

Type 2 Diabetes

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Americans are at an increasing risk for diabetes, especially type 2 diabetes. Type 2 diabetes occurs when the body does not produce enough insulin or ignores the insulin it does produce. Lack of insulin reduces the body's ability to process sugars and starches which can lead to a buildup of glucose in the blood.¹

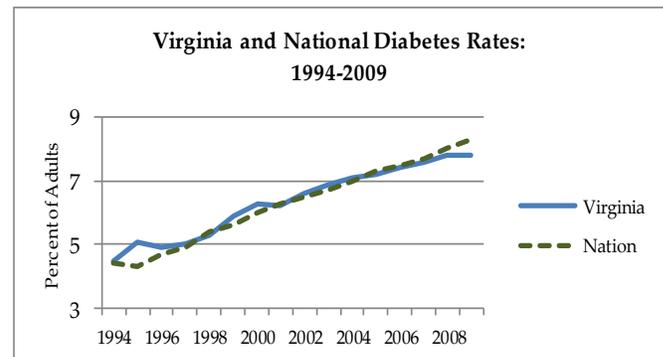
Diabetes is a life threatening illness that can cause serious health complications such as heart disease, blindness, kidney failure, and lower-extremity amputations. Diabetes is the seventh leading cause of death in the United States.²

National Statistics

- ◆ As of 2010, approximately 8% of Americans — 26 million — had diabetes. Of these individuals, an estimated 7 million were undiagnosed.²
- ◆ In 1980, 4% of the adult population was diagnosed with diabetes.³
- ◆ About 90-95% of adults with diagnosed diabetes have type 2 diabetes.⁴
- ◆ Type 2 diabetes disproportionately affects older Americans. Approximately 27% of those aged 65 and older have diabetes (11 million).²
- ◆ Type 2 diabetes is rare among children but is occurring more frequently in recent years.²
- ◆ Minorities, including African Americans, American Indians, and Hispanic Americans are at greater risk for developing type 2 diabetes.⁴

Virginia Statistics

- ◆ The prevalence of diabetes among adults in Virginia has nearly doubled in recent years, from 4% in 1995 to 9% in 2011.^{5,6}
- ◆ Diabetes is most prevalent among residents of Appalachian counties (11% vs. 7% in non-Appalachian counties).⁵
- ◆ Diabetes disproportionately affects African Americans in Virginia (14% vs. 9% of white Virginians).⁶



Source: Centers for Disease Control and Prevention, Data and Trends.

Contributing Behaviors

- ◆ Lack of exercise, and reduced levels of physical activity can lead to weight gain and obesity, increasing the likelihood of developing type 2 diabetes; 25% of adults do not spend any of their free time in physical activity.⁷ The highest rates of inactivity are in southern states, including Alabama, Kentucky, Louisiana, Mississippi, Oklahoma and Tennessee.⁷
- ◆ Smoking significantly increases the risk of heart attack or stroke in diabetic patients; 20% of adults in Virginia are smokers, similar to the national average.³
- ◆ High blood pressure, measuring 140/90 or higher, increases the likelihood of developing cardiovascular and kidney disease in diabetic patients; 67% of diabetic adults, between 2005-2008, had high blood pressure.²

Costs and Health Risks

- ◆ The estimated economic cost of diabetes in 2007 was \$174 billion, with \$116 billion in direct medical costs and \$58 billion in indirect costs (e.g. disability, work loss, and premature mortality).^{2,8}
- ◆ Medical expenditures are more than twice as high for diabetic individuals compared to non-diabetics.⁸

- ◆ Diabetes is the leading cause of kidney failure, accounting for 44% of all new cases of kidney failure in 2008.²
- ◆ Diabetes is the top cause of new cases of blindness among adults aged 20-74.⁵
- ◆ Diabetes drastically increases the risk of heart disease which was observed in almost 70% of diabetes-related deaths in 2004.²
- ◆ Stroke occurred in 16% of diabetes related deaths in 2004.²
- ◆ In Virginia, 163,476 hospitalizations resulting from diabetes cost \$5.16 billion in 2009.⁶

Prevention Efforts

- ◆ The National Diabetes Prevention Program encourages people to decrease their risk for diabetes by promoting physical activity and better diets to lose weight. The program targets communities using evidence-based prevention methods.⁹
- ◆ The Appalachian Diabetes Control and Translation Project seeks to reduce the impact of diabetes in Appalachia by encouraging community leadership and developing prevention policies.¹⁰
- ◆ The Virginia Diabetes Prevention and Control Project seeks to improve blood pressure and other health measures among Virginians with diabetes and those who are at risk for developing diabetes.¹¹

Sources

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¹¹ Virginia Diabetes Prevention and Control Project. Available at <http://www.vahealth.org/cdpc/diabetes>.

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