

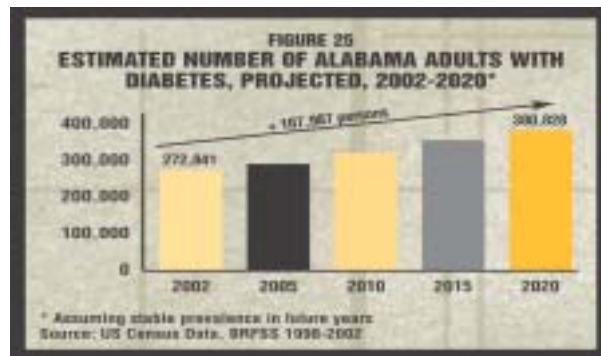


Alabama Diabetes Program Alabama Department of Public Health

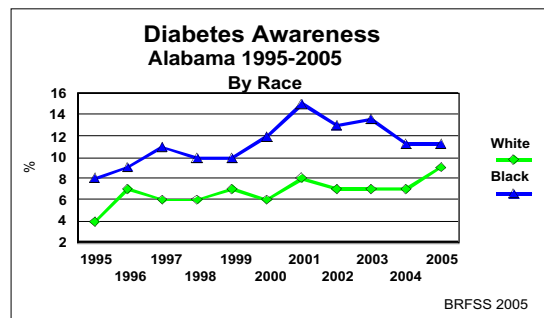
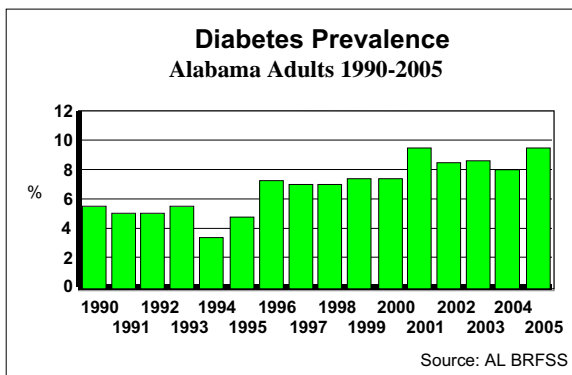
The Diabetes Branch is involved with the assessment of the impact of Diabetes in Alabama. Recommendations, policies and programs are developed to address related issues. The program is funded through a five-year grant from the Centers for Disease Control and Prevention (CDC). Our Diabetes Advisory Council is composed of several advocates and experts representing public and private sectors.

According to 2005 BRFSS data, more than 333,500 people in Alabama are aware they have diabetes. In addition, as many as 200,000 more may have diabetes and not know that they have it.

At 333,500, We Are Already Close To The 2020 Estimate



Behavioral Risk Factor Surveillance System data indicate that almost 1 in 10 adults has been diagnosed with diabetes, making the state seventh among the top 10 in U.S. for prevalence of the disease.



In 2005, 9.7% of the adults surveyed indicated a doctor had told them they had diabetes

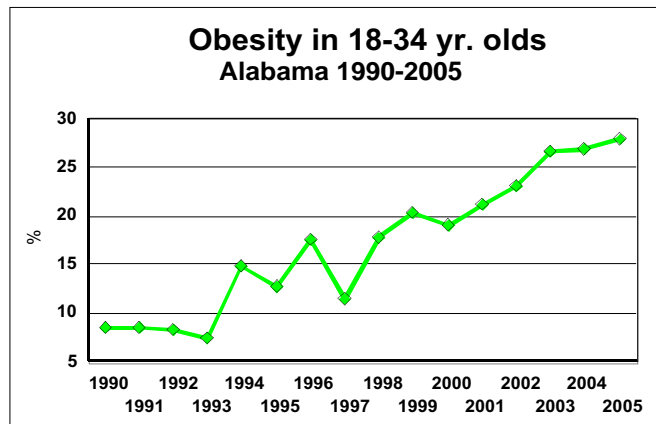
- 10.2% of the males had diabetes
- 9.3% of the females had diabetes
- Diabetes prevalence was 1.3 times greater in blacks than whites.
- 11.3% of blacks had diabetes
- 9.1% of whites had diabetes

The financial burden of diabetes in the United States is more than \$132 billion per year.

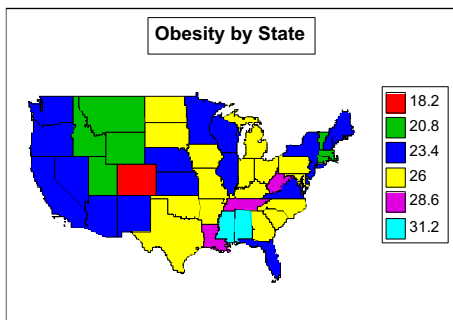
- In 2002, the per capita costs of health care for people with diabetes were \$13,243 compared to \$2,560 for people without diabetes.

In Alabama, the annual economic cost of diabetes is estimated to be over \$2 billion.

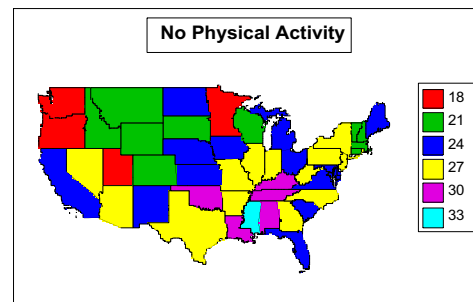
There is a growing problem of obesity within the state.



Overweight and inactive individuals increase their risk of developing type two diabetes.



2004 BRFSS



2004 BRFSS

The Office of Disease Prevention and Health Promotion, US Department of Health and Human Services' national **Healthy People 2010** goal for Alabama includes:

- Reducing Alabama's diabetes death rate by 14.5 percent per 100,000 persons,
- Increasing to 75 percent or more the percentage of adults aged 18 and older with diabetes who have had a dilated eye exam within the past year.

Activities

Communications

- Using radio, print, word of mouth, television and internet resources
- Updating the state diabetes resource directory and web site
- Offering health literacy programs to health providers

Schools

- Supporting healthy snacks and physical activity initiatives
- Providing educational materials and technical assistance during collaboration meetings

Community

- Emphasizing diabetes health promotion, prevention, and protection activities
- Utilizing the American Diabetes Association's *Project Power* to engage faith-based organizations in diabetes prevention activities
- Encouraging the establishment of *Diabetes Today* sites in communities throughout the state
- Creating a network for community involvement in rural areas such as the Black Belt Region of the State of Alabama
- Encouraging partners to promote worksite wellness, by including smoking cessation, nutrition and physical activity initiatives.
- Partnering with Cooperative Extension Systems to reach communities
- Partnering with parks and recreation to encourage active communities
- Distributing "Take Charge of Your Diabetes", "Small Steps, Big Rewards", "Diabetes and Pneumonia Get the Facts", "If You Have Diabetes A Flu Shot Could Save Your Life", and "Be Smart About Your Heart, Control the ABC's of Diabetes" materials

Health Care

- Training health care providers to improve patient care giver communication
- Conducting satellite conferences for health care providers

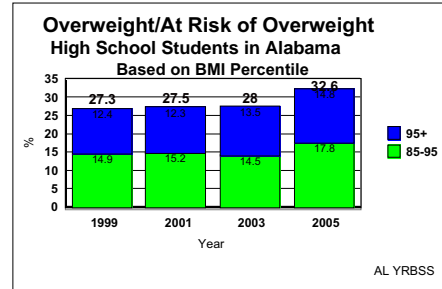
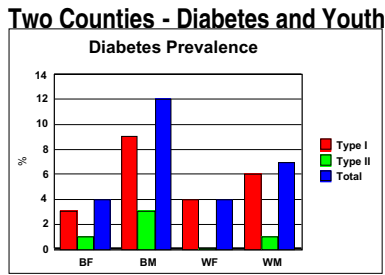
Evaluation

- Utilizing existing data sources, such as the Behavioral Risk Factor Surveillance System and the Youth Risk Behavior Surveillance System, to identify and measure program outcomes and assess progress toward program goals.
- Utilizing a self-reporting system to interface with existing assessments of HBA1c testing, foot exams, influenza and pneumonia vaccinations

Partnerships

- Continuing to add to the existing list of over 200 partners, and provide training and opportunities for networking

Recent statistics from Pike and Barbour counties illustrate an example of the prevalence of diabetes in youth.

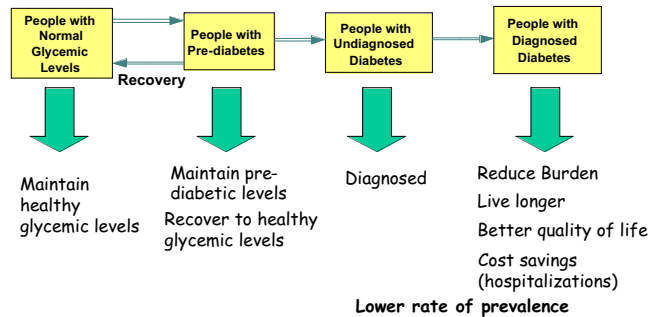


Alabama High School Students in Barbour and Pike County

The staff of the Alabama Department of Public Health’s Diabetes Branch works in collaboration with programs in an effort to encourage agencies, organizations and individuals to work together to prevent the increase prevalence of diabetes in communities. Emphasis is also placed on the importance of reducing complications related to the disease.

One of our many objectives is to expand partnerships, close gaps and influence all people to make and sustain appropriate lifestyle changes. Emphasis is placed on the establishment of community awareness and evidence-based programs to create viable diabetes related health prevention and promotion activities.

Desired Outcomes



For more information contact:

Alabama Department of Public Health’s Diabetes Branch, Bureau of Health Promotion & Chronic Disease
 State of Alabama Department of Public Health, 201 Monroe Street, Suite 991, Montgomery, Alabama 36104

Phone: 334-206-5300

Public Health’s website:

<http://www.adph.org/diabetes>

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