



DIABETES

Disease Information Packets – Slide Set
Public Health Services, Community Health Statistics
08/2022



What is Diabetes?



- Diabetes is a disease that affects the body's ability to use sugar (glucose) from foods and turn it into energy.
- When sugar enters the bloodstream, the body signals the pancreas to release insulin, a hormone that helps move sugar from the blood into cells throughout the body.
- Insulin resistance: when the body is unable to make or use insulin properly, making blood sugar levels rise.
- Untreated/uncontrolled diabetes can cause heart disease, kidney failure, and vision Loss

Types of Diabetes



Type 1 (Not Preventable)

- Autoimmune reaction: cells that produce insulin in the pancreas are destroyed.
 - Requires daily insulin shots or insulin pump to control blood glucose levels.
- Typically develops among children, teens, and young adults.
 - Accounts for 5-10% of all cases of diagnosed diabetes.

Type 2 (Preventable)

- Insulin resistance: body's cells inability to normally respond to insulin.
 - Preventable through healthy lifestyle changes.
- Typically develops among adults but can occur at any age.
 - Accounts for 90-95% of all cases of diagnosed diabetes.

Types of Diabetes



Gestational

- Insulin resistance during pregnancy (in a person who does not already have diabetes).
- Affects 2-10% of all US pregnancies.
 - Approximately 50% of these cases develop into type 2 diabetes (post pregnancy).
 - Preventable with healthy lifestyle changes.

Prediabetes

- Higher than normal blood glucose levels, but not high enough for diagnosis.
- An estimated 96 million adults are prediabetic.
 - 80% are unaware of their status.
 - Preventable with healthy lifestyle changes.

Demographic Risk Factors



- **Age**
 - Adults 45 years and older have a higher risk of developing type 2 diabetes than other age groups.
 - Over the past 20 years, type 2 diabetes among children, teens, and young adults has increased.
- **Family History**
 - Individuals with first degree relatives (e.g., parent, sibling) who have type 2 diabetes are at greater risk for developing diabetes.
- **Race/Ethnicity**
 - Non-Hispanic African Americans, Hispanic/Latinos, and American Indian/Alaska Natives have a higher risk of developing type 2 diabetes.

Social and Behavioral Risk Factors



■ **Prediabetes**

- Having prediabetes increases the risk of type 2 diabetes.
- Prediabetes can be prevented or stopped from developing into type 2 diabetes with healthy lifestyle changes.

■ **Poor diet and physical inactivity**

- Poor diet (processed foods, trans fats) and physical inactivity (<3 times/week) increases the risk of developing type 2 diabetes.

■ **Overweight or obese**

- Individuals who are overweight or obese have a greater risk of developing diabetes.

Intermediate Outcomes



■ Heart Disease and Stroke

- A person with diabetes is twice as likely to have heart disease or stroke, and at a younger age, compared to a person who does not have diabetes.

■ High Blood Pressure (Hypertension)

- Nearly 2 out of 3 people with diabetes have hypertension or used medication for hypertension.

■ High Cholesterol

- Among adults diagnosed with diabetes, 44% had high cholesterol.



Intermediate Outcomes



■ Eye Disease

- Diabetes is the leading cause of blindness among adults 18-64 years.
- In 2019, 11.8% of adults 18 years or older with diagnosed diabetes reported severe vision difficulty or blindness.

■ Lower Limb Conditions

- In 2018, there were a 154,000 hospital discharges reported due to lower-extremity amputations among adults 18 years or older with diabetes.



■ Nerve Damage

- Nearly half of all people with diabetes experience some form of nerve damage.

Intermediate Outcomes



■ Infections

- People with diabetes have a higher risk of developing flu-related complications such as pneumonia, bronchitis, sinus infections, and ear infections.

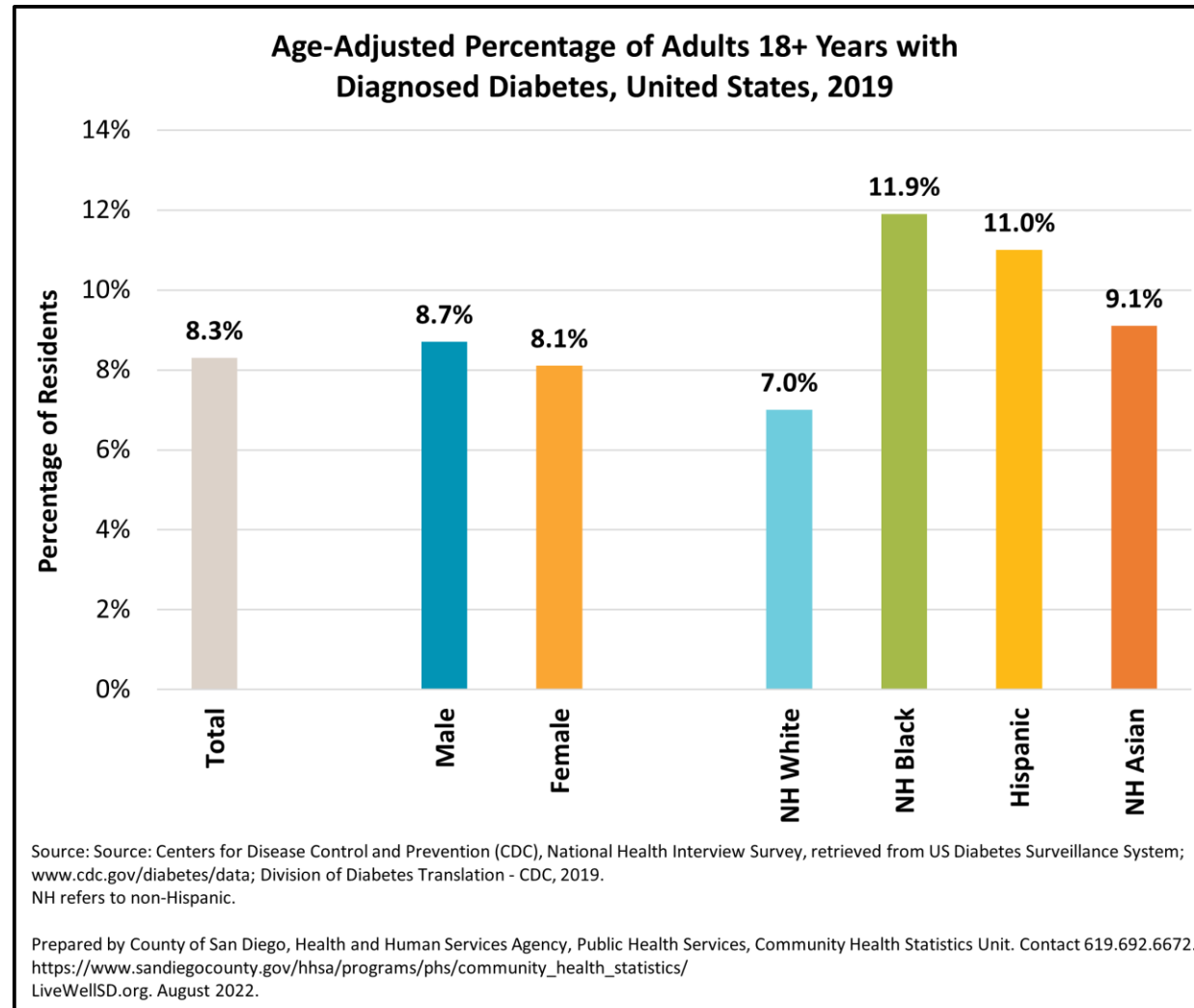
■ Periodontal Disease

- People with diabetes are more likely to have more severe and prolonged forms of gum disease

■ Chronic Kidney Disease (CKD)

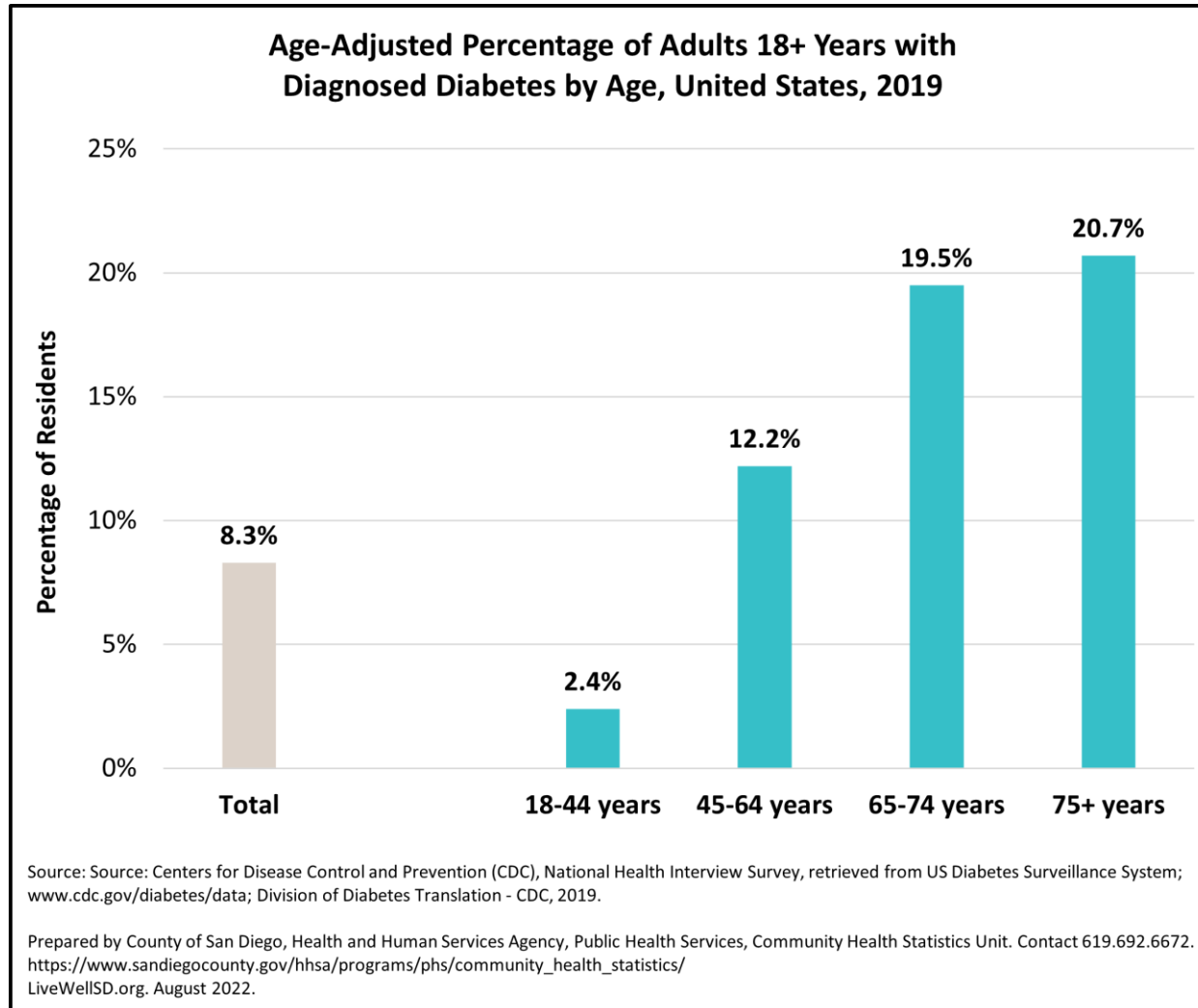
- Approximately 1 in 3 adults with diabetes have CKD.

National Statistics and Disparities



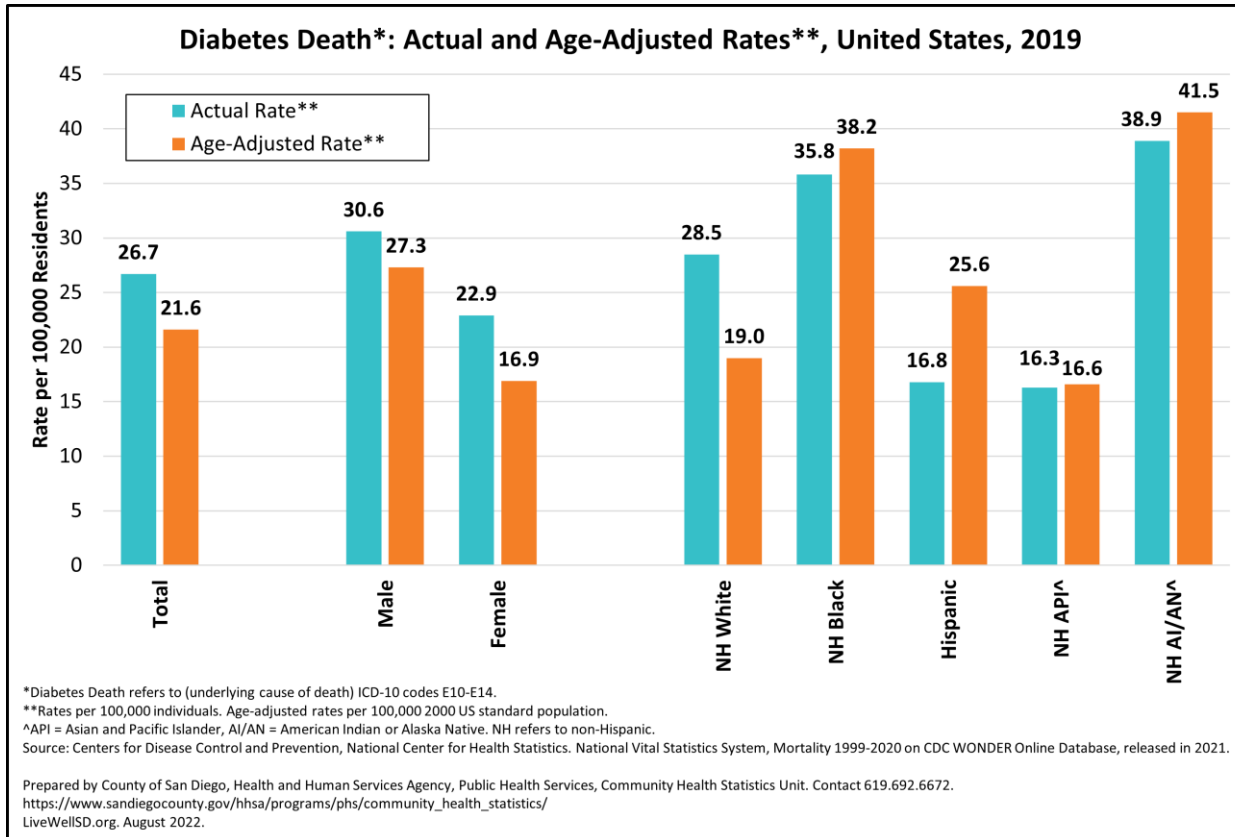
- Non-Hispanic Black (11.9%), Hispanic (11.0%), and non-Hispanic Asian (9.1%) adults had higher age-adjusted percentages of diagnosed diabetes than the United States overall (8.3%).

National Statistics and Disparities



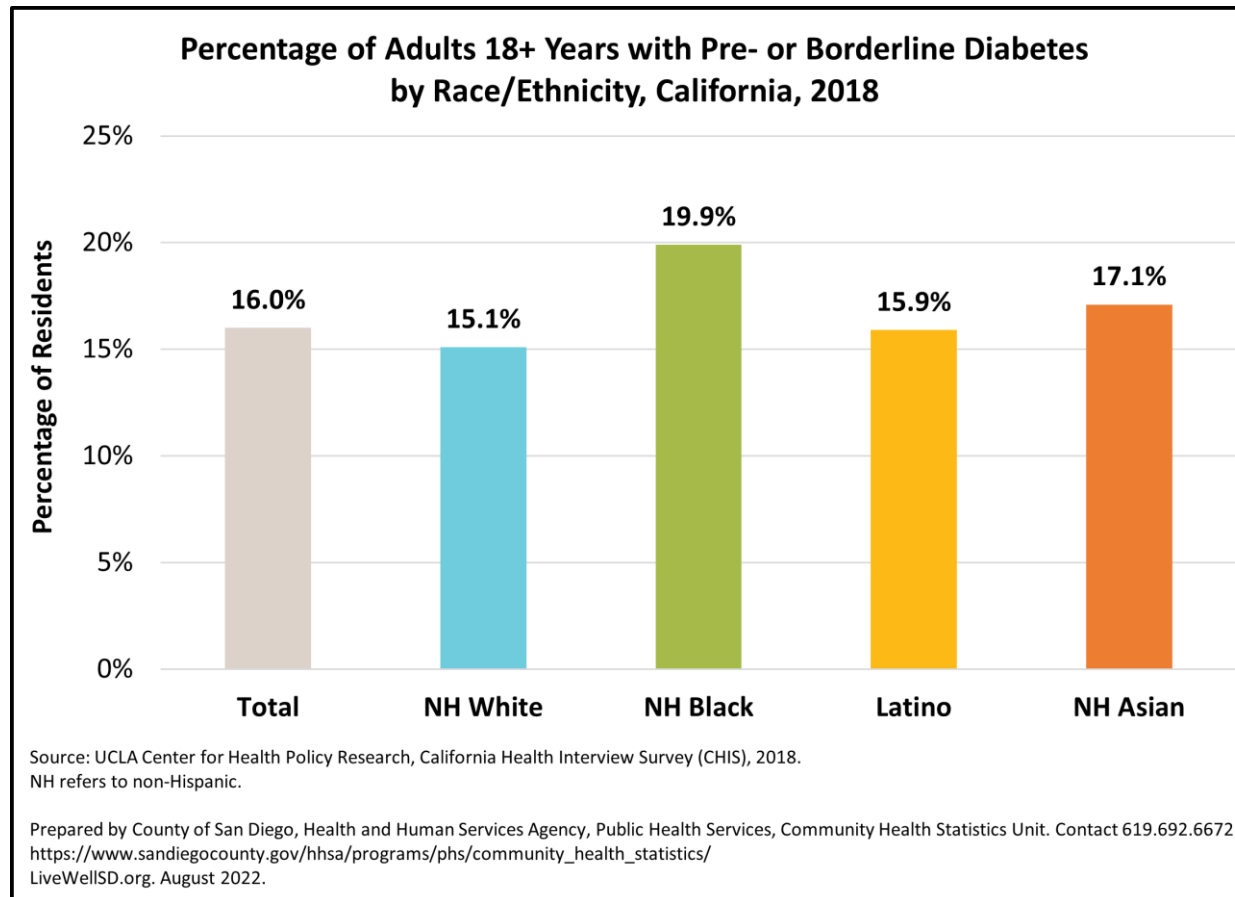
- In the United States, adults 75 years and older had the highest percentage of diagnosed diabetes (20.7%), followed by adults 65-74 years (19.5%) in 2019.

National Statistics and Disparities



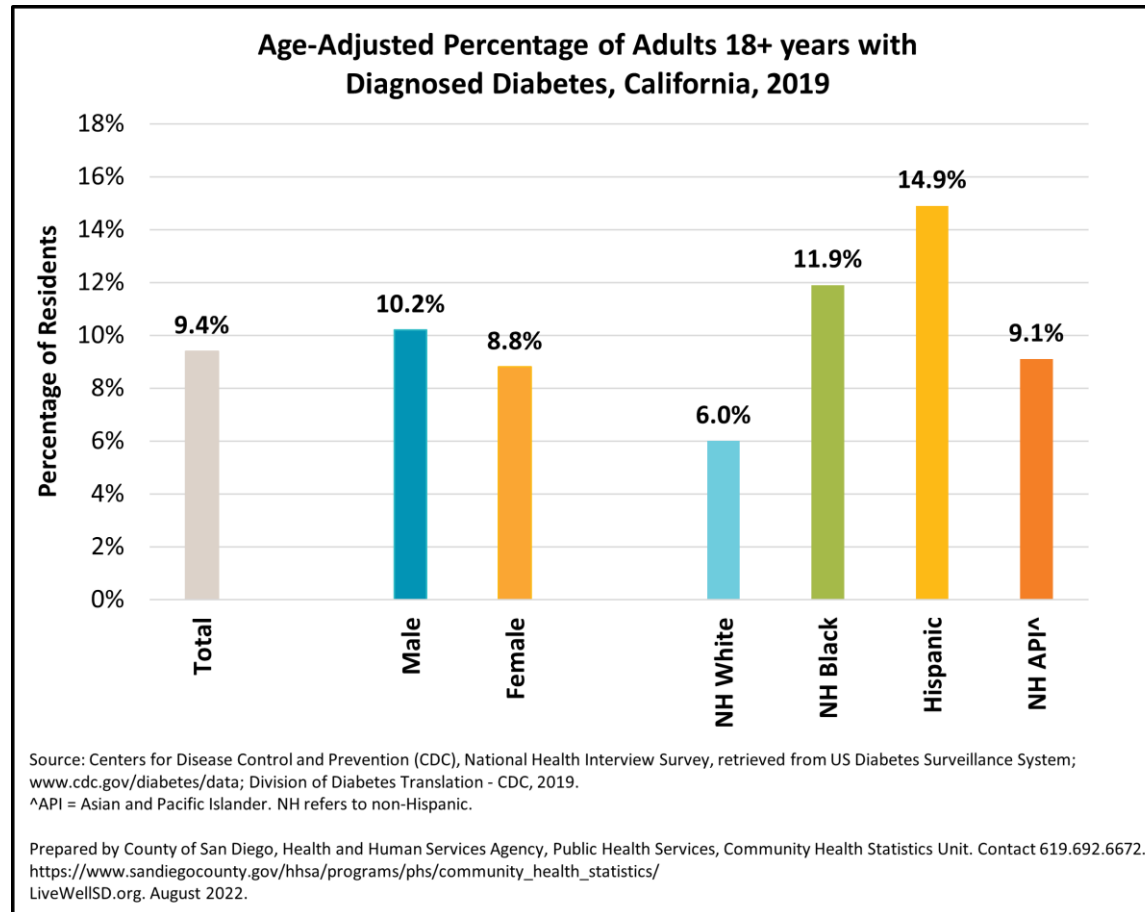
- In 2019, non-Hispanic American Indian or Alaska Natives (41.5 per 100,000), non-Hispanic Blacks (38.2 per 100,000), and Hispanics (25.6 per 100,000) had higher age-adjusted death rates due to diabetes than the United States (21.6 per 100,000) overall.

State Statistics and Disparities



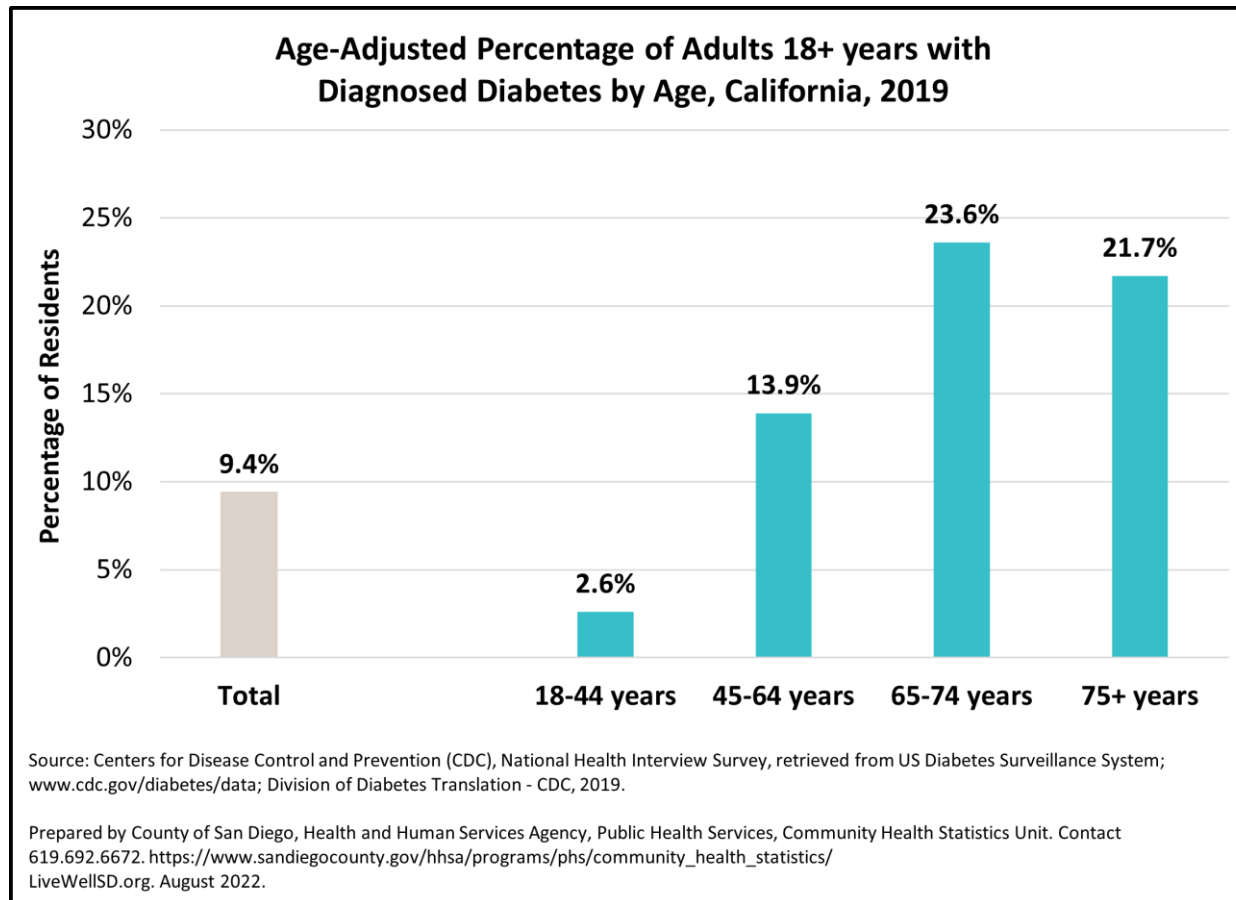
- In 2018, the percentage of adults who had pre– or borderline diabetes in the State of California was 16.0%.
- In California, non-Hispanic Black adults had the highest percentage of pre– or borderline diabetes (19.9%) than all other races/ethnicities in 2018.

State Statistics and Disparities



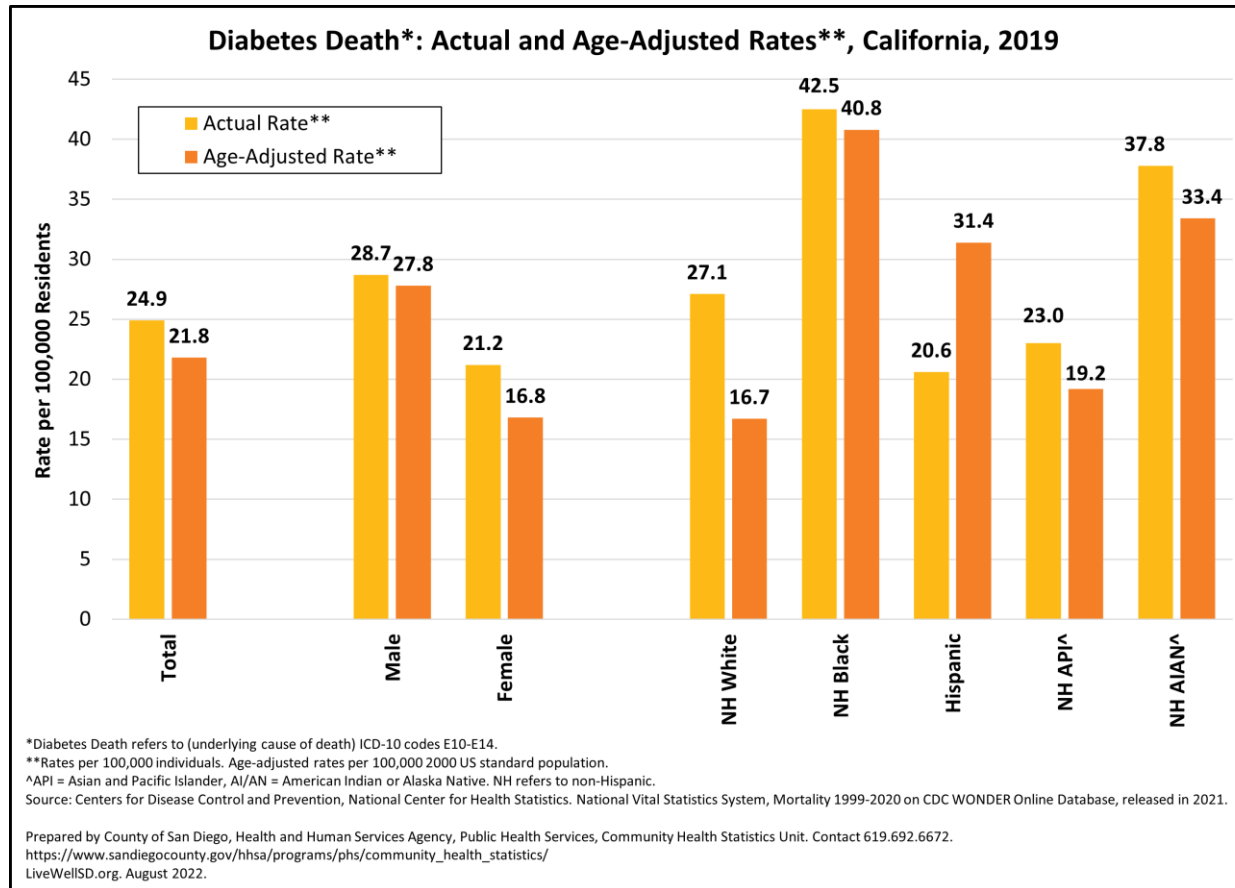
- Hispanic (14.9%), non-Hispanic Black (11.9%), and non-Hispanic Asian and Pacific Islander (9.1%) adults had higher age-adjusted percentages of diagnosed diabetes than the age-adjusted percentage of diagnosed diabetes in California overall (9.4%).

State Statistics and Disparities



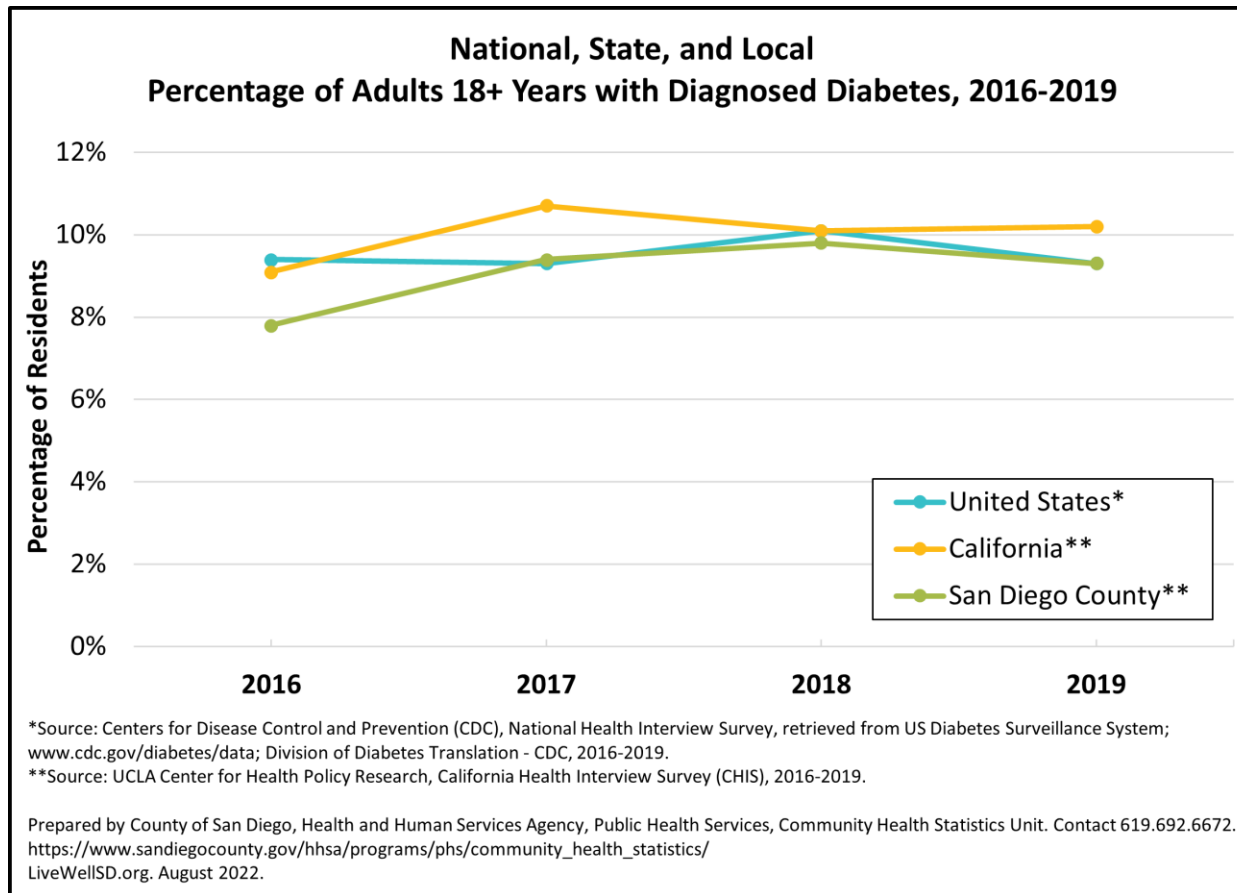
- In California, adults 65-74 years had the highest percentage of diagnosed diabetes (23.6%), followed by adults 75 years and older (21.7%) in 2019.

State Statistics and Disparities



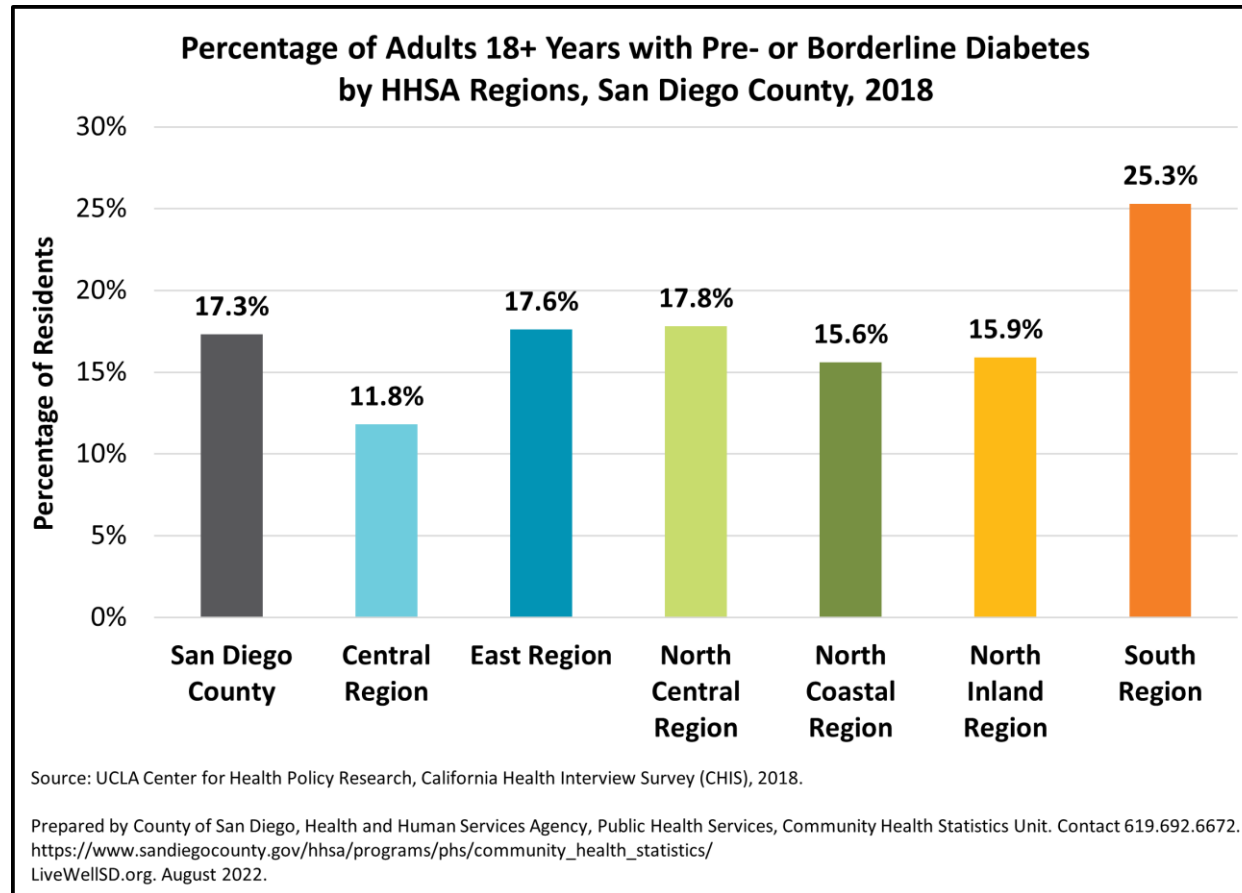
- In 2019, non-Hispanic Blacks (40.8 per 100,000), non-Hispanic American Indian or Alaska Natives (33.4 per 100,000), and Hispanics (31.4 per 100,000) had higher age-adjusted death rates due to diabetes than California (21.8 per 100,000) overall.

Local Statistics and Disparities



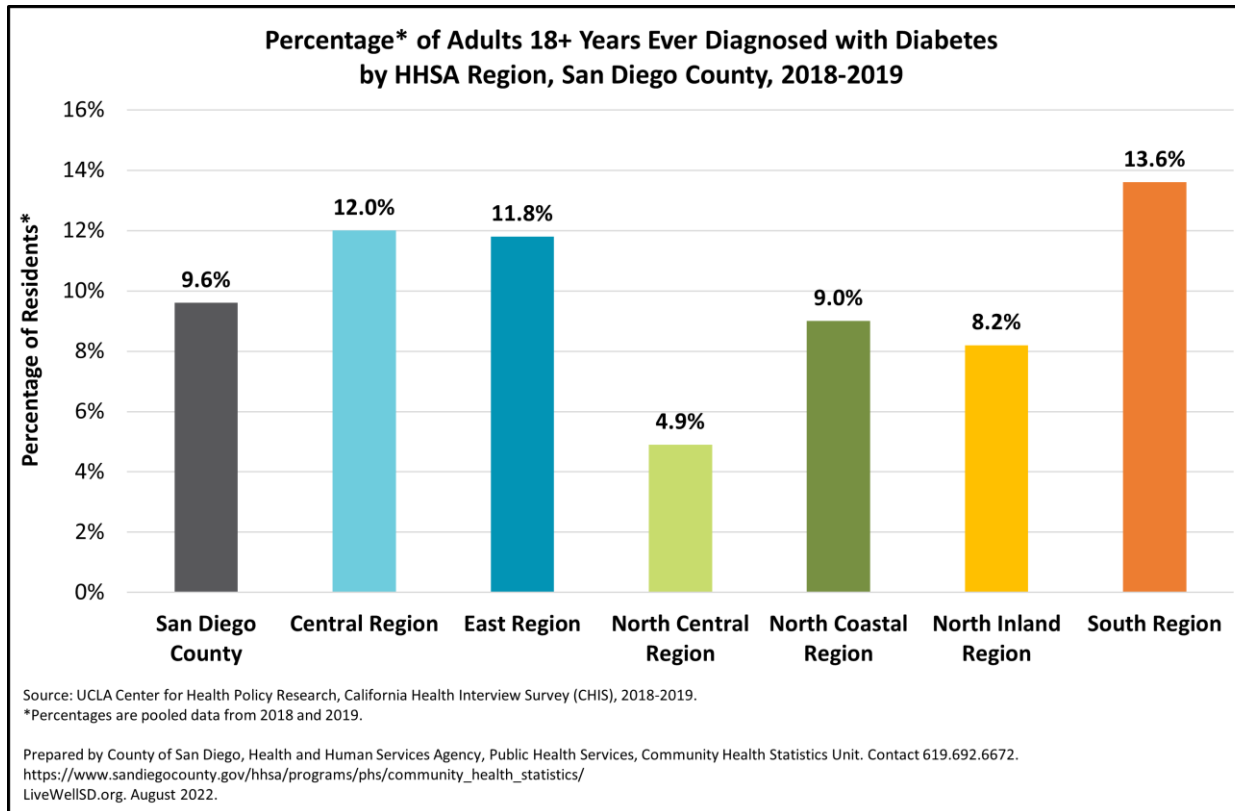
- In 2019, the State of California had a higher percentage of adults aged 18 years and older with diagnosed diabetes (10.2%) compared to San Diego County (9.3%) and the United States overall (8.3%).

Local Statistics and Disparities



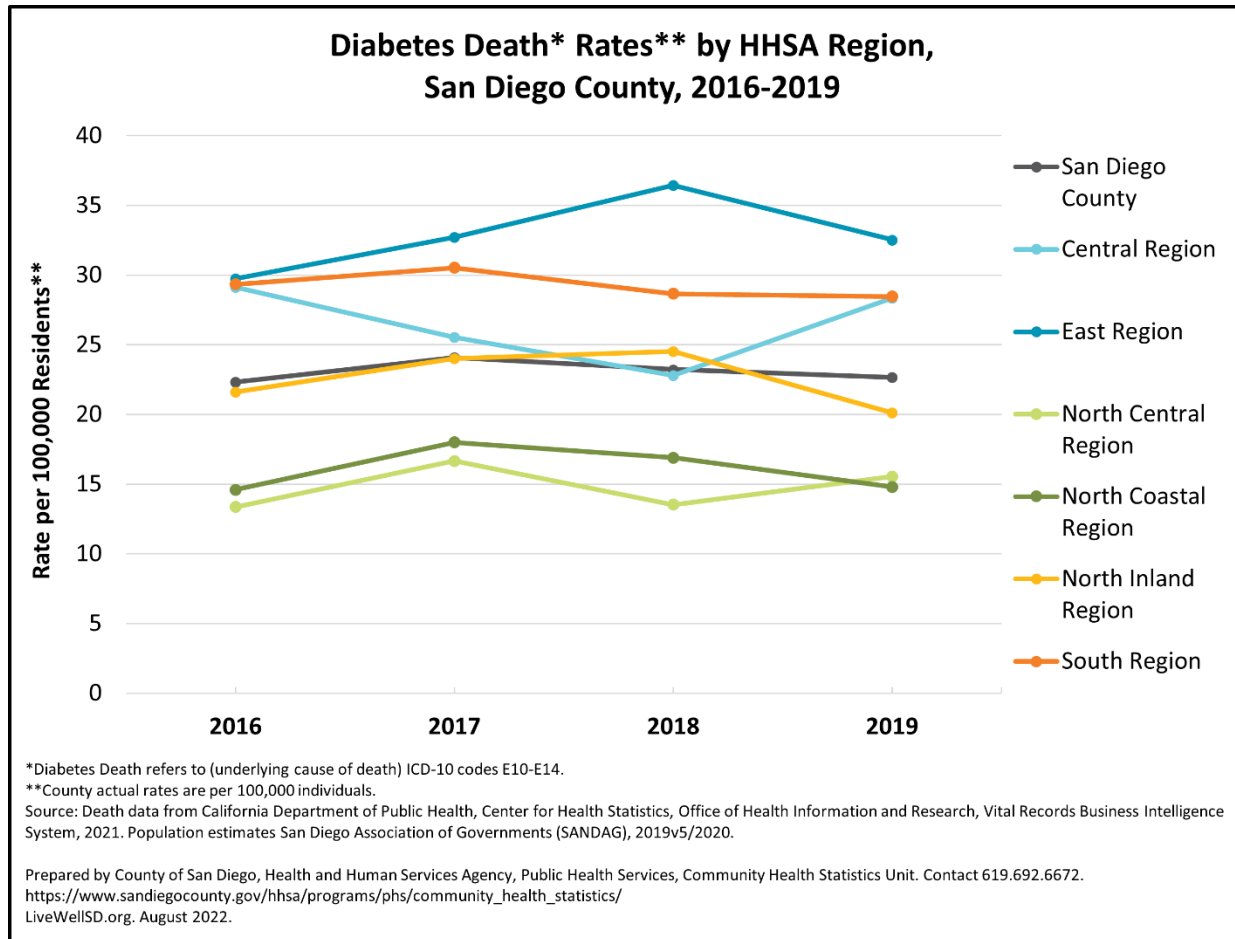
- Among Health and Human Services Agency (HHSA) regions, South Region had the highest percentage of adults with pre– or borderline diabetes (25.3%), followed by North Central Region (17.8%) and East Region (17.6%).

Local Statistics and Disparities



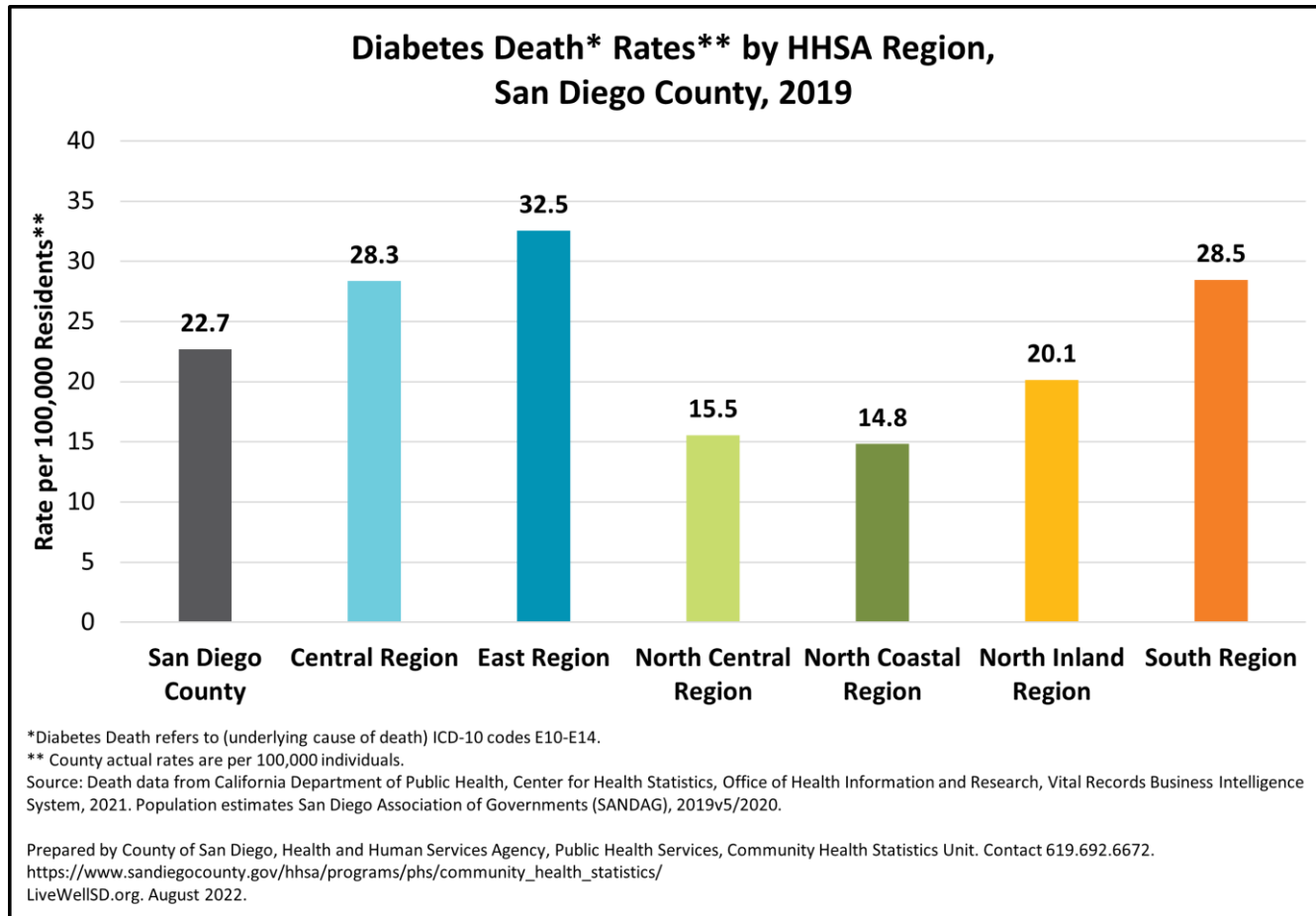
- Among Health and Human Services Agency (HHSA) regions, South Region had the highest percentage of adults with pre- or borderline diabetes (25.3%), followed by North Central Region (17.8%) and East Region (17.6%).

Local Statistics and Disparities



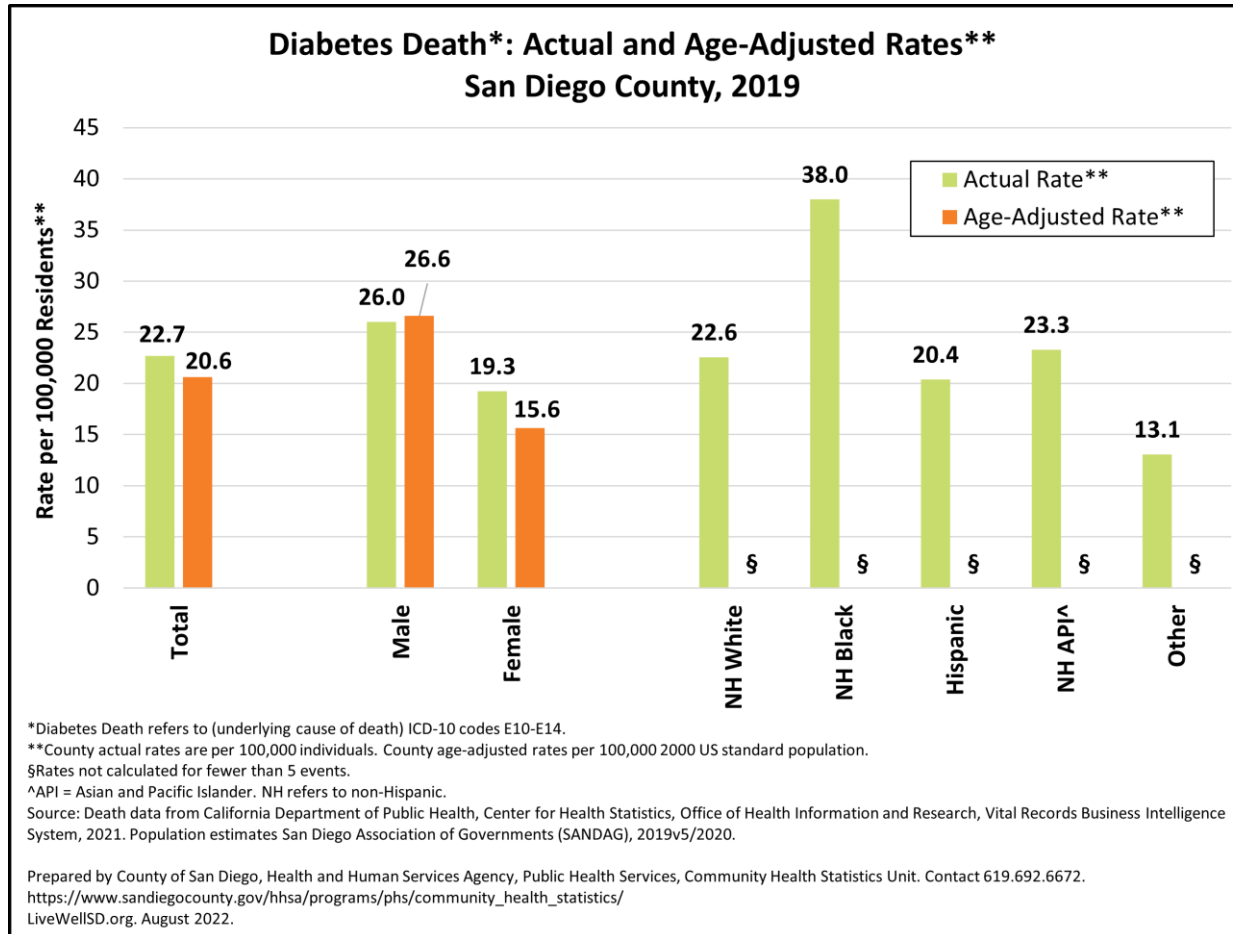
- Central Region had the highest increase in diabetic deaths from 2018 (22.8 per 100,000) to 2019 (28.3 per 100,000) compared to all other HHSA regions.

Local Statistics and Disparities



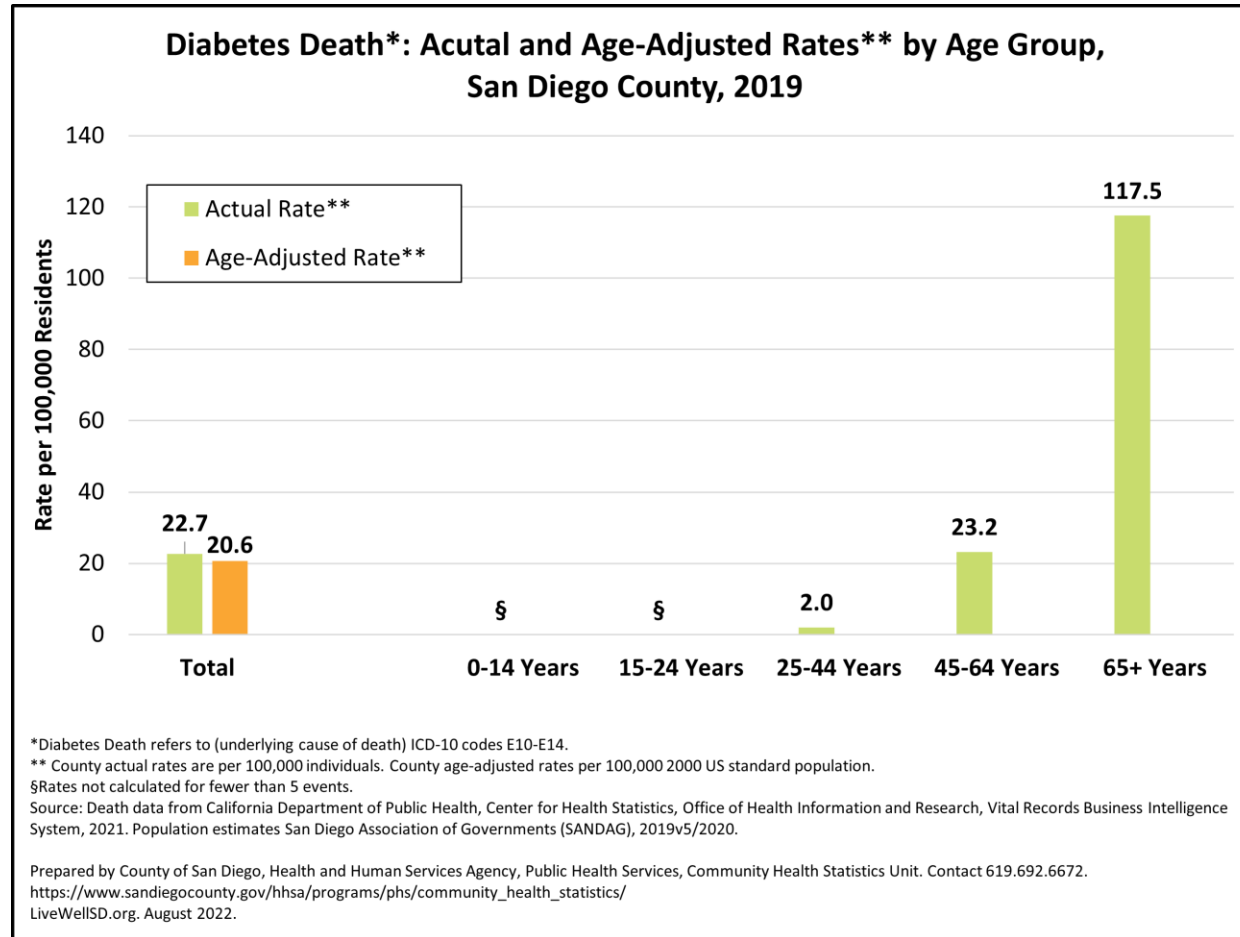
- In 2019, East Region (32.5 per 100,000), South Region (28.5 per 100,000), and Central Region (28.3 per 100,000) had higher death rates due to diabetes than all other HHSA regions and San Diego County overall (22.7 per 100,000).

Local Statistics and Disparities



- Non-Hispanic Black residents in San Diego County had the highest death rate due to diabetes (38.0 per 100,000) compared to all other races/ethnicities, which was also higher than the death rate due to diabetes in San Diego County (22.7 per 100,000) overall.

Local Statistics and Disparities



- San Diego County residents 65 years and older had a higher death rate due to diabetes (117.5 per 100,000) compared to the death rate due to diabetes in San Diego County overall (22.7 per 100,000).

Disease Prevention



LIVE WELL
SAN DIEGO

- **Follow a healthy diet**

- Limit the amount processed foods (e.g. sweets, fast food) and trans fats consumed.

- **Maintain a healthy weight**

- Modest weight loss (5-7% of body weight) can lower triglycerides and blood sugar.

- **Be physically active**

- At least 150 minutes per week of moderately intense physical activity.

- **Stop or don't start smoking**

- People who smoke are 30% to 40% more likely to develop type 2 diabetes compared to people who do not smoke.

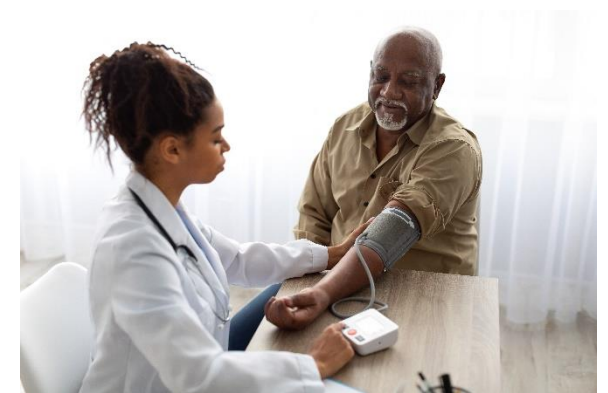


Prevent Complications



LIVE WELL
SAN DIEGO

- **Regularly visit your doctor to monitor and control:**
 - Blood sugar, blood pressure, cholesterol/lipids, and kidney function.
 - Manage stress to help control blood pressure.
- **Get regular eye and dental exams**
- **Care for feet daily**
 - Nerve damage can make it hard to feel injuries and infections which can lead to amputation.
- **Stop or don't start smoking**
 - Diabetic smokers are more likely to get nerve damage or gum disease.
- **Get an annual influenza vaccine**



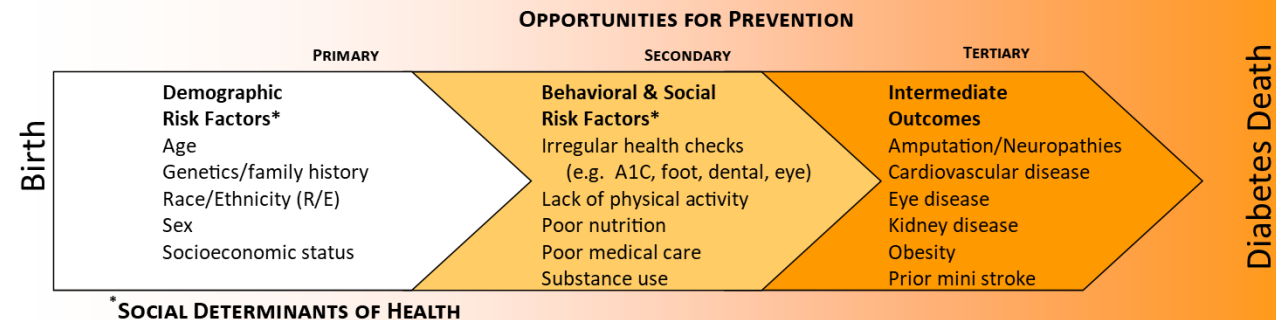
Critical Pathway for Diabetes



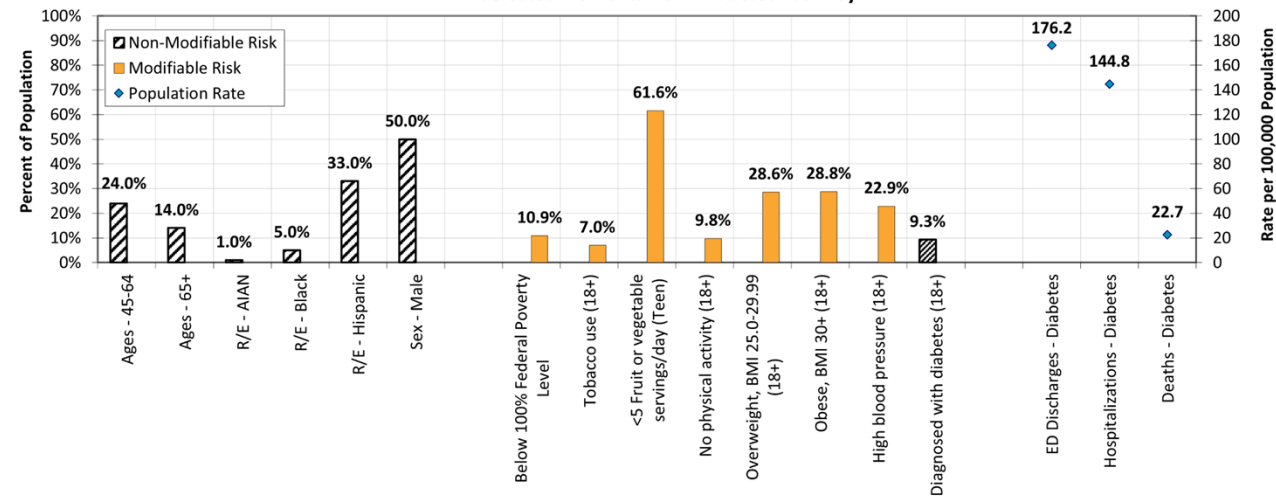
LIVE WELL
SAN DIEGO

Critical Pathway

Diabetes



Characteristics of Residents, San Diego County
Selected Elements from Diabetes Pathway





County of San Diego

Live Well San Diego

Prevent Diabetes San Diego

www.livewellsd.org

Centers for Disease Control and Prevention

National Diabetes Prevention Program (NDPP)

www.cdc.gov/diabetes

Contact Us



LIVE WELL
SAN DIEGO

For more information, including data, resources and reports from
the County of San Diego's Community Health Statistics Unit:

www.SDHealthStatistics.com

(619)692-6667