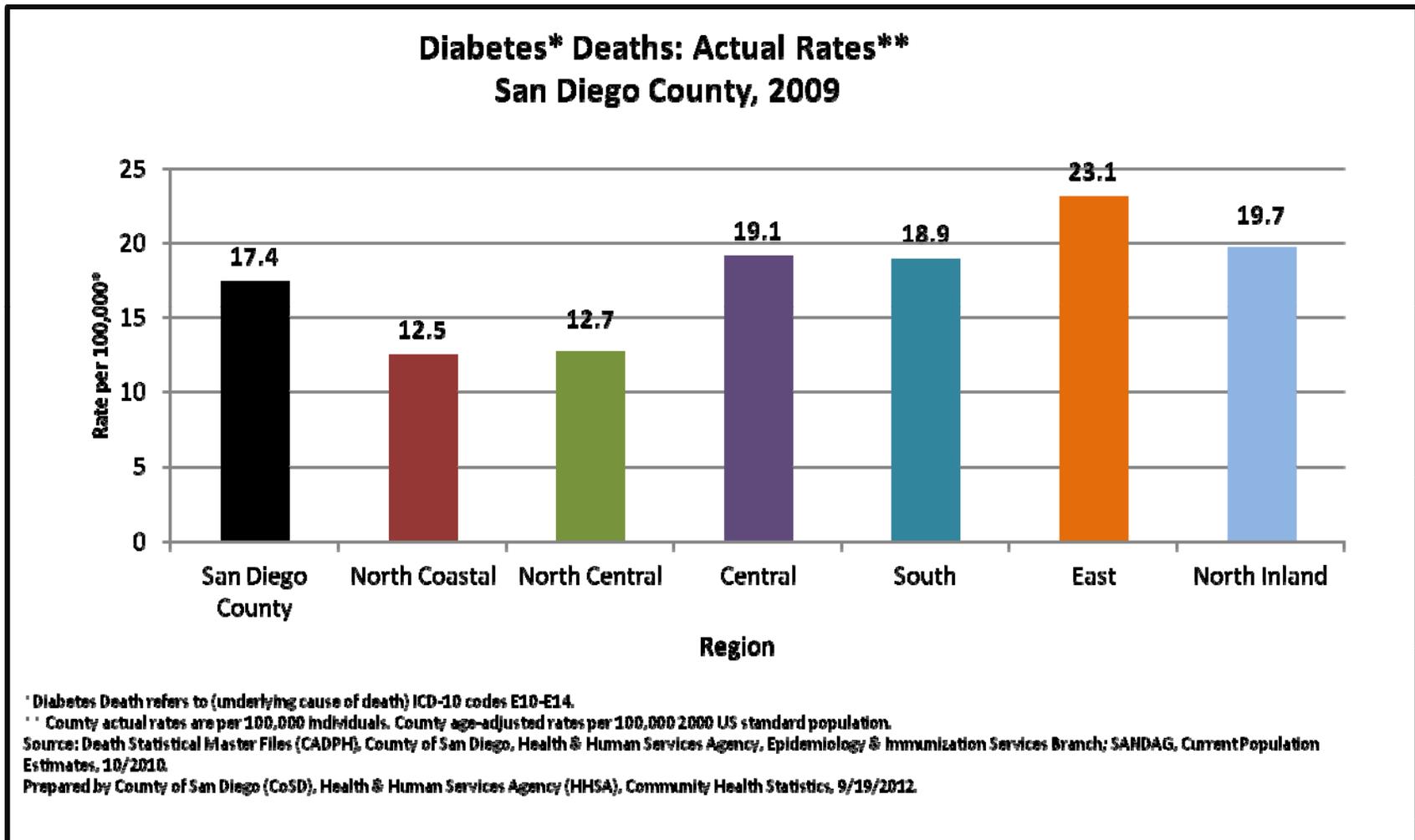
Source: Death Statistical Master Files (CADPH), County of San Diego, Health & Human Services Agency, Epidemiology & Immunization Services Branch; SANDAG, Current Population Estimates, 10/2010.

Prepared by County of San Diego (CoSD), Health & Human Services Agency (HHS), Community Health Statistics, 9/19/2012.

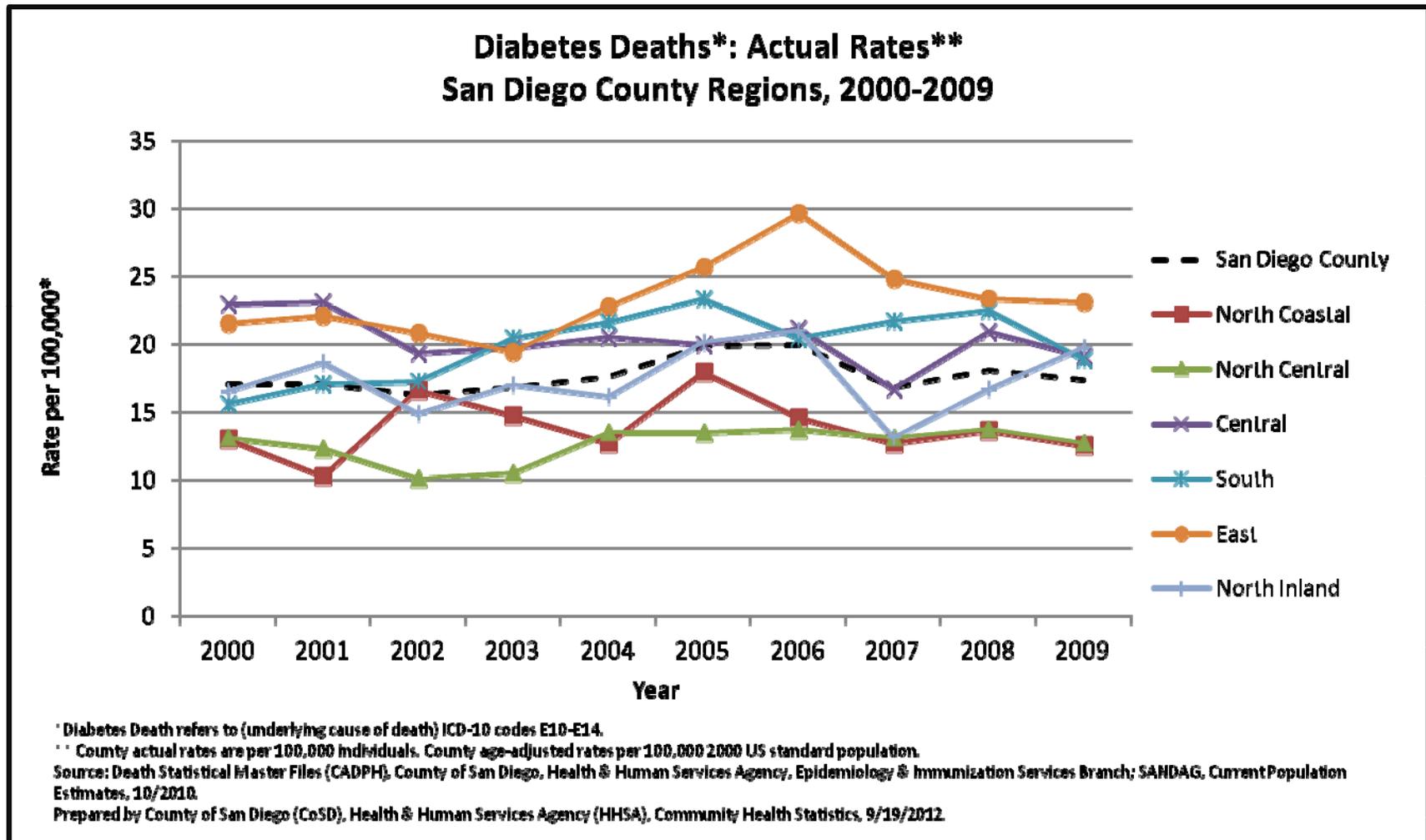
Local Statistics and Disparities



Local Statistics and Disparities



Local Statistics and Disparities



Prevention

- Control Blood Sugar

- Decreasing glucose levels decreases the risk of complications.
- Every 1% decrease in blood A1C levels (a indicator of blood sugar control) decreases risk for eye, nerve and kidney diseases by 40%.
 - Meal planning
 - Monitor blood glucose levels
 - Medication

- Control Blood Pressure

- Controlling blood pressure can reduce heart disease and stroke risk up to 50%, and reduce risk of neuropathy, kidney and eye disease by up to 33%.
 - Monitor levels
 - Take medications, as recommended
 - Manage stress
 - Diet, exercise



Prevention

- Maintain a healthy weight
 - Lose excess weight
 - Even small weight losses reduce risk
 - For people with pre-diabetes, weight loss and exercise can reduce the onset of diabetes by over 50% over a 3 year period.
- Do not smoke
 - Smoking raises your blood sugar level, making it harder to control your diabetes.
 - Smoking damages the blood vessels, which can worsen foot ulcers and lead to blood vessel disease and leg and foot infections.
 - Smokers with diabetes are more likely to develop nerve damage and kidney disease.

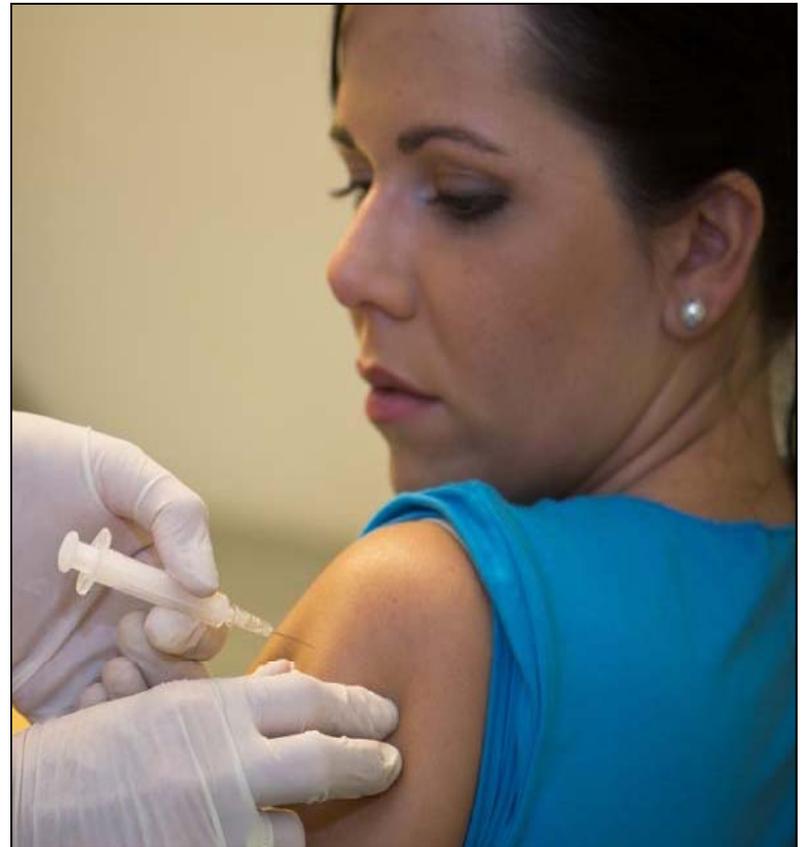


Prevention

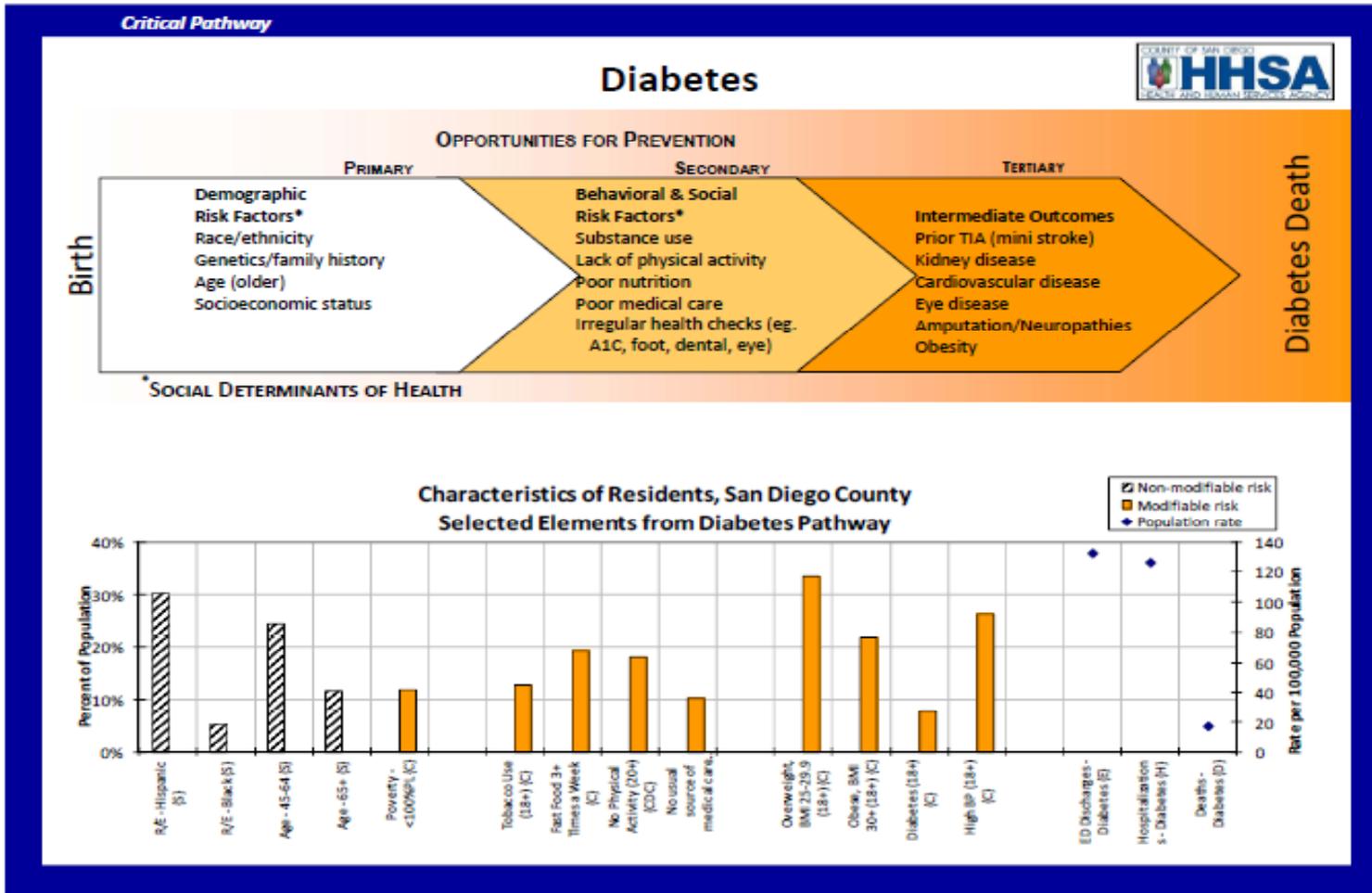
- See your doctor regularly to monitor:
 - Blood glucose, cholesterol and lipid levels over time.
 - Kidney function.
- Take care of your feet
 - Checking your feet daily can help prevent progression to ulcers and amputation.
 - Protect your feet; wear shoes & socks and comfortable, well fitting shoes.
 - Avoid cold, prevent frostbite.
- Get regular dental exams
 - Maintain good oral health.
 - Brush and floss daily.

Prevention

- Get yearly eye exam for cataracts, diabetic retinopathy, and glaucoma
 - People with proliferative retinopathy can reduce their risk of blindness by 95 percent with timely treatment and appropriate follow-up care.
- Get annual influenza vaccination
 - Diabetes can affect the immune system, slow healing, and lead to flu complications.



Critical Pathway for Diabetes



Contact Us

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www.SDHealthStatistics.com