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.\(^1\)

**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.

**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.\(^3\)
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: