

## **Diabetes in Alabama: An Update**

**Satellite Conference and Live Webcast  
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Produced by the Alabama Department of Public Health  
Video Communications and Distance Learning Division

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## **Diabetes in Alabama: An Update**

- **Diabetes and pre-diabetes prevalence**
- **Overweight and obesity**
- **Financial impact in United States**
- **Burden of diabetes in Alabama**

## **Diabetes Definitions**

- **Diabetes mellitus is a metabolic disorder involving the endocrine pancreas**
- **Diabetes affects carbohydrate, lipid (fat), and protein metabolism and results from a decrease in insulin production and/or a decrease in the ability of target organs to respond to insulin**

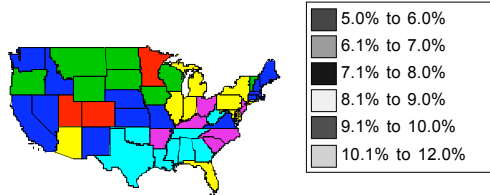
## **Diabetes Definitions**

- **Senior (for our discussion) is a person aged 65 and older**
- **Type 1**
  - **Absolute insulin deficiency**
  - **Exogenous insulin required for survival**

## **Diabetes Definitions**

- **Type 2**
  - **Relative insulin deficiency, various metabolic abnormalities, progressive, and insulin may be required over time**

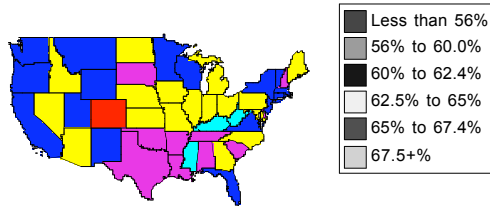
### Diabetes Prevalence The United States



### Diabetes Prevalence in the United States

- More than 23.6 million people in the United States have diabetes
- At least 57 million people in the United States have what is referred to as “pre-diabetes”
- The growing number of overweight Americans is leading to an increased incidence of metabolic syndrome

### Overweight and Obesity The United States



### The Financial Impact of Diabetes in the U.S.

- The financial burden of diabetes in the United States was more than \$174 billion in 2007
- In 2007, individuals with diagnosed diabetes incur average expenditures of \$11,744 per year, of which \$6,649 is resulting from diabetes

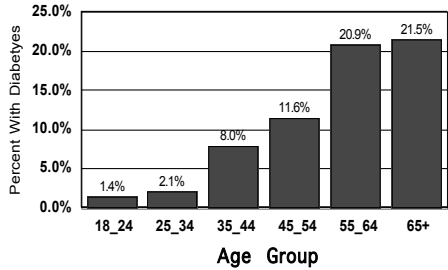
### What Is the Burden Of Diabetes In Alabama?

- Based on the 2008 BRFSS data, more than 397,350 people in Alabama are aware they have diabetes
- As many as 200,000 more may have diabetes and do not know that they have it

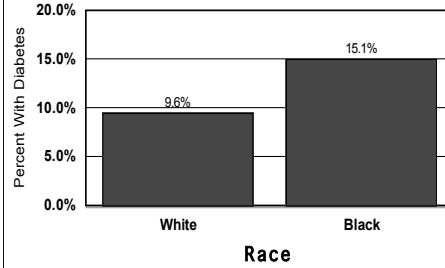
### In Alabama

- One in ten adults have been diagnosed with diabetes
- Alabama is ranked fifth in prevalence of diabetes in the United States and its territories

### Diabetes Prevalence In Alabama By Age Group In 2008



### Diabetes Prevalence In Alabama By Race In 2008



### Financial Aspects of Diabetes in Alabama

- 12.4 % of diabetics reported no health coverage
- 16.5% at sometime within the past 12 months had been unable to afford a visit to the doctor

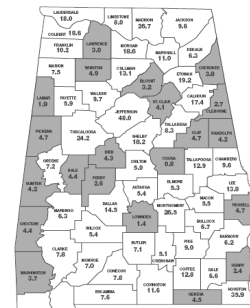


Figure 13  
Primary care physicians  
per 10,000 population  
by county, Alabama, 2006

Data source: Alabama Department of Public Health,  
Center for Health Statistics

### Diabetes in Alabama

- 55 counties do not have an endocrinologist
- 42 counties do not have a diabetes educator



Figure 14  
Endocrinologists,  
Alabama, 2006, by county

Source: Alabama Board of Medical Examiners, 2006

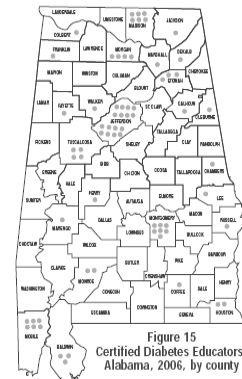
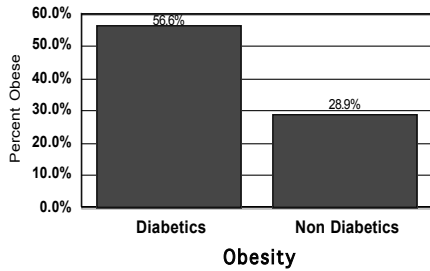


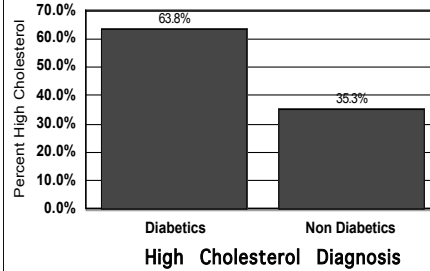
Figure 15  
Certified Diabetes Educators,  
Alabama, 2006, by county

Source: American Association of Diabetes Educators, 2006

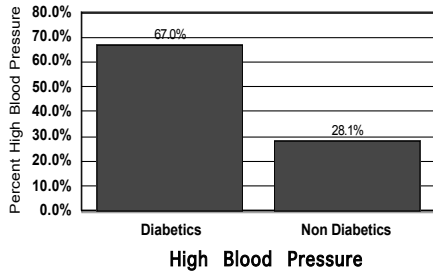
### Obesity And Diabetes In Alabama 2008



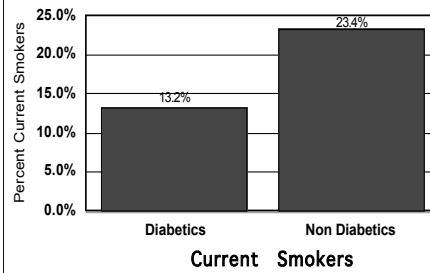
### Diagnosis Of High Cholesterol And Diabetes In Alabama In 2007



### Hypertension And Diabetes in Alabama 2007



### Smoking And Diabetes In Alabama 2008



### Patient Completed Actions

- In 2008
  - Daily Foot Check
    - White 69.15%
    - Black 72.71%
  - Daily Blood Check
    - White 61.17%
    - Black 62.37%

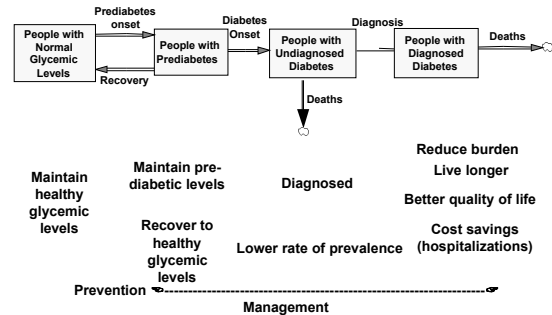
### Physician Completed Actions

- In 2008
  - Flu Shot
    - White 62.79%
    - Black 50.14%
  - Eye Exam
    - White 66.10%
    - Black 68.27%

## Physician Completed Actions

- Foot Exam
  - White 59.03%
  - Black 74.04%
- Hb A1c Test
  - White 76.67%
  - Black 67.11%

## What Do We Need To Do?



## Diabetes State Plan

- Goals
  - Access to care
    - Diabetes Today site coalitions
  - Education
    - Community level
    - Evidence-based
      - Diabetes self care

## Diabetes State Plan

- Toll-free Tobacco Quitline, 1-800- QUIT NOW
- Health communications
  - National Diabetes Education program materials