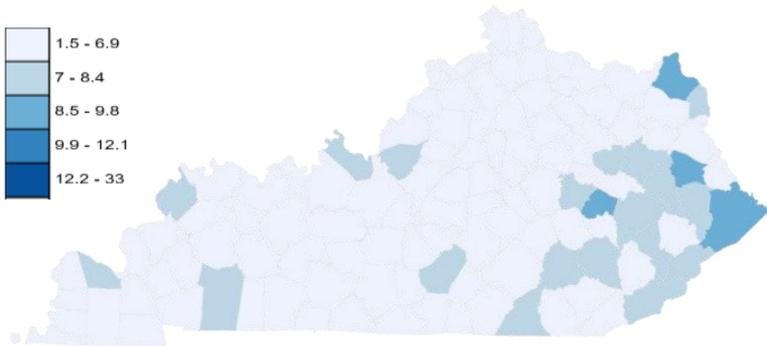


Diabetes Scorecard 2020

Kentucky Education Services

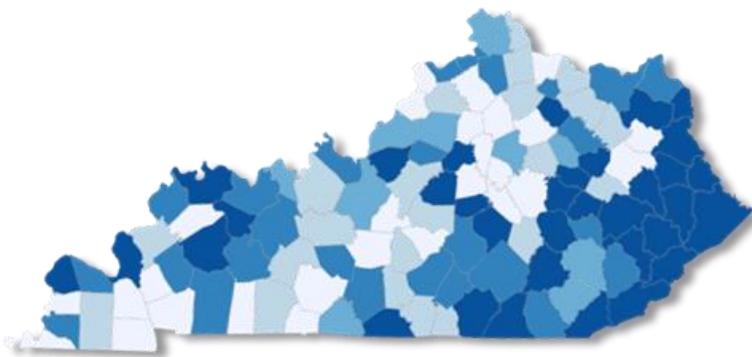
The Threat of Diabetes is on the RISE in Kentucky

2004 Diagnosed Diabetes Percentage by County¹



2017 Diagnosed Diabetes Percentage by County*¹

*Methods changed in 2011, CDC Division of Diabetes Translation



Diabetes is a complex and increasingly common disease. The map on the left with county level data is from the most recent year from CDC Division of Diabetes Translation. The Kentucky Behavioral Risk Factor Survey (KyBRFS) data from 2018 shows an increase in persons with diabetes diagnosed from 7.4% in 2004 to 13.7%. This means 1 in 7 (474,456) Kentucky adults have been diagnosed with diabetes.² Based on national estimates, it is likely that an additional 158,200 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 632,656.³ But this is just the tip of the iceberg. An even greater threat is looming beneath the surface. It is



632,656
with
Diabetes

1.1 Million
with
Prediabetes

estimated that 1 in every 3 (1.1 million) Kentucky adults have prediabetes (a major risk factor for type 2 diabetes) with only 11.8% (331,335) diagnosed in 2018.^{2, 3} **Healthy eating, increased physical activity and modest weight loss can cut the risk of developing type 2 diabetes in half among persons with prediabetes.³**

We Must Work Together to Address the Threat

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.⁴
- Structured lifestyle change programs such as CDC-recognized National DPPs and modest weight loss can cut the risk of developing type 2 diabetes in half for persons with prediabetes.⁵

Despite the proven benefits, utilization of these services remains low.⁴ 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 in Adults. <https://gis.cdc.gov/grasp/diabetes/DiabetesAtlas.html>.
2. Kentucky Department for Public Health. Kentucky Behavioral Risk Factor Survey Data 2004 and 2018.
3. CDC. National Diabetes Statistics Report. 2020. <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 Association of Diabetes Care and Education Specialists, the Academy of Nutrition and Dietetics, the American Academy of Family Physicians, the American Academy of PAs, the American Association of Nurse Practitioners, and the American Pharmacists Association. The Diabetes Educator. Online First, 2020. <https://journals.sagepub.com/doi/epub/10.1177/0145721720930959>
5. CDC. Prediabetes: Could it Be You?. 2020. <https://www.cdc.gov/diabetes/pdfs/library/socialmedia/prediabetes-infographic.pdf>

Together We Can Make a Difference

Tracking Progress for Collective Action in Kentucky	2012	2013	2014	2015	2016	2017	2018	2019	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	34 <small>In Person 8 Offer Distance Learning</small>	↑
• Counties Covered by Recognized/Pending DPP Organizations	2	3	43	53	87	82	78	62 <small>In Person 120 Distance Learning</small>	↑
• 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	2,540	↑
Nationally Recognized or Accredited Diabetes Self-Management Education and Support (DSMES) Programs/Branches	42	Not Available	43	42	56*	72	95	9 <small>In Person 1 Offers Telehealth</small>	↑
• Counties Covered by Recognized/Accredited DSMES Programs/Branches	27	Not Available	39	46	66*	83	88	80 <small>In Person 120 Telehealth</small>	↑
• Participants Annually in Recognized/Accredited DSMES Programs/Branches	13,071	14,545	8,875	8,796	8,132	9,524	9,471	10,278	↓

Data retrieved from CDC's National DPP website listing and from listings of the Kentucky Diabetes Prevention and Control Program National DPP Providers, the Association of Diabetes Care and Education Specialist's Diabetes Education Accreditation Programs and the American Diabetes Association (ADA) Education Recognition Programs. Participant numbers are from CDC's Division of Diabetes Translation.
*The Association of Diabetes Care and Educational Specialists 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/Search.aspx>

Join in State and Local Efforts

Everyone can play a part in diabetes prevention and management

RAISE AWARENESS
about diabetes and prediabetes

PROVIDE PROGRAMS
for DPP and DSMES

SHARE INFORMATION
about DPP and DSMES

PROMOTE DPP and DSMES
as covered health benefits - waive deductables and copayments

ENCOURAGE PARTICIPATION
including referral to local programs

For more information, see

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



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Prevent. Promote. Protect.

