

DIABETES IN KENTUCKY

A Public Health Epidemic - 2020

Diabetes

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



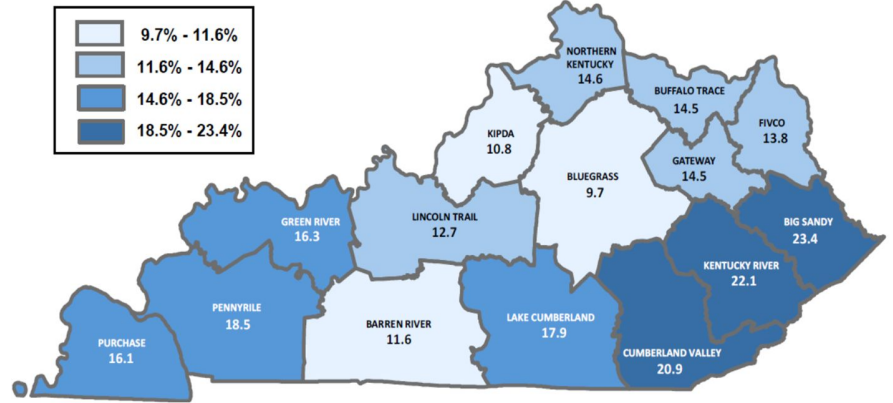
158,200 adults
are estimated to
have diabetes
but are
undiagnosed

**632,700 with
diagnosed and
undiagnosed
diabetes**

**1 of 4
don't know it**

Prevalence of Diagnosed Diabetes by Kentucky Regions

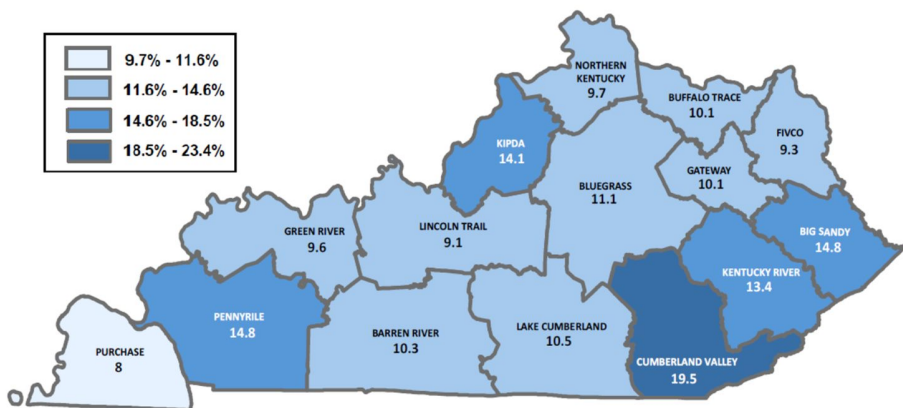
2018 Kentucky Behavioral Risk Factor Surveillance Survey



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%

Prediabetes

1 in 9 or
331,335 (11.8%)
adults have
diagnosed
prediabetes



812,000 adults
are estimated to
have
prediabetes but
are undiagnosed

**1.1 million
(1 in 3) with
diagnosed and
undiagnosed
prediabetes**
**7 of 10
don't know it**

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



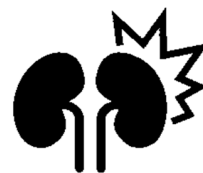
Heart Disease



Stroke



**Loss of Toes,
Feet or Legs**



Kidney Disease



Blindness

Risk Factors for Type 2 Diabetes



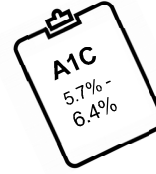
Overweight



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 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 your medications



Monitor your blood sugar and other recommended care



Quit smoking

Learn more at <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/>

REFERENCES

Kentucky Department for Public Health. Kentucky Behavioral Risk Factor Surveillance Survey Data 2018.
Centers for Disease Control and Prevention (CDC). [National Diabetes Statistics Report, 2017](#).
American Diabetes Association. [Economic Costs of Diabetes in the U.S. in 2017](#). Diabetes Care 2018; 41: 917-928.