

Diabetes and Prediabetes - Adults

DESCRIPTION

Diabetes is a complex chronic disease that affects how the body turns food into energy. There are three types: type 1 accounts for 5-10 percent of all cases and occurs because the body stops making insulin; type 2 occurs when the body cannot use insulin correctly resulting in high levels of sugar in the blood; and gestational diabetes which sometimes develops during pregnancy and usually goes away after delivery. Type 2 diabetes is associated with family history, being overweight, lack of physical activity, prior gestational diabetes and race/ethnicity.¹ Diabetes can cause serious health problems, such as heart disease, blindness, kidney failure and lower extremity amputations. Lifestyle changes can help prevent or delay the onset of diabetes in high risk patients if they reach a moderate weight loss goal and increase their physical activity.²

HOW WE ARE DOING

Diabetes is the seventh leading cause of death in Minnesota. In 2001, the rate of death due to diabetes for every 100,000 people was 24.2 for Minnesota compared to 28.6 for Ramsey County. In 2016, the rate of death in Minnesota dropped to 19.2 compared to a Ramsey County rate of 20.8 per 100,000.³ In 2014, 7.7 percent of Ramsey County adults reported a diagnosis of diabetes. Another 9.8 percent reporting a diagnosis of prediabetes.⁴ However, many people do not realize that they have prediabetes.

BENCHMARK INDICATOR

Healthy People 2020 Objective: Reduce the rate of death due to diabetes. National Vital Statistics System U.S. diabetes mortality rate in 2015: 21.3 per 100,000 standard population.⁵

DISPARITIES

There are disparities related to diabetes. In a 2014 metro survey, 13.9 percent of those from lower income households were diagnosed with diabetes, compared to 5.4 percent of those from higher income households. That's an 8.5 percentage point gap between the two income groups. The same survey found that 15.8 percent of those with only a high school education reported being told they had diabetes compared to 4.3 percent of those with bachelor's degrees. That's an 11.5 percentage point gap between the groups.³ National data show that African-Americans are about twice as likely to be diagnosed with diabetes as non-Hispanic whites.⁶

RISK FACTORS

Obesity and being overweight are the primary risk factors for type 2 diabetes. Type 2 diabetes can often be prevented or controlled with healthy eating, physical activity, controlling blood glucose and blood pressure, lowering LDL cholesterol, being tobacco free and taking aspirin daily.⁷ Risk factors for prediabetes include a current body mass index in the overweight or obese range and a family history of type 2 diabetes. Most people with prediabetes do not know they have it since there are usually no symptoms. For this reason, (continued on back)

Information to note

- In 2014, 7.7% of Ramsey County residents 25 and older reported being diagnosed with diabetes.
- In a 2014 six county metro area survey, there was higher prevalence of diabetes among those with lower income and education.



Community voice

"Taking care of my diabetes."
- White Female, age 65-74

17 respondents mentioned diabetes and stated precautionary actions to manage or prevent it.

¹ Centers for Disease Control and Prevention. Diabetes Public Health Resource. About Diabetes. Retrieved from: <http://www.cdc.gov/diabetes/basics/diabetes.html> Accessed March 2018.

² Minnesota Department of Health. (2012). Diabetes and Prediabetes in Minnesota 2012: Facts for Providers, Researchers, and Diabetes Advocates. Accessed 7/27/2017 from: <http://www.health.state.mn.us/diabetes/pdf/DiabetesPrediabetesMinnesotaFact-Sheet2012.pdf>

³ Death Statistics. Minnesota Department of Health Web site. <https://pqc.health.state.mn.us/mhsq>. Accessed March 2018.S

⁴ Saint Paul – Ramsey County Public Health. Metro SHAPE Ramsey County Data Book. 2014; <https://www.ramseycounty.us/your-government/open-government/research-data/public-health-data>. Accessed March 2018.

⁵ Healthy People 2020. <https://www.healthypeople.gov/>. Accessed March 2018.

⁶ Diabetes and African Americans. Office of Minority Health. <https://minorityhealth.hhs.gov/omh/browse.aspx?lvlid=18>. Accessed March 2018.

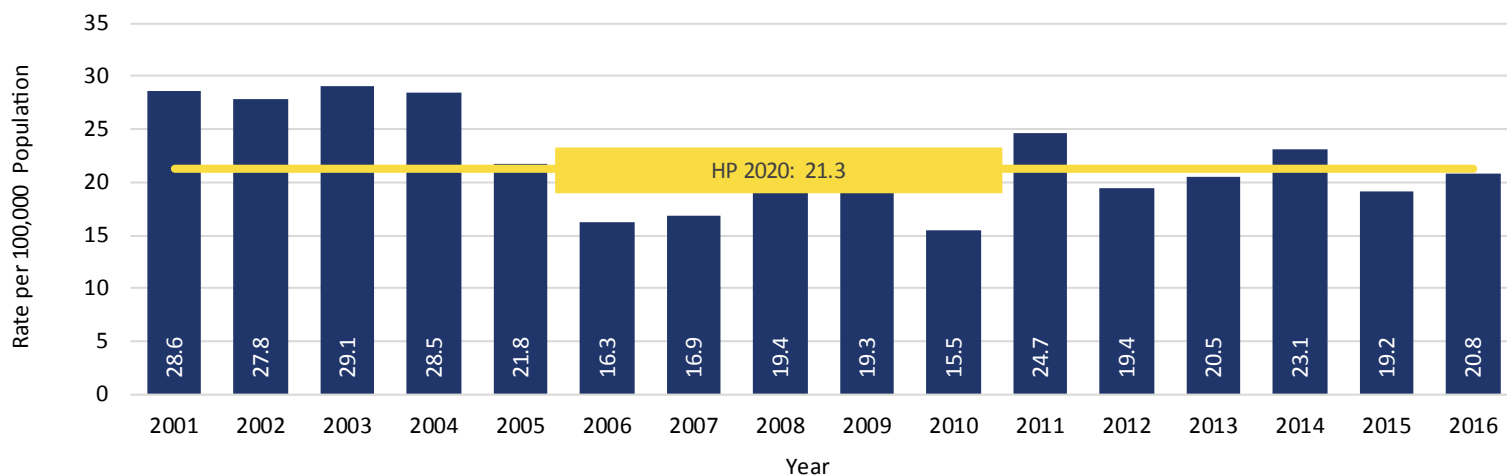
⁷ Minnesota Department of Health, Office of Statewide Health Improvement Initiatives. (2011). Chronic diseases and their risk factors in Minnesota: 2011. Retrieved from: <http://www.health.state.mn.us/divs/hpcd/do/HPCDtrendreport2011.pdf>.

the American Diabetes Association advises people 45 or older who are overweight to be screened for diabetes.⁸

WHAT RAMSEY COUNTY GOVERNMENT IS DOING

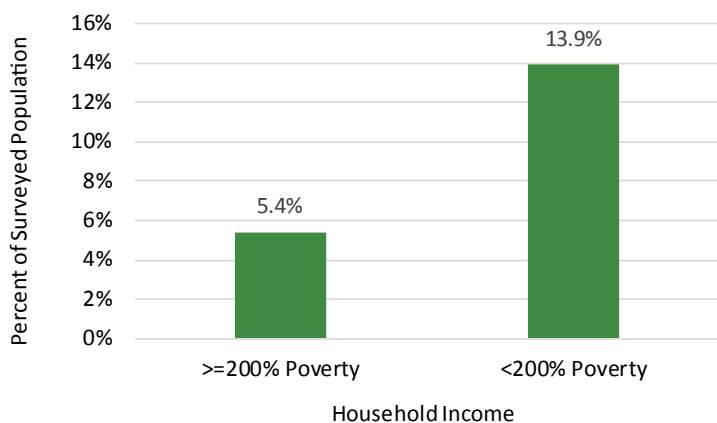
Saint Paul – Ramsey County Public Health addresses diabetes in adults through chronic disease prevention programs. Through a grant from Minnesota Department of Health’s Statewide Health Improvement Partnership, Ramsey County provides better access to healthy foods, physical activity and diabetes prevention programs. Ramsey County works to enhance access to healthy foods at food shelves, corner stores and community kitchens. Ramsey County works with public housing agencies to coordinate evidence-based diabetes management programs including Living Well with Diabetes. Additionally, Active Living Ramsey Communities have worked to create and support pedestrian and bicycle plans to create more opportunities for physical activity.

Diabetes Mortality Rate, Ramsey County



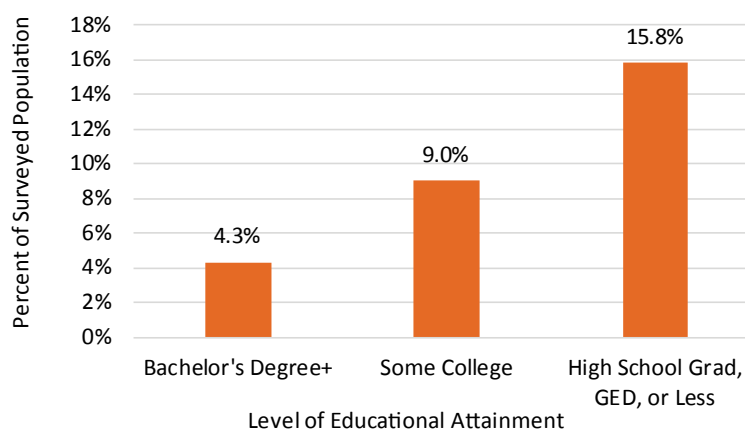
Source: Death Statistics. Minnesota Department of Health Web site.⁹

Diabetes Diagnosis by Household Income, Six-County Metro, 2014



Source: Metro Public Health Analyst Network. Metro SHAPE Six County Data.¹⁰

Diabetes Diagnosis by Education, Six County Metro, 2014



Source: Metro Public Health Analyst Network. Metro SHAPE Six County Data.¹⁰

⁹ Death Statistics. Minnesota Department of Health Web site. <https://pqc.health.state.mn.us/mhsq/frontPage.jsp>. Accessed March 14, 2017.

¹⁰ Metro Public Health Analyst Network. Metro SHAPE Six County Data Book 2014. <https://www.ramseycounty.us/your-government/open-government/research-data/public-health-data>. Accessed March 2018.