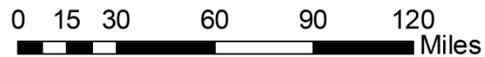
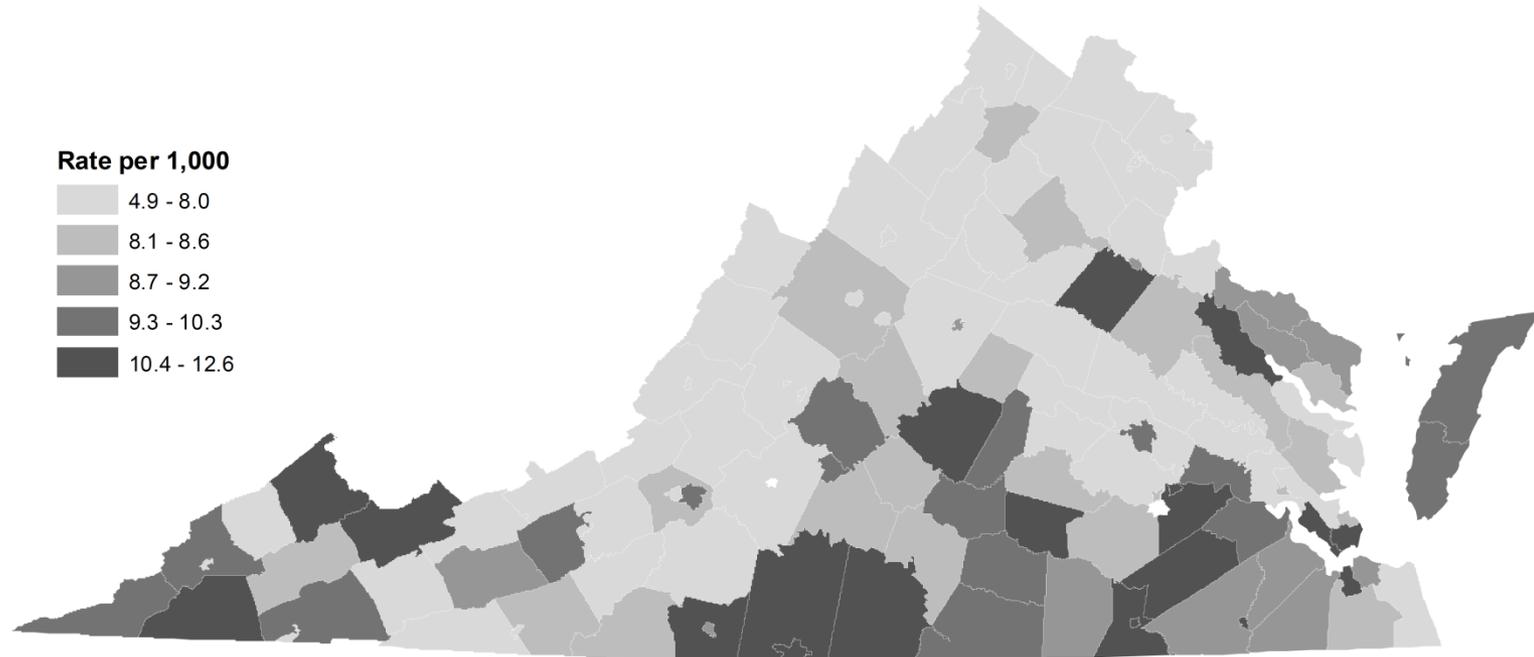


# Understanding the Virginia Landscape: *Diabetes Prevention Opportunities*

Diabetes Prevention in Virginia  
State Engagement Meeting  
September 28 , 2016



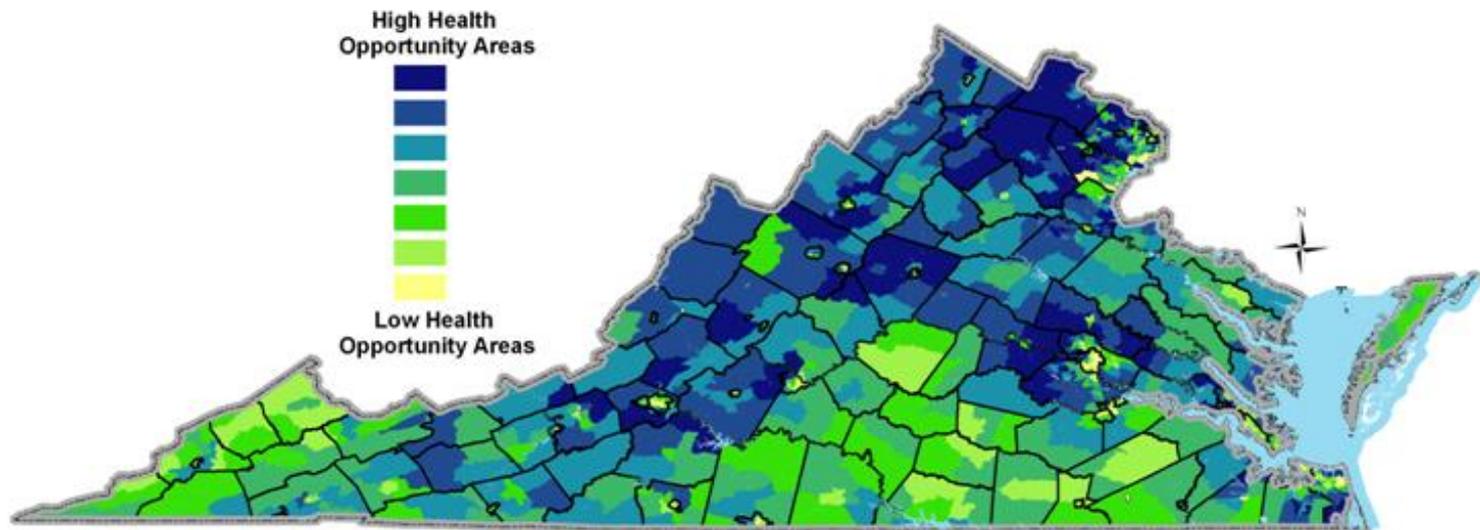
## 2013 Age-Adjusted Diagnosed Diabetes Incidence Rates, Virginia Counties



# Growing problems

- 2,153,733 Virginians, more than 1 out of 3 adults, have prediabetes
- 15-30% of people with prediabetes will develop type 2 diabetes within five years
- 631,194 Virginians have diabetes, that's about 1 out of every 11 people
- \$245 billion total US medical costs and lost wages for people with diagnosed diabetes

# What does other data tell us?



# Are we working on this?

- Virginia Diabetes Plan (2008-2017)
- State Public Health Actions to Prevent and Control Diabetes, Heart Disease, Obesity and Associated Risk Factors and Promote School Health
- State and Local Public Health Actions to Prevent Obesity, Diabetes, and Heart Disease and Stroke

# How are we working on this?

- Educate – individuals and providers
  - Awareness and referral
- Increase access to programs
  - Worksites, Community-based
- Train individuals and leaders in the field
  - CHWs, Lifestyle coaches
- Communicate across program areas
  - Are you at risk?

# DIABETES In Virginia

## DIABETES

631,194 Virginians have diabetes

**631,194**

That's about 1 out of every 11 people

1 out of 4 do not know they have diabetes

## PREDIABETES

2.1 MILLION

2.1 million Virginians adults have prediabetes\*

## COST

\$245 BILLION

Total US medical costs and out-of-pocket work and wages for people with diagnosed diabetes

Risk of death for adults with diabetes is **50% HIGHER** than for adults without diabetes

Medical costs for people with diabetes are **twice as high** as for people without diabetes

9 out of 10 do not know they have prediabetes

Without weight loss and moderate physical activity

15-30% of people with prediabetes will develop type 2 diabetes within 5 years

**5** years

## TYPES OF DIABETES

### TYPE 1

Body does not make enough insulin  
Can develop at any age  
No known way to prevent it

More than 18,000 youth diagnosed each year in 2005 and 2009 in the US

In adults, type 1 diabetes accounts for **5%** of all diagnosed cases of diabetes

### TYPE 2

Body cannot use insulin properly  
Can develop at any age  
Most cases can be prevented

Currently, at least 1 out of 3 people will develop the disease in their lifetime

More than 5,000 youth diagnosed each year in 2008 and 2009 in the US

## RISK FACTORS FOR TYPE 2 DIABETES:

Over **50,000** adults were diagnosed in 2010 in Virginia

Being overweight  
Family History  
Having Diabetes While Pregnant (Gestational Diabetes)

Take the diabetes risk test!  
[cdc.gov/diabetes](http://cdc.gov/diabetes)

## WHAT CAN YOU DO?

You can **prevent or delay** type 2 diabetes

Be more active  
Eat healthy  
Lose weight

You can **manage** diabetes

Stay Active  
Eat Healthy  
Work with a Health Professional

Learn more at [www.cdc.gov/diabetes/prevention](http://www.cdc.gov/diabetes/prevention) or speak to a health professional!

Learn more at [www.cdc.gov/diabetes/ndep](http://www.cdc.gov/diabetes/ndep)

DIABETES IN VA: Center for Disease Control and Prevention. National diabetes data report: national estimates of diabetes and its complications in the United States, 2014. Atlanta, GA: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, 2014.  
\*Kleinman, W.C., Benumof, C.A., Finkelstein, B.L., et al. Diabetes Prevention Program Research Group. Reduction in the incidence of type 2 diabetes with lifestyle intervention or metformin. *N Engl J Med* 2002;346:1318-1325.  
†Lambert, J., Lindquist, S., et al. Frontiers in Diabetes Prevention Study Group. Prevention of type 2 diabetes mellitus by changes in lifestyle or medication. *N Engl J Med* 2008;359:977-986.  
\*Virginia Department of Health. Behavioral Risk Factor Surveillance System 2013. Computerized and unpublished from national data to the Office of Health Equalities, Division of Public Health Surveillance System 2013. Computerized and unpublished from national data to the Center for Disease Control and Prevention. Behavioral Risk Factor Surveillance System 2010-2012. Computerized (CDC) by Center for Disease Control and Prevention, Atlanta, GA. U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, 2012.



# PREDIABETES

COULD IT BE YOU?

2.1 MILLION

2.1 million Virginian adults have prediabetes\*

1 out of 3

9 out of 10 people with prediabetes do not know they have it

TYPE 2 DIABETES  
PREDIABETES  
NORMAL

Prediabetes is when your blood sugar level is higher than normal but not yet high enough to be diagnosed as type 2 diabetes

Prediabetes increases your risk of:  
Type 2 Diabetes  
Heart Disease  
Stroke

If you have prediabetes:

Eating Healthy & Being More Active  
Shooting Tobacco Use

can cut your risk of getting type 2 diabetes in **HALF**  
can cut your risk of getting type 2 diabetes by up to **40%**

Without weight loss and moderate physical activity

15-30% of people with prediabetes will develop type 2 diabetes within 5 years

**5** years

People who have diabetes are at higher risk of serious health complications:

BLINDNESS  
KIDNEY FAILURE  
HEART DISEASE  
STROKE  
LOSS OF TOES, FEET, OR LEGS

## YOU CAN PREVENT TYPE 2 DIABETES

FIND OUT IF YOU HAVE PREDIABETES - See your doctor to get your blood sugar tested

Join a recognized diabetes prevention program (find one here)

eat healthy  
be more active  
lose weight

Learn more and take the prediabetes risk quiz at <http://www.cdc.gov/diabetes/prevention>



Prevent Diabetes **STAT**

SO...DO I HAVE  
PREDIABETES?

# Existing Supports and Age-Adjusted Diabetes Incidence Rates, Virginia Counties

## Legend

▲ DPP Locations

● DSME Locations

■ FQHC Locations

□ DP14-1422 Funded Health Districts

□ Health Districts with CHW Networks

## Age-adjusted Rate per 1000 / none

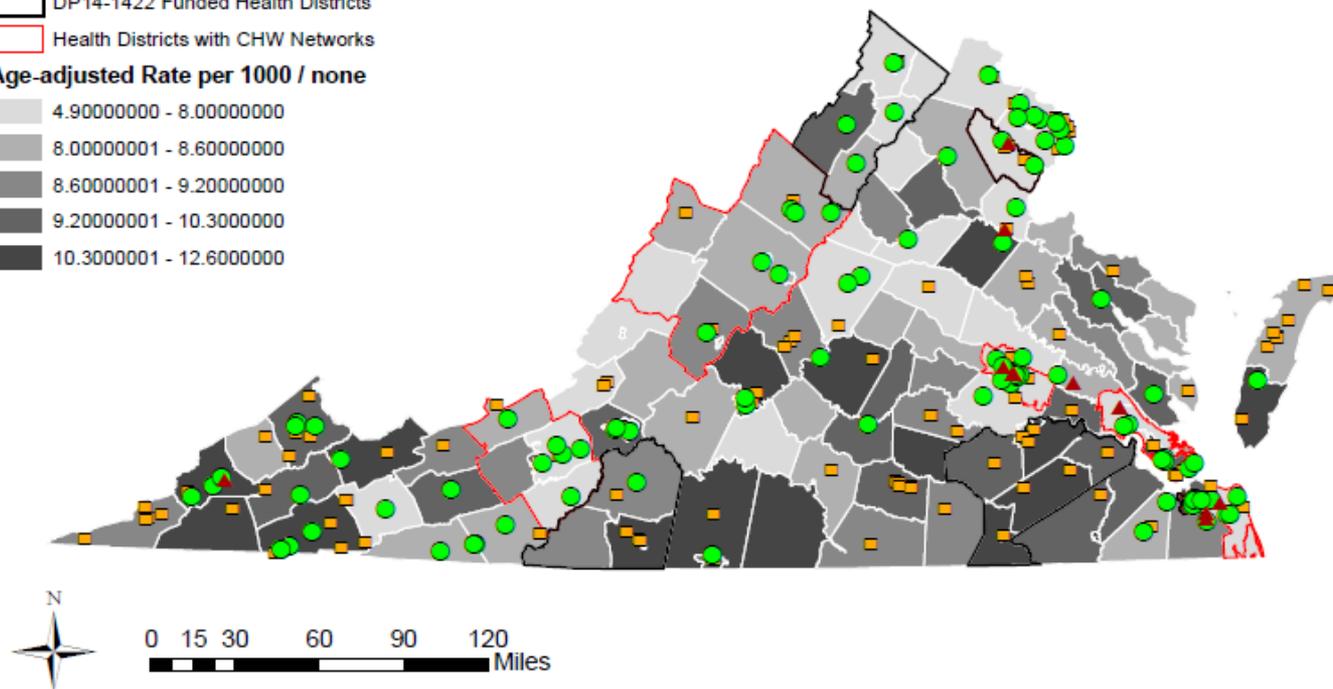
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8.60000001 - 9.20000000

9.20000001 - 10.30000000

10.30000001 - 12.60000000



What more can we do?

Virginia   
*is for Lovers*®

# Questions?

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