**DIABETES IN KENTUCKY**
A Public Health Epidemic - 2020

### Diabetes

**1 in 7 or 474,500 (13.7%) adults have diagnosed diabetes**

158,200 adults are estimated to have diabetes but are undiagnosed

632,700 with diagnosed and undiagnosed diabetes

1 of 4 don’t know it

### Prevalence of Diagnosed Diabetes by Kentucky Regions

2018 Kentucky Behavioral Risk Factor Surveillance Survey

- Statewide Prevalence: 13.7%
- Nationwide Median: 10.9%

### Prevalence of Diagnosed Prediabetes by Kentucky Regions

2018 Kentucky Behavioral Risk Factor Surveillance Survey

- Statewide Prevalence: 11.8%

### Cost

**$5.16 BILLION**

Total medical costs and lost work and wages for people with diagnosed diabetes in Kentucky

Higher risk of serious and costly complications

- Heart Disease
- Stroke
- Loss of Toes, Feet or Legs
- Kidney Disease
- Blindness
**Risk Factors for Type 2 Diabetes**

- Overweight
- 45 and Older
- Physically Inactive
- Prediabetes
- Family History

**What Can You Do?**

**You can PREVENT or DELAY type 2 diabetes**

- Find out if you have prediabetes – See your health care provider to get your blood sugar tested
- Attend a National Diabetes Prevention Program (DPP)
- Make healthy food choices
- Be more active
- Lose weight if needed

**Learn more at [www.cdc.gov/diabetes/prevention](http://www.cdc.gov/diabetes/prevention) or speak with your doctor**

**You can MANAGE diabetes and reduce risk for complications**

- Attend a self-management education and support program
- Plan meals and make healthy food choices
- Stay active
- Take you medications
- Monitor your blood sugar and other recommended care
- Quit smoking

**Learn more at [https://www.cdc.gov/diabetes/ndep](https://www.cdc.gov/diabetes/ndep) or speak**

To find diabetes prevention or self-management education and support programs in your area, look on the Kentucky Diabetes Resource Directory at [https://prdweb.chfs.ky.gov/KYDiabetesResources/](https://prdweb.chfs.ky.gov/KYDiabetesResources/)

**REFERENCES**
