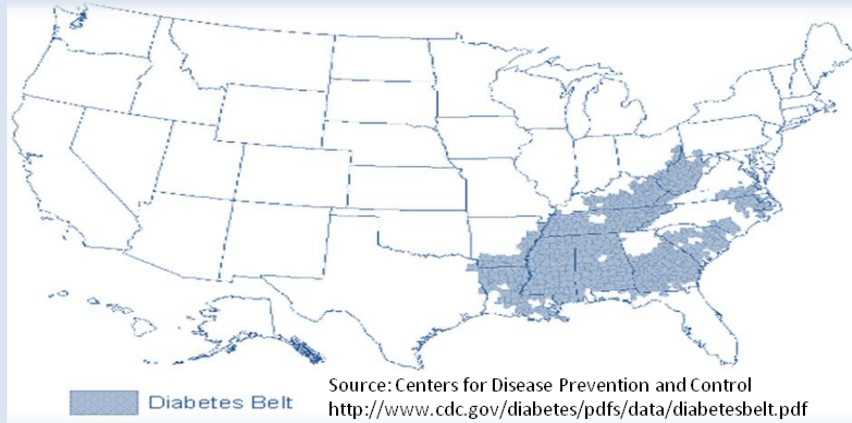# Snapshot 2016: Diabetes and Prediabetes

Diabetes is a metabolic disease that affects more than **29 million** people in the United States and **1 in 4** Americans with diabetes are unaware they have the disease.[1]

Source: Centers for Disease Prevention and Control
http://www.cdc.gov/diabetes/pdfs/data/diabetesbelt.pdf

Diabetes Belt

There are an estimated **86 million** U.S. adults living with prediabetes and **9 in 10** of those with prediabetes do not know they have it!

DIABETES

Alabama BRFSS Diabetes Data:

Alabama data from the 2015 Behavior Risk Factor Surveillance System (BRFSS), a telephone survey of adults, suggests:

- An estimated 13.5 percent of Alabama's adults have been told/diagnosed with diabetes.
- A larger percentage of Alabama adult females than males reported to have been told they have diabetes.
- The percentage of people that reported they had been told they have diabetes was larger for those identified as African American or black/non-Hispanic than those who identified as white/non-Hispanic (see trend graph).
- A larger percentage of those with less than a high school education reported they had been told they have diabetes than those who were college graduates.
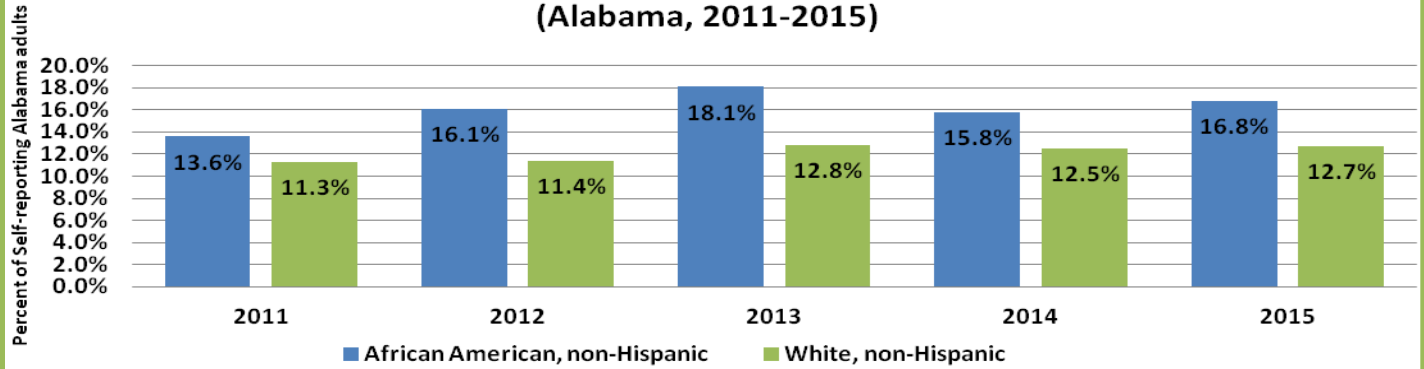
General Diabetes Complications:

- Diabetes was the seventh leading cause of death in Alabama and in the United States in 2014.[5,6]
- Diabetes is a leading cause of kidney failure and non-traumatic amputations of the leg, foot, or toe.
- Adults with diabetes are more likely to die from heart disease than those without diabetes.[7]
- Diabetes can lead to eye problems such as glaucoma, cataracts, vision loss, and retinopathy.

Ever told you had diabetes?	Alabama (2015)
	% (95 % CI)
Total	13.5% (95% CI: 12.5-14.5)
Male	12.9% (95% CI: 11.5-14.3)
Female	14.0% (95% CI: 12.8-15.2)
White/Non-Hispanic	12.7% (95% CI: 11.5-13.9)
African American or Black/ Non-Hispanic	16.8% (95% CI: 14.8-18.8)
45-54	12.2% (95% CI: 10.0-14.4)
55-64	23.6% (95% CI: 20.9-26.3)
65+	27.1% (95% CI: 24.9-29.3)
Less Than High School	22.4% (95% CI: 19.1-25.7)
High School/GED	12.5% (95% CI: 10.9-14.1)
Some Post High School	11.6% (95% CI: 10.0-13.2)
College Graduate	10.4% (95% CI: 8.8-12.0)
(Percentages do not include gestational)	

Data Source: ADPH- Alabama BRFSS (2016). BRFSS 2015 Core Questions Data Report Summary Request- Diabetes

PREDIABETES

- Past studies suggest that "without intervention, 15-30 percent of people with prediabetes will develop diabetes within 5 years".[2]
- Alabama 2015 BRFSS Prediabetes data showed 7.5 percent of Alabama adults reported they had been told they have prediabetes.[3]

Alabama Diabetes Program

Self-Reported Diagnosed with Diabetes by Racial Group
(Alabama, 2011-2015)

Percent of Self-reporting Alabama adults

Year	African American, non-Hispanic	White, non-Hispanic
2011	13.6%	11.3%
2012	16.1%	11.4%
2013	18.1%	12.8%
2014	15.8%	12.5%
2015	16.8%	12.7%

■ African American, non-Hispanic ■ White, non-Hispanic

(Note: BRFSS 2011-2015 Crude Data, excludes pregnancy related diabetes)

DETECTION: SCREENING RECOMMENDATIONS FOR TYPE 2 DIABETES

United States Preventive Task Force recommends screening for:

Adults age 40 to 70 years old who are overweight or obese	Clinical considerations should be taken for those who have: a family history of diabetes, history of gestational diabetes or polycystic ovary syndrome, or are members of certain racial/ethnic groups (individuals of these groups may be at an increased risk at a younger age or lower BMI)

American Diabetes Association recommendation

Age 45 or older	Any overweight or obese adult that has at least one diabetes risk factor	*Other risk factors: physical inactivity, first degree relative with diabetes, hypertension, cardiovascular disease history, prior gestational diabetes diagnosis, etc.

PREVENTION AND MANAGEMENT

Diabetes Prevention Program (DPP)

- DPP is a CDC sponsored program with 14 CDC recognized programs in Alabama. Individuals who are at least 18 years old, overweight, and meet certain screening thresholds (but are not diagnosed with diabetes or use insulin) are eligible to participate.
- Study data have shown that attending a lifestyle change program such as DPP can help individuals make lifestyle changes that could potentially reduce their risk of developing diabetes by 58 percent.[2]

Diabetes Self Management Education (DSME)

- DSME is a program open to anyone with diabetes and aims to improve clinical outcomes, health status, and quality of life for those living with diabetes.
- DSME works with patients to gain knowledge about diabetes and make lifestyle changes that could reduce diabetes related complications.
- There are over 40 recognized or accredited programs in Alabama. For a list of those in your area please visit the ADPH website.

Data Sources:
1. Centers for Disease Control and Prevention. (2016). Diabetes At a Glance 2016. Retrieved from: http://www.cdc.gov/chronicdisease/resources/publications/aag/diabetes.htm
2. Centers for Disease Control and Prevention. (2016). National Diabetes Prevention Program. Retrieved from: http://www.cdc.gov/diabetes/prevention/prediabetes-type2/index.html
3. ADPH-Alabama BRFSS (2016).BRFSS 2015 Core Questions Data Report Summary Request- Diabetes.
4. Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, Division of Population Health. (2015). BRFSS Prevalence & Trends Data [online]. Retrieved from http://www.cdc.gov/brfss/brfssprevalence/
5. CDC/NCHS, National Vital Statistics System, Mortality 2014. Retrieved from: http://www.cdc.gov/nchs/data/dvs/lcwk9_2014.pdf
6. CDC/NCHS. (2016). Deaths: Final Data for 2014. National Vital Statistics Report, 65(4).Retrieved from: http://www.cdc.gov/nchs/data/nvsr/nvsr65/nvsr65_04.pdf
7. American Diabetes Association. (2016). Cardiovascular Disease & Diabetes. Retrieved from: http://www.heart.org/HEARTORG/Conditions/More/Diabetes/WhyDiabetesMatters/Cardiovascular-Disease-Diabetes_UCM_313865_Article.jsp#.WHUOnmAzWig
8. American Diabetes Association. (2017). Standards of Medical Care in Diabetes. Diabetes Care, 40(1).
9. U.S. Preventive Services Task Force (USPSTF). (2015). Final Recommendation Statement: Abnormal Blood Glucose and Type 2 Diabetes Mellitus: Screening
10. National Institute of Health, National Institute of Diabetes and Digestive and Kidney Diseases, National Diabetes Information Clearinghouse. (2008). Diabetes Prevention Program (DPP). Retrieved from: https://www.niddk.nih.gov/about-niddk/research-areas/diabetes/diabetes-prevention-program-dpp/Pages/default.aspx