

# Diabetes Scorecard 2019

## Kentucky Education Services

### The Threat of Diabetes is on the **RISE** in Kentucky

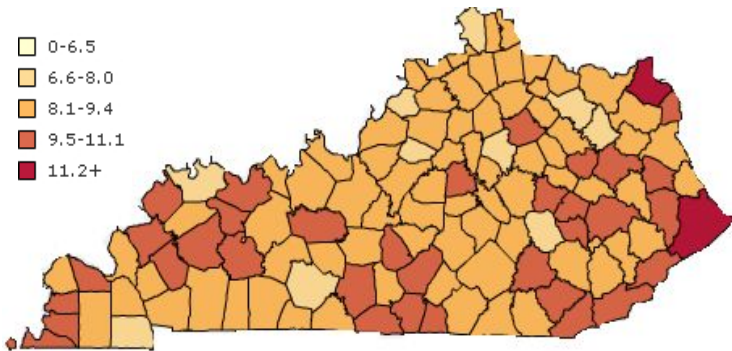
Diabetes is a complex and increasingly common disease. Data from the Kentucky Behavioral Risk Factor Survey (KyBRFS) show that from 2004 to 2017 diagnosed diabetes rose from 7.4% to 12.9%. This means 1 in 8 (442,500) Kentucky adults have been diagnosed with diabetes.<sup>2</sup> Based on national studies, it is likely that an additional 147,500 Kentucky adults have diabetes but do not know this yet due to lack of testing and diagnosis. If this is true, the real number of adults with diabetes is approximately 589,000.<sup>3</sup> But this is just the tip of the iceberg. An even greater threat is looming beneath the surface. It is estimated that 1 in every



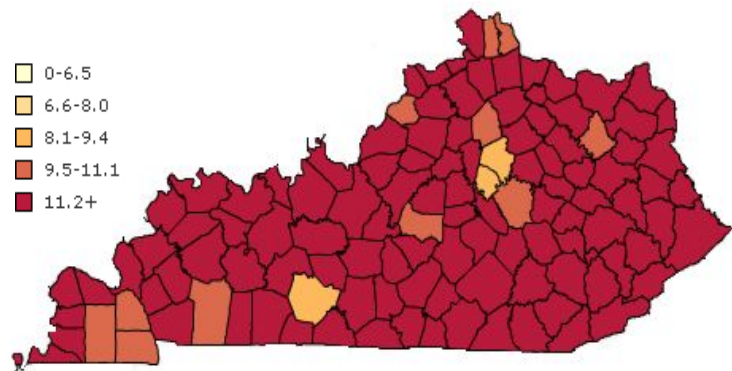
589,000  
with  
Diabetes

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1.1 Million  
with  
Prediabetes



2004 Diagnosed Diabetes Percentage by County



2013 Diagnosed Diabetes Percentage by County<sup>1</sup>

CDC Division of Diabetes Translation  
Methods changed in 2011

3 or 33.9% (1,100,000) of Kentucky adults have prediabetes with only 10.2% (288,000) diagnosed in 2015.<sup>2, 3</sup> Healthy eating, increased physical activity and modest weight loss can cut the risk of developing type 2 diabetes in half among persons with prediabetes.<sup>3</sup>

### We Must Work Together to Address the Threat

Having access to and increased utilization of cost effective, quality Diabetes Self-Management Education and Support (DSMES) and National Diabetes Prevention Programs (DPPs) is key for addressing the burden. These programs provide the foundation to equip people with diabetes or prediabetes to navigate daily self-management and lifestyle decisions and activities. Evidence shows that participation in:

- Accredited or recognized DSMES programs improve diabetes outcomes and reduce health care costs.<sup>4</sup>
- CDC-recognized National DPPs and modest weight loss can cut the risk of developing type 2 diabetes in half for persons with prediabetes.<sup>5</sup>

Despite the proven benefits, utilization of these services remains low.<sup>4</sup> Addressing barriers to access is also key.

#### Sources

1. Centers for Disease Control's (CDC) Division of Diabetes Translation. Age-adjusted Percentage of Diagnosed Diabetes. <http://www.cdc.gov/diabetes/atlas/countydata/atlas.html>.
2. Kentucky Department for Public Health and CDC. 2019 Kentucky Diabetes Report.
3. CDC. National Diabetes Statistics Report. 2017. <https://www.cdc.gov/diabetes/data/statistics/statistics-report.html>.
4. Powers, Margaret A., Bardsley, Joan, Cypress, Marjorie, et al. Diabetes Self-management Education and Support in Type 2 Diabetes: A Joint Position Statement of the American Diabetes Association, the American Association of Diabetes Educators, and the Academy of Nutrition and Dietetics. Diabetes Care 2015; 38 (7); 1372-1382. <http://care.diabetesjournals.org/content/38/7/1372>.
5. CDC. Prevent Type 2 Diabetes. 2018. <https://www.cdc.gov/diabetes/library/socialMedia/infographics.html>

## Together We Can Make a Difference

Tracking Progress for Action	2012	2013	2014	2015	2016	2017	2018	Progress (From previous year)	Progress (From baseline)
Nationally Recognized Diabetes Prevention Program (DPP) Organizations <small>(Includes pending, preliminary and full)</small>	2 <small>(DPP providers before recognition program existed)</small>	6	20	35	55	57	44	↓	↑
• Counties Covered by Recognized/Pending DPP Organizations with In-Person Sessions	2	3	43	53	87	82	78	↓	↑
• Participants Annually in Recognized/Pending DPP Cohorts <small>(Numbers reflect the previous year participation in 12 month program)</small>	Not Available	267	548	216	1,605	1,356	1,772	↑	↑
Nationally Recognized or Accredited Diabetes Self-Management Education and Support (DSMES) Programs/Branches	42	Not Available	43	42	56*	72	96	↑	↑
• Counties Covered by Recognized/Accredited DSMES Programs/Branches	27	Not Available	39	46	66*	83	88	↑	↑
• Participants Annually in Recognized/Accredited DSMES Programs/Branches	13,071	14,545	8,875	8,796	8,132	9,524	Not Available	↑	↓

Data retrieved from CDC's National DPP website listing, the Kentucky Diabetes Prevention and Control Program National DPP Providers List, the American Association of Diabetes Educator's (AADE) Diabetes Education Accreditation Program listing, the American Diabetes Association (ADA) Education Recognition Program website listing and the participant numbers from CDC's Division of Diabetes Translation.  
\*AADE and ADA started listing branches of the parent organization. These branches are incorporated in the numbers from 2016 and beyond.



Improved Access or Participation



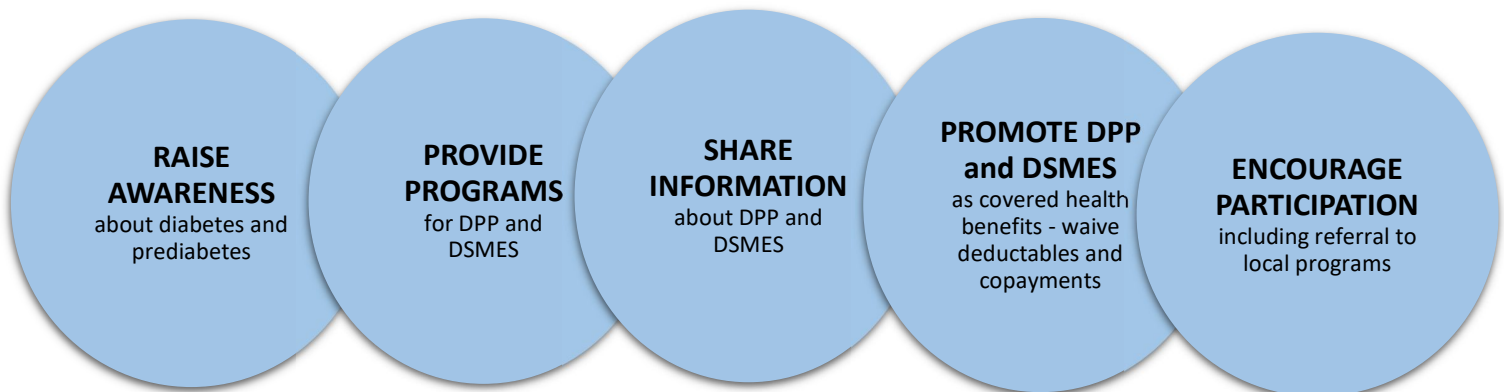
Less Access or Participation

**For listings of Kentucky programs, see the Kentucky Diabetes Resource Directory:**

<https://prd.chfs.ky.gov/KYDiabetesResources/>

## Join in State and Local Efforts

**Everyone can play a part in diabetes prevention and management**



**Kentucky Public Health**  
Prevent. Promote. Protect.

For more information, see

<https://chfs.ky.gov/agencies/dph/dpqj/cdpb/Pages/diabetes.aspx>

